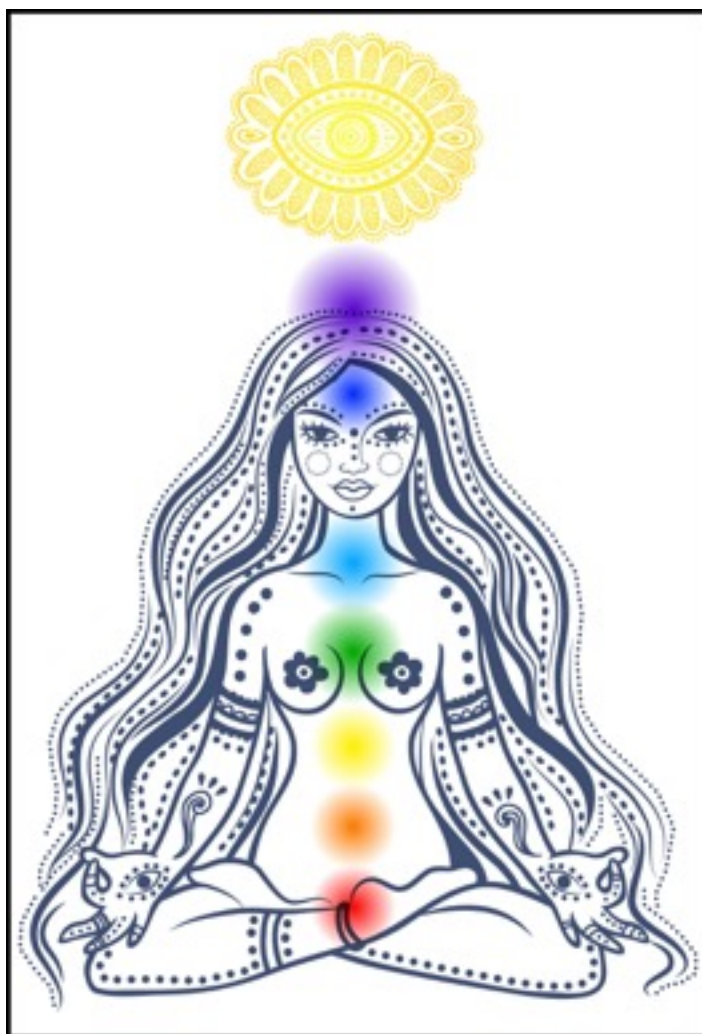


Chakra Love

An Inspirational Guide



*Energetic Practices to Feel
Vibrant & Aligned*

With Love from Denise Dare ❤️

Welcome!

Hey there, Beautiful.

Thank you so for taking this journey...deeper into knowing, loving and appreciating YOU.

I've created *Chakra Love* just for you.

As a tool to explore and reconnect with the energetic centers in your physical body, *your chakras*.

This is an inspirational guide to help you reconnect with your chakras, so you feel more vibrant and aligned.

You'll find foundational information for understanding your chakras and why they are important, as well as a collection of ideas intended to inspire you as you begin or deepen your awareness of spiritual energy.

My wish is for you to feel aligned, vibrant and deeply connected...to *LOVE YOU* every day, mind, body and soul.

Love & Peace,

Denise

www.DeniseDare.com

Introduction

Before we begin, definitely review these foundational introductory ideas. Whether you're a total beginner or you've felt connected with your chakras for years, allow yourself to be open to learning something new.



What are chakras?

Chakras are centers of spiritual energy in our bodies.

There are seven key chakras through which our life force energy moves. It is important to keep these chakras balanced and open, so that life force energy can move with ease throughout our bodies.

When life force energy moves freely throughout our entire physical bodies, we feel aligned, vibrant, in the flow, and deeply connected to all that is.

Each of the chakras has a name and a color...they create a rainbow from our root to our crown.

Notice the energy that you feel as you observe the chakra images here.

www.DeniseDare.com

Why are chakras important to know and understand?

It is essential to know and understand each of our seven key chakras, so we can be aware of when our life force energy is flowing freely and when it is blocked or stagnant.

We know that everything is connected. With this in mind, it is easy to understand how our spiritual energy can influence our body, mind and life experience.

Our spiritual energy flow is intimately connected with our physical and mental wellbeing.

When our energy flow is blocked or stagnant, we notice physical symptoms, pains and emotional difficulties.

Often, activating our chakras can help soothe dis~ease {lack of ease} or even heal our physical and mental challenges.

{Disclaimer: Please know that this is a guide intended for personal use and spiritual education, not to treat or cure any physical disease.}

Once we recognize our spiritual energy flow, we can engage in practices to realign and open the channels of energy throughout our bodies.

Ultimately, when our chakras are aligned, we feel healthy, whole and complete...at ease in ourselves, enthusiastic for life, and abundant in love.

www.DeniseDare.com

We are better able to face challenges with ease, grace and a grand perspective.

We are more fully present in our day to day experiences.

We are able to recognize what is most meaningful to us and to create a life that feels on purpose and by design, choosing experiences that truly matter.

We are able to savor each step of the journey, feeling trust and love in ourselves and Life.

This guide is filled with ideas to help you address energetic imbalances and blockages, so you can feel free and in the flow.

What is the value of aligning our chakras?

As we deepen our connection and understanding of our chakras, we will begin to be more aware of what it feels like to be in alignment or out of alignment energetically. This awareness is the first step to transformation.

Knowing what does not feel right energetically helps us recognize that we want to feel differently, to feel better.

One of the best solutions for feeling whole, complete, present and at ease is honoring and balancing our spiritual energy.

www.DeniseDare.com

Taking care of our chakras is a brilliant way to take care of our whole selves.

Balancing our chakras is an integral practice to help our whole selves feel more aligned and vibrant ~ body, mind and spirit.

Understanding our chakras connects us with our energetic spiritual system and it is this connection that brings us back to center, allows us to embody all parts of ourselves, inspires us to align with oneness, and to feel the unity of all that is.

How can I balance and open my chakras?

Breathe. {Simple and powerful!}

Visualize a circular breath moving from your root chakra, up your spine to your crown, and then easing down the front of your body back to your root...even a few rounds of this circular breathing will help you feel more balanced and centered. {Your vision creates your reality.}

Embrace the circular quality of the chakras, feel the Universal energy supporting you from the back and radiating through you. {Feel the flow.}

Be in nature. {Beach walks are my fave! Discover yours.}

Be in water. {Soak in a bath, walk in the rain, take a hot shower...all of these invite alignment.}

www.DeniseDare.com

Meditate. {Even five minutes a day can change everything.}

Sleep. {Such an essential practice...powerful and simple.}

Play. {Ignite joy, creativity and connection.}

Practice the sacred art of self love. {Honor, prioritize, and love YOU.}

Make awareness and self discovery a priority. {This is the heart of wisdom.}

Give thanks. {Gratitude is the foundation and the key.}

Integrate the ideas in this guide. {And continue learning!}



Notes ~ Question, Observe, Reflect, Inspire

www.DeniseDare.com

Practice & Integration

How do I implement the suggested ideas in Chakra Love?

Color:

Each chakra is associated with a particular color. Imagine a rainbow, with red representing the root chakra and ascending to purple representing the crown chakra. If we want to activate or balance a particular chakra, we might want to add more of this color to our environment, our food, our clothes or our visualizations. Notice as you get more connected with your chakras, the feeling of each of the colors and the energy they activate for you.

Sound:

The sounds shared are intended to activate the chakra; by chanting and repeating this sound, we tune in to the energy of the particular chakra. Play with these, notice where the sound begins and resonates in your body. See if speaking the sound brings you back to center and connects you to your chakras.

Crystals:

Use crystals to activate the energy of the chakras that are out of balance {you can do this by placing your crystals over the chakras while you meditate, by placing them under your mattress while you sleep, by holding them and breathing, by

www.DeniseDare.com

bathing with them...be creative with how you connect with your crystal's energy}.

Essential Oils:

Use essential oils to bring your chakras back into balance {you can do this by placing a drop of the suggested oil ~mixed with a carrier oil like jojoba or coconut oil ~ on your skin, perhaps near the chakra, you can make a body spray with purified water and the suggested oil, you can use a diffuser to emit the oils into the air you breathe, you can put a few drops into a hot bath, or you can just open the bottle and take a deep breath inhaling the scent...these are just a few ideas, definitely get creative with how you use essential oils!}

Music:

The music I've chosen on purpose, all performed by women, and intended to activate the energy associated with a particular chakra. I've also included links to tribal drumming for our root chakra because this sound is so deeply connected to Earth and root energy as well as crystal bowl singing because this sound is perfect for activating the ethereal quality of our crown chakra. While this music activates the particular chakras for me, please be aware as you listen what the music inspires in you...music is such a personal experience and you may want to add other songs to your chakra playlist.

www.DeniseDare.com

Journal:

There is such power and awareness in the act of writing. And journaling is a useful practice on the journey of self love. Release yourself from expectation about what a journal needs to be, how much you need to write or how often...let yourself intuit what is right for you. Do practice though. Allow the act of journaling to be a time for peaceful reflection, for intention setting, and for dreaming...for clearing your mind, releasing your worries, and activating your desires. Let it feel playful and light. And instead of feeling like it's another thing to do, let journaling be a sacred act of loving you, of prioritizing your wellbeing, of attending to the one you love.

Posture:

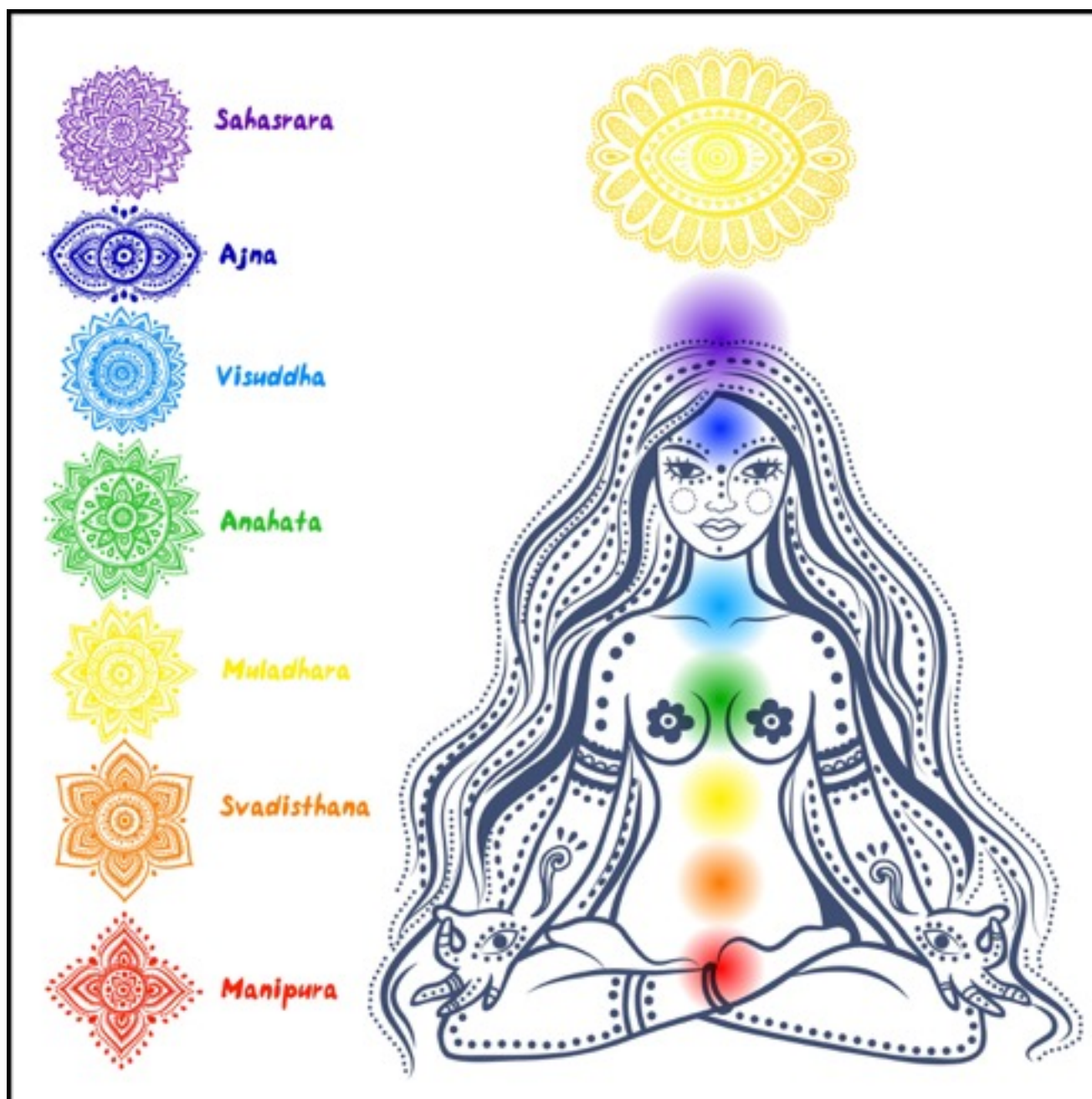
Because our bodies, minds and spirits are all connected, we can activate energy with our physical movements. Having practiced yoga for nearly 20 years, it is clear that moving our bodies can get the energy flowing and bring our chakras back into alignment. In this guide, I've suggested a few simple postures specific to each chakra that you can practice at home. If you have not already integrated yoga into your self love lifestyle, I highly encourage you to practice. Yoga means to yoke, to unite, to join...and using these postures is a simple and practical way to unite the physical and energetic bodies to elevate our wellbeing.

www.DeniseDare.com

Affirmation:

What we think is what we become. Our mental dialogue is so influential in what we allow ourselves to imagine, to dream and to be. These affirmations are intended to give you a focus mantra for when you feel out of alignment, so that the inner critic does not gain total control over your mindset. Using these affirmations as mantras, we might write them on a note and post it in our room, our office, our car or wallet. We might use a mantra to guide and focus our minds during our breath work, meditation practice and throughout our days. In order to transform that inner critic to an inner lover, we must consciously choose what we think...these affirmations are a starting point for thinking more loving thoughts about the brilliant, beautiful, wonder~full YOU.

The 7 Chakras ~ Our Energetic Centers



www.DeniseDare.com

1st Chakra: Root {**Manipura**}

Benefits of alignment: feeling secure, supported, grounded, solid, stable, rooted, safe, at ease, connected to nature and the flow of life

Signs of imbalance: feeling ungrounded, frantic, restless, in your head, flighty, overwhelmed, disconnected, uncertain, afraid, dis~ease in the root region of the body

Color: **Red**

Sound: Lam {I am}

Crystal: Garnet, Obsidian

Essential Oil: Vetiver, Cedar

Music: **Love** by Lennon & Maisy + **Tribal Drumming**

Journal: Where do I need to call in support?

Posture: sit pose, legs crossed or straight out ahead... rooted on earth, in nature if possible

Affirmation: I am safe and supported.

2nd Chakra: Sacral {Svadisthana}

Benefits of alignment: feeling creative, juicy, joie de vivre, sexual energy, financially abundant, sensual, playful, trusting, clear boundaries, in the flow, free to receive

Signs of imbalance: feeling a lack of sexual desire, disconnection from creativity, money troubles, worried, emotional discord, stagnant or stuck, displeasure, lack, dis~ease in the sacral region

Color: Orange

Sound: Vam {I feel}

Crystal: Carnelian

Essential Oil: Ylang Ylang

Music: [Son of a Preacher Man](#) by Dusty Springfield

Journal: How can I invite more pleasure into my life?

Posture: recline, bend knees, take feet wide, windshield wipe knees back and forth, arms out in a T, turn gaze in opposite direction of your legs

Affirmation: I love and accept myself.

www.DeniseDare.com

3rd Chakra: Solar Plexus {Muladhara}

Benefits of alignment: feeling courageous, strong, powerful, free, focused, inspired, soul~full, clear, confident, capable, on purpose, aligned, authentic

Signs of imbalance: feeling inauthentic, disconnect from intuition, burnt out, uncertain, fearful, exhausted, lack of enthusiasm, unconfident, dis~ease in the core region

Color: Yellow

Sound: Ram {I do}

Crystal: Citrine

Essential Oil: Chamomile, Cinnamon

Music: Firework by Katy Perry

Journal: What would I do if I were not afraid?

Posture: recline, legs together, slow leg lifts, inhale as you bring legs to earth, exhale as you lift legs up

Affirmation: I am strong, powerful, and trusting.

4th Chakra: Heart {Anahata}

Benefits of alignment: feeling compassionate, at ease, graceful, loving, kind, open to possibility, connected, courageous, generous

Signs of imbalance: feeling closed off, angry, frustrated, irritable, not happy to give, disconnected, negative, unkind, dis~ease in the heart region

Color: Green {and Pink}

Sound: Yam {I love}

Crystal: Rose quartz, Jade

Essential Oil: Rose

Music: Opening by Wah! + Kind & Generous by Natalie Merchant

Journal: How can I be more kind, compassionate and loving to myself?

Posture: reach arms tall overhead to the sky; open heart by lying with arms overhead on an exercise ball {my fave every day}

Affirmation: I appreciate, respect and love myself.

www.DeniseDare.com

5th Chakra: Throat {[Vissudha](#)}

Benefits of alignment: feeling ease of communication, free to speak your truth, trust and clarity in your voice, mind and heart connection

Signs of imbalance: feeling disconnection between head and heart, not free to speak your truth, not able to ask for what you want or need, held back, not clear about what to say or do, dis~ease in the throat region of the body

Color: [Blue](#)

Sound: Ham {I speak}

Crystal: Lapis lazuli, Aquamarine

Essential Oil: Eucalyptus

Music: [Fight Song](#) by Rachel Platten + [Two Hands](#) by Jewel

Journal: What do I feel needs to be communicated?

Posture: head and neck rolls while seated or standing, inhale ear to shoulder, exhale chin to chest

Affirmation: I speak my truth with courage and clarity.

www.DeniseDare.com

6th Chakra: Third Eye {Ajna}

Benefits of alignment: feeling clear, intuitive, insightful, wise, guided by your own vision, the ability to see with your inner eye, connected with dreams

Signs of imbalance: feeling cloudy, uncertain, disconnected from inner wisdom, distracted, unaware, dis~ease in the head and mind

Color: Indigo

Sound: Om {I see}

Crystal: Labradorite, Flourite

Essential Oil: Sandalwood, Jasmine, Lavender

Music: [Dreams](#) by Fleetwood Mac + [Sanctuary](#) Donna DeLory

Journal: What is my big vision?

Posture: child's pose, forehead on the earth

Affirmation: I honor and trust my insight and my vision.

7th Chakra: Crown {Sahasrara}

Benefits of alignment: feeling spiritually connected, full of grace, light, connected to spirit and angels, protected, enlightened, on purpose, aligned with self and all that is

Signs of imbalance: feeling disconnected, out of the flow, not spiritual, struggle, lack of faith, ungraceful, chaotic, not at ease, not aligned with self, dis~ease of the spirit

Color: Purple

Sound: om {I understand}

Crystal: Selenite, Clear Quartz, Amethyst

Essential Oil: Helichrysum, Palo Santo, Frankincense

Music: [Love is Space](#) by Deva Premal + [Crystal Singing Bowls](#) by Ashana

Journal: When have you felt divinely guided and connected?

Posture: stand in mountain pose, crown lifting to the sky

Affirmation: I am connected, inspired, and guided with love.

www.DeniseDare.com

Chakra Love ~ Our Spiritual Energy



Notes ~ Question, Observe, Reflect, Inspire

www.DeniseDare.com

Are you feelin' the *Chakra Love*?

I'd be stoked to hear how these practices inspire you!

Send me a note at denise@denisedare.com with your ahas.

{And, I'd be so grateful if you would tell your friends about it!}

Wondering what your next best step is to go even deeper on your self love journey?

I've got just the thing for you! Definitely check out [Body Love](#).

This 28 day experience will change your relationship with your body.

No more pushing, striving, trying.

Step into receiving, flowing, easing.

And loving the body you are in.

If you have a habit of noticing the stuff about yourself that you don't like when you look in the mirror...

If you feel not good enough and constantly compare yourself to others...

If your internal dialogue is critical and perfectionistic...

If you want a healthier, happier life experience...

www.DeniseDare.com

You are so not alone.

And this course is totally right for you.

These practices and perspectives will support you to:

- ♥ Feel good in your body.
- ♥ Release comparisonitis and critical self judgment.
- ♥ Feel confident to be fully yourself.
- ♥ Cultivate courage to be, do and have your heart's truest desires.
- ♥ Feel connected to the tapestry of Life.
- ♥ Tap into the magic of alignment.
- ♥ Become a master of daily practice.
- ♥ Embody divine feminine energy.
- ♥ Learn to receive with grace and ease.
- ♥ Feel beautiful and loved.
- ♥ Give yourself permission.
- ♥ Connect with your power.

This is your invitation...

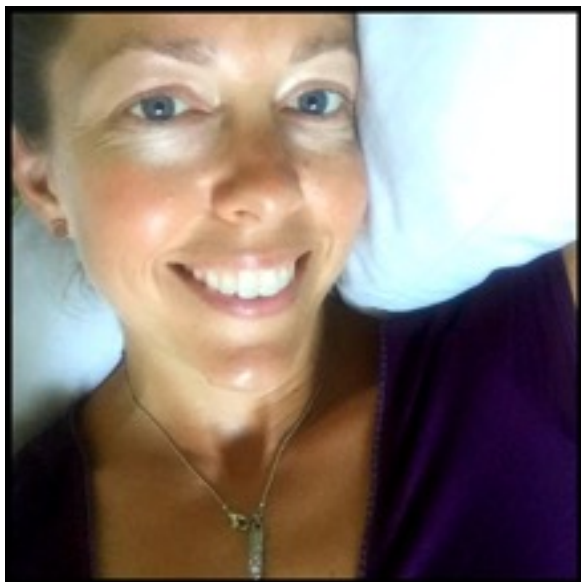
Only \$96 for a more vibrant, playful and sexy YOU.

You'll receive 28 sweet and simple daily emails inviting you to explore, connect and play.

As we create peace within, we become free to share peace and love with the world.

[Join us in the life changing experience of Body Love.](#)

www.DeniseDare.com



Remember, if you want more loving insight to create a life that feels aligned, a body that feels vibrant, and a mind that feels free and at ease...

Join [our private group on Facebook](#) to connect with a beautiful community of sisters.

[Sign up for Love Notes from me.](#)

And [check out how we can work together to give you the support you are calling in...](#)

As always, no matter what, remember how loved you are, how supported you are, and how much power you hold to create the life you desire.

Love + Hugs,

D

p.s. You are enough. That is all. This is everything. xoxo

www.DeniseDare.com