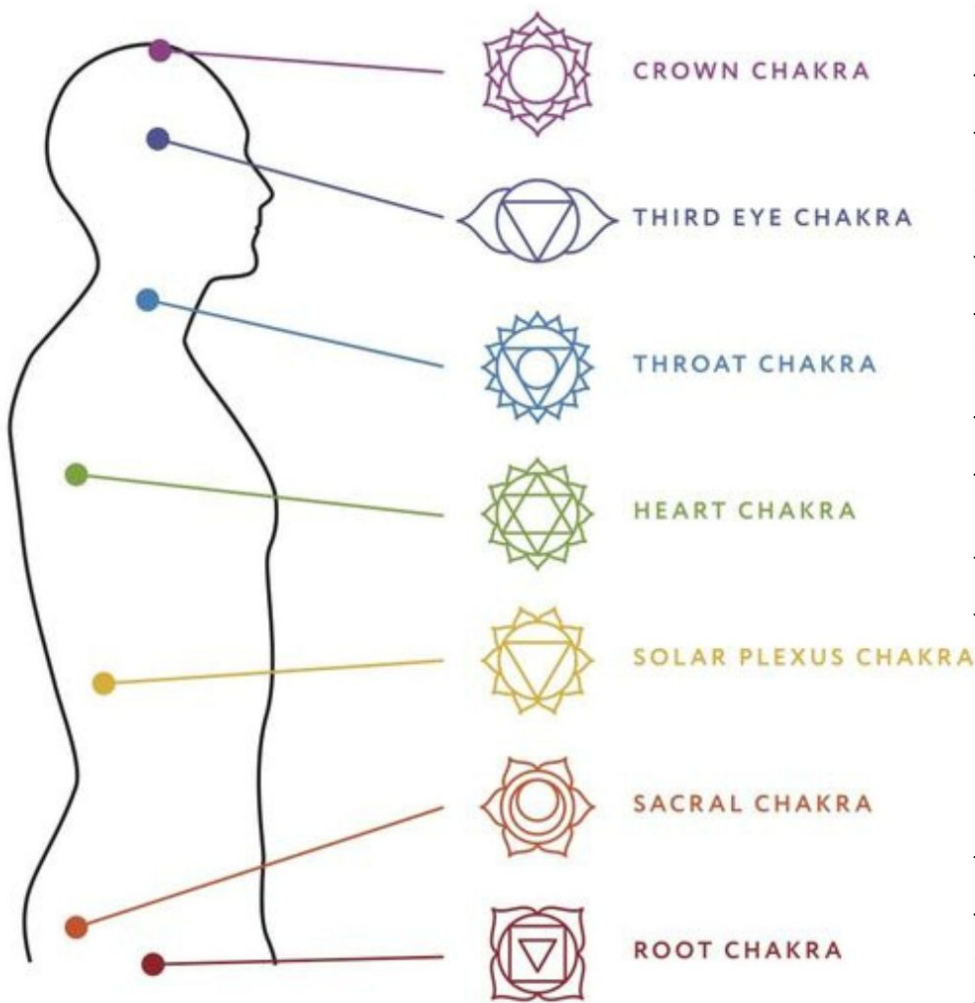


Chakra Worksheet

In Sanskrit, the word "chakra" means "disk" or "wheel" and refers to the energy centers in your body. These wheels or disks of spinning energy each correspond to certain nerve bundles and major organs. In our class today, we discussed the frequency power of words on water, which is carried through our bodies. Use this worksheet to list a few words you'd like associate with each of your chakras.



I understand:

I know:

I communicate:

I love:

I balance:

I create:

I am:
