

ROOT CHAKRA

CURRENT BASELINE OF THIS CHAKRA

You often approach situations from the perspective of, “How can I control this in order to feel safe?” This plays out in your attitude toward your body and your health, which you tend to view as something that must be controlled through will power, whether through the foods you eat, how often you exercise, etc.

You have achieved a considerable amount of outward success, and this is often a direct result of you taking charge of a situation and seeing that the things that need to get done, get done. As a result, it is very scary for you to think about relinquishing even some of this control, because you naturally fear that if you do so, nothing will get done.

This causes you to put a lot of pressure on yourself, and you often feel, “If I don’t do this, who will?” Again, this allows you to get quite a bit accomplished but sometimes at the expense of your own well-being as you sacrifice relaxation time to meet outer demands.

You are growing tired of what feels like constant striving, but you feel stuck, because you are very afraid of surrendering control and risking the loss of everything you’ve accomplished so far.

It is difficult not to judge yourself when you feel like you’re not in charge, as if you’ve slipped up in some way, and if only you could gain control, *then* things would go well. From this place, it is sometimes easy to judge other people as well, particularly if you view them as being more passive than you think is best.

You can become quite enamored with potential--the potential within yourself, other people, and situations, and this is a double-edged sword. On one side, you are able to see things that do not yet exist, and this visionary ability underlies much of your success in manifesting what you want on the physical plane.



On the other side, when you fail to live up to this potential, which can often be very perfectionistic, or when others fail to live up to what you see in them (or they have a different view of themselves and their goals), you can easily become frustrated and sometimes a bit judgemental. This is also the case when the timing simply isn't right for your vision to unfold, and it can be difficult for you to trust that letting go of something now doesn't always mean that you're giving up completely; proper timing sometimes requires patience.

Learning how to revel in the excitement of your plans while also not taking it personally when other people aren't on board with your vision will enable you to be more accepting and to soften your approach, which in turn, will gain you more supporters who will be attracted to your enthusiasm uncoupled from the pushing and striving.

This will also bring you more clarity in terms of proper timing, because when you release from striving you will be better able to hear the voice within, guiding you to take action when it is most advantageous.

Releasing the role of the taskmaster, both internally and in your relationships with others, will be incredibly liberating as it will release you from taking responsibility for other people's journeys and the rate at which they're traveling, leaving you more time to focus gentle attention on your own path and the wonders of the present moment, which can be easy to overlook when you're concentrating on "all the things that need to be done."

Finally, know that as you begin to work with your root chakra in meditation, visualization, and physical postures (such as Mountain Pose and Bridge Pose in yoga), you will start tapping into memories and energies that have been hidden or suppressed. Be mindful of pushing too hard to reveal things as quickly as possible. As you surrender control over this process, you can trust that nothing will be revealed before you are able to handle it.

FURTHER INSIGHTS FOR FURTHER INSIGHTS FOR HEALING AND BALANCING THIS CHAKRA

As outlined in the previous section, learning how and when to release control and surrender will allow healing energy to flow into your root chakra. Right now, you are blocking some of this flow by trying to take charge of every aspect of your physical existence. Trust that your body has great wisdom, and with practice, which involves surrendering control, you will be better able to tap into this inher-

ent wisdom.

Start by choosing situations that feel safer to surrender--situations where the outcome isn't crucial. And remember, the eventual goal isn't necessarily surrendering all control, all the time.

You've achieved much by your willingness to take charge and get things done; you simply need to balance this with a little more surrender to ensure that you're not unnecessarily sapping your energy and missing out on guidance from a wise Source outside the confines of your own mind.

This card is also bringing up a very specific message, and this might sound a bit strange, but begin to look at the ways in which you interact with children and how you feel about those interactions. I sense that you experience insecurity, because their reactions are often unpredictable and hard to control, and this makes you feel uncomfortable, particularly if other adults are watching to see how you will react.

There's no need to throw yourself into the middle of a day care at recess to explore this. Even meditating on your feelings and asking for insights on why you feel this way and what this means for you will yield rich insights that will help you feel more at home in your own body with the potential to also heal childhood wounds.

Additionally, you often hold your ability to attract wealth and financial security at arm's length because, paradoxically, something about it feels unsafe. You were very accustomed to having people rescue you and care take when it came to money matters throughout much of your young life, and as a result, you have a subconscious fear that being financially self-sufficient will remove this lifeline.

This lifeline feels like safety, but in reality, it is keeping you in a very unstable position, and this is one area where cutting the umbilical cord and taking charge of your situation will be very freeing and beneficial.



NAVAL CHAKRA

CURRENT BASELINE OF THIS CHAKRA

A lot of your energy from this chakra is directed outward and toward the future. Focusing on your own internal experience rooted in the present moment can feel difficult at times.

There is an underlying sense that with every creative act you are able to propel yourself forward, i.e. away from where you are now, and *then* things will be better. This can make it difficult to do things purely for enjoyment, because it can feel like “a waste of time” and like you’re not getting anywhere.

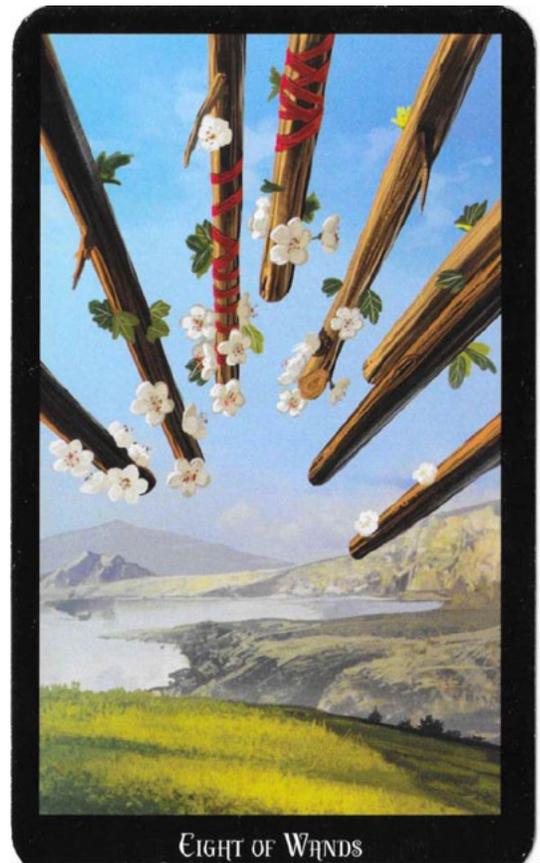
Most of these feelings of things being better in the future stem from false beliefs of unworthiness and the need for external approval and validation. For example, “Once we build our house, then I’ll feel whole and I will no longer crave approval.” But as you’re finding, so long as you’re willing to play this game you will be engaged in a never-ending cycle, a hamster wheel of approval seeking.

By directing some of this powerful creative force inward, you will be able to create a nurturing environment of self-approval, and in this place it will also be easier to release judgements of other people.

Remember that you are inherently whole; you are merely in a temporary state in which you have forgotten this wholeness. As you learn to quiet the voice that is pleading for approval, you will then be able to hear a still, ever-present voice that is saying, “You have already arrived.”

Wading into and submerging yourself in the waters of your subconscious on a regular basis through meditation and other contemplative practices will help bolster your connection to that wholeness so its presence, over time, will be felt more strongly than any self-doubting detractors born of your ego.

Let your passion be the driving force as you continue on this path. If something



doesn't light you up, tune into your feelings and explore why you think you must do this thing before automatically saying "yes."

Also, your work with the previous chakra will open you up to new ideas as you become less defensive and fearful of losing control, and this will enrich your experience on many levels. Right now, it is easy to overlook or outright reject these novel elements because they feel like an attack on your own ideas--as in, when someone offers a suggestion, you are hearing an implicit, "You're doing it wrong; do this instead," that may or may not be there.

Your commitment to your own ideas can sometimes serve as a defense, keeping people at arm's length. This independence is related to confrontations with your mother when you were a child in which you felt that yielding to her demands meant losing a part of yourself.

This was understandable then as a powerless child facing an overly domineering parent, but as an adult, you are now free to hear and accept other's contributions or reject them and continue on your merry way (or any shade in between those poles) with more fluidity and without this threatening your sense of self.

This process will feel disorienting and scary at first, but marvel in how much more free and flexible you feel when you're not busy rigidly defending yourself from perceived attacks. This newfound freedom will allow you more time for exploration and learning.

FURTHER INSIGHTS FOR HEALING AND BALANCING THIS CHAKRA

Experiencing your sensuality, being in nature, nurturing your creativity--these are all coming through in the message of this card. It's time to stop comparing how you relate to the world, yourself, and the people in your life with the methods of relating you see in others. When you do so, you often judge yourself as being "too shy," "too emotionally open," "too sensitive," and so on.



You have a unique way of relating, and oftentimes this will look very different from the way others are acting, but don't let this generate insecurities and doubt. Trust the being authentic will be the most affirming path both in the short and long term.

Learn how to build other people up rather than assessing their life and behaviors as a series of problems that you need to solve. Bring your attention back to your own journey (another reminder about releasing the urge to compare yourself with others) and let other people pay attention to theirs. This will have a spillover effect of making you feel more confident in your unique pursuits and less reliant on validation (or sensitive to criticism) from others.

Continue to heal your menstrual cycle, and tap into the dictates of its natural ebb and flow, seeing how your own internal rhythms mirror the macrocosmic Universal rhythms. Allow yourself to rest in times of your cycle when you have less energy, and allow yourself to move and dance when you feel like you are bursting with more energy than you can contain.

Tune into what is happening in your body right now--not yesterday, not based on how you want to feel; just tune in to what is. Step into the flow that is all around you and within you, releasing fears that you'll be less productive and "everything will fall apart" while moving through ebb cycles.

SOLAR PLEXUS CHAKRA

CURRENT BASELINE OF THIS CHAKRA

You tend to look at your accomplishments, and specifically what you have created in your business, as a measure of your worth. This can bring about a great sense of well-deserved pride and joy, but those feelings tend to be rather short lived and easily threatened by the normal ups and downs of life--one of the drawbacks of measuring one's worth by outer accomplishments.

The flip side is that past successes have cre-



ated a sense of confidence that enables you to go after what you want more often than not, and you generally expect to succeed, which is often a self-fulfilling prophecy. Other people frequently comment on how productive you are and how much you have accomplished.

Perfectionism is what tends to trip you up in this area. You have a habit of being really harsh with yourself when you make mistakes. While some people manifest perfectionism as a fear of taking any risks to avoid potential failures, you are willing to take those risks, but the self-abuse that follows mistakes can get rather intense.

While you are rarely as harsh on others as you are on yourself, this does bleed into judgements of other people at times, and you sometimes hold them to the same impossibly high standards that you set for yourself.

Exploring the dance between celebrating your accomplishments and recognizing that your worth extends far beyond them will yield rich rewards and greater peace of mind.

FURTHER INSIGHTS FOR HEALING AND BALANCING THIS CHAKRA

Take a risk, try something new, release the pressure of always having to know what you're going to do, think, and say five steps ahead. Trust that everything you need is right here in this moment and you're not missing out by releasing thoughts of the past, future, or what everyone else is doing.

Go on a journey with an open mind. This could be a physical trip, exploring a new skill, or meditating with an open, experimental attitude. Allow yourself to be truly surprised by your experience by surrendering what you think you know. This will be very liberating and transformative.

Get rid of possessions, situations, and relationships that you have been resent-



ing or tolerating. This will free up a massive amount of energy for you, and you can then channel this energy into pursuits that are more satisfying on a personal level. If there's something that you never feel like you have time for, this is a way to make more time!

HEART CHAKRA

CURRENT BASELINE OF THIS CHAKRA

Growing up, you were taught that love is conditional. When you behave and act like a “good girl,” you will be loved. When you disobey, love can be taken away. You struggle with replicating this faulty model in some of your adult relationships, choosing partners who will reinforce this paradigm by revoking their “love” when they're angry, and sometimes you reciprocate out of hurt, revoking your “love” in return.

You have experienced a great deal of healing in this area already, and you have been steadily moving toward a more expansive, unconditional view of love, both for yourself and others, so continue with these explorations. Continue developing your ever-growing self-awareness to cultivate a greater capacity for unconditional love.

One area in which you're exploring this is in your relationship to the Divine. You have struggled with feeling like you are always trying to get or stay on the gods' “good side” by being on your best behavior. If you fail, you fear being punished, and when you experience hardships, you tend to look for the reasons why you must “deserve” them.

This way of relating is beginning to feel stifling and inauthentic, so continue to explore ways in which to relate to the Divine by doing whatever spontaneously comes to you in your practice, reading what others have done and experimenting, asking for Guidance, etc. Look for flashes of insight or things that just “feel right” as clues on the path to building a more satisfying relationship with the Universe. Trust your intuition.



FURTHER INSIGHTS FOR HEALING AND BALANCING THIS CHAKRA

There is a seemingly contradictory message here, so let's pull it apart. On one hand, you will be better served by being more selective, even somewhat selfish, if you will, with your time and attention. What you focus on or say "yes" to will attract more of its kind, so be mindful of who or what you are inviting into your life with your words, thoughts, and choices.

On the other hand, in those relationships that are of great value to you (and with yourself), consider the ways that you block the free flow of love, perhaps by guarding your time a bit too rigorously or not sharing your more authentic aspects for fear of rejection.

It can feel scary to make changes, because you're very protective of your heart after past woundings, but in safe spaces, trust that it is okay to open up and that you are strong enough to weather any outcome.

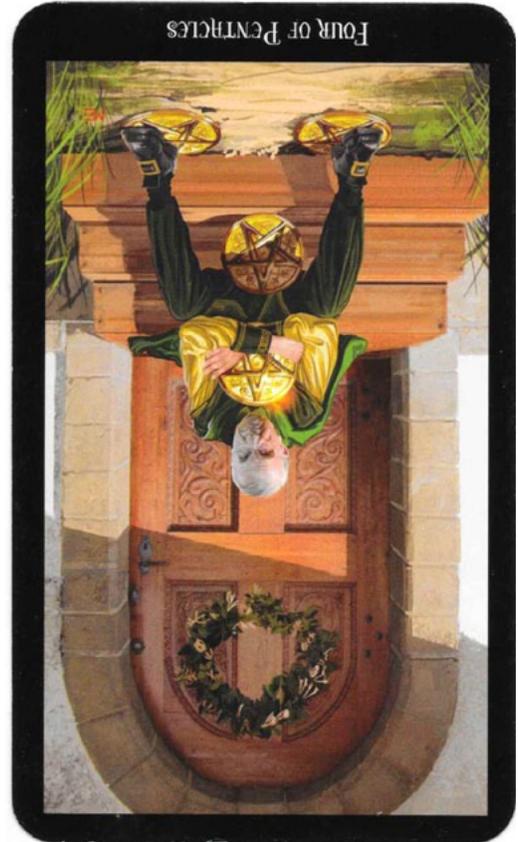
You are learning how to take care of yourself financially, and this process is a true act of self-love. Previously, you would use spending as a means of comfort, but the ensuing fallout of overspending was anything but comforting.

Your efforts at finding deeper sources of self-soothing, coupled with your positive steps toward financial mastery, will be immensely healing and empowering, not just in your financial life but in your relationships to others, yourself, and your work. Keep it up!

THROAT CHAKRA

CURRENT BASELINE OF THIS CHAKRA

You place a lot of attention on measuring whether or not you feel seen and heard in your relationships, and you are very sensitive to indications that people aren't listening or understanding you fully. You wish that this didn't bother you so



much, because you can see the anxiety it causes you.

You're very concerned about not offending people with what you say, although sometimes you feel like rebelling against this and you speak your mind.

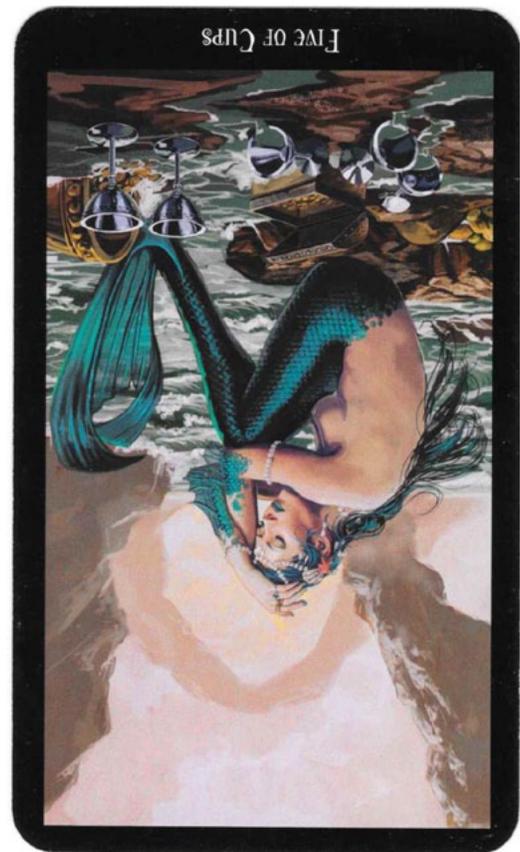
If people don't respond well to this, it can be easy to judge yourself harshly and use this as a reason to avoid speaking up in the future. Internally, you tend to react very strongly to the person who responded in a way you didn't like, mentally cutting them down to size and then feeling bad and judging yourself for it later.

Learning how to take things less personally will be immensely freeing (you might find value in reading *The Four Agreements*). Recognize that most people are thinking of themselves and they have no idea how their words are affecting you. This is not meant to excuse hurtful behavior or words, but it can help you be more selective about what you choose to focus on and what would be better to dismiss so you can move on.

Learn to read the signs of when you're feeling more sensitive and having a tendency to read into things. Give yourself permission to disconnect socially, whether for an hour, a day, or longer, and take care of yourself.

Quite often, you will feel the urge to do the opposite in these moments and try to connect with someone, but in that space everything seems to rub you the wrong way and you often end up feeling worse.

Trust that alone time will be restorative, especially if you spend it doing something nurturing like taking a bath, going on a hike, or curling up with a good book. Resist the urge to get online, especially social media, or read fashion/society magazines. Anything that will tempt you to enter into comparison mode right now will leave you feeling depleted and cranky, so unplug and take care of yourself.



FURTHER INSIGHTS FOR HEALING AND BALANCING THIS CHAKRA

While you have many skills in the area of listening and communicating, to take things to the next level, begin exploring new ways (or restudy “old” ways) of communicating in a clear, compassionate way. Approach this with a beginner’s mind and relish being the student.

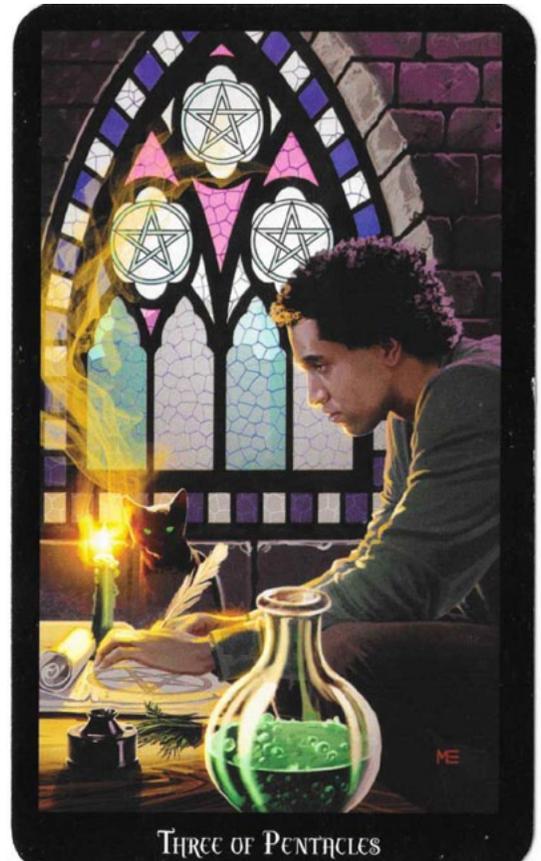
Two books that come to mind are *Non-Violent Communication* and *Thanks for the Feedback*. These explorations will greatly expand your skills, confidence, and impact on the world, so trust that your efforts will pay off in time.

Also, continue focusing on how you communicate what you want energetically through not only your words but your actions and choices. Aligning the messages you’re sending out to the universe will accelerate your ability to manifest what you want.

Really look at the choices you are making, both the ones that take conscious effort and the ones that seem to happen on a subconscious level and which you’re usually only aware of by seeing the results of those choices in your life. You want to continue to cultivate awareness of all the ways in which you choose throughout your day--by what you choose to say, what you think about, what you spend time doing, the things that you allow by not saying “no” to, etc.

All of these represent messages that you are sending out to the universe, and they are a potent form of communication, so make sure you are saying what you really want to say!

You can also use your magical studies to begin to tie all of these different communication aspects together in a very powerful way. Consider writing rituals or perform a ritual of discipline in which you commit to doing something for a set period of time as a spiritual practice. For example, you may choose to abstain from self-deprecating or outright self-flagellating thoughts for ten days and see



how this affects you.

THIRD EYE CHAKRA

CURRENT BASELINE OF THIS CHAKRA

The only things holding you back in this area are your own self-doubts. Continue to develop your intuition by trusting it more often; you can start out small as you grow your confidence.

Also, learn to recognize when you're feeling heightened emotions and know that, in these moments, it can be harder to get in touch with your true intuition versus what you want to happen, so don't allow any lapses in intuitive judgment during these times of high emotions undermine your confidence. Learn to recognize when you're in this mind-set and give yourself time to calm down before deciding, and/or check in with someone you trust for a second opinion.

Your third eye is intimately connected to your solar plexus, and you will struggle with similar issues as outlined in that section. For example, past intuitive "successes" leave you feeling confident and encouraged, but there's the sense that you're only as good as your last success, and this feels a bit like a never-ending hamster wheel with lurching highs and lows.

Learning how to accept the natural ebb and flow of your intuition (it might be stronger at certain times of the day, month, depending on what you're doing, etc.) and not reacting with the fear that you've "lost your touch" whenever it's a bit off will help you relax into a flow state that allows for deeper intuitive access.

As you develop this gift, you may fear feeling ostracized from "normal society" if you open up more about this process of tapping into non-logical information. It's okay to couch this in whatever terms you're comfortable with, like "my gut says" or "I had a hunch." If, over time, you're more comfortable discussing the more "woo-woo" aspects, trust that you will be okay no matter how people respond-



-and many of them will be curious to know more!

FURTHER INSIGHTS FOR HEALING AND BALANCING THIS CHAKRA

Study ancient and contemporary methods of divination. Don't let fear of having to possess these skills naturally (otherwise they're "not legitimate") keep you from studying. Honing your talents will be incredibly satisfying and will enable you to unlock key areas of your own growth, which will then enable you to help others with similar struggles.

As you continue to heal your relationship with your birth religion, you will gain greater insight into who you are and how best to approach your new spiritual path--not from place of rebellion but from one of conscious choice.



Continue to seek and follow Divine guidance in your studies, whether it's asking for the right book or teacher to appear in your life, or asking for assistance with the divination process during a reading.

Begin to experiment with balancing sun energy (Apollo comes to mind as relevant to your practice) and Moon energies (Selene or the Oracle) in your practice. Your workings are very lunar focused, which is wonderful, but the sun will help round out your experience, providing illuminating contrast and powerful opportunities for growth and expansion.

CROWN CHAKRA

CURRENT BASELINE OF THIS CHAKRA

You sometimes have a hard time excepting that the Universe wants you to succeed. This comes back to feeling like you have to earn or prove your worth. Begin to notice and celebrate gifts received throughout your day, no matter how small, especially ones you didn't do anything in particular to "deserve."

As you journey into this chakra you will begin to pull together much of what you have learned with the previous chakras. You will see and feel more clearly the abundance of unconditional love, and you will grow in your capacity to both give and receive love with less strings attached.

You will begin to explore releasing control over how love flows into your life, and you will be pleasantly surprised by the results.

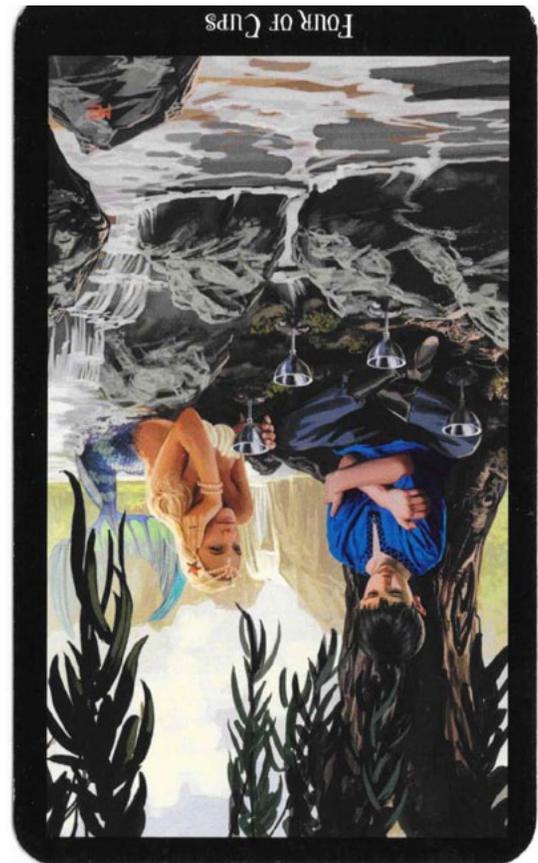
You will also feel more capable of uncovering your heart and your more vulnerable side, and in doing so you will enjoy deeper connections with people.

Some will be put off by this new level of intimacy and vulnerability, but recognize that this is a reflection of where they are at and what they're capable of handling, not a rejection of you as a person. Committing to this process will help you recognize more fully the relationships in your life with real substance and help you attract more of this kind of relationship into your life.

FURTHER INSIGHTS FOR HEALING AND BALANCING THIS CHAKRA

Surrender. Release your inner wildness when appropriate to do so. Research the balance between rational Apollo and the escape of Dionysus. You are addicted to order and perfection, which has created the framework for manifesting many wonderful things in your life, and now it's time to learn how to explore unstructured abandoned.

You fear opening the door even a little bit to ecstasy, because you don't want to revert



back to the self-destructive ways of your youth, and no, this would not be advisable. But there is a middle ground that allows for more spontaneous, creative expression exercised in a self-affirming way.

Particularly begin to open up to this spontaneity in how you communicate. You place great emphasis on being precise with your language--not necessarily a bad thing!--but in certain settings, allowing for more free-form expression, while it might feel messy, will be healing and a catalyst for growth. Think, too, of how you communicate with the Divine; all of the above advice applies in this relationship as well.