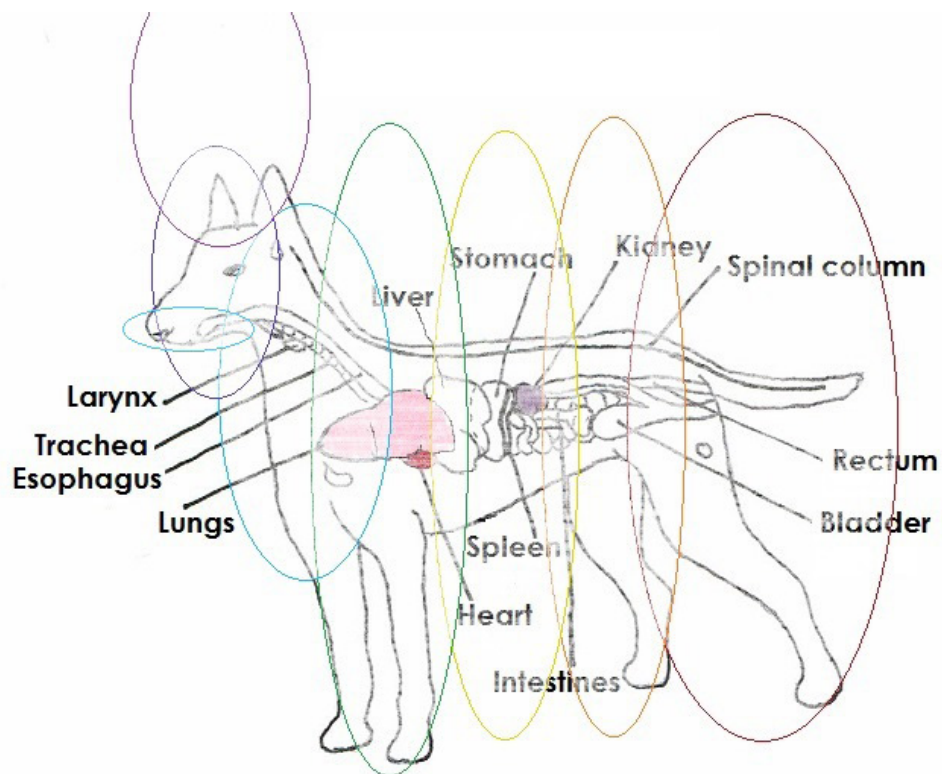


# CHAKRA JOURNAL



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## FIRST CHAKRA

Safety, supported, grounded, tribes, packs, herds, flocks, prides, colonies, well being, immune

Safety, wellbeing, exercise

How to help this chakra with a behavioral or emotional issue

- Training
- Animal Communication
- Essential oils
- Body work or energy work
- Exercise

How to help this chakra with a health challenge

- Immune building supplementation
- Massage
- Touch
- Flower essence
- Energy work
- Feeding the immune/lymph system

First Chakra questions to ask yourself about your animal companion:

1. Does your animal's fear show up in the physical stature?
2. If your animal has an immune system compromise, can you track back to an emotional experience that may have started this demise?

## SECOND CHAKRA

One on one relationships, reproductive organs, creativity, play, joy, playfulness, abundance, desire, great relationships and boundaries

How to help this chakra with a behavioral or emotional issue

- Animal communication
- Training
- Exercise
- Flower essences
- TTouch
- Fun

How to help this chakra with a health challenge

- Cranial sacral
- Acupuncture
- Acupressure
- Herbs
- Crystals
- Machines
- HTA
- Energy work
- Feeding the elimination center/reproductive center

Second Chakra questions to ask yourself about your animal companion:

1. Does your animal companion have healthy fun relationships with other animals?
2. As your animal companion has aged, does he/she still have creative outlets?



## FOURTH CHAKRA

Love, joy, grief, connection, forgiveness, understanding, heart/lungs, great emotional environment

How to help this chakra with a behavioral or emotional issue

- Emotional environment – finding more joy
- Human emotional adjustments
- Flower essences
- Fun
- Exercise for all
- Animal Communication
- Training

How to help this chakra with a health challenge

- Acupuncture
- Flower essences
- Massage
- Essential oils
- Feeding the cardiovascular/respiratory system

Fourth Chakra questions to ask yourself about your animal companion:

1. If your animal companion has experienced or is experiencing grief? Do you have some physical outlets for him/her to express and run some of it off?
  
  
  
  
  
  
  
  
  
  
2. If your animal companion is new to your household, do you have ways of helping him/her feel more comfortable and release old emotions from his prior household?

## FIFTH CHAKRA

Communicate, express, self expression, the throat, great purpose/job/integration

How to help this chakra with a behavioral or emotional issue

- Animal Communication
- Reframing picture for animal
- Find a new purpose
- Job
- Try new disciplines

How to help this chakra with a health challenge

- Cranial Sacral
- Essential oils
- Adjusting the diet/digestion
- Herbs
- Digestive enzymes
- Feeding the will
- Redefine purpose

Fifth Chakra questions to ask yourself about your animal companion:

1. If your animal companion has a thyroid issue, was there ever a time that his/her emotional life was compromised?
  
  
  
  
  
  
  
  
  
  
2. Does your animal companion have a job/purpose in your household?









