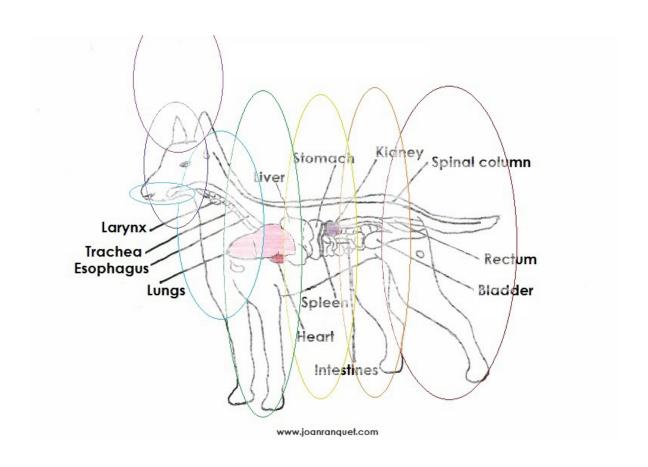




CHAKRA JOURNAL







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?





THIRD CHAKRA

Personal power, self esteem, digestive organs, good food and supplementation

How to help this chakra with a behavioral or emotional issue

- · Animal Communication
- Training
- Better diet
- · Supplementation
- · Flower essences
- · How to help this chakra with a health challenge
- · Chiropractic
- Pro/prebiotics
- · Adjusting the diet/digestion
- Supplementation
- Homeopathy
- · Feeding the digestive system/endocrine system

Third Chakra questions to ask yourself about your animal companion:

1. Do you notice when the animal's emotional anxiety is up; the digestion is off?

2. How can you find ways to help your animal companion experience more confidence in their own life? With you? With other humans? With other animals?





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?





SIXTH CHAKRA

Third eye, intuition, wisdom, intellect, pineal gland, senses, brain, socialization with others of their species

How to help this chakra with a behavioral or emotional issue

- · Training
- · Outings
- · How to help this chakra with a health challenge
- · Cranial sacral
- · Essential oils
- Homeopathy
- Touch
- · Feeding the senses, the brain and the nervous system

Sixth Chakra questions to ask yourself about your animal companion:

1. Does your animal companion have healthy brain stimulation?

2. Does your animal companion have good outside stimulus?





SEVENTH CHAKRA

Divine connection crown, consciousness, trust, trust in humans, solid emotional leadership from one or more of their humans

How to help this chakra with a behavioral or emotional issue

- · Dog training/horse training for humans
- · Human gets more esteem

How to help this chakra with a health challenge

- · Cranial Sacral
- Touch
- Supplementation feeding the skeletal/musculature system and get a flow through all the meridians

Seventh Chakra questions to ask yourself about your animal companion:

1. Does your animal companion trust humans?

2. Do you trust your animal companion?





EIGHTH CHAKRA

Grace, the aura of the collective, ecosystem for that animal, specific species and/or the home the morphic resonance, the energy of the whole has a signature feel of harmony

How to help this chakra with a behavioral or emotional issue

- Feng Shui
- Healing Touch
- · Scalar Wave
- · Space clearing

How to help this chakra with a health challenge

- Energy work
- · Creating a state of grace
- · Feeding and supporting the emotional system of the whole body and environment

Eighth Chakra questions to ask yourself about your animal companion:

1. Does your household feel safe?

2. Do you need to put energetic bubbles up so your animal companions don't take on too much of your "stuff"?





CHAKRA DOMINANCE

1.	Does your animal have one or two dominant chakras? If so, what are they?
2.	What are some ways you could help your animal to balance their chakras based on everything you've learned so far?