



The *Colors of Spirit*





Chakras

**Junction points between the
consciousness of Spirit and biology.**

Deepak Chopra

ROOT Chakra

COLOR – RED

LOCATION – BASE of SPINE

Opening the **ROOT** Chakra

with spiritual principles...

One Presence

One Power

One Source

Substance

Power of Release

Power of Strength

Opening the **ROOT** Chakra

with INTERNAL INQUIRY...

1. Describe your sense of **SAFETY / SECURITY**
2. Do you feel **BALANCED** or **CAN'T GET YOUR BEARINGS**?
3. Is life about **SURVIVING** or **THRIVING**?
4. How do you manage your feelings of **ANXIETY**?
5. Do you feel a sense of **INSECURITY** or **THREAT** to basic needs?
6. How **FINANCIALLY SECURE** do you feel?
7. What stories of "**VICTIM**" or "**HELPLESS**" repeat in your life?

How would it feel to completely **CHANGE your REALITY?**

The only voice that determines my reality is mine. I am no longer subject to past trauma, upbringing, or mistakes. I can start over anytime. I can be whoever I want, wherever I want. I can build a strong foundation to stand on from here on out, no matter how old I am or what I've been through. My true Self is perfect and I'm always free to reveal my Higher Self. I am not bound by the past or any definition or identification.

