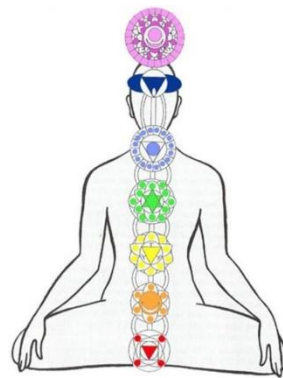
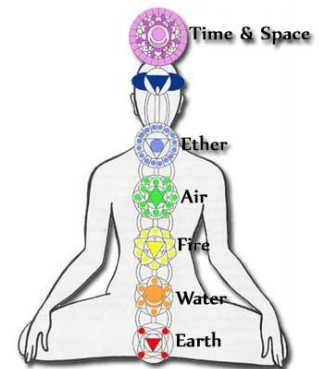




Chakra's, Elements and Blockages



- Crown - Spiritual
- 3rd Eye - Perception
- Throat - Expression
- Heart - Love
- Solar Plexus - Power
- Sacral - Sex
- Root - Survival



Chakra	Related to:	Blockage:	Surrender by:
Root	Connection / Survival	Fear. Vision is not real. You are concerned of survival.	Surrender those fears. Let fears flow
Sacral	Passion / Pleasure	Guilt	Forgive yourself
Solar Plexus	Will power	Shame caused by letdowns disappointments	Accept and love who and what you are and even your 'mistakes'
Heart	Love	Grieve	Release sadness and loss
Throat / sound	Truth (your truth)	Lies	Release your denial and the lies to yourself
Third eye / light	Perception	Illusion	Release illusion within yourself, thoughts of separation, collective consciousness, see the holistic approach that all is one
Crown	Connection to divine, control and awareness of your thoughts and actions	Earthly attachments	Release earthly attachments, let go of all you have grown to love

Realize that letting go does not mean it truly disappears. Connection will still be in touch but you do not any longer cling to the relationship with it. You are able to connect with your "higher" self. Body & mind (spiritual part) together. Free within yourself and in engaged connection with the world around.

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