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TAP INTO THE CHAKRA EMPOWERMENT ENERGY TO RECLAIM PASSION, JOY, CONFIDENCE

With Margaret Lynch Ranieri

Introduction and overview:

- The 7 Chakras as levels of consciousness and power.
- The difference between working on upper chakras and lower chakras
- The upward flow of "Empowerment Energy" and how it works in our daily life
- The downward "depressing" effect of fear energy
- Using a "leading" approach when navigating the blind spots of the lower chakras

PART I: UNBLOCK THE SUPER POWERS OF CHAKRA I - RECLAIMING STRENGTH, RELEASING FEAR AND RULES OF LIMITATION

YOUR 1ST CHAKRA FOUNDATION - THE ROOT CHAKRA

The root chakra holds the energy of SAFETY and STRENGTH, the “sacred energy of presence, resilience and practical manifestation”.

This chakra is weak and blocked when we relationally and physically take in (through our nervous system) unquestioned belief that we are NOT safe, are not important enough to be taken care of and therefore do not truly have the right to be just ourselves, with all your flaws and power and want the things that we want and go for them:

When this chakra is weak and blocked:

- It's difficult to stand up for yourself and “own your power”
- your doubt and the fear of the unknown will overcome all your passion and enthusiasm to achieve something greater in your life.
- It is hard to get into effective, efficient action and instead you will spin in your head.
- You will either feel a lot of anxiety or stay in control while criticizing yourself routinely but not connect that to stress or anxiety

When this chakra is open and strong with the unquestioned belief that you are safe and have the right to “life, liberty and the pursuit of happiness”, you feel more balanced, grounded, strong and present... as well as **clear, focused, and inspired to take action.**

Experience a 1st Chakra Breakthrough

PART 2: UNBLOCK THE SUPER POWERS OF CHAKRA 2 - RECLAIMING POWER, RELEASING STUCKNESS AND PLAYING MEDIUM

YOUR 2ND CHAKRA POWER - THE SACRAL CHAKRA

The sacral chakra represents VULNERABILITY AND POWER in its raw energy form and the “sacred energy of wanting and receiving”. It’s your primary source of “Empowerment Energy”, drive and boldness.

This chakra is weak and blocked when we are shamed because of our impulse to have something, want something, demand something or be seen for our specialness. This can be conveyed with a look of shock and dismay, accusatory language like, “Who do you think you are?” or descriptive attack like, “You are selfish!”.

When this chakra is weak and blocked:

- We will have a “power shortage” just when we need it the most - so instead of standing up for ourselves we shrink by hiding, playing small or laughing along when someone
- We think our wants and desires so that we can only want things that feel safe and appropriate instead of shameful or embarrassing.
- We will work very hard to prove that we are never angry, selfish, too confident or feel “too good” about ourselves.
- We will work hard but always feel like reward never comes and/or we can’t feel it when it does come.

When this chakra is open and strong with inner respect for rising emotions and the important messages they bring...we are able to honor our desires for both receiving and using our power with courage. This gives us ***the energy charge of courage, enthusiasm, passion and inner***

unshakeable certainty to set boundaries, take risks, right wrongs, push through doubt, and receive freely.

PART 3: UNBLOCK THE SUPER POWERS OF CHAKRA 3 - RECLAIMING COURAGE, RELEASING FEAR OF SHINING WITH CONFIDENCE

YOUR 3RD CHAKRA ACTION – THE SOLAR PLEXUS CHAKRA

The solar plexus chakra holds the energy of EMPOWERED ACTION and the “sacred energy of leadership”. This is where our 2nd chakra passions show up in our real everyday actions that create our lives, careers, missions. We act from an inner certainty and freedom to try new things, take risks and make things happen in a bigger, bolder way.

This chakra is weak and blocked when the “rules I need to follow or I am not safe” fear energy rises up from the 1st chakra and the “it is shameful for me to be/want ___” rises up from the 2nd chakra. That leaves the 3rd chakra with a narrow lane of action and empowerment of only doing those things that insure I am safe and acceptable. When we really self-reflect, we realize that a majority of our actions and achievements have been to simply be safe.

When this chakra is weak blocked:

- We can do lots of personal growth and make lots of plans but never actually make the real changes we need to make in our life, job, relationships or money.
- We are more likely to sabotage ourselves because just below the surface is the fear that others will judge you as guilty, arrogant or selfish.
- We will either feel completely stuck or do tons of busy work while avoiding the more important steps we know we need to take.

- Give and give and give but feel awkward or terrified of asking for what we really want or setting a boundary with someone who takes a lot.

When this chakra is open and strong, ***you feel effortlessly confident, enthusiastic, and empowered to take bold, inspired action toward your dreams.*** The criticisms coming from others no longer knocks us off balance and can be evaluated in balanced, “big picture” way as either important feedback or someone else’s wound.

Experience a 2nd and 3rd Chakra Breakthrough

PART 4: UNBLOCK THE SUPER POWERS OF CHAKRA 4 - RECLAIMING SELF, RELEASING RULE OF PROVING YOURSELF WORTHY

YOUR 4TH CHAKRA WISDOM - THE HEART CHAKRA

The heart chakra represents the “sacred energy of pure deserving” – and the wisdom to know and understand your true self (and others) with love, patience and compassion.

This chakra is weak and blocked when the “rules I need to follow or I am not safe” fear energy rises up from the 1st chakra and the “it is shameful for me to be/want ___” rises up from the 2nd chakra. That leaves the 4th chakra open to others but closed to ourselves.

As part of the more advanced and more difficult to see type of self-protection, the closed heart looks at our true self and all our actions with scrutiny about what should have been better and what is not good enough yet.

When we really self-reflect, we realize that we never allow ourselves to celebrate ourselves or our achievements because we have not “earned that yet”.

When this chakra is weak and blocked:

- We are hard on ourselves because our secret inner standards never allow us to judge that we have “arrived” at being worthy of celebration
- We don’t receive praise or compliments well because our inner standards are much higher than anyone who might compliment us (so we dismiss them)
- We feel like something is missing in our lives, that is hard to describe - a feeling, an inner joy, a knowing of our true self.
- We have a lifetime of working hard to “prove ourselves” over and over, but keep manifesting more people and opportunities to prove ourselves yet again.

When the heart chakra is open and strong, ***you feel and RECLAIM yourself*** with an indescribable inner joy of being. We behold ourselves with love, understanding and wisdom and feel how deserving and perfectly imperfect we truly are. We soften to ourselves, open to let in more love, more joy and more happiness. We experience things appearing in seemingly miraculous ways that reward us, celebrate us and honor our truest gifts. We ***radiate an incredibly powerful energy*** of love and true enlightened wisdom into your every relationship, action and your mission to change the lives of others.

Chakras 5, 6 & 7 - When these 4 lower chakras are strong and open, our upper chakras open and able to do our bidding! To speak the truths we

want to speak, to create the plan and vision that brings our passion to reality and to channel ideas, inspiration and miracles that bring co-create to all our efforts.

BUILD ON YOUR MOMENTUM BY TAKING THE 4 CHAKRA ASSESSMENTS

Your free gift at unblockedbook.com/acep

The 4 CHAKRA ASSESSMENTS are 4 powerful video exercises to Discover YOUR Unique Chakra Blocks (and start clearing them within minutes!)

This will customize and personalize your experience by helping you HEAR and FEEL exactly where your 4 lower chakras are blocked and what that means inside you and in your everyday life and actions.

Taking the 4 Chakra Assessments will also give you access to a series of intensive Chakra Powered Tapping Experiences with me to “Unblock Your Super Powers” chakra by chakra.

(I just completed this series LAST WEEK and it is yours free for attending today.)

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