

Touching Growth ~ TSC Radio

Understanding Your Chakra's

Meditation Work Sheet

1st – Chakra

Impressions - _____

What message do you have for me? _____

2nd – Chakra

Impressions - _____

What message do you have for me? _____

3rd – Chakra

Impressions - _____

What message do you have for me? _____

4th – Chakra

Impressions - _____

What message do you have for me? _____

5th - Chakra

Impressions - _____

What message do you have for me? _____

6th - Chakra

Impressions - _____

What message do you have for me? _____

7th - Chakra

Impressions - _____

What message do you have for me? _____
