

5D CHAKRAS



*New Age
Hipster*

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The Kit includes:

This PDF workbook
The Video Lesson
The MP3 Meditative Journey

Start where you like

Print out the workbook or use it as a guide for your own
journaling

Just use the parts of this kit that light you up

Come back to the other parts later if/when they call to you

Explore your connection to your chakras in any way that
feels good to you!

Use this kit as a guide, always go with your gut and what
feels true to you

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HEART STORM

Before we kick off with our chakra work, take a moment to heart storm your current relationship and understanding of the chakras.



CHAKRA BREAKDOWN



Stellar Gateway -
connection to source
+ divine unity



Soul Star - connection to
your own soul



Causal - connection to
your guides and angels

Crown - knowledge



Crown - knowledge

Third Eye - psychic
insights



Third Eye - psychic
insights

Throat - communication



Throat - communication

Heart - love and
compassion



Heart - love and
compassion

Solar Plexus - power



Solar Plexus - power



Navel - connection to all
beings, oneness

Sacral - creativity



Sacral - creativity

Root - material



Root - material



Earth star - connection to
Gaia

TUNE IN

Take some time to just sit and tune into your chakra system and answer the following:

Which chakra do you feel most in tune with right now?

How does this chakra feel?

What does this chakra "look" like?

Which chakra do you feel is most out of alignment right now?

How does this chakra feel?

What does this chakra "look" like?

THIRD EYE CHAKRA

The Third Eye is your psychic centre for visioning and manifesting.

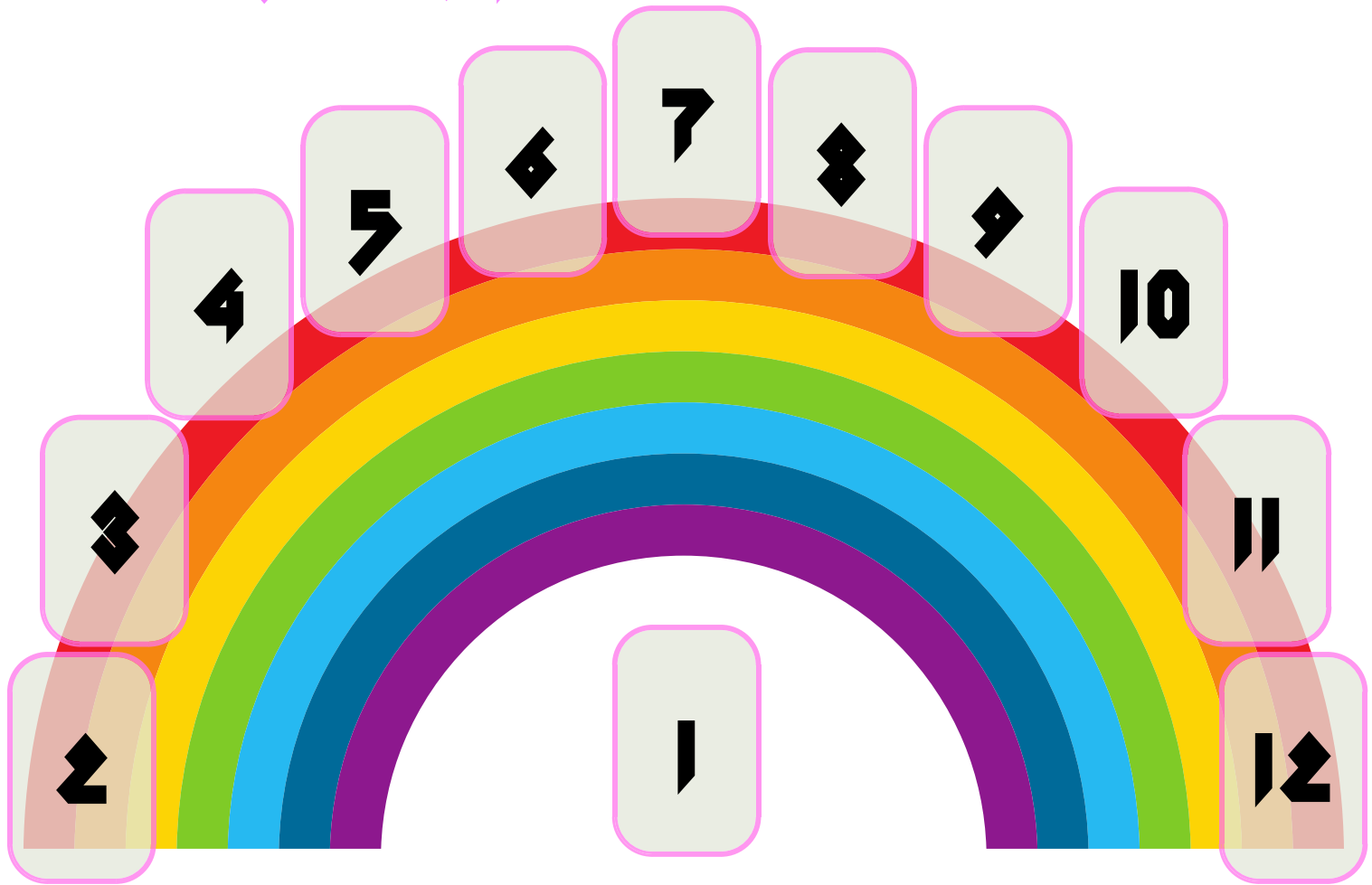
How does your third eye chakra feel right now?

What does your third eye chakra "look" like right now?

What does your third eye chakra need?

Close your eyes and tune into this chakra. Ask what you need to do or know to be able to see clearly.

5D CHAKRA SPREAD



Each card represents each of the 12 chakras (lay it out as you wish!) and you can use this spread in a number of ways:

- ♥ Read with the intention of "tuning into" your chakras and let the cards show you what is going on in each energetic centre and the area of your life it represents.
- ♥ Ask what you most need to know right now about each chakra.
- ♥ Ask to see any blocks and stagnant energy in each chakra.
- ♥ Ask what you need to do to balance and activate each chakra.
- ♥ Use a deck with healing and high vibe energy and place the cards you pull onto each chakra as you lie down and let the energy of the cards heal and clear you.
- ♥ Use this spread as a weekly check in with your energy followed by a meditation to clear and activate.

WHAT'S NEXT?

- ✓ If you enjoyed this kit and found it useful, please tell your friends about it and The Circle. As a small business word of mouth helps so, so much!
- ✓ If you are in The Circle please come and join us in the Facebook group to chat about your experiences and support others in theirs.
- ✓ If you're not in The Circle join us now!
www.newagehipster.co/the-circle
- ✓ If you would like to share any insights on social media please tag me @newagehipster333 on Instagram or Facebook. (I just ask that you do not share any of the content, spread positions etc., outside of the group)
- ✓ Email me with any questions - vix@newagehipster.co
- ✓ If you would like to work with me one on one to dive deeper into this month's topic you can grab a soul reading or spiritual or business mentoring session.

ABOUT VIX



Vix believes that being connected to our own hearts, souls and spiritual team is our natural state and she's excited to be able to be of service to those who are searching for a way back. Vix is devoted to helping others reconnect to their own light, inner guidance and power so they can live out their best and highest lives. She supports her growing worldwide community through one on one Soul Readings, workshops, the New Age Hipster podcast, blog, YouTube channel, online groups and social media ministry.

Vix is an ex-high school and special ed teacher, she is a YA indie author and enjoys drinking tea, exploring stone circles, eating vegan pizza and watching 80's movies.