



# *Reclaim your Power*

**HOW THE BASIC ENERGY SYSTEMS IN OUR BODY INFLUENCE WHO WE ARE AND HOW WE RESPOND TO THE OUTSIDE WORLD**

TUNING INWARDS BY SILVER MOON MYSTIC

Chakras are our internal guidance system. When something is wrong around us, we get what is known as a *gut* feeling. But if we take a closer look, it's not just our "gut" that has a feeling! 😊

Everything around you, including you has an Energy System, and Energy can never be contained.

In you and me, this energy is meant to flow from the top of our head and down to the base of our spine, however due to "blockages" the energy flow gets trapped in our Chakras leading to imbalances that are often manifested as physical ailments.

Further more, the energy gets hooked onto our attachments, past experiences, fears and insecurities , hence leaving us with a feeling that we are powerless against life itself.

Let's look at how we can reclaim our power by taking a deeper look at our Chakras and how they represent our personal power.



## CHAKRA 1:

Known as the **Root Chakra** and is located at the **base of your spine**. It represents and is responsible for **your connections with your community, your tribe, your social network**.

We tend to **lose power** through this Chakra when we allow the belief systems, societal norms, culture taboos and values of others to be imposed onto us, suppressing our own personal and individualistic views about the world. We realize this when we come to know that our **own personal values feel threatened** and are hence not aligned to that of the community at large, and we feel a **sense of loss and abandonment**.

We can **reclaim our power** by recognizing that we are one with our tribe and that we are entitled to our own opinions, without needing to rebel against our tribe. We can **honor the individual truths** of one another by being consciously loyal and spiritually mature while still maintaining our individual truths.



## CHAKRA 2:

Known as the *Sacral Chakra* it is located just ***below your naval, above the Root Chakra***. It represents and is responsible for ***relationship with people, money, sex and creativity***.

We tend to ***lose power*** through this Chakra when we undergo what is known as an ***Energy Abortion***. Energy abortions can be towards people (what they think about us), Money (our own abundance beliefs), Sex (are we abusing this) and Creativity (are we afraid to express ourselves).

We tend to act out of a sense of betrayal, fear of moving ahead, abandonment. The way we perceive others, money, sex and creativity has a lot with the way in which we relate and respond to ourselves.

We can reclaim our power by ***going with the flow*** and not second guessing ourselves. By allowing the ***energy to flow*** without referring to our hooks and attachments and allowing these to influence the decisions that we make.



## CHAKRA 3:

Known as the ***Solar Plexus Chakra*** and is located just ***below the chest, in the middle of the Rib Cage***. It is the Chakra of ***Personal Power*** and is where our ***relationship with our self begins***. (Personality and Ego)

We ***lose our personal power*** when we find it difficult to give or receive compliments, or when we keep secrets not just from others, but our self as well, or even when we find ourselves falling prisoner to addictions.

***What causes you to lose your power when it comes to yourself? What drives the choices you make?***

We can ***reclaim our power*** through ***conscious awareness***. By becoming empty in order to be made full again. By becoming comfortable and taking pride in our characters and accomplishments.



## CHAKRA 4:

Known as the **Heart Chakra** and is located at the **center of the heart**. It is the turning point of our inner world, our core center and **determines how you relate to your emotional self**.

**How do you relate to your emotions? Do you manage your emotions or do your emotions manage you? What is your capacity to conduct yourself within your emotions?**

We tend to **lose power** through this Chakra when we fail to understand why we come from a place of anger, wrath, jealousy when dealing with others. When we hold back love, and allow the pain that we feel to govern our interaction with others.

We can **reclaim our power** by realizing that the pain is meant to break open our hearts, and it is not an excuse to hold on to fear, but to act from a space of compassion and forgiveness.



## CHAKRA 5:

Known as the **Throat Chakra**, this chakra is located at the **base of the throat**. It is the responsible for our **will power** and our **power of choice**.

*What choices did you make or did not make that holds you hostage because they were made by others for you?*

*Are you living a life of blame (blaming others for your choices) or accountability?*

*Are you speaking your sacred truth?*

We tend to **lose power** through this Chakra when we fail to speak our personal truth. When we feel our boundaries and values have been violated and we choose to keep quiet instead of raise our voice against them.

We can **reclaim our power** by realizing how powerful our choices are and speaking out when we have the option to remain silent. There is **Power in Choice**.



## CHAKRA 6:

Known as the ***Third Eye Chakra***, this chakra is located ***between the eyebrows, on our forehead***. It is the source of our intuition and controls our ***mind, brain, head and eyes***.

***What does reality look like for you?***

***Are you living in a world of illusion or reality?***

We tend to ***lose power*** when we are unable to discern reality from illusion. When we live more in the past and future than in our present. When we chose to ignore the warning signs from our intuition, and end up chasing mirages.

We can ***reclaim our power*** by becoming conscious of our present moment. How we feel, react, respond and relate to the experiences we have personally, and that with others.





## CHAKRA 7:

Known as the **Crown Chakra**, this chakra is located at the **top of our head** and form our **Spiritual Connection** to the Divine.

***How to we recognize our own Spiritual Awakening and how do we transcend the Dark Night of the Soul?***

***What is our connection to our Spirit?***

We tend to **lose power** when we fear a closer connection to our Spirit because of the changes that it might trigger in our life.

We can **reclaim our power** when we transcend our illusions and discover the power of our Spirit, when we allow our present moments to heal through faith in the Divine.



# DAILY MEDITATION FOR RECLAIMING YOUR POWER

Find some quiet time and focus on your breath. Begin with deep inhalations and exhalations until you are comfortable and feel like your mind is still (*don't worry if it is not*).

Draw your attention closely into each of your chakras and focus on the following :

1. For the **First Chakra**, feel yourself being connected to the whole of life.
2. For the **Second Chakra**, feel your energy flowing through your body into all that you have created, including your relationships.
3. For the **Third Chakra**, focus your energy on evaluating your own code of behavior and your commitment to honoring yourself no matter what.
4. For the **Fourth Chakra**, focus your energy on love and compassion and how well you extend love and compassion to others and yourself.
5. For the **Fifth Chakra**, focus your energy on your words. How often have you spoken for or against others and yourself?
6. For the **Sixth Chakra**, focus your energy on divine wisdom and continue to reflect on your life daily.
7. And lastly, for the **Seventh Chakra**, focus your energy on your connection with the Divine.

