

Pre-Event Guide

Pre-Event Exercises

Hello Darling!

Before we meet for our event, I recommend that you consider the following questions. In fact, I recommend that you get two sheets of paper and a pen. Give yourself space and time to write from your heart.

On the 1st paper: Consider some or all of the following:

I have felt/feel unsupported when...

- I have felt/feel worried for my safety when...
- I have felt/feel incapable of...
- I have felt/feel stress in my body when...
- I am ready to release or surrender _____ to the Universe
- In what ways do I block myself from surrendering?
- What do I believe will happen if I truly surrender?

On the 2nd sheet of paper consider

- What area(s) of your life do you feel supported?
- What area(s) of your life do feel safe?
- What brings you a sense of peace and calm in your body?
- Where do you feel a sense of confidence?
- What are some of your strengths?
- What challenges have you faced that you have gotten through?
- What are the values you hold that you are most proud of?
- What areas of your life are you currently thriving?
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If you feel stuck, take time to meditate and ask that the answers be revealed to you in perfect timing. Don't strive for perfection... there is no such thing. Whatever is meaningful to you is all that matters. You can also schedule an intuitive session with me where we will work together to find clarity. Give yourself space and permission for the answers to show up in Divine timing and put your answers aside until the event.

If you purchased a kit, many of the items listed to the right are in your kit. If you did not purchase a kit, you may choose to gather the items (or similar ones) to use in our event, although holding the intention is powerful enough, so items aren't necessary!

Take good care of yourself until I see you on Saturday!

All My Love to You!
Angie

Chakra Overview

Overview:

Chakras are whirlpools of energy that regulate the flow of consciousness into and from the human body. There are seven major, 21 minor and many lesser ones at various acupuncture points on the body. The seven major are located from near the base of the spine to just above the head. Chakras spin at different speeds, each emitting a different vibrational frequency. The health of our chakras determines emotional, physical, and spiritual development.

Root Chakra

Root Chakra Overview

The health of the root chakra powerfully affects all the other chakras and is the reason why all spiritual awareness and growth benefits by beginning here. This chakra begins developing shortly after birth and strongly connects to childhood experiences when the majority of its development took place. This chakra governs our relationship with money, home, and career.

A few psychological symptoms of imbalance:

Depression, suicidal thoughts, addictions lack of confidence, hyperactivity, frustration, fearfulness.

A few physical symptoms of imbalance: Issues with legs, hips, and thighs, lack of graceful movement, low blood pressure, obesity, back pain, bladder infection,

Gems and Crystals: Brown Jasper, Red Jasper, Hematite, Cuprite, Mahogany Obsidian, Tourmaline, Rhodonite, Garnet, Bloodstone, and Smokey Quartz (Included in your kit)

Aromatherapies: Cedarwood, Black Pepper, Patchouli, Spikenard, Vetiver, Frankincense and Sandalwood (incense included in kit)

Herbs: Angelica, Ashwagandha, Cinnamon, Ginger, Clove, Damiana, Dong Quai, Turmeric, Cayenne, and Raspberry Leaf (included in bath salts)

