



INDUSTRY

+

ARTISTRY

WORKERBY

The Chakras and our Creative Process

Current of
Manifestation

CROWN CHAKRA

7

Connection to spirituality and the collective consciousness.
PRAY or MEDITATE. FREE-ASSOCIATION EXERCISES.

THIRD EYE CHAKRA

6

Intuition, imagination, wisdom and the ability to think and make decisions.
ASK WHAT-IF? DAYDREAM.

THROAT CHAKRA

5

Communication, self-expression of feelings and the truth.
JOURNAL. SING. TALK TO A TRUSTED FRIEND.

HEART CHAKRA

4

Love, joy and inner peace.
INVEST IN PEOPLE, IDEAS, AND CAUSES YOU CARE FOR AND BELIEVE IN.

SOLAR PLEXUS CHAKRA

3

Self-worth, self-confidence and self-esteem.
MAKE LISTS AND CHECK THEM OFF. CREATE SYSTEMS. TROUBLESHOOT.

SACRAL CHAKRA

2

Sense of abundance, well-being, pleasure and sexuality.
NOURISH EACH OF YOUR SENSES IF YOU HAVE LOST DESIRE/AN UNDERSTANDING OF WHAT YOU WANT

ROOT CHAKRA

1

Survival issues such as financial independence, money and food.
TEND TO YOUR BASIC NEEDS. BE KIND TO YOURSELF AND OFFER GRACE.

Current of
Liberation

