



FLORIDA INSTITUTE OF HYPNOTHERAPY

First Chakra – Security- Tailbone, Hands, Feet

Erroneous Beliefs

Unsafe, Insecure, Don't Belong

Negative Emotions

Scared, Anxious

Resolve with

Secure, Safe, Belonging

Second Chakra – Pleasure – Below Navel, Pelvic Girdle, Wrists, Ankles

Erroneous Beliefs

Don't Deserve to Feel Good, Life is Pain, Sex is Bad, Dirty, Shameful

Negative Emotions

Depressed, Sad, Fear

Resolve With

Give and Receive Pleasure, Worthy and Deserving of Feeling Good

Third Chakra – Personal Power - Solar Plexus, Low Back, Forearms, Lower Legs

Erroneous Beliefs

Weak, Powerless, Helpless, Out of Control, Stuck, Trapped

Negative Emotions

Anger, Frustration, Irritated, Annoyed

Resolve With

Strong, Powerful, Empowered, Confident, Self-Assured

Fourth Chakra – Love – Heart, Mid to Upper Back, Elbows, Knees

Erroneous Beliefs

Unloved, Unlovable, Love is Pain

Negative Emotions

Hurt, Fear, Closed Heart

Resolve With

Love, Loving, Lovable, Loved, Forgiveness, Open Heart

Fifth Chakra – Expression – Throat, Neck, Shoulders, Sometimes Hips

Erroneous Beliefs

Can't be Myself, Can't Express Myself

Negative Emotions

Anxious, Depressed, Closed Throat

Resolve With

Safe to Express Myself, Safe to be Myself, Safe to Feel my Feelings

Sixth Chakra – Vision/Creativity – Eyes, Ears, Affects Everything

Erroneous Beliefs

No Purpose, Not Important, Not Creative

Negative Emotions

Depressed, Sad

Resolve With

Creative, Purpose, Life Mission, Vision

Seventh Chakra – Spirit – Crown – Affects Everything

Erroneous Beliefs

I am a body, There is no God/Spirit/Higher Power Matter is real, Spirit is unreal

Negative Emotions

All

Resolve With

I am Spirit, Love, Light, Truth, Child of God Perfect, Whole and Complete, Free Spirit is Real, matter is nothing