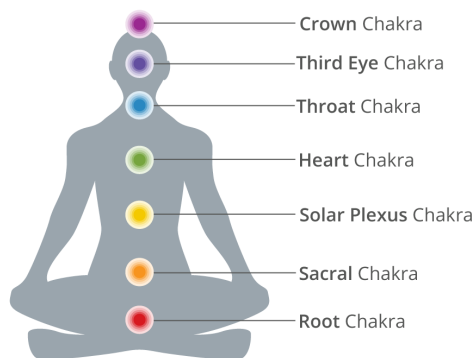


Chakra Guide for Hypnotherapy



1st Chakra: Security, Tailbone, Hands, Feet

- **Erroneous Beliefs:** Unsafe, Insecure, Don't Belong
- **Negative Emotions:** Scared, Anxious
- **Resolve with:** Secure, Safe, Belonging

2nd 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, Worth and deserving of feeling good

3rd 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

4th Chakra: Love, Heart, Mid-Upper Back, Elbows, Knees

- **Erroneous Beliefs:** Unloved, Unlovable, Love is Pain
- **Negative Emotions:** Hurt, Fear, Closed Heart
- **Resolve With:** Love, Lovig, Lovable, Loved, Forgiveness, Open Heart

5th Chakra: Expression, Throat, Neck, Shoulders, *Hips (sometimes)

- **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

6th 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

7th 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