



Being You

Where you meet your real self

Being You Path - 7 Week Chakra Healing Workbook


"Every day is a new beginning, so start fresh every day." - Is Imran

Welcome to *Being You*, your companion through a powerful 7-week healing journey. Each week we explore one of the 7 chakras using ancient wisdom, yoga, raaga-based sound healing, affirmations, and journaling. Let's awaken your energy centers and help you meet your Realself!


Root Chakra - Mooladhara

Focus:


Grounding, Stability, Survival

 **Yoga Pose:**


Mountain Pose (Tadasana)

 **Healing Raaga:**

Raag Bhairav (Morning)

 **Affirmation:**

'I am safe, I am supported, I am grounded.'

 **Journal Prompt:**

What makes me feel secure and grounded? What are my foundations?

 **Ritual:**

Walk barefoot in nature for 10 minutes.



Sacral Chakra – Svadhisthana

Focus:

Creativity, Sensuality, Emotions



Yoga Pose:

Goddess Pose (Utkata Konasana)



Healing Raaga:

Raag Des



Affirmation:

'I embrace my creativity and sensuality.'



Journal Prompt:

What emotions am I holding onto? How can I express my creativity today?



Ritual:

Dance freely to your favorite music for 10 minutes.



Solar Plexus Chakra – Manipura

Focus:

Confidence, Power, Will



Yoga Pose:

Boat Pose (Navasana)



Healing Raaga:

Raag Jaunpuri



Affirmation:

'I am powerful, confident, and in control of my life.'



Journal Prompt:

What does personal power mean to me?



Ritual:

Light a yellow candle and meditate on your personal strengths

Heart Chakra – Anahata

Focus:

Love, Compassion, Connection

Yoga Pose:

Camel Pose (Ustrasana)

Healing Raaga:

Raag Yaman (Evening)

Affirmation:

'I am love. I deeply and completely love and accept myself.'

Journal Prompt:

How can I show more compassion to myself and others today?

Ritual:

Perform a loving-kindness meditation for 5 minutes.

Throat Chakra – Vishuddha

Focus:

Communication, Truth, Expression

Yoga Pose:

Shoulder Stand (Sarvangasana)

Healing Raaga:

Raag Bihag

Affirmation:

'I express myself clearly and truthfully.'

Journal Prompt:

Where am I not speaking my truth?

Ritual:

Chant 'HAM' 21 times and journal what truth needs to be heard.

🌀 Third Eye Chakra – Ajna

Focus:

Intuition, Vision, Wisdom



Yoga Pose:

Child's Pose (Balasana)



Healing Raaga:

Raag Marwa



Affirmation:

'I trust my inner guidance and wisdom.'



Journal Prompt:

What does my intuition want me to know right now?



Ritual:

Spend 5 minutes in silent meditation, focusing on your third eye.

∞ Crown Chakra – Sahasrara

Focus:

Spirituality, Connection, Awareness



Yoga Pose:

Headstand (Sirsasana) or Corpse Pose (Savasana)



Healing Raaga:

Raag Darbari Kanada



Affirmation:

'I am connected to the Divine and open to wisdom from the universe.'



Journal Prompt:

What does being spiritually aligned mean to me?

 **Ritual:**

Sit under the stars or in silence and feel your connection with the universe.


 **Share Your Journey**

Tag us and use these hashtags to inspire others:

#BeingYouPath #ChakraHealing #EnergyHealing #RaagaTherapy #YogaForChakras #AffirmationPractice
#ChakraBalancing #HealingJourney #SpiritualAwakening

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