

DUALITY

Chakra Healing For
Communication & Manifestation
Week 5



YOUR OFFICIAL PROGRAM WORKBOOK

Week 5

7 Simple Tips To Get The Most Out Of This Week:

1. Print out this workbook before listening to this week's session so you can write down your notes as you listen. This workbook includes only the most important slides from the videos.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the contents.
3. While going through this week's session, write down ALL interesting and new ideas and inspiration you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this week's session.
5. You have 3 checkboxes next to the title of each video in this week's session. You can mark each video as either completed, favorite or watch again. This will help you keep track of your progress.
6. Listen to the daily meditation each day. Mornings are best, but anytime is ok. For best results, please start the daily meditations right away, even if you haven't watched the videos for the week.
7. Read the "Self Practice" and "Partner Practice" exercises at the end of this workbook. These real-world exercises can be practiced anytime during the week. They are an important part of integrating energy awareness and healing into your daily life.

Preparation Tips For The Meditation Part Of This Week:

- Make sure you are in a quiet place where nothing can distract you, and that you are not operating a vehicle or any other machinery. Be in a comfortable position so you can fully take part in the meditations.
- Take a deep breath. Deep breaths slow the heart rate and relax the muscles to help you have a comfortable experience during meditation.



Happy Learning :)

THE NEXT PART IS FOR YOU TO TAKE NOTES WHILE YOU LISTEN TO THIS WEEK. THESE WILL BE THE IMPORTANT TAKEAWAY POINTS FOR THIS SESSION.

☐ Complete

♡ Favorite

☆ Watch again

5-1. Connecting With The Duality Group

To begin each week, Jeffrey guides you in meditation to connect with the other Duality students energetically – in the present, past, and future. This is a powerful way to deepen your learning experience.

What is your intention?

☐ Complete

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5-2. Why Do We Get Stuck In Old Patterns?

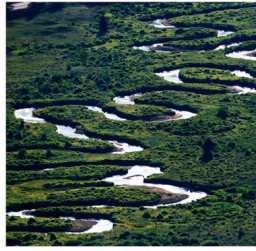
Chakra Energy

- What Are **Chakras**?
- How Your Chakras Are Affecting Your **Relationships**
- Where You Are Getting Stuck when **Manifesting**
- Why **Change** Can Be Difficult
- Energy Tools for **Healing Your Chakras**
 - Break Free from Your **Old Patterns**
 - Create Healthy **New Patterns** in Your Life!



Changing Old Patterns Is Hard

- Once We've Established A Pattern, It Tends To Repeat
- The More Times It Repeats, The Harder It Is To Change
- Like A River Digging A Deeper Path Each Time



Common Relationship Pattern

- **Beginning is Great** - Easy and Fun
- A Few Months **Later...**
 - Notice Your Partner is Paying **Less Attention** to You
 - **Wonder** What He's Really Doing on "Guy's Night"
 - They Get Even **More Distant**
- Have a Big Fight and **Break Up**
 - "**Why** Am I Attracting The Wrong Person?"

Another Relationship Pattern

- **Beginning is Great** - Easy and Fun
- A Few Months **Later...**
 - You Notice You're **Distracted** During Conversations
 - She Starts Getting "Needy" & **Suspicious**
 - You Decide to Take a **Break**
- Have a Big **Fight** and Break Up
 - "Why Am I Attracting the **Wrong Person**?"

What Happened Energetically?

- You Were Both **Initially Aware** of Your Energy Pattern
 - "*I Tend To Rush In*" or "*I'm a Workaholic*"
- You Slipped Back Into Your **Old Pattern**
 - You Thought it was About The **Other Person**
- You Got the **Same Results**
 - You **Didn't Change** Your Energy Pattern
- It's Going to **Happen Again!**



Common Manifesting Pattern

- Have a **Great Idea!**
- Fill in All the **Details**
- **Write** it all Down, **Talk** to Some Friends
- Get Super **Excited** About It
- Take an Exciting **First Step**
- Then... **Nothing**...
- Take a Business Class and **Repeat**...

Why is Changing So Hard?

- You have **Momentum!**
- Trying to Change **Physically** Instead of **Energetically**
- Physical Changes Are Slow & **Effortful**
 - Taking **Unnatural** Action (against your patterns)
- Energy Changes Are Faster & **Easier**
 - Requires **Awareness** & Intention
 - And **Naturally** Leads to External Change

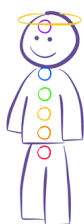
If You Don't Understand Chakras...

- You'll Stay Stuck In The...
- Same Frustrating Patterns
- Same Miscommunication Patterns with Others
- Same Difficulties with Manifesting Your Projects and Dreams
- "Why Is It Happening Again?"



If You Understand Your Chakras...

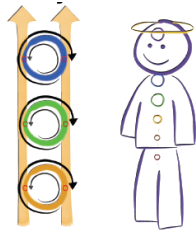
- You Can Change Your Patterns!
- Clear Your Deepest Energy Blocks
- Fundamentally Change How You Feel In and Out of Relationships
- Understand Where Your Manifesting Gets Stuck & How to Fit It
- Start Creating NEW Happier Patterns





**Change
Your
Chakras**

**Change
Your Life**



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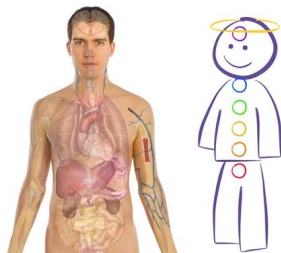
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5-3. Healing Your Chakra Patterns

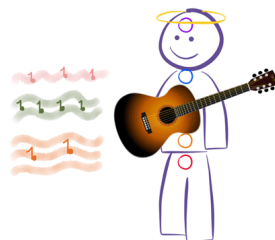
What are Chakras?

- **Physical** Body is Organized
 - Organs & Organ Systems
 - Glands - Simple Organs
- **Energy** Body is Organized
 - 7 Main Chakras
 - Minor Chakras
 - Hands, Feet, Knees, ...



What are Chakras?

- Your Personal **Orchestra**
 - **Listening** Attentively
 - **Changing** & Adapting
 - **Broadcasting** Energy
- Work Best in **Harmony**
 - Like Strings on a Guitar
 - Sending **Your Song** into the World



7 Chakra System

7 - Inspiration, Spirit Connection (Crown)

6 - Intuition & Guidance (Third Eye)

5 - Communication (Throat)

4 - Love for Self & Others (Heart)

3 - Action & Personal Power (Solar Plexus)

2 - Emotions, Sexuality, Vitality (Navel)

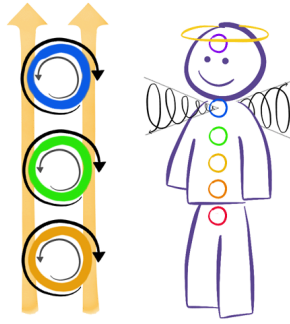
1 - Physical Survival, Health, Money (Root)





Chakra Details

- **Energy Centers**
 - **Processing & Storing** Information
- **Spinning** Vortex of Energy
- Energy **Emanates** from Front & Back of Chakra
- **Energized and Cleaned** by the Cosmic Energy

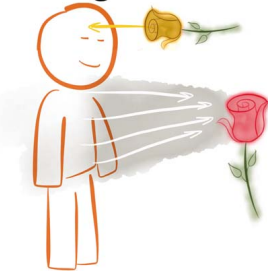


Why Heal Your Chakras?

- Change Your **Momentum**
 - Break Old Energy Patterns
- Get **Different Results**
 - Create New Energy Patterns
- Restore **Natural Harmony**
- Coherence & Resonance **is Healing**

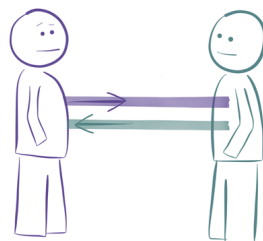
Chakra Healing

- **Identify** Underlying Problem
- Find & **Explore** the Energy
- Give Yourself **Permission**
- **Clean** Chakra with a Rose
- **Gather** Related Energy
- **Release** the Energy
- **Fill in** with Cosmic Energy



Chakra Cords

- **One-Way** Chakra Connection
 - Pull & **Learn** or Push & **Teach**
- **Rarely** Intentional or Malicious
 - Front - **Conscious**, "Helpful"
 - Back - **Unconscious**, Sneaky
- Adults **Don't Need** Them
 - Child to Parent is OK

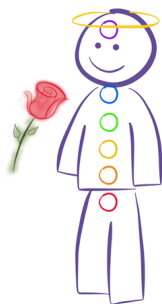




Removing Chakra Cords

- **Which Chakra** is Affected?
- Gently **Grab it** with Your Hand
- Give it **Permission** to Exist and to Change
- **Forgive** the Other Person and Yourself
- Lightly Pull, **Wait** for it to Release
- Put it in a **Rose**
- **Return** The Energy To Sender

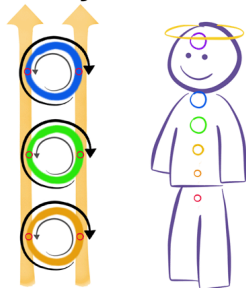
Chakra Healing Meditation



How are you feeling? More clear? Better flow? More Harmony? Empowered!

Many Other Chakra Adjustments

- **Falling Asleep**
 - Open Chakras Wide
- **Heavy Lifting**
 - Ground Chakras 1, 2, 3
- Reduce Body **Sensitivity**
 - Temporarily turn down 1, 2, 3
- **Explore** Your Chakra Settings!





5-4. Mastering Communication With Others

☐ Complete

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☐ Watch again

Chakra Talk

- Every Time You Meet Someone, Your **Chakras Talk!**
- Tend To Lead with Your **Dominant** Chakra
- First time, **Spirits** Say *"Hello"* (7th Chakra)
 - Possible Big Rush of **Spiritual** Energy
- First time, **Bodies** Say *"Hey Baby"* (2nd chakra)
 - Possible Big Rush of **Sexual** Energy
- Don't Take It **Seriously!**

Remember Your Relationship Pattern?

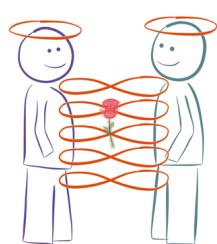
- **"Why** Did This Happen Again To Me?"
- You Are **Attracted** to People who **Match** Your Relationship Patterns
 - So You Can **Understand & Change** Them
- **Doesn't Have to Happen Again!** (yeah!!)

Alternate Scenario

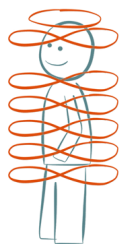
- **Understand** Your Chakra Energy Patterns
- Notice the **Warning Signs** in Yourself and Others
- **Proactively Adjust** Your Chakras
- **Change** Your Pattern
- **Grow** Happily Ever After :-)



Happy Chakra Communication



Connecting

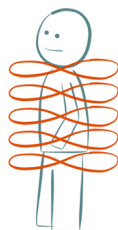


Self-Sufficient

Unhappy Chakra Communication



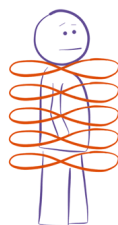
Self-Centered, Aloof



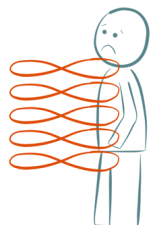
Lonely, Insecure



Difficult Relationship Pattern

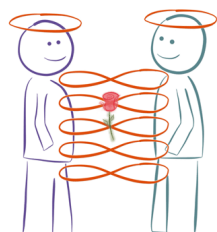


Sought

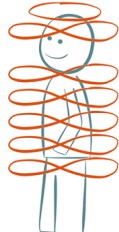


Seeker

Learn To Master Both Flows



With Others



By Yourself



Chakra Talk Practice

What did you notice?

Could you switch patterns easily?

What was different for you?

Benefits of Learning Chakra Talk

- Easy to **Connect** with People
- Reduces Miscommunication & **Misunderstanding**
- **Less Dependent** or Needy
- **Notice & Change** Your Energy Patterns
- Create Healthy **New** Patterns



More Chakra Talk Uses

- Feeling Too Much “*Hey Baby*” Energy from Someone
 - **Self-Sufficient** Lower, **Connecting** Upper Chakras
 - Check Your Permission Rose
- Ready to **Finish a Conversation**?
 - Change to **Self-Sufficient** Chakras
 - Put up a Permission Rose
- **Experiment** With Different Settings



5-5. Breaking your Manifestation Blocks

☐ Complete

☐ Favorite

☐ Watch again

Manifesting with Your Chakras

- You Have Great **Ideas & Inspiration**, but...
- They Don't **Fully Manifest** in the World
- Why?
 - **Energy** Manifests from 7th Chakra down to 1st Chakra
 - Each Chakra is an Important **Phase**
 - When **Energy** Stops, Manifestation Stops There Too
 - **Which Chakra** Are You Getting Stuck In?

Chakras Phases for Manifesting

- Crown - 7** -Receiving **Inspiration** & Ideas
- Forehead - 6** -Filling in the **Details**
- Throat - 5** -**Communicating**
- Heart - 4** -Enthusiasm & **Motivation**
- Solar Plexus - 3** -Planting The Seed & **Taking Action**
- Navel - 2** -**Building**, Energizing, Nurturing
- Root - 1** -Rooting & **Sustaining**

Guided Journey Manifesting Through The Chakras

What did you experience?

- Any chakra difficulties with manifesting?
- How did It feel in each chakra?
- What was different about your energy after?



5-6. How To Practice Chakra Mastery

Self Practice Exercise

Each morning, pick a chakra to focus on for the day. Clean this chakra's energy with a rose.

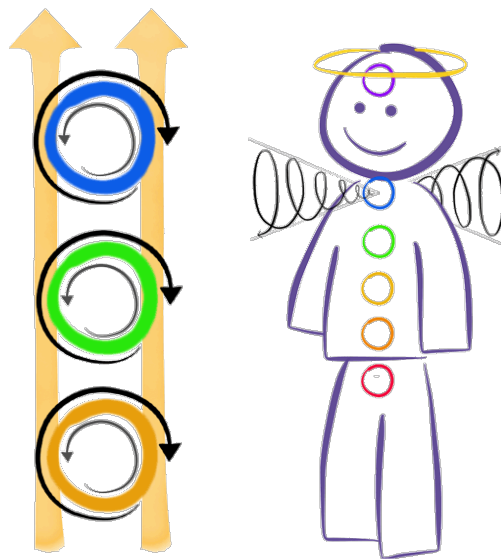
Throughout the day, notice how this chakra adjusts to the people and situations around you.

Say hello to people from this chakra, and see what happens. Remember your Permission Rose & stay amused!

As needed, clean this chakra with a rose.

Anytime you feel discomfort, pain, or stress, try using a rose to clean the energy in your chakras.

The more you practice, the better you will get!



☐ Complete

♡ Favorite

☆ Watch again

Partner Practice Exercise

1. Stand facing your partner's left side. They can be standing or sitting in a chair.

2. Create an energy ball between your hands until you can feel the energy.

3. Without touching your partner, put your right hand behind and your left hand in front of them at about throat level.

4. Gently move your hands together and apart until you can feel the energy of their throat chakra.

5. Move your hands up and down, feeling the energy in each of their chakras. Skip any chakras they are uncomfortable with you feeling. Notice which chakras feel stronger to you. Are their chakras in self-sufficient or connecting mode?

6. See if your partner can change the energy in their chakras as you feel them.

7. Switch roles and repeat.



Symptoms to Watch For

- “Why is This Happening Again?” - Break the **Pattern**
- Relationship Difficulties - Check your **Chakra Talk**
- Unbalanced Energy Exchange - Check for **Cords**
- Not Making Progress - Which Chakra is **Stalled**?
- Too Much Effort - Where is the Energy **Stuck**?

Benefits of Chakra Mastery

- Change Your **Momentum**!
- Finally **Break** Your Old Patterns!
- Clear Your Deepest **Energy Blocks**
- Better **Connection** with Others
- Be more **Self-Sufficient**
- **Manifest** Much More Easily
- Create **Happier Patterns** in Your Life



Surprise Benefits

You are Becoming More Fun!
Permission, Harmony, Playfulness



USE THIS SPACE FOR ANY ADDITIONAL NOTES, DRAWINGS, CHARTS YOU HAVE:

