

S Pujah

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| | Chakras | Elements | Body Parts | | Concerns | Astro Alignment for this Life Time | Life time Suggestions |
|---|---------------|----------|---|-------------------------------------|--|--|---|
| 1 | Crown Chakra | Space | Pineal gland Left Logical , learn / Right Brain - Creative , Intutive | Melatonine, Serotonine, DMT | Sleeping , Anxious | Right Brain need more alignment - balance Creative & Caring | Activate your earth Chakra, walk Bare foot on grass, spend time in nature, Touch Mother earth , Use our foot detox blend and bath salt to get aligned - All ur difficult problems has creative solutions - just get tuned in |
| 2 | Third Eye | Space | Pituitary Gland | Homeostasi s | Depression or Addictions | Futuristic Vision | Setting time and enegy for ur self and family - love life is important - with out that u wont be able to strike balance - So set calander for this aswell |
| 3 | Throat | Space | Thyroid Gland | Metabolism, thermoregul ation | Anger, Infections | Speaking Truth or holding anger | Start Singing or om chanting or any mantra which vibrate the thryoid gland |
| 4 | Heart Chakara | Air | Thymus | Growth, Immunity | Running away from personal life , love life, dont know the soloutions , not able to feel the connections , missing out heart beat or feelings | Giving and Recieving , Unconditional | POWER HOUSE - MAIN CIRCUIT - need to rewired this - The flow to heart chakra is low - Learn how to move air element upward and clear the stomach fire by alot of grounding to mother earth, Bath in Ocean , Open up to sky breathe , Hold hnds , touch is very important to balance air |

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| 5 | Solar Plexus | Fire | Pancreas, Spleen | Will Power | Wiling to find solution or running away from problemns , not accepting the responsibility and working more then usual | GUT to hold and reform any situtaion into profits | For few weeks a months having khicdi for dinner and add Bel Fruit powder early morning empty stomach for 2 months, every year make 2 - 3 months in year where u add this fruit in ur diet |
| 6 | Sacral Chakra | Water | Ovaries/Testicles | Procreation | Emotional ,Sexual Hurts to store and make it rigid to open for others or close people , Going deep in emotions | Holding emotions and penting up | balancing games, Sufi dance, Hips loops , Balnce ur both side - try finding such games for ur self , spend time near ocean |
| 7 | Root Chakra | Earth | Adrenals | flight/fight/freeze modus. Self-preservation | either face it or avoid it - the sooner u accept it and fix it sooner u will get the DIVINE flow of life | Not Grounded - Angry or response is not in control | UR not angry - u dont know how to handle the emotions or coming our of FIGHT or FLIGHT response - We can help u in that |
| | Suggestions | This life time focus on | | Heart , Throat , Third Eye , Root Chakara | Use our Bio 7 wellness Method Blends and Book sessions how to manifest through chakara and learning yoga asanas to taloir made for you to move the AIR element upwards | | |