*Yogic Chakra’s Through the Seven Valleys*

*Week Two Reflection Questions Schedule*

*\*print a copy of this sheet and fill by hand*

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Date** | **Chakra** | **Focused Question** | **Time** | **Notes** | **Tick Box** |
| 1． | Monday 6 March | Root | Family | Evening |  |  |
| 2. | Tuesday  7 March |  | Money | Morning |  |  |
| 3. | Tuesday  7 March |  | Survival | Evening |  |  |
|  |  | | | |  |  |
| 4. | Wednesday  8 March | Sacral | Creativity | Morning |  |  |
| 5. | Wednesday  8 March |  | Sex | Evening |  |  |
| 6. | Thursday  9 March |  | Joy | Morning |  |  |
|  |  | | | |  |  |
| 7. | Thursday  Sunday  9 March | Solar Plexus | Self-Love | Evening |  |  |
| 8. | Friday  10 March |  | Personal Power | Morning |  |  |
| 9. | Friday  10 March |  | Will/Effort | Evening |  |  |
|  |  | | | |  |  |
| 10. | Saturday  11 March | Heart | Universal Love | Morning |  |  |
| 11. | Saturday  11 March |  | God/Source | Evening |  |  |
| 12. | Sunday  12 March |  | Unconditional Love | Morning |  |  |
|  |  | | | |  |  |
| 13. | Sunday  12 March | Throat | Inner Voice | Evening |  |  |
| 14. | Monday  13 March |  | Self-Expression | Morning |  |  |
| 15. | Monday  13 March |  | Creative Will Power | Evening |  |  |
|  |  | | | |  |  |
| 16. | Tuesday  14 March | Third Eye | Intuition | Morning |  |  |
| 17. | Tuesday  14 March |  | Discernment | Evening |  |  |
| 18. | Wednesday  15 March |  | Non-Duality | Morning |  |  |
|  |  | | | |  |  |
| 19. | Wednesday  15 March | Crown | Spirituality | Evening |  |  |
| 20. | Thursday  16 March |  | Connection with God | Morning |  |  |
| 21． | Thursday  16 March |  | Divine Consciousness | Evening |  |  |