*Yogic Chakra’s Through the Seven Valleys*

*Week Two Reflection Questions Schedule*

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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.  | Wednesday8 March | Sacral | Creativity | Morning |  |  |
| 5. | Wednesday8 March |  | Sex | Evening |  |  |
| 6. | Thursday9 March |  | Joy | Morning |  |  |
|  |  |  |  |
| 7. | ThursdaySunday 9 March | Solar Plexus | Self-Love | Evening |  |  |
| 8. | Friday10 March |  | Personal Power | Morning |  |  |
| 9. | Friday10 March |  | Will/Effort | Evening |  |  |
|  |  |  |  |
| 10. | Saturday11 March | Heart | Universal Love | Morning |  |  |
| 11. | Saturday11 March |  | God/Source | Evening |  |  |
| 12. | Sunday 12 March |  | Unconditional Love | Morning |  |  |
|  |  |  |  |
| 13. | Sunday12 March | Throat | Inner Voice | Evening |  |  |
| 14. | Monday13 March |  | Self-Expression | Morning |  |  |
| 15. | Monday13 March |  | Creative Will Power | Evening |  |  |
|  |  |  |  |
| 16. | Tuesday14 March | Third Eye | Intuition | Morning |  |  |
| 17. | Tuesday14 March |  | Discernment | Evening |  |  |
| 18. | Wednesday15 March |  | Non-Duality | Morning |  |  |
|  |  |  |  |
| 19. | Wednesday15 March | Crown | Spirituality | Evening |  |  |
| 20. | Thursday16 March |  | Connection with God | Morning |  |  |
| 21． | Thursday16 March |  | Divine Consciousness | Evening |  |  |