

THE ENERGY

From Front to Back

The front of the energy is connected with doing, action, what we put out into the world. The back of the energy is connected with being, allowing and receiving.

We can take this a step further and look at specific areas of the front of the energy and what they connect in with.

A specific energy has been connected with each chakra for this exercise. Prioritize a specific chakra, then write down 3 things that come through for you around this specific chakra energy in relationship to the more forward and back energies. You can apply this exercise to yourself or another person.

1. First test the front of the energy

2. Test the back of the energy

Chakra 1: Manifestation

Chakra 2: Creativity

Chakra 3: Worth

Chakra 4: Openness

Chakra 5: Truth

Chakra 6: Focus

Chakra 7: Purpose

