



Chakra Energy Scan: A Step-By-Step Guide

by Courtney Francis

Learn to sense chakra blockages using your most powerful tools... your hands.

Get started in a comfortable setting somewhere that you won't be disturbed. Then, sit up straight so your spine is in alignment. Once settled, follow these steps.

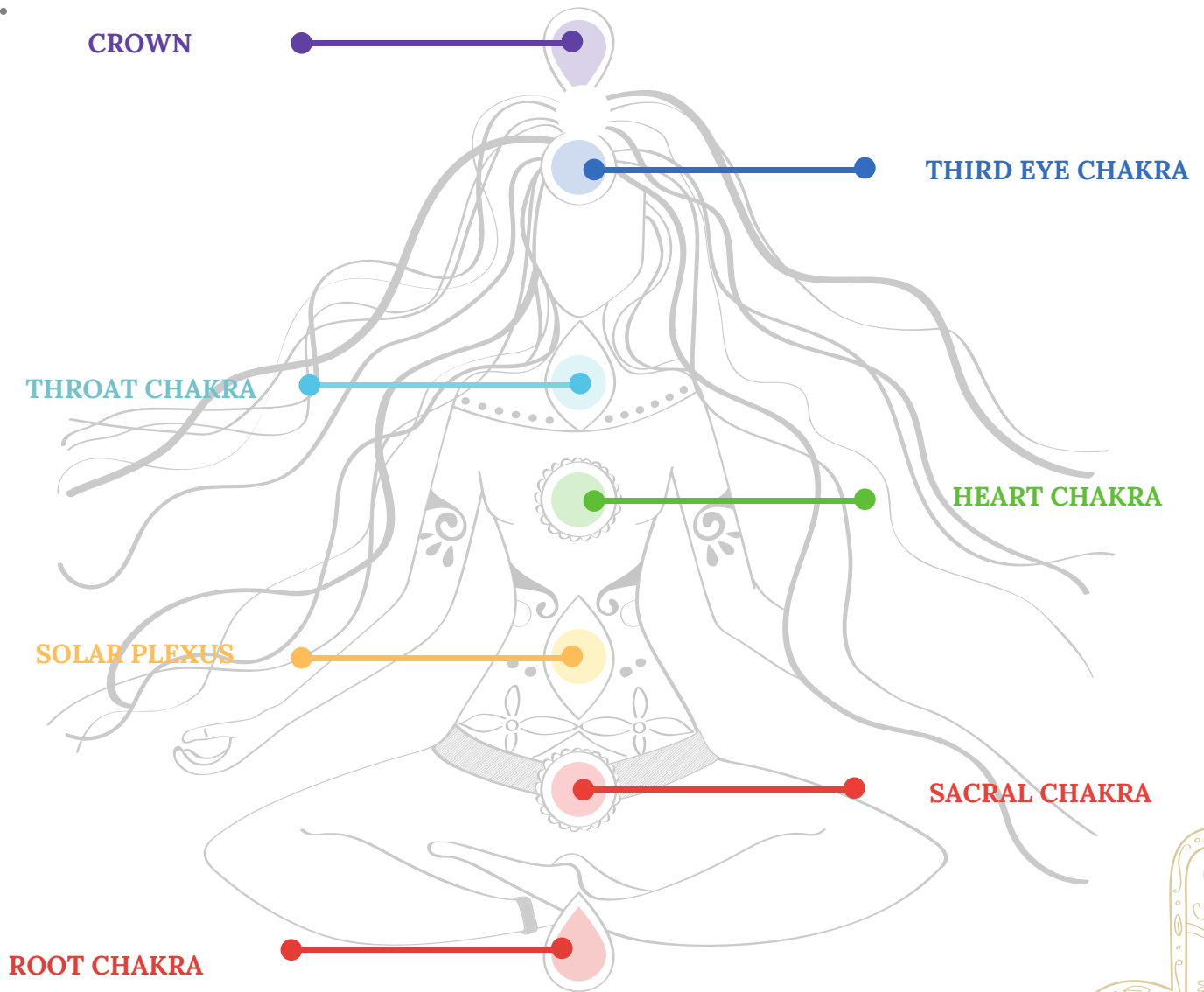
1. Place your left hand in front of you, hovering about 4-6 inches away from your body.
2. Starting at the base of your spine, hold your hand at the root chakra for 10 seconds.
3. Then slowly guide your hand upward, pausing at each chakra for 10 seconds.
4. Sense the energy at each chakra noticing any changes from chakra to chakra ending at the crown chakra at the top of your head.
5. Once you are done with the scan, think about the sensations in your hands. In which chakra(s) did you feel the least energy?
6. Using the chart on the next page, record the sensations that you felt at each energy center.

Take careful note of what you sensed at each chakra. The weakest and most uncomfortable sensations are indicators that certain chakras are out of balance and require energetic healing.





Chakra Energy Scan Notes





Additional Notes

A Chakra Energy Scan can be incorporated into your regular routines such as meditation or following an exercise cool-down session. It is especially helpful to conduct a scan when your energy feels off.

Becoming sensitive to your own energy will empower you to take more control of your wellbeing. Take regular notes after each energy scan so you can recognize patterns and find deeper meanings. You will notice the environmental factors that impact your energy the most and start to learn ways to protect yourself from things that lower your energetic vibration.

Let your intuition guide you to the best practices that can aid in your personal growth.

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XO,

Courtney

