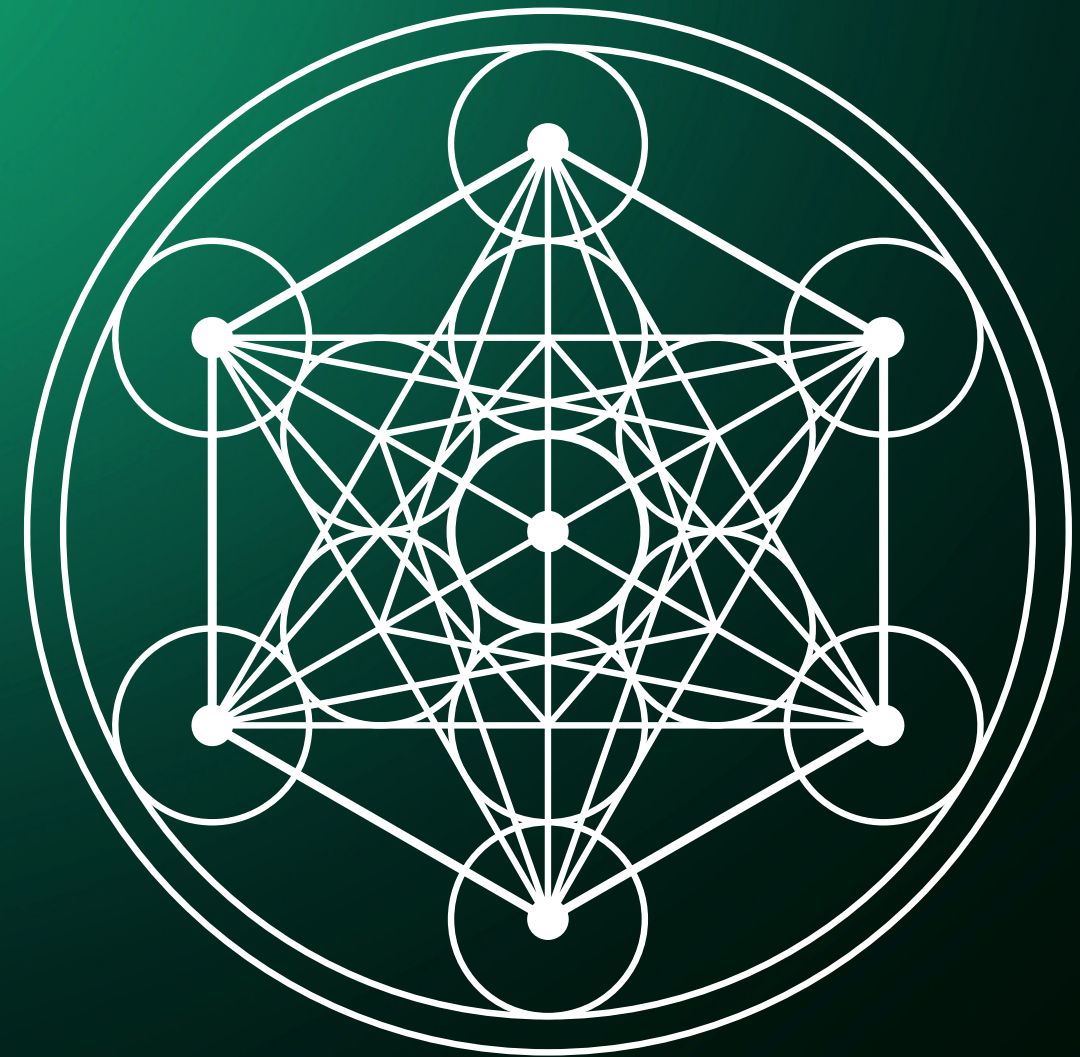


BY ESOTERIC ENTREPRENEUR

FREE CHAKRA ACTIVATION LIVE SERIES

Lead by Taylor Tena - spiritual coach & intuitive branding strategist



This series is for you if you are

- Excited to get a ground-based understanding of what the energetic body & energy centers are
- Ready to utilize the power of the energetic body and pair it with the ancient astrology teaching
- Excited to apply advice given in this series and provide feedback within the group



About Esoteric Entrepreneur

The main mission of an esoteric entrepreneur is to create a business that aligns with their spiritual or metaphysical beliefs, and to offer products or services that support personal growth and spiritual development.

PERSONAL ACTIVATION + ALLIGNED ACTION

About me

- ✓ Coached, consulted and guided people conscious leaders across the globe about five bodies approach & intuitive brand building while travelling the globe
- ✓ Immersed into the spiritual sciences since birth (mum astrologer & a white witch)
- ✓ Wins: cured binge eating, reversed prediabetes, healed IBS & cured clinical depression + lost 24 pounds without dieting & gym, forgave absolutely everyone for everything

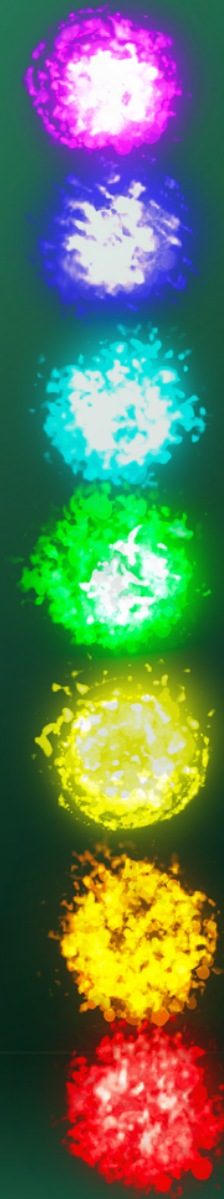
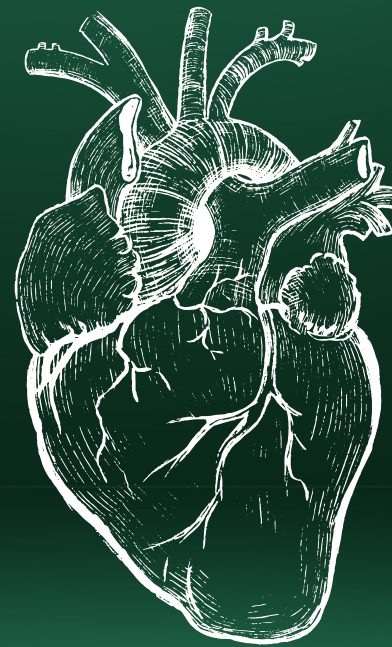


About me

- ✓ Invested over a decade in the spiritual teachings, scientific modalities & immersive experiences
- ✓ Created a five bodies approach (currently in the patenting process) + thematised retreat created too
- ✓ Devoted towards helping conscious entrepreneurs thrive through touching the field of infinite possibilities



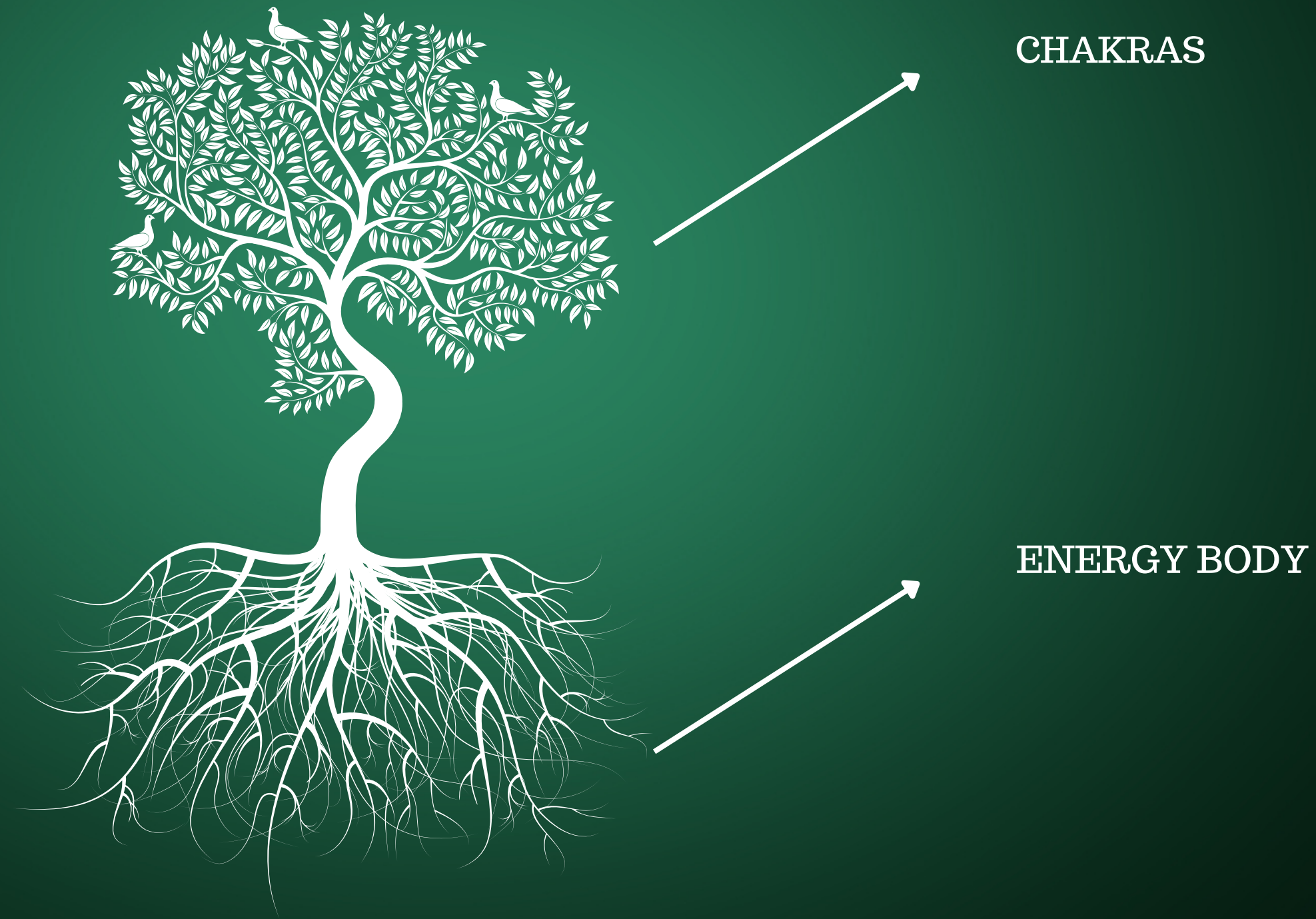
FIVE BODIES PHILOSOPHY





The energy body and chakras are both part of the same overall system in the five bodies philosophy, but they are not the same thing.

The energy body is the larger field of energy that surrounds and permeates the physical body, whereas the chakras are specific energy centers within the energy body.

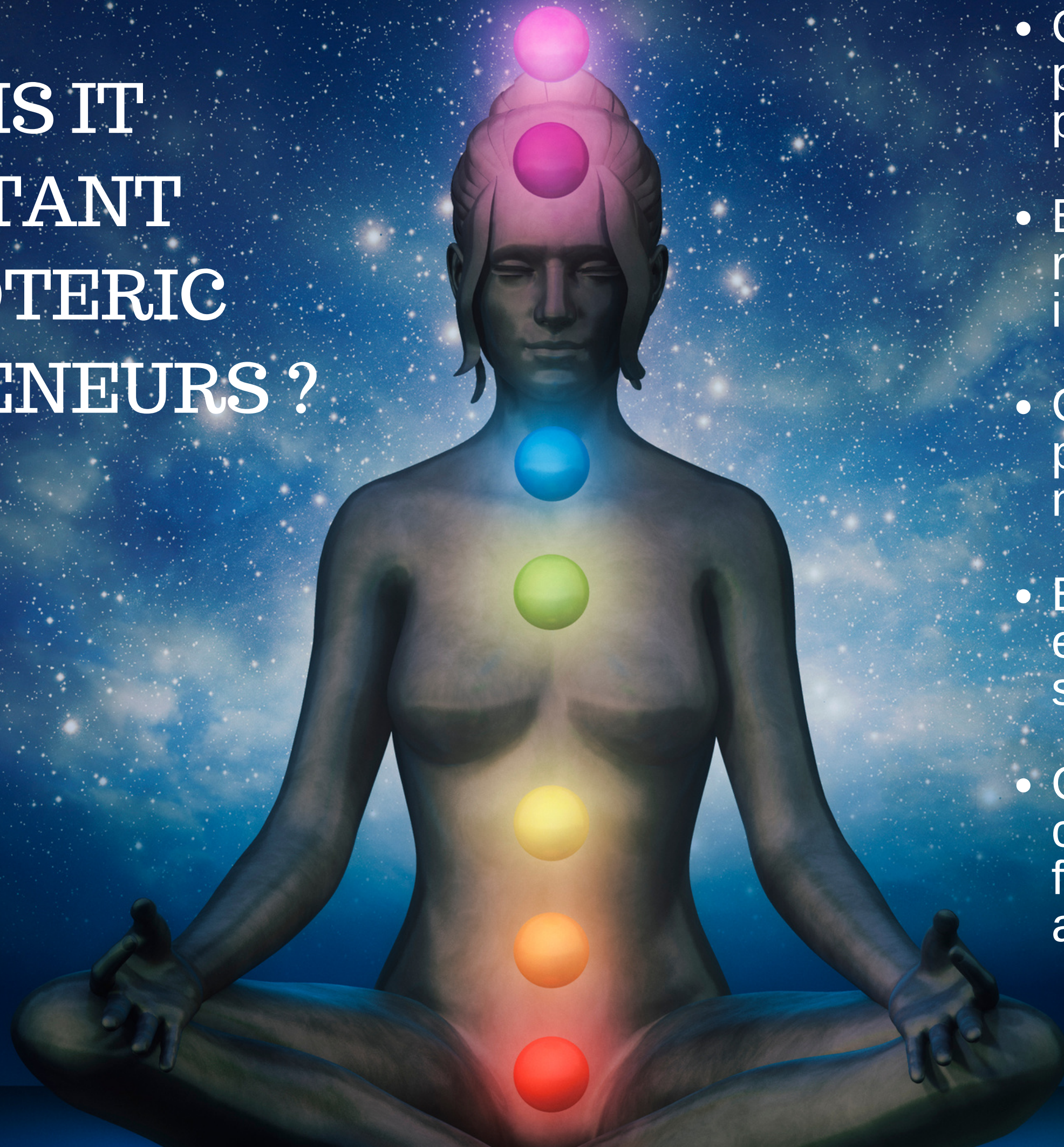


Energy body is like the trunk and roots of a tree, while the chakras are like the branches. Just as the roots and trunk provide the foundation for the tree, the energy body provides the foundation for the chakras. The chakras, like branches, extend outwards from the energy body and serve different functions and purposes.

ENERGY CENTERS OPENING



WHY IS IT IMPORTANT FOR ESOTERIC ENTREPRENEURS ?



- Chakra balancing boosts potential, creativity, and productivity.
- Balancing chakras reduces stress and increases clarity.
- Chakra alignment provides direction and motivation.
- Balanced chakras enhance well-being for sustainable success.
- Opening chakras cultivates positive energy for abundance and achievement.

Seven chakras

- Muladhara (Root Chakra) – "root support"
- Svadhisthana (Sacral Chakra) – "one's own base"
- Manipura (Solar Plexus Chakra) – "city of jewels"
- Anahata (Heart Chakra) – "unstruck sound"
- Vishuddha (Throat Chakra) – "especially pure"
- Ajna (Third Eye Chakra) – "perceive" or "command"
- Sahasrara (Crown Chakra) – "thousand-petaled" or "thousand-spoked"



A conceptual image featuring two hands reaching towards each other against a vibrant sunset background. The hands are positioned in the lower half of the frame, with one hand on the left and one on the right, palms facing each other. The background is a warm, golden-orange sky with soft clouds, suggesting a sunset or sunrise. The overall mood is spiritual and hopeful.

Heart chakra
is the gateway

where the
human inside
meets the God
within

Anahata
UNHURT, UNSTRUCK
& UNBEATEN



Heart Chakra

Having a balanced heart chakra puts us in a state where we're able to give and receive Love.

Also referred to as an unifier, this chakra is not only doorway to the spiritual realm but also a central point of vibration – between lower (human) chakras & higher (divine) chakras)



Heart Chakra

Having a completely open and fully active Heart Chakra means that we have embodied the Higher State of Existence in the human plane.

Some of the individuals with a completely open heart are: Jesus, Buddha, Ram Dass, Maria Theresa, etc.



Heart Chakra

ELEMENT: AIR

COLOUR: GREEN

PLANET: THE MOON

PARTS & ASPECTS OF THE BODY WHICH IT RULES

OVER: Heart Circulatory system Emotional regulation Lungs Shoulders Arm Legs Hand Lymphatic system

BLOCKING EMOTION: GRIEF

MAIN REASON: HURT CONNECTED TO OTHERS

UNBLOCKING BEHAVIOUR: ALLOWING FEELINGS

HEALING BEHAVIOUR: HEALING IN CONNECTION



Fully activated and opened heart chakra brings:

- An increased sense of love and compassion for others
- Greater empathy and understanding towards others
- A feeling of deep inner peace and contentment
- Increased feelings of joy and happiness
- A sense of connection and unity with all beings
- A greater ability to forgive and let go of past hurts
- Improved relationships with friends, family, and loved ones
- Increased self-love and self-acceptance
- Greater clarity and intuition
- Improved physical health and well-being
- Feeling more in tune with the natural world and its rhythms



"Tears are the language of the heart. If you cannot cry, then your heart is not speaking."

Jalaluddin Rumi



HOW TO ACTIVATE HEART CHAKRA

1. LEAN INTO YOUR EMOTIONS
2. BECOME INTIMATE WITH YOUR HEART'S BARRIER
3. VISUALIZE YOUR HEART CHAKRA OPENING
4. COLOR'S THERAPY
5. SOUND'S THERAPY
6. POWER OF BREATH AND YOUR HANDS
7. FOODS
8. ESSENTIAL OILS
9. CRYSTALS
10. LIVING FROM THE HEART (HABITUAL)
11. SEEKING ELEVATED STATES OF BEING
12. ACTIVATE YOUR NATAL CHART'S MOON



HOW TO ACTIVATE HEART CHAKRA

LEAN INTO YOUR EMOTIONS COMPLETELY & DISCOVER WHAT KEEPS THIS CHAKRA OUT OF ALIGNMENT

Awareness

Acceptance

Embracing (experiencing)

Expressing

- BAD OR GOOD EMOTION DOESN'T EXIST (IT'S ALL JUST ENERGY IN MOTION THAT SEEKS TO BE EXPRESSED).
- ASK YOURSELF:

"WHAT EMOTIONS DO I STILL NEED TO PROCESS?"

"WHAT EMOTIONAL MEMORIES ARE LEFT UNHEALED?"

"HOW DOES MY LITTLE GIRL/LITTLE BOY FEELS LIKE?"



HOW TO ACTIVATE HEART CHAKRA

BECOME INTIMATE WITH YOUR HEART BARRIER

Think about the barrier around your heart, what is it composed of? Is it granite, glass, or wood? Tune into why this barrier exists and comprehend what triggered its formation. Next, interact with your heart and ascertain what it requires to dismantle the barrier. It's crucial to maintain a positive outlook and acknowledge that the barrier serves as protection. Strive to convince it that it's no longer necessary. When you achieve this, visualize the barrier being gently and lovingly dissolved or removed.



HOW TO ACTIVATE HEART CHAKRA

CONNECT TO THE SELF-LOVE THROUGH UNDILUTED SELF-ACCEPTANCE

What are some things you cannot "accept" about yourself?

How can you embrace the totality of you?

How can you feel your completeness?

Who do you become upon stepping into your wholeness?



HOW TO ACTIVATE HEART CHAKRA

VISUALIZE YOUR HEART CHAKRA OPENING

In dimensions beyond the physical, thoughts instantly become reality. The chakra system, which is multidimensional and influences the physical, can be visualized to open. To do this, imagine a green vortex at the center of your chest and expand it with an opening movement of your hands. Visualize it spinning clockwise, and then open your arms wide and inhale energy from the world while exhaling love to it.



HOW TO ACTIVATE HEART CHAKRA

COLOR'S THERAPY

Wear this color, decorate with this color and eat foods that are this color.



HOW TO ACTIVATE HEART CHAKRA

SOUND THERAPY

You can activate your heart chakra using sounds. There are binaural beats and crystal singing bowls available online that are specially designed for the heart chakra. You can also practice toning, which is an ancient tradition of using vocal sounds to stimulate chakras. To do this, sit in meditation and chant LAM or YUM, depending on which sound resonates with your chest the most. Experiment with the tone and pitch of the sounds until you find the one that causes the most vibration in your chest.



HOW TO ACTIVATE HEART CHAKRA

USE THE POWER OF YOUR BREATH AND YOUR HANDS

WHO NEEDS MY LOVE TODAY EXERCISE?

+ USE THE SIREN'S RELEASE

Homework: I LOVE YOU EXERCISE



HOW TO ACTIVATE HEART CHAKRA

CONSUME HEART CHAKRA-FRIENDLY FOODS

To nourish your heart chakra, consume green, leafy vegetables like kale, spinach, lettuce, chard, dandelion greens, broccoli, cabbage, and collard greens. These foods are known to have high vibrational frequencies that can benefit the heart chakra. Other foods and drinks that you can include in your diet are green tea, basil, sage, thyme, cilantro, and parsley.



HOW TO ACTIVATE HEART CHAKRA

UTILIZE THE POWER OF THE ESSENTIAL OILS

To aid in aligning your heart chakra, essential oils can be used. The most effective oils that can positively impact your heart chakra include rose, melissa, neroli, marjoram, chamomile, yarrow, and eucalyptus. You can achieve the best results by combining the use of these oils with the application of warmth over your heart area, such as using a warm water bottle.



HOW TO ACTIVATE HEART CHAKRA

USE CRYSTALS

The best for the heart chakra is the PINK QUARTZ. Also green gemstones such as tourmaline (especially green tourmaline, watermelon tourmaline and pink tourmaline) green kyanite, chrysoprase, rhodonite, malachite, emerald and jade.

+ PINK QUARTZ ENRICHED WATER IS INCREDIBLE



HOW TO ACTIVATE HEART CHAKRA

MAKE LIVING AND SPEAKING FROM HEART A HABIT

How you speak

How you walk

How you talk

How you hug

IS IT FROM THE HEART OR FROM THE MIND?



HOW TO ACTIVATE HEART CHAKRA

**SEEK ELEVATED STATES THROUGH MINDFUL ACTIONS
AND EXPERIENCES**

(gratitude journaling, random act of kindness towards strangers, connecting with open-hearted individuals, spending time with kids & animals)

USE ASTROLOGY AND FIND OUT WHERE IS YOUR MOON



The heart chakra is associated with emotions, nurturing, and love, which are also qualities that are linked to the Moon in astrology. The Moon in the natal chart represents one's emotional nature, including how they express and process their feelings. It can reveal how a person gives and receives love, their need for security, and how they connect with their inner selves.



TO FIND OUT WHERE IS YOUR NATAL MOON:

1. Google Astrodiemst
2. Put your data
3. Take a look at your chart
4. See where is your Moon
5. Understand more about your soul's mission that way



EXAMPLE

MOON IN LIBRA NEEDS BALANCE

MOON IN CANCER NEEDS SACRED
MOTHER/FATHER ACTIVATION

MOON IN AQUARIUS NEEDS UNDILUTED
FREEDOM

Q & A time

