

THE PROFESSIONAL

Intuitive Healing

PROGRAM



CHARTS BOOK

CHAKRAS CHART

	Column 1	Column 2	Column 3
Row 1	Root Chakra	Sacral Chakra	Solar Plexus Chakra
Row 2	Heart Chakra	Throat Chakra	Third Eye Chakra
Row 3	Crown Chakra		

QUICK DATABANKS CHART

Root Chakra # 1	<ul style="list-style-type: none"> Connection to reality Ability to earn money Sense of safety Confidence in ability to provide for oneself/others Sense of community
Sacral Chakra #2	<ul style="list-style-type: none"> Life Enjoyment Importance placed on R&R Pampering/Self-Care Libido/sexual energy Energy/Vitality Sense of fun & playfulness Openness to new experiences
Solar Plexus Chakra #3	<ul style="list-style-type: none"> Sharing Power in Relationships Self-importance/Ego Sense of responsibility Taking actions towards goals Keeping Promises/Commitments towards self Finishing what one starts Determination/Willpower Self-confidence Dealing with conflict Feeling in control of one's life path
Heart Chakra #4	<ul style="list-style-type: none"> Emotional Awareness Emotional Stability Emotional Courage Ability to Let Go Self-worth/esteem Embracing One's Uniqueness Self-Acceptance Balance of give and take in relationships Receiving Love Trusting Others
Throat Chakra #5	<ul style="list-style-type: none"> Speaking one's truth Expressing feelings Expressing desires Having 'difficult' conversations Advocating for oneself
Third Eye Chakra #6	<ul style="list-style-type: none"> Self-perception Trust in one's intuition Trust in one's perceptions Perceptions of available choices Problem-solving ability Decision-Making Planning/strategizing Focusing & concentrating
Crown Chakra #7	<ul style="list-style-type: none"> Connection to the Divine Faith in the Divine Ability to channel from the Divine Awareness of life purpose

FULL DATABANKS CHART

ROOT CHAKRA CHART

Survival & Resources	Groundedness	Ethics & Integrity	Occupying a Physical Body	Safety	Tribe, Family & Community
Earning money	Connection to reality	Acting with integrity	How the body is treated	Sense of physical safety	Connection to family
Saving money	Objective vs subjective reality	Ability to honour commitments	Physical nourishment	Sense of physical safety in various settings:	Connection to 'tribe'
Spending money	Interest in human life		Presence in the room	<ul style="list-style-type: none"> • Home • Work • In the street, etc 	Sense of belonging to community
Comfort level with wealth/money	Stability and routine		Appetite		Ability to move away from unhelpful inherited beliefs
Interest in money	Physical roots		Physical/sensory sensitivity		Connection with country of origin/residence
Willingness to assume responsibility for survival	Relationship with linear time		Physical stamina		Inherited ethical/moral codes
Survival instincts			Physical strength		
Ability to let go					
Confidence in ability to provide for oneself					

SACRAL CHAKRA CHART

Pleasure & enjoyment	Sexuality	Desire nature	Vitality & Creativity
<p>Life enjoyment</p> <p>Importance placed on recreation & relaxation</p> <p>Sense of occasion</p> <p>Pampering/ nurturing the physical self</p> <p>Appreciation of beauty</p> <p>Playfulness/sense of fun</p> <p>Sense of humour</p>	<p>Libido</p> <p>Comfort with sexuality</p> <p>Comfort with sexual orientation</p>	<p>Strength of desires</p> <p>Awareness of desires</p>	<p>Energy & vitality</p> <p>Openness to new experiences</p> <p>Resourcefulness/ creativity</p>

SOLAR PLEXUS CHAKRA CHART

Personal power in relationships	Sovereignty & independence	Getting things done	Self-confidence
<p>Sharing power in relationships</p> <p>Holding an energetic space for oneself</p> <p>Handling conflict</p> <p>Energetic boundaries</p> <p>Respecting the boundaries and privacy of others</p> <p>Self-importance/ ego</p> <p>Power/leadership integrity</p>	<p>Self-determination</p> <p>Independence of thought</p> <p>The extent to which one feels in control of one's life path</p> <p>Honouring the free will of others</p> <p>Relationship to authority</p> <p>Sense of responsibility</p>	<p>Taking action to move towards goals</p> <p>Drive and motivation to succeed</p> <p>Work ethic</p> <p>Willingness to take risks/make mistakes</p> <p>Self-discipline</p> <p>Keeping promises and commitments to the self</p> <p>Finishing what one starts</p> <p>Dealing with the practical aspects of life</p> <p>Determination/ willpower</p>	<p>Self-confidence in general</p> <p>Self-confidence at work</p> <p>Pride taken in personal achievements and character</p>

HEART CHAKRA CHART

Emotional life	Relationships with the self	Relationship with others	Healing
Emotional awareness	Self-worth/ self-esteem	Balance of give & take in relationships	Willingness to heal
Emotional stability	Feeling satisfied with one's achievements	Emotional connection to loved ones	Acceptance of life events
Emotional courage	Embracing one's uniqueness	Empathising	Forgiving the self
Emotional availability	Self-talk	Receiving love	Forgiving others
Ability to let go	Valuing one's gifts	Giving love	
	Valuing one's finite resources	Accepting others/tolerance	
	Self-acceptance	Connection to humanity/oneness	
		Valuing others	
		Trusting others	
		Commitment in romantic relationships	
		How much of the self it is safe to reveal	
		Feeling understood/seen in relationships	

THROAT CHAKRA CHART

Self-expression	Listening & understanding	Communication with Spirit
Speaking one's truth Expressing feelings Expressing desires Asking for help Disagreement & conflict Advocating for oneself Self-expression at work Social communication Getting to the point Expressing appreciation Adapting communication Having 'difficult conversations' Negotiation Writing for self-expression Confidence in self-expression Verbal integrity Self-disclosure Projecting personality Presence while public speaking Teaching, explaining & instructing Awareness of communication	Listening Understanding Ability to keep a secret	Clairaudience/hearing one's 'inner voice'

THIRD EYE CHAKRA CHART

Intuition	Perceptions	The intellect	Imagination & inspiration
<p>Connection to the astral realm</p> <p>Clairvoyance</p> <p>Claircognizance</p> <p>Interest in perceiving beyond the surface</p> <p>Telepathy</p> <p>Remembering dreams</p> <p>Trust in intuition</p>	<p>Self-perception</p> <p>Trust in one's perceptions</p> <p>Perception of available choices</p> <p>Perceptiveness</p> <p>How this person thinks others perceive her</p> <p>Perception of one's own life and situation</p> <p>Dedication to truth</p> <p>Ability to bring insight</p> <p>Seeing the good</p> <p>Openness to influence</p>	<p>Mental clarity</p> <p>Intellect</p> <p>Concentration</p> <p>Memory</p> <p>Degree of open-mindedness</p> <p>Problem-solving ability</p> <p>Capacity to see other points of view</p> <p>Decision making</p> <p>Planning/strategising</p>	<p>Daydreaming</p> <p>Visualisation</p> <p>Creative inspiration</p>

CROWN CHAKRA CHART

Connection to the Divine realm

Faith in the Divine

Ability to channel from the Divine realm

Awareness of life purpose

Relationship with mortality

Spiritual oneness

Acknowledging one's Divinity

Soul memory

NEGATIVE ENERGIES CHART

	Column 1	Column 2	Column 3
Row 1	Abandonment Abstinence Aggression Anger Anxiety	Avoidance Betrayal Blame Conditionality Craving	Criticism Cruelty Cynicism Depression Disassociation
Row 2	Disdain Disempowerment Disgust Doubt Disappointment Distortion & illusion	Disillusionment Dismissiveness Drama Escapism Failure Fear	Fatigue Frustration Grief Guilt Helplessness Hysteria
Row 3	Ignorance Impatience Inhibition Insecurity Intimidation Intolerance	Isolation Jealousy Judgment Lack Lethargy	Limitation Loss Lust Miscommunication Misunderstanding
Row 4	Obedience Other Pain Passiveness Passive aggression Perfectionism	Persecution Rage Restriction Rejection Retention/fear of 'letting go'	Revenge Sarcasm Self-criticism Self-denial Self-doubt Self-loathing
Row 5	Shame Squeamishness Stuckness Submission Suffering	Timidity Trauma Unconsciousness Unworthiness Victimisation	Violence Wariness/paranoia Weakness Withdrawal Withholding

CORD LOCATIONS CHART

Note: If a location such as an arm or leg comes up, remember to check which side (right or left) it is on

	Column 1	Column 2	Column 3
Row 1	Foot	Sole of the foot	Ankle
Row 2	Calf	Shin	Knee
Row 3	Thigh	Hip	Bottom
Row 4	Tailbone	Lower back	Stomach
Row 5	Groin	Belly	Heart
Row 6	Chest area	Arm	Hand
Row 7	Elbow	Palm of the hand	Finger
Row 8	Thumb	Shoulder	Breastbone
Row 9	Neck	Jaw	Ear
Row 10	Eye	Face	Side of the face
Row 11	Temple	Top of the head	Scalp

ROLES CHART

	Column 1	Column 2	Column 3
Row 1	Husband Wife Ex-Husband Ex-Wife Lover Mother	Father Brother Sister Son Cousin Uncle	Daughter Step-mother Step-father Grandmother Grandfather Granddaughter
Row 2	Grandson Aunt Mother-in-law Father-in-law Acquaintance Boss	Colleague Employee Business partner Friend Relative Neighbour	Teacher Student Healer Client Doctor Priest
Row 3	Slave Servant Stranger Soldier Monk Nun Prostitute	Parishioner/church-goer Co-student Spiritual teacher Authority figure Team Ruler Master	Someone who wanted to be romantically involved with the client Someone the client wanted to be romantically involved with

TIME CHART

TIME (Earth)					
Column 1	Column 2	Column 3	Column 4	Column 5	Column 6
100BC 900BC 800BC 700BC 600BC 500BC	400BC 300BC 200BC 100BC 0AD	100AD 200BC 300BC 400BC 500AD	600AD 700AD 800AD 900AD 1000AD	1100AD 1200AD 1300AD 1400AD 1500AD	1600AD 1700AD 1800AD 1900AD 2000AD

COUNTRIES CHART

	Column 1	Column 2	Column 3	Column 4	Column 5
Row 1	England Northern Ireland Scotland Wales	Ireland France Germany Spain	Austria Switzerland Belgium The Netherlands/Holland	Portugal Italy Greece Sweden	Norway Finland Greenland Iceland
Row 2	Denmark Romania Bulgaria Czech Republic	Cyprus Malta Estonia Poland	Hungary Lithuania Latvia Croatia	Turkey Armenia Moldova Belarus	Ukraine Serbia Slovakia Slovenia
Row 3	Azerbaijan Bosnia & Herzegovina Georgia Kazakhstan	Russia Mongolia Uzbekistan Turkmenistan	Israel Iraq Syria Yemen	Oman Bahrain Pakistan Afghanistan	Iran Saudi Arabia India China
Row 4	Pacific Islands: Polynesia Pacific Islands: Micronesia Pacific Islands: Melanesia Australia	New Zealand New Guinea South Korea North Korea	Taiwan Hong Kong Bangladesh Burma	Nepal Bhutan Laos Thailand	Vietnam Philippines Sri Lanka Singapore
Row 5	Cambodia Brunei Malaysia Indonesia	USA Canada Brazil Costa Rica	Bolivia Argentina Chile Peru	Cuba Mexico Ecuador Colombia	Jamaica Dominican Republic Paraguay Uruguay
Row 6	Venezuela Haiti Egypt Libya	Algeria Morocco South Africa Ethiopia	Kenya Other in West Africa Other in East Africa Other in North Africa	Other in South Africa Other in North America Other in Europe Other in Asia	Other in Australasia Other in Caribbean Other in South America Not included in this chart

SITUATIONAL DESCRIPTION CHART

	Column 1	Column 2	Column 3	Column 4
Row 1	Time and tide wait for no man Talk is cheap The squeaky wheel gets the grease Never say never Ignorance is bliss First things first	Beggars can't be choosers Blessing in disguise Every man for himself Faith can move mountains Take it or leave it Lie down with dogs, wake up with fleas	Knowledge is power First come, first served History repeats itself Be careful what you wish for Better the devil you know The end justifies the means	The early bird catches the worm Misery loves company Patience is a virtue He who laughs last laughs best Fools rush in All work and no play makes Jack a dull boy
Row 2	Absence makes the heart grow fonder There's a season for everything You reap what you sow Practice makes perfect Too many irons in the fire Actions speak louder than words	Divide and conquer All's fair in love and war Every man has his price Don't judge a book by its cover Appearances are deceptive Can't win 'em all	No pain, no gain Put your best foot forward Better safe than sorry Can't take it with you Make hay while the sun shines Rome wasn't built in a day	Strike while the iron is hot A bad penny always turns up Winning is everything Nothing ventured, nothing gained If something can go wrong, it will Desperate times call for desperate measures
Row 3	Better late than never No such thing as a free lunch It's better to give than to receive Hindsight is 20/20 Let sleeping dogs lie Go with the flow	Love is blind All things come to those who wait Beauty is only skin deep A Jack of all trades is master of none Don't put all your eggs in one basket Look before you leap	A fool and his money are soon parted What doesn't kill you makes you stronger Rules are meant to be broken He who hesitates is lost No man is an island Time flies	As you make your bed, so you must lie in it Up the creek without a paddle Kill two birds with one stone Damned if you do, damned if you don't A chain is no stronger than its weakest link Hell has no fury like a woman scorned
Row 4	Once bitten, twice shy A watched kettle never boils If you can't beat 'em, join 'em Can't have it both ways Take the bad with the good Money makes the world go round	What goes around comes around Think before you speak The best is yet to come Still waters run deep If it ain't broke, don't fix it Every cloud has a silver lining	He who fails to prepare, prepares to fail A man is known by the company he keeps Laughter is the best medicine A bird in the hand is worth two in the bush Half a loaf is better than none Don't mix business with pleasure	Keep your friends close and your enemies closer Do unto others as you would have them do unto you Throwing out the baby with the bathwater All sizzle and no steak

PERCENTAGES CHART

	Column 1	Column 2	Column 3	Column 4	Column 5
Row 1	5%	10%	15%	20%	25%
Row 2	30%	35%	40%	45%	50%
Row 3	55%	60%	65%	70%	75%
Row 4	80%	85%	90%	95%	100%

SESSIONS CHART

	Column 1	Column 2
Row 1	Earthbound Spirit Release	Enmeshed Earthbound Spirit Release
Row 2	Cord Cutting	Aura Cleansing