



Boundless Healing Hands

EXPLORE YOUR POTENTIAL

1-877-743-2563

The Emotional Mastery Alignment Chart



"When you change the way you look at things, the things you look at change"
-Dr Wayne Dyer

- 01 Declare your power over your life
- 02 Be open to change and be curious to see what is possible
- 03 Do not take what others say personally
- 04 Surround yourself with positive reinforcement
- 05 Speak your success as a present fact
- 06 Create a vision space (Vision boards/Daydreaming)
- 07 Identify your RESISTANCE, to unblock your creativity
- 08 Start a GRATITUDE journal
- 09 Begin asking for what you TRULY want



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- 10 Release your attachment to the "how"
- 11 Surround yourself with allies that are inspiring,
- 12 Mind your daily fuel intake,
- 13 Begin a daily physical movement practice that will help align your energy systems
- 14 Meditate daily to master your mind
- 15 Listen to music that brings you healing daily
- 16 Identify YOUR own value system and honor it
- 17 Let go of all judgments of yourself and others
- 18 Stay in the present moment, where your peace and power is always



CHAKRA/ COLOR

MANTRA / SOUND & Crystal Benefits

FUNCTION

BALANCING

AFFIRMATION

OUT OF BALANCE



**CROWN
VIOLET
OR
WHITE**

I KNOW

AAH
Clear Quartz:
connect with our
soul for
enlightenment

Moonstone:
Ultimate stone for
fertility and love

Amethyst: Boosts
self-esteem, heal
addictions

AUM (OM)
Sodalite: clarity,
focus

Lapis Lazuli:
promotes intuition

Sapphire: resolve
issues, meet goal

HAM
Turquoise: mental
relaxation,
leadership,

Celestite: inner
peace, strength

Blue Apatite:
promotes
creativity, clear
confusion

**Consciousness
Enlightenment
Self-Realization
Spirituality
Purpose**

Intuition
Astral Projection
Imagination
Self-Awareness
Eyes / Ears / Spinal
Cord / Hair /
Scalp Head
Neurological/
Personality
Psychic sight

Communication
Purification
Personal Power
Expression
Creativity
Neck / Throat
Thyroid / Glands
Jaw / Mouth /
Tongue

**Meditation
Energy Work
Stillness**

**Meditation
Visualization
Lucid Dreaming
Breathing**

Speaking
Sound Healing
Listening
Writing
Singing

I know I am divinely
guided.

I know I am connected
to Source.

I know life supports me.

I know I am the
presence of the Divine
in Hu-Man form.

I see clearly
I see possibilities
I see with intuition
I see with LOVE
I see with compassion
I see all perspectives

I speak my truth

I speak with love

I speak with
confidence

I speak with clarity

I speak after I listen

I speak to create

*Feeling lack of pur-
pose

*Depression or
mental exhaustion

*Disconnection with
higher power

*Disconnection with
your body

*Limited thoughts

*Brain fog

*Lack of clarity

*Feeling stuck in life

*Headaches

*Nightmares

*Neuro imbalance

*Emotional volatility

*Dishonesty

*Secrecy

*Throat pain

*Sinus issues

*Thyroid imbal-
ance

*Filtered words

*People pleasing

*Relationship
sabotage

THROAT

BLUE

I SPEAK



CHAKRA/ COLOR

MANTRA / SOUND & Crystal Benefits

FUNCTION

BALANCING

AFFIRMATION

OUT OF BALANCE



HEART

GREEN

I LOVE

YAM
Rose Quartz:
compassion/
calming

Amazonite:
divine guidance/
communi-cation of
thoughts

Kindness

Love

Compassion

Empathy

Open Heart

Lungs/Breath

Meditation

Energy work

Stillness

Breath

I love and accept
myself completely as
I am.

I love others

I love freely all that is

I love deeply & fully

I love my life

*Lack of joy
*Heart or lungs
issues
*Chest congestion
*grief
*Defensiveness
*Jealousy
*Fear of intimacy
*Holding grudges
*Unforgiving



SOLAR
PLEXUS
YELLOW

I DO

RAM

Citrine:
imagination

Tiger's Eye:
confidence

Yellow Jade:
self-control

Identity/Will
Self-Esteem
Strength
Power

Upper abdomen
Digestive system
Metabolism
Liver

Completing Goals

Sunlight

Physical Exercise

Fasting

I do create my life

I do trust my power

I do act
courageously

I do claim my power

*Low confidence
*Digestive
imbalance
* Low energy
*Powerlessness
* Stress/withdrawn



SACRAL
ORANGE

I FEEL

VAM

Amber : manifest
desires / relieve
physical pain

Carnelian : vitality
& motivatio

Sensuality
Pleasure
Emotions
Sexuality
Reproductive
System
Lymphatic system
Pelvic organs

Self-Care

Creative Play

Tantra

Creative Arts

I feel pleasure
I feel desire
I feel worthy of joy
I feel intuitive
I feel deserving
I feel sensual
I feel playful

*Emotional
imbalance
*Low libido
*Co-dependency
*Sexual imbalance
*Reproductive
issues
*Hormone issues



ROOT

DEEP RED

I AM

LAM
Red Jasper:
absorbs negative
energy

Garnet: passion,
serenity, balance

Hematite:
blood flow/
relationships/
grounding/Liver

Life Force
Survival / Safety
Grounding
Physical body
Bladder / Colon

Bones / Muscles

Kidneys / Lower

Back / Feet

Yoga
Mindfulness

Nature

Grounding

Gardening

Walking barefoot
in nature

I am safe in my body
I am grounded
I am supported
I am guided
I am secure
I am worthy of love
I am, that I am

*Fear of progress
*Money stress
*Adrenal fatigue
*Constipation
*Lack of support
*Greed/hording
*Excess Negativity
*Insecurity

Breath and Visualization Meditation To Balance Chakras:

1
one

Close your eyes and fix your awareness
at the first chakra, the root chakra

Breathe deeply into the belly, in through the nose for 4 seconds,
hold for 4, out through pursed lips for 7 seconds.

As you breathe in visualize the chakra expanding clockwise
and contracting on the exhale.

Complete 3 cycles per chakra before moving up to the next chakra.

2

3
three

Practice weekly:

Breathing for 5-7 minutes at each
chakra, starting with the root (1st chakra)
and continue upward stopping at each
energy center until you reach the crown.



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