



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

- 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



CROWN
VIOLET
OR
WHITE

I KNOW



THIRD EYE

INDIGO
I SEE



THROAT

BLUE
I SPEAK

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

BALANCING

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 purpose

*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 imbalance

*Filtered words

*People pleasing

*Relationship sabotage



CHAKRA/ COLOR



HEART

GREEN

I LOVE



SOLAR
PLEXUS
YELLOW

I DO



SACRAL
ORANGE

I FEEL



ROOT

DEEP RED

I AM

MANTRA / SOUND & Crystal Benefits

FUNCTION

BALANCING

AFFIRMATION

OUT OF BALANCE

YAM

Rose Quartz: compassion/ calming

Amazonite: divine guidance/ communication of thoughts

RAM

Citrine: imagination

Tiger's Eye: confidence

Yellow Jade: self-control

VAM

Amber : manifest desires / relieve physical pain

Carnelian : vitality & motivation

LAM

Red Jasper: absorbs negative energy

Garnet: passion, serenity, balance

Hematite: blood flow/ relationships/ grounding/Liver

Kindness

Love

Compassion

Empathy

Open Heart

Lungs/Breath

Identity/Will

Self-Esteem

Strength

Power

Upper abdomen

Digestive system

Metabolism

Liver

Sensuality

Pleasure

Emotions

Sexuality

Reproductive System

Lymphatic system

Pelvic organs

Life Force

Survival / Safety

Grounding

Physical body

Bladder / Colon

Bones / Muscles

Kidneys / Lower

Back / Feet

Meditation

Energy work

Stillness

Breath

Completing Goals

Sunlight

Physical Exercise

Fasting

Self-Care

Creative Play

Tantra

Creative Arts

Yoga

Mindfulness

Nature

Grounding

Gardening

Walking barefoot in nature

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

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

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

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:

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.

one
3

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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