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# The Present of Presence

How to Get In & Stay In Your Body

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# Our Time Together

Take a Breath, Take a Moment

Chakras & the Aura

Your Chakra Focus

The Present of Presence

- Setting Chakras
- Grounding

For the Consciously Curious





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# Take a Breath, Take a Moment

Ever feel:

1. stuck or unable to let go, ungrounded?
2. trapped in trauma patterns, stories or can't get your needs met?
3. emotionally sensitive, easily overwhelmed, have a tendency to caretake others? Are you an empath or HSP?
4. disorganized, unable to complete tasks, lack authority?





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# Take a Breath, Take a Moment

Ever feel:

5. overwhelmed by the drama in the world?  
numb, compassion fatigue?
6. it's hard to speak for yourself, to make  
authentic choices?
7. like you're always up in your head,  
perseverating, worrying, overthinking?
8. disconnected, disengaged from spiritual  
connection, or out of your body?
9. burned out, depleted?





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# Chakras & the Aura

7<sup>th</sup> — Spiritual connection

5<sup>th</sup> — Self-expression

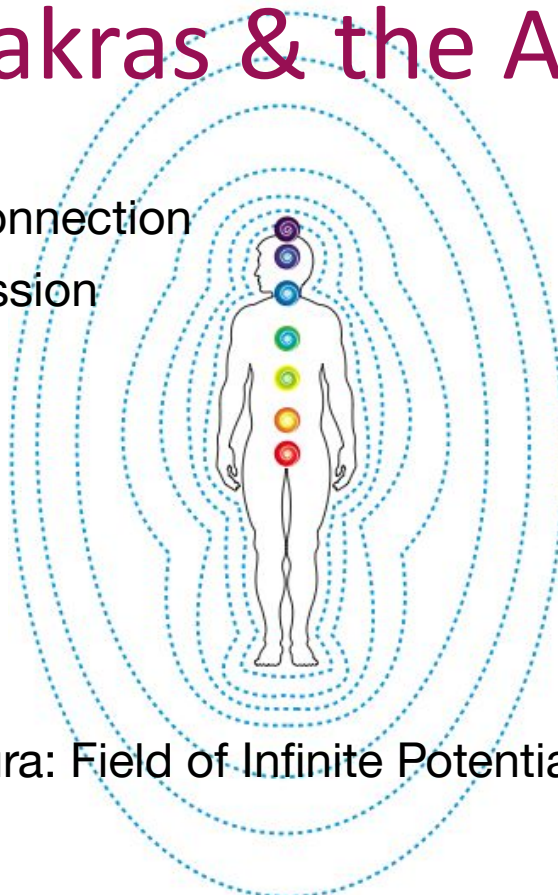
3<sup>rd</sup> — Volition

1<sup>st</sup> — Physicality

6<sup>th</sup> — Belief Systems

4<sup>th</sup> — Communion

2<sup>nd</sup> — Emotion



Aura: Field of Infinite Potentiality



Earth Connection



Giving & Receiving



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# Your Chakras

Feet – stuck, can't let go, ungrounded

1st – survival, trauma, getting needs met

2nd – sensitivity, caretaking, overwhelm (empaths/HSP)

3rd – disorganized, task completion, authority issues





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# Your Chakras

4th – despair, heart on your sleeve, bleeding heart

5th – self-awareness, autonomy, authenticity

6th – belief systems, monkey mind, negative self-talk

7th – out of body, untethered spirituality

Hands – depleted, burnt out





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# The Present of Presence

Skills:

Setting Chakras

Grounding

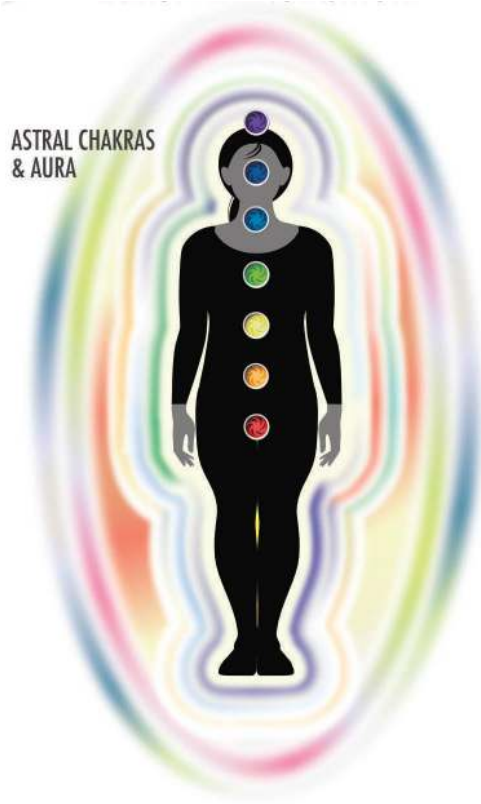






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# Setting Chakras: Containment & Awareness



**Percentage of Chakra Openness**



25-50%



50%



#% + 2



50%



40% (M), 55% (F)

M

F



25%



30%



25-50%

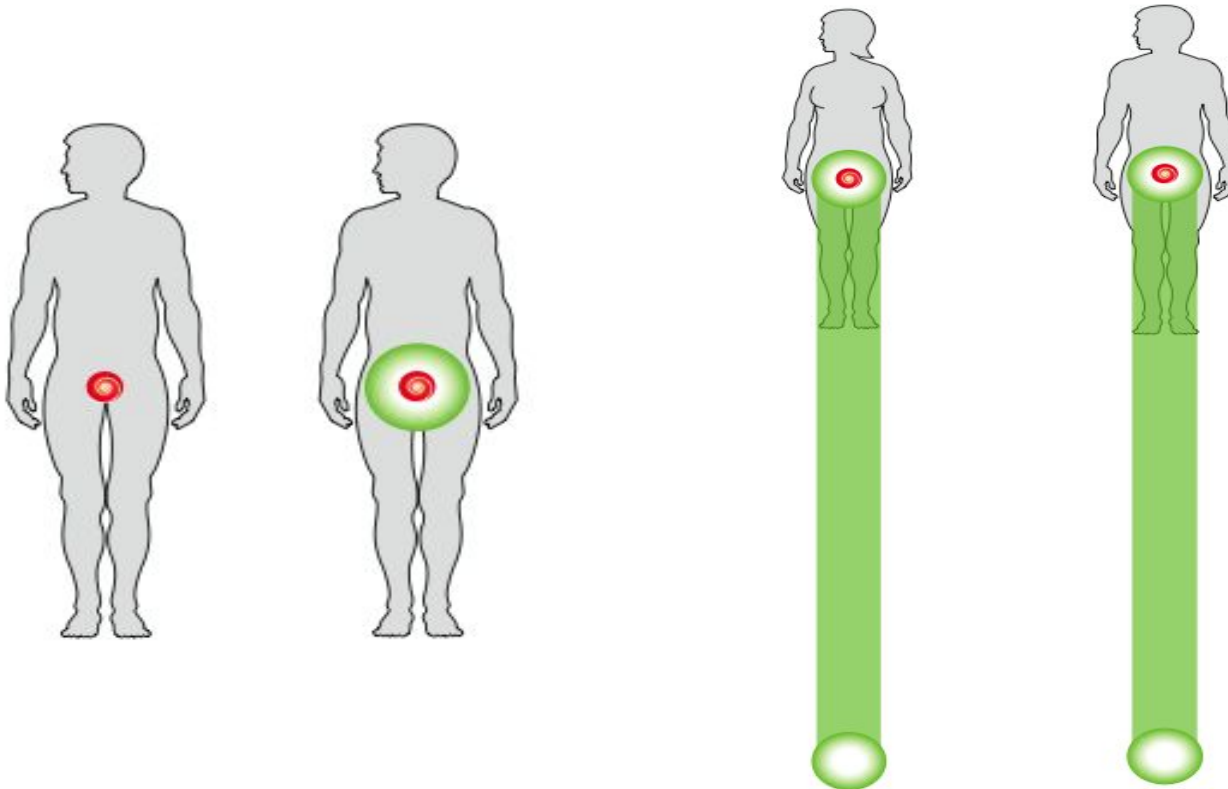


60%



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# Grounding: Present & Anchored





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# The Present of Your Presence



**How do you feel now?**

**What do you notice?**



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## Thank you & Your Interests

Self-healing



Practitioner & client practice

