

Chakra Layout (Life Cards) Worksheet

1. Be in a peaceful state.
2. Think of a specific goal, issue or question while randomly mixing the *Life Cards*.
3. Lay out the cards, face up, in the order and positions indicated by the numbers in the boxes on the layout diagram below.
4. Note the border colour and card number, keyword and phrase that are right-side-up for you as you lay down the Life Cards.
5. Review the card comments in Section 2 of the Life Cards book.
6. Consider how these details relate to your goal, issue or question. How can you improve outcomes?

7 Crown (violet)	Colour of your card: _____ Which chakra does it relate to? Card Number: _____ Keyword: _____ Phrase: _____ What actions support your goal, issue or question?
6 Brow (indigo)	Colour of your card: _____ Which chakra does it relate to? Card Number: _____ Keyword: _____ Phrase: _____ What actions support your goal, issue or question?
5 Throat (light blue)	Colour of your card: _____ Which chakra does it relate to? Card Number: _____ Keyword: _____ Phrase: _____ What actions support your goal, issue or question?
4 Heart (green)	Colour of your card: _____ Which chakra does it relate to? Card Number: _____ Keyword: _____ Phrase: _____ What actions support your goal, issue or question?
3 Solar Plexus (orange)	Colour of your card: _____ Which chakra does it relate to? Card Number: _____ Keyword: _____ Phrase: _____ What actions support your goal, issue or question?
2 Sacral (yellow)	Colour of your card: _____ Which chakra does it relate to? Card Number: _____ Keyword: _____ Phrase: _____ What actions support your goal, issue or question?
1 Root (red)	Colour of your card: _____ Which chakra does it relate to? Card Number: _____ Keyword: _____ Phrase: _____ What actions support your goal, issue or question?