

# THE SACRED SEVEN

*workbook*



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*Beloved sister, welcome.*

*The Sacred Seven is more than a course or a set of teachings. It is a feminine framework for wholeness, a return to the Divine Mother within, and a living path for women who are ready to reclaim their sovereignty.*

# Introduction: Walking the Path of the Sacred Seven

When I was twenty, I lost my mother in a sudden car accident. The ground beneath me shattered. For years I searched — through grief, through relationships, through therapies and spiritual practices — for the connection I had lost. What I discovered is that healing is not about being "fixed." It is about remembering.

Remembering that you are already whole.

Remembering that the Divine Mother has never left you.

**Remembering that within your own body lies a map — seven sacred gateways that guide you home.**

**This map is the chakra system, ancient and timeless, now reimagined through the feminine lens as The Sacred Seven.**

**Each chakra — Root, Sacral, Solar Plexus, Heart, Throat, Third Eye, and Crown — is a portal. Together, they form a spiral of healing, empowerment, and return. Through grounding, self-awareness, self-healing, love, expression, vision, and spirit, you will uncover not just practices, but a way of living that aligns your whole being with sovereignty.**

This guidebook is your companion. It weaves teaching, story, practice, and reflection into a path that you can walk again and again. It is not about perfection. It is about presence.

## How to Use This Guidebook:

Move through each chapter as you complete the corresponding class.

Have your journal ready to use for each class. You will answer the journal prompts in the first section of each class.

Practice the meditations and exercises in your own sacred space.

Return to chapters as needed — healing is cyclical, not linear.

Above all, trust your intuition. This is your path.

**Sister, the Sacred Seven is not something you learn. It is something you remember. And as you remember, you reclaim your light, your voice, your power, and your place in the web of life.**

# CHAPTER 1 – ROOT CHAKRA: SUSTENANCE & SAFETY

## **The Foundation of the Sacred Seven**

We begin our Sacred Seven Feminine Framework at the root – the Muladhara chakra, located at the base of the spine. This chakra is your anchor, your ground, your sense of belonging in the world. Its element is earth, and its energy governs safety, stability, and survival. To heal, grow, and thrive, we must first feel safe – not just in our thoughts, but in our bodies and our lives.

The root chakra asks the most primal question:  
"Am I safe? Do I belong here?"

When it is balanced, the answer is yes. You feel present, stable, and able to trust life. When it is blocked or depleted, fear, scarcity, anxiety, or disconnection from the body take hold. Healing begins here, with sustenance – the food you eat, the care you give yourself, the way you move, breathe, and root into the earth.

Sustenance is more than survival. It is a sacred act of self-connection.

Each time you nourish your body, care for yourself, and choose grounding practices, you are telling your system:

"I am here. I am safe. I belong."

## **Key Teachings of the Root Chakra**

Food: Nourishment as Grounding

Food is the most basic form of sustenance, but also one of the most sacred. Eating whole, grounding foods like root vegetables, grains, and warm meals helps the body feel anchored and safe.

Balanced Root through Food: steady energy, strong digestion, and a sense of vitality.  
Imbalanced Root through Food: over-reliance on sugar, processed foods, or undernourishment.

## Self-Care: A Ritual of Safety and Worth

Self-care is not indulgence; it is survival. When we rest, bathe, create routines, or set boundaries, we signal to ourselves that we are valued and protected.

### Exercise: Embodying Stability and Vitality

Movement, especially practices involving the feet, legs, and spine, anchors us into our bodies. Walking, yoga, and strength practices release fear and build confidence.

### Mindful Practices: Reclaiming Presence and Trust

Mindfulness, grounding meditations, breathwork and time in nature restore presence and regulate the nervous system.

## Journal Prompts

- Where in my life do I feel most unsafe or ungrounded right now?
- What practices (food, movement, ritual) help me feel most connected to my body?
- If I could whisper one message of safety to my younger self, what would it be?

## Affirmations

- "I am grounded, nourished, and supported."
- "I trust life, and life provides for me."
- "My body is my home, and I belong here."

## Closing Reflection

The root chakra is the soil of your life. By tending to your sustenance — through food, self-care, movement, and mindfulness — you strengthen your foundation for all the growth to come. This is the beginning of your Sacred Seven journey: the remembering that you are safe, you belong, and your body is a holy home.

# CHAPTER 2 – SACRAL CHAKRA: SELF-AWARENESS & FLOW

## From Ground to Flow

After rooting ourselves in safety and sustenance, we now rise into the Sacral Chakra – Svadhisthana, located just below the navel. If the root asks, "Am I safe?" the sacral asks: "What do I feel? What do I want? Who am I in relationship to others?"

This chakra governs emotions, creativity, sensuality, and the way we connect to ourselves and others. Its element is water – ever-moving, fluid, and adaptive. To awaken the sacral is to honor our emotional truth, embrace desire, and remember that pleasure is sacred.

When the sacral chakra is balanced, you can feel your emotions fully without drowning in them. You express your needs, boundaries, and desires with clarity. Creativity flows, intimacy deepens, and you remain connected to yourself while relating to others. When blocked, however, you may feel emotionally numb, creatively stuck, codependent, or disconnected from joy.

**To know yourself deeply, you must first allow yourself to feel fully.**

## Key Teachings of the Sacral Chakra

### Emotional Intelligence

The sacral chakra governs the ability to feel and express emotions without repression or overwhelm. Emotional awareness is the foundation of self-awareness.

Balanced Sacral: emotional fluency, healthy vulnerability.

Imbalanced Sacral: numbness, overreactions, shame around feelings.

### Boundaries & Identity

This chakra helps us discover who we are in relation to others.

Balanced Sacral: clear sense of self, healthy boundaries.

Imbalanced Sacral: codependency, people-pleasing, losing yourself in relationships

### Desire & Motivation

The sacral connects us to passion, joy, and what lights us up.

Balanced Sacral: honoring authentic wants, pursuing joy without guilt.

Imbalanced Sacral: repression of desire, guilt/shame around pleasure, lack of motivation.

### Creativity & Expression

Creativity is an outflow of sacral energy. It doesn't matter if it's art, dance, writing, or cooking — what matters is expression.

Balanced Sacral: creative flow, joy in expression.

Imbalanced Sacral: blocked expression, self-doubt, fear of judgment.

### Pleasure & Self-Worth

Our relationship with pleasure reveals how much we value ourselves.

Balanced Sacral: joy in embodiment, trust in worthiness.

Imbalanced Sacral: shame, repression, or overindulgence.

## Journal Prompts

- What emotions do I tend to avoid or suppress? Why?
- When I think of desire, what arises in me: fear, guilt, shame, or joy?
- How do I know when I've crossed my own boundaries — and how does my body tell me?

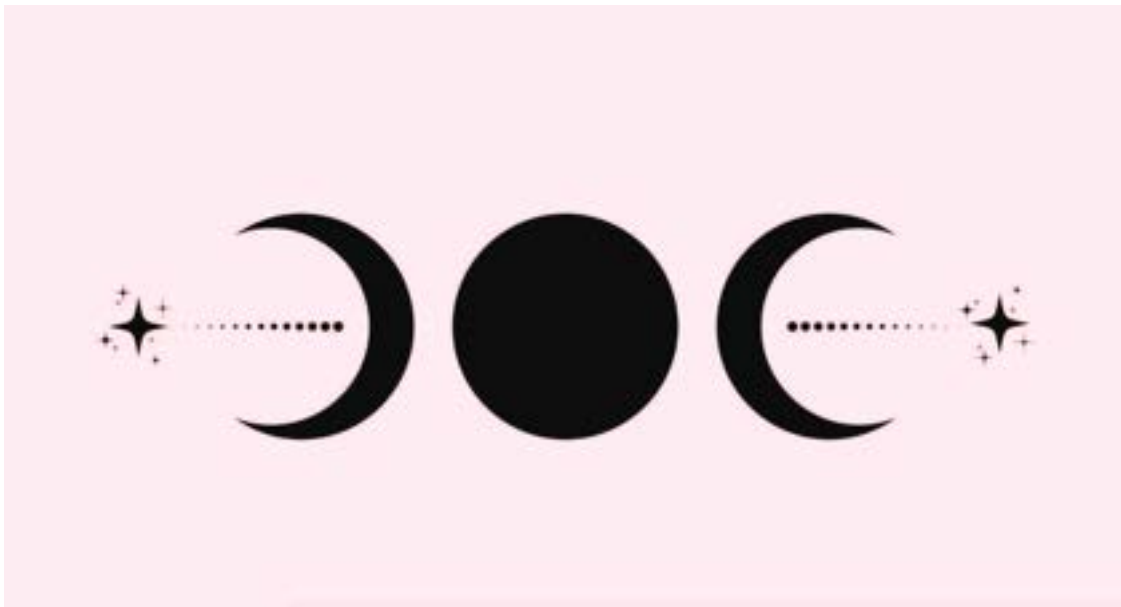


### **Affirmations**

- "I honor my emotions and allow them to flow through me with ease."
- "My desires are sacred, and I give myself permission to pursue them."
- "I express myself creatively and authentically."
- "I nurture healthy boundaries that support my well-being."
- "Pleasure and joy are my birthright."

### **Closing Reflection**

The sacral chakra invites us to reclaim our emotional body, our creative flow, and our sacred desires. To be self-aware is not simply to think about ourselves — it is to feel, to honor, and to express the fullness of who we are. Here, we begin to live not from survival, but from embodied truth.



# CHAPTER 3 – SOLAR PLEXUS CHAKRA: SELF-HEALING & POWER

## **Awakening the Inner Fire**

From the grounded root and the flowing sacral, we rise now into the Solar Plexus Chakra – Manipura, the radiant center of personal power, identity, and self-healing. Located in the upper abdomen, just above the navel, this chakra is the seat of will, discipline, and inner authority. Its element is fire, the transformative force that turns raw energy into usable power.

If the root says, "I am safe", and the sacral says, "I feel", the solar plexus declares: "This is who I am. This is what I choose."

This chakra governs self-worth, boundaries, and the capacity to act in alignment with truth. When it is balanced, you feel empowered, decisive, and confident. You trust yourself to heal, grow, and transform. When it is imbalanced, you may feel powerless, overwhelmed by self-doubt, or trapped in victimhood – or, on the other side, overcontrolling and domineering.

Self-healing begins here, when you reclaim the fire of your own transformation.

## **Key Teachings of the Solar Plexus Chakra**

### **Empowerment to Heal**

Healing begins with self-responsibility – choosing to believe in your own capacity for transformation.

Balanced Solar Plexus: empowerment, resilience, ability to make change.

Imbalanced Solar Plexus: victimhood, waiting for others to fix or validate you.

### **Willpower & Discipline**

Manipura fuels the consistency needed for real healing.

Balanced Solar Plexus: steady routines, aligned actions.

Imbalanced Solar Plexus: procrastination, lack of follow-through, or burnout.

### **Identity & Boundaries**

This chakra helps you reclaim: "This is who I am. This is what I will no longer tolerate."

Balanced Solar Plexus: clear sense of self, healthy boundaries.

Imbalanced Solar Plexus: people-pleasing, loss of identity, porous boundaries.

### Anger into Power

Stored anger can block Manipura. When transformed, it becomes clarity and confidence.

Balanced Solar Plexus: using anger as a signal to act.

Imbalanced Solar Plexus: suppressed rage, explosive outbursts, or chronic guilt.

### Body-Mind Connection

The solar plexus links to the gut — our "second brain." Listening to gut wisdom fosters intuitive decision-making.

Balanced Solar Plexus: trust in instincts, digestive harmony.

Imbalanced Solar Plexus: gut issues, confusion, overthinking.

### Journal Prompts

- Where in my life do I give away my power to others?
- What does self-responsibility look like for me right now?
- What is one small boundary I could set this week that would honor my healing?

### Affirmations

- "I trust myself to heal and grow."
- "I am powerful, capable, and whole."
- "I honor my needs and act in alignment with my truth."
- "I release all patterns that disempower me."
- "I choose myself, every day."

### Closing Reflection

The solar plexus chakra calls you to step out of survival and into power. To heal yourself not by waiting for rescue, but by igniting your own fire. Each choice you make, each boundary you set, each time you listen to your gut, you are affirming:

"I choose myself. I heal myself. I am powerful."

# CHAPTER 4: SANGHA & THE HEART CHAKRA

## **Anahata – The Bridge of Love and Belonging**

Welcome, dear sister, to the sacred midpoint of our path – the Heart Chakra.

Here, at the center of your being, body and spirit meet. It is the seat of love, compassion, forgiveness, grief, and belonging. In Sanskrit, the heart chakra is called Anahata, meaning "unstruck." It speaks of the part of you that remains whole and pure, even after heartbreak, trauma, or loss.

To open the heart is to risk feeling everything:

- the ache of grief,
- the beauty of joy,
- the warmth of love,
- the longing for connection.

But it is only through the heart that we remember who we truly are – not separate, not broken, not alone, but an inseparable part of something greater.

And here we also meet Sangha – the spiritual community that holds us as we heal.

Healing begins within, but it was never meant to be done alone. Sangha reminds us: you belong.

## **The Teachings of Anahata**

The heart chakra sits at the center of your energetic body. It bridges the grounding of the lower chakras with the expansiveness of the upper ones. It is where opposites meet and find harmony.

When the heart is balanced, you:

- Love yourself without condition.
- Forgive without abandoning your worth.
- Give and receive freely, without fear.
- Belong to yourself and to the greater whole.

When the heart is wounded or blocked, you may:

- Fear intimacy or vulnerability.
- Hold onto resentment or unhealed grief.
- Over-give or people-please to earn love.
- Feel isolated, unseen, or unworthy.

But here is the sacred truth: your heart already holds the medicine for its own healing.

## Journal Prompts for the Heart

- What grief am I still carrying that I rarely give myself permission to feel?
- What do I most long to receive from my mother? From my father?
- When have I felt truly seen, loved, or held by another? How can I invite more of that in now?

## Affirmations for Anahata

Repeat these softly, as a prayer for your heart:

"I am worthy of love, simply because I exist."

"I forgive myself and others and release the past."

"I give and receive love freely and fearlessly."

"Love is my nature. Love is my power."

## Closing Reflection

The heart chakra is the bridge. It teaches us that healing is not about erasing pain but integrating it. Grief and love are two sides of the same coin — one cannot exist without the other.

Through community, compassion, and courage, your heart remembers:

You are already enough.

You are already loved.

You belong.

# CHAPTER 5: SOUND & THE THROAT CHAKRA

## **Vishuddha – The Voice of Truth and Expression**

Welcome, dear sister, to our exploration of the fifth chakra – Vishuddha, the throat chakra.

This is the place where your inner world flows outward, where your thoughts, emotions, and soul wisdom are purified and expressed through sound.

Located at the throat, Vishuddha is not just about words – it is about resonance. Every vibration of your voice carries your energy into the world, shaping how you are seen, heard, and felt.

When this chakra is balanced, your voice becomes medicine:

You speak your truth clearly and confidently.

You express your creativity without fear.

You listen deeply, honoring the voices of others.

You live in alignment – your words, heart, and actions flowing as one.

But when blocked, Vishuddha may show up as silence – the truths unsaid, the songs unsung – or as misalignment, when words and actions no longer match your inner truth.

This chapter is about reclaiming your voice. About remembering: your voice matters, your sound is sacred, your truth is medicine.

## **The Teachings of Vishuddha**

The throat chakra governs sound, truth, expression, and purification. Its very name, Vishuddha, means "pure" or "purification."

When the throat chakra is open and balanced, you:

- Speak with clarity and confidence.
- Feel heard, understood, and valued.
- Express your creativity freely.
- Listen deeply and compassionately.
- Live in integrity, aligned with your truth.

When imbalanced, you may..

- Feel silenced, ignored, or misunderstood.
- Hold back truths out of fear of conflict.
- Over-talk, dominate conversations, or speak harshly.

The throat chakra is where your inner alignment becomes outer expression. It is where your truth becomes sound.

### **Journal Prompts for the Throat Chakra**

What truths have I been holding back, afraid to say out loud?

What would it feel like to speak those truths without apology?

How has my voice been silenced in the past — and how do I want to reclaim it now?

### **Affirmations for Vishuddha**

Whisper these aloud, letting your voice carry the vibration:

"I speak my truth with clarity and confidence."

"My voice is valuable and heard."

"I listen with an open heart and mind."

"I express my creativity freely and joyfully."

"My words are aligned with my truth and heart."

### **Closing Reflection**

Your throat chakra is the bridge — between thought and expression, between heart and mind, between inner truth and outer action.

To open Vishuddha is to remember: your truth is not a burden. Your voice is not too much. You were born to speak, to sing, to sound, to express.

You are the vibration of truth.

Your voice is medicine.

Your sound is sacred.

# CHAPTER 6: SPIRIT & THE THIRD EYE CHAKRA

## **Ajna – The Seat of Intuition and Inner Vision**

Welcome, beloved sister, to Ajna – the third eye chakra, the radiant center of intuition, wisdom, and spiritual perception.

Located between the eyebrows, this chakra is often called the seat of the soul. It is the place where we see beyond illusion, where we trust the quiet nudges of inner guidance, and where our vision expands to perceive the deeper threads that weave all of life together.

When Ajna is clear and open, we experience:

- Deep trust in our intuition.
- The ability to discern truth from illusion.
- A sense of spiritual clarity and guidance.
- Integration of logic with higher knowing.

When clouded or blocked, we may feel:

- Mentally foggy, confused, or indecisive.
- Cut off from our inner wisdom, doubting ourselves.
- Overly rational, distrusting intuition.
- Or the opposite – lost in fantasy, unable to ground visions in reality.

Ajna is the bridge between the mind and spirit. It is here that insight and imagination become one – where you not only see your path, but trust yourself to walk it.

## **The Teachings of Ajna**

Ajna – meaning command or perception – is the center of wisdom, clarity, and vision.

Key Qualities of a Balanced Third Eye Chakra:

- Trust in your intuition and inner knowing.
- Ability to perceive subtle truths beyond appearances.
- Vivid imagination and vision for your path.

When imbalanced, Ajna may manifest as:

- Confusion, self-doubt, mental fog.
- Over-reliance on logic, dismissal of intuition.
- Or escapism, fantasy, avoidance of reality.

## **Journal Prompts for the Third Eye Chakra**

What intuitive nudges have I ignored in the past? What happened as a result?

How does my body say "yes"? How does it say "no"?

If my highest self could speak to me right now, what would she say?

### **Affirmations for Ajna**

"I trust the wisdom of my inner vision."

"My intuition guides me clearly and confidently."

"I see beyond illusion and embrace divine truth."

"My third eye is open, clear, and balanced."

"I am guided by the light of my highest self."

### **Closing Reflection**

The third eye chakra reminds you: wisdom is not something you seek outside yourself — it is within you, waiting for recognition.

When you trust your inner vision, grief softens into meaning, fear dissolves into clarity, and confusion clears into luminous guidance.

You are already wise.

You are already guided.

You are already aligned with spirit.

# CHAPTER 7: SERVICE & THE CROWN CHAKRA

## **Sahasrara — The Thousand-Petaled Lotus of Spirit**

Welcome, beloved sister, to our final step in this sacred journey — the crown chakra, Sahasrara. Located at the top of the head, Sahasrara is your radiant gateway to the infinite — the thousand-petaled lotus of divine connection, unity, and spiritual liberation. This chakra is not about doing or achieving. It is about remembering. Remembering that you are not separate, not broken, not alone — but one with all that is.

When balanced, the crown chakra awakens:

- A profound sense of peace and connection to all life.
- Alignment with your highest purpose.
- Moments of bliss, stillness, and transcendence.
- Service that flows naturally from love, not obligation.

When blocked, you may feel:

- Spiritually disconnected, doubtful, or closed off.
- Lost, without meaning or purpose.
- Spiritually bypassing, detached, or floating away from embodied life.

The crown chakra reminds us that enlightenment is not escape — it is embodiment. It is living as spirit, here and now, through love, service, and presence.

## **The Teachings of Sahasrara**

The crown chakra is the seat of pure consciousness, where the ego dissolves into unity. It is your connection to the divine, to universal wisdom, to the ocean of being.

Key Qualities of a Balanced Crown Chakra:

- Spiritual connection and faith.
- Inner peace and transcendence.
- Purpose aligned with service and truth.
- Compassion for all life.

When imbalanced, Sahasrara may manifest as:

- Disconnection from spirit or loss of meaning.
- Rigidity in belief, closed-mindedness.
- Detachment from the body or daily life.
- Spiritual bypassing or dissociation.

Sahasrara teaches us that awakening is not about leaving the human behind — it is about realizing that the divine lives within the human.

## **Journal Prompts for the Crown Chakra**

What gifts am I ready to share with the world — even in small ways?

What does service mean to me when self-sacrifice is taken out of the equation?

In what ways do I already embody the Divine Feminine — and how do I long to embody her more fully?

### **Affirmations for Sahasrara**

"I am connected to the divine source of all."

"I trust the wisdom of the universe."

"I am open to spiritual guidance and light."

"I am one with all that is."

"My life is aligned with my highest purpose."

### **Closing Reflection**

The crown chakra is both the culmination and the beginning. It is the place where all chakras integrate, where body, mind, and spirit align in harmony.

And it is here, in Sahasrara, that we remember:

We are not separate.

We are not alone.

We are vessels of love, here to serve not by sacrifice, but by shining our light.

This is the Sacred Seven — not just a framework, but a way of living. Rooted in safety, flowing with self-awareness, radiant with self-healing, open in love, free in expression, guided by vision, and aligned in spirit.

Sister, you are sovereign. You are whole. You are divine.

# EPILOGUE: SOVEREIGN WOMAN, SOVEREIGN LIGHT

As we close this journey together, take a deep breath.

Feel your **root** grounding you in safety.

Feel your **sacral** flowing with self-awareness.

Feel your **solar plexus** burning with self-healing fire.

Feel your **heart** wide open in love.

Feel your **throat** resonating with truth.

Feel your **third eye** alive with vision.

Feel your **crown** shining with spirit.

This is you – whole, sovereign, divine.

Sister, you have walked the Sacred Seven. You have met yourself in each chakra, each gateway, each lesson. And now you carry this wisdom not as words on a page, but as living energy within your body.

The Sacred Seven does not end here. It continues in the way you live, love, and serve. It continues every time you choose presence over fear, truth over silence, love over separation.

And it continues in the way you shine your light, not by sacrificing yourself, but by embodying your fullness.

## **Closing Blessing:**

**May your roots hold you.**

**May your waters flow.**

**May your fire empower you.**

**May your heart open you.**

**May your voice free you.**

**May your vision guide you.**

**May your spirit remind you – you are one with all that is.**

**Sister, walk in sovereignty. Walk in love. Walk in remembrance.**

**The Sacred Seven lives within you.**

# FINAL JOURNAL PROMPTS

What moment of this journey feels the most alive in me right now?

Which chakra do I feel called to revisit or nurture more deeply?

How will I carry the essence of The Sacred Seven into my daily life and relationships?

What does "service" mean to me, now that I've integrated my healing?

Thank you for taking this journey with me.

Love and light to you sister,

Aimee



ALWAYS REMEMBER

*"You have the power and  
the right to protect your  
peace"*



PIRESS LIFE  
& THE SACRED 7