



mindvalley academy
masterclass

WORKBOOK

Annual Chakra Activation
& Clearing Session

with Carol Tuttle

Annual Chakra Activation & Clearing Session

YOUR OFFICIAL MASTERCLASS GUIDEBOOK

4 Simple Tips To Get The Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this session.

Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualizations that may happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online class. We hope you enjoy it!

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The next part is for you to take notes while you listen to the masterclass. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. There is a major shift going on in the
and we are beingto our own personal energy.
2. Foot chakra is your of your
chakra.
3. Root chakra is your with the
4. Foot chakra is not activated if you feel you,
you have to
5. Foot chakra its an that we connect to and
that activates our own unique and
6. Foot chakra is going to support with more,
less, less
7. I have to
8. I need to

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9. I should

10. My energy system runs of the
collective energy of the

11. I am to be

12. Start exercise.

13. After the exercise change the previous sentences that started with - I have to, I need
to, I should, with:

- I get to

- I am allowed to

- I can

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Use this space for any additional notes you have:

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SUCCESS STORIES

“My health has improved greatly and I am a sexy size 10. We have a comfortable income that I joyfully participate in earning and we flow more money in than we spend.”



Seven years ago you would not have recognized me. I was a **walking volcano**. My body was deteriorating, causing **exhaustion**, weight gain and other health problems. I kept plugging along, blaming myself, others holding my own family responsible for my happiness, or unhappiness. I **felt isolated and alone** while being surrounded by the daily demands of being a stay-at-home mom and wife.

My twin sister introduced me to Carol's work. Participating in the **Chakra7 course saved me from a road of misery**, a misery I was unwilling to acknowledge, but one that was staring me in the face. I applied her 'I'm okay. You're okay. We're all okay,' to moments when

I could feel the volcano rising and I daily practiced the grounding of my foot chakra. I learned quickly that I did not feel plugged in anywhere and that this grounding **brought me the peace, acceptance and trust that I so desperately needed.**

After three days of studying the foot chakra, I stopped feeling like the outsider of my own life. I felt energetic and motivated for the first time in years. Today, **my life is full of blessings.** I have a strong relationship with my mother and all of my sisters. I have found a best friend and companion in my husband and am very close to my children. **My health has improved greatly and I am a sexy size 10.** We have a comfortable income that I joyfully participate in earning and **we flow more money in than we spend.** I regularly express appreciation to others and take time to remember 'All is well with my soul.'

~ Kristine

Family situation turned around and she won a scholarship



I remember so clearly listening to the Chakra DVD's and learning. I was so excited, **my Husband thought I was in a happy bubble.** My family situation has turned around from your resources. From Learning your chakra series I **won a scholarship to Thai Yoga School and received a Thai Yoga Massage Practitioner Certification.** From Chef to Healing – pretty crazy.

~ Rosemary |

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SUCCESS STORIES

“The growth that I have been able to achieve in a relatively short amount of time amazes me, particularly because of how far gone I felt that I was.”



What a blessing Carol Tuttle's healing information has been in my life. Carol's no-nonsense, I-believe-in-you attitude has been just what I have needed to stay on my path to wholeness. As I daily listen to her resources for support, I am uplifted and rejuvenated. **The growth that I have been able to achieve in a relatively short amount of time amazes me, particularly because of how far gone I felt that I was.**

~ Heather

“Carol has my full trust and support as everything she has put out has changed my life for the better. ”



I don't give my trust and loyalty out easily. **Carol has my full trust and support as everything she has put out has changed my life for the better.** I would not have it any other way. My life has been fulfilled in such an amazing way. I am grateful for all she does.

~ Ann

“Carol, you just keep giving me resources for improving my life.”

I can not place a value on what I have received. Carol, you just keep giving me resources for improving my life. I am so grateful! Thank you so much for sharing all that you have. I am a better person from it, and can't wait to see the positive changes that are going to happen in my business. Thank you! Thank you! Thank you!

~ Janalee Stinger

“Thank you Carol!”

Carol Tuttle has not only help me better understand myself, but my husband and I are turning around a difficult marriage and finding more joy and understanding in our relationship. This may even be the reason our marriage not only makes it, but now thrives. Thank you Carol!

~ Sandy

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SELF-REFLECTION

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

What is your soul telling you right now? Pay attention, listen and identify what calls out to you.

How will you contribute to yourself and to those around you after you have healed and activated your chakra energy?

How will your life look like if you learn how to use the power of your chakras to get what you desire?



To sign up for *Chakra 7 Program*, Carol Tuttle's new course on Mindvalley Academy, please visit bit.ly/chakra_7 for more information. Near the end of the masterclass, her new course will be offered at a special price as a thank-you gift for class attendees.