










# Your Vibes

WITH  
RENAE

REFLECTION JOURNAL



# Chakra Vibe Chart

CHAKRA NAME	BODY AREA	TRUE VIBRATION QUALITY	FEELING TONE...	ELEMENT	VOCAL VOWEL	MUSICAL KEY	AROMATHERAPY	CRYSTALS	OMG YOU MANIFESTED...	DISSONANT MINDSETS
crown	top of head	oneness 	connection to all, purpose, gratefulness!	cosmos	EEE	B	myrrh, rose, lavender,	clear quartz, selenite, diamond	divine synchronicity, unexplained miracles, open doors, an open mind, opportunities that help you serve the collective and planet!	<i>pessimism, small-mindedness</i>
third eye	eyes	intuition 	knowing, wisdom, insight, understanding!	sky	AYE	A	juniper, lavender, mint	amethyst, moonstone, labradorite	the life I envisioned in my imagination, all of my craziest dreams, a path aligned with my true north, insight into the patterns of the universe, insight into others!	<i>rigidity, overly logical, overly rational</i>
throat	throat	expression 	freedom, effortlessness, authenticity, enthusiasm!!	wind	EYE	G	peppermint, bergamot, spearmint	blue calcite, lapis lazuli, turquoise	my authentic voice, words, and expression. art, music, writing, creations of all kinds. the ability to listen well. the ability to speak my truth!	<i>shyness &amp; insecurity</i>
heart	chest	unconditional love 	love, warmth, connection, gentleness, appreciation!	air	AHH	F	lavender, rose, chamomile	green agate, rose quartz, jade	unconditionally loving partners, friends, and colleagues. heartfelt interactions with others. deeply resonant relationships. healing in myself and others!	<i>unworthiness, hate, resentment</i>
solar plexus	abdomen	confidence 	powerful, appreciation, vitality!	fire	OHH	E	lemon, ginger, juniper	pyrite, citrine, tigers eye	solid boundaries, aligned beliefs, meaningful action, my own unique path, aligned kick-ass opportunities!	<i>low self-esteem, weakness, no boundaries</i>
sacral	naval	sensuality 	pleasure, joy, richness, passion, creativity, sexual, all the feels!	water	OOO	D	sandalwood, cardamom, clary sage	carnelian, orange calcite, amber	people, experiences, and activities that give me so much pleasure and joy. a deep connection with the present moment. a deep connection with nature's cycles	<i>shame, guilt, embarrassment</i>
root	pelvis, legs, feet	groundedness 	peace, abundance, contentment, stability!	earth	UHH	C	frankincense, cinnamon, pine	red jasper, black tourmaline, lava stone	a peaceful home life, a deep connection to the earth, abundant wealth, unlimited resources!	<i>fear, scarcity, danger</i>





# HEART CHAKRA

## High Vibe Instruments

### AFFIRMATIONS

- ♥ I truly love myself.
- ♥ I have so much love for others.
- ♥ Unconditional love is my true vibration.
- ♥ I meet all darkness with the light of love.
- ♥ I see everything as love or lack of love.



### AROMATHERAPY

Use candles, oils, and lotions with these ingredients to help stimulate the heart chakra



rose

lavender

chamomile

### SOUND THERAPY

- ♪ Sing on the vowel: "AHH" feel the sound vibrate through your body & heart
- ♪ Play the note "F" or "F#" on an instrument, feel the sound vibrate through your heart
- ♪ Listen and dance to songs that make you feel unconditional loving!

**\*Try listening to our songs \*Human\* & \*Human (Heart Chakra Meditation)\*** they are sonically and lyrically designed to harmonize your heart chakra! Available on iTunes or physical CD & Vinyl on our website!

### CRYSTAL INSPIRATION



rose quartz

green agate

green calcite

### COLOR THERAPY

Wear, eat, and surround yourself with the color GREEN.

Green inspires the feeling of love!



green food

green nature

green clothing





**MUSIC: "Human (Heart Chakra Meditation)" by RENAE from the album *Align (Deluxe)***

**EMBODY**

How did this alignment exercise feel? Write a few words, a sentence, or doodle something

**LISTEN**

How did this alignment exercise feel? Write a few words, a sentence, or doodle something

**MOVE**

How did this alignment exercise feel? Write a few words, a sentence, or doodle something

**SING**

How did this alignment exercise feel? Write a few words, a sentence, or doodle something





### HARMONY LISTS

Let's make lists of things we love that bring us a feeling of harmony! Tune into your lists and observe what harmony feels like within you.

List the 3 things I love most about myself:

List the 3 things I love most about my best friend or family member:

The 3 things I love most about life itself are:

### HARMONIC MINDSETS

What do your current beliefs feel like – Dissonance? Harmony? Turn within and notice how some beliefs feel harmonic and others feel dissonant. Know that once you are aware, you can feel your way to more harmonic mindsets!

Put a checkmark next to the current beliefs that you hold. Fill in your own in the blanks if you'd like!

Dissonant Belief	Semi Harmonic Belief	Harmonic Belief
I'm not good enough <input type="checkbox"/>	I think I'm good enough in some areas, but I still need a lot of improvement <input type="checkbox"/>	I'm whole, perfect, and beautiful in this present moment <input type="checkbox"/>
It's selfish to love myself <input type="checkbox"/>	It's hard to love myself, but I know it's important <input type="checkbox"/>	I love myself unconditionally and radiate that love to others! <input type="checkbox"/>
I'm unworthy of love <input type="checkbox"/>	I know love surrounds me, but I don't always let it in <input type="checkbox"/>	Love is who I am and I embrace it fully! <input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

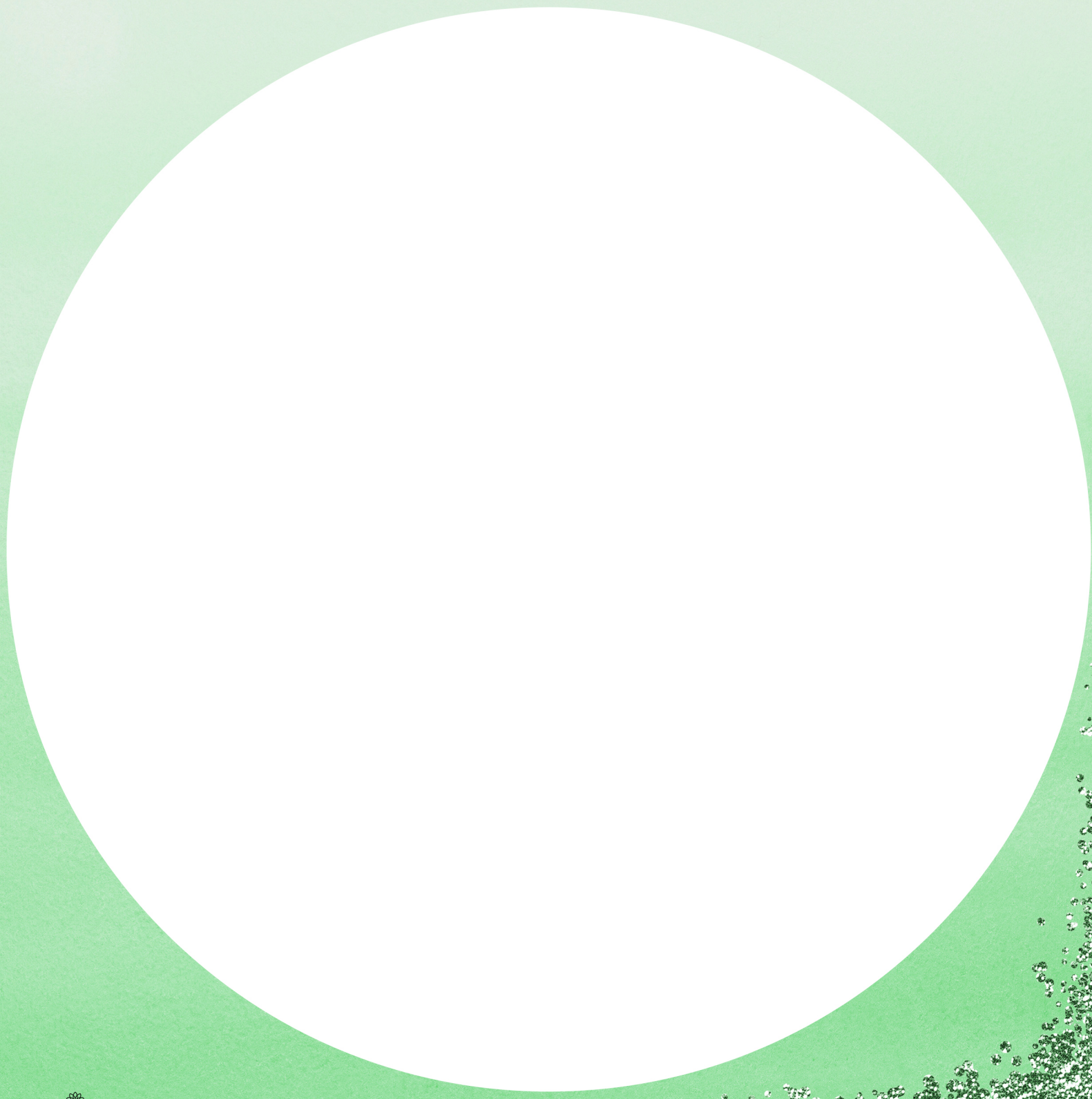




### CREATE

1. Pick your favorite art form - poetry, drawing, painting, story writing, collage, anything!
2. Feel free to use the space below, print it out, or use any medium you'd like!
3. Turn off distractions, get in a relaxing place, set the mood with music, aromatherapy, crystals, etc. if you'd like!

**Prompt: Express your True Vibration of Love**





# Align Your Vibes | 2018 Daily Alignment

Take 5 minutes each day to Align Your Vibes!

Step 1: Ask yourself, "How do I want to feel today?" Choose one of the chakra vibes below

Step 2: Align your vibe by playing the song & doing your fave exercise (embody, listen, move, or sing)

Step 3: Harmonize your mindset with an I AM statement for 60 seconds (try using mala bracelet beads) !

ONENESS



Song: Ripples [Crown Chakra Meditation]

I AM *one with all*

INTUITIVE



Song: True North [Third Eye Chakra Meditation]

I AM *intuitive*

EXPRESSIVE



Song: You Do You [Throat Chakra Meditation]

I AM *expressive*

LOVE



Song: Human [Heart Chakra Meditation]

I AM *love*

CONFIDENT



Song: Tightrope [Solar Plexus Chakra Meditation]

I AM *confident*

SENSUAL



Song: Wanderlust [Sacral Chakra Meditation]

I AM *creative*

GROUNDED



Song: Wild [Root Chakra Meditation]

I AM *grounded*