



SEVEN SACRED CIRCLES

REVEALING YOUR DIVINE NATURE
THROUGH THE CHAKRAS

with Melissa Paone Somma
THE CHAKRA WITCH

WHAT THIS WORKSHOP WILL ENTAIL

- DEVELOPING A PERSONALIZED UNDERSTANDING OF THE CHAKRA SYSTEM, INCLUDING HOW EACH CHAKRA UNIQUELY MANIFESTS WITHIN YOU AND HOW TO ASSESS ITS ENERGY.
- DISCOVERING YOUR DOMINANT AND CHALLENGE CHAKRAS AND BUILDING YOUR PERSONAL CHAKRA PROFILE
- CREATING PRACTICES AND RITUALS TO SPECIFICALLY INVOKE, BALANCE, AND INVIGORATE YOUR CHAKRAS

HOW TO BUILD YOUR CHAKRA PROFILE

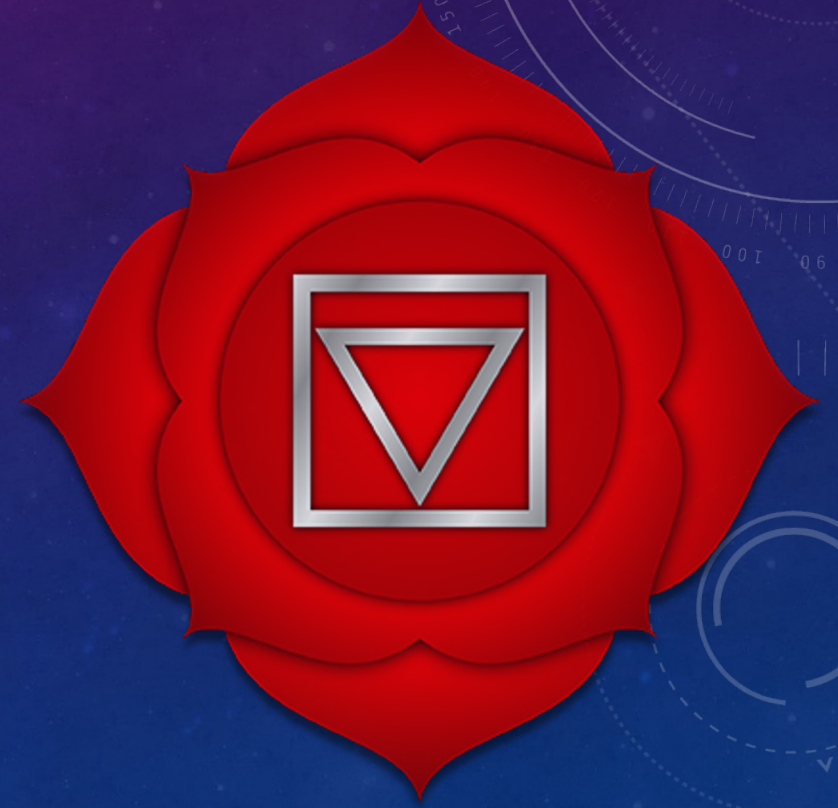


- IF SOMETHING YOU HEAR OR SEE DURING THE LECTURE CAPTURES YOUR ATTENTION OR STRONGLY RESONATES WITH YOU, MAKE AN “X” ON YOUR WORKSHEET IN THE “STRENGTH” COLUMN
- IF SOMETHING TOUCHES A NERVE, CREATES DISCOMFORT, INDICATES AN IMBALANCE, OR LEAVES YOU FEELING UNCERTAIN, MAKE AN “X” ON YOUR WORKSHEET IN THE “CHALLENGE” COLUMN
- MAKE NOTE OF ANY NEW INSIGHTS, INFORMATION, OR KEY POINTS YOU WOULD LIKE TO REMEMBER UNDER THE CORRESPONDING CHAKRA IN THE COLUMN “INFO I DIDN’T KNOW”

THE ROOT CHAKRA

"THE MANIFESTATION STATION"

- CORRESPONDING STRENGTHS:
PHYSICAL HEALTH AND VITALITY, POSITIVE BODY IMAGE, MAGNETISM, MANIFESTATION, BUILDING SOMETHING NEW, "THE MAGICIAN OF MATTER"
- CORRESPONDING CHALLENGES:
PHYSICAL HEALTH ISSUES, LACK OF STRENGTH, ENERGY, OR VITALITY, NEGATIVE BODY IMAGE, LACK OF STABILITY, HOARDING, CLUTTER, DIFFICULTY HOLDING ON TO WHAT IS YOURS

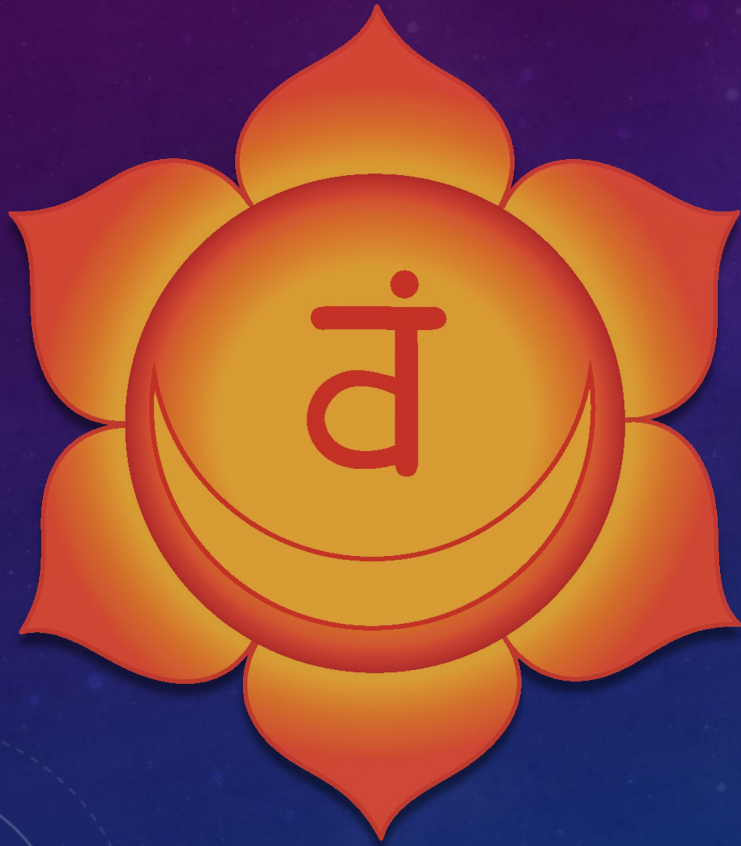


MORE ROOT CHAKRA CORRESPONDENCES

- HOW MUCH DOES THE RED FREQUENCY CATCH YOUR EYE, SHOW UP IN YOUR WARDROBE, HOME (BEDROOM), FOOD PREFERENCES, OR IN YOUR POSSESSIONS?
- CRYSTALS: RED JASPER, RUBY, GARNET, BLACK TOURMALINE, OBSIDIAN, ONYX
ESSENTIAL OILS: PATCHOULI, SANDALWOOD, VETIVER, CEDARWOOD
- STAGE OF LIFE: BIRTH TO AGE 7, ALSO AGE 50 TO 57
ELEMENT: EARTH, PLANETARY ASSOCIATION: SATURN (SATURDAY)
LIGHTWORK: AUTHENTICITY, SHADOW WORK: REPRESSION
- CORRESPONDING SPELLWORK: PROTECTION, MANIFESTATION, LIFE FORCE

THE SACRAL CHAKRA

"HOME SWEET HOME"



- CORRESPONDING STRENGTHS:
EMOTIONAL HEALTH AND WELL-BEING, CREATIVITY AND INSPIRATION, SENSUALITY, SELF CARE, PLEASURE AND ENJOYMENT, ENTHUSIASM, INSPIRATION
- CORRESPONDING CHALLENGES:
EMOTIONAL IMBALANCE, REPRODUCTIVE OR DIGESTIVE CONCERNS, LACK OF INSPIRATION OR ENTHUSIASM, DIFFICULTY EXPERIENCING PLEASURE, NEGLECT OF SELF-CARE, OR OVERINDULGENCE AND HEDONISM.

MORE SACRAL CHAKRA CORRESPONDENCES

- HOW MUCH DOES THE ORANGE FREQUENCY CATCH YOUR EYE, SHOW UP IN YOUR WARDROBE, HOME (KITCHEN AND BATHROOM), FOOD PREFERENCES, OR IN YOUR POSSESSIONS?
- CRYSTALS: CARNELIAN, ORANGE CALCITE, SUNSTONE, MOONSTONE, AMBER
ESSENTIAL OILS: ORANGE, GINGER, CINNAMON, BERGAMOT, NEROLI
- STAGE OF LIFE: AGE 7 TO 14, ALSO AGE 57 TO 64
ELEMENT: WATER, PLANETARY ASSOCIATION: JUPITER (THURSDAY)
LIGHTWORK: RECEPTIVITY/OPENNESS, SHADOW WORK: CREATIVE BLOCKS, SHAME
- CORRESPONDING SPELLWORK: ATTRACTION, SELF-CARE, CREATIVITY

THE SOLAR PLEXUS CHAKRA

"THE PERSONAL POWER BANK"

- CORRESPONDING STRENGTHS:
MENTAL HEALTH AND FOCUS, CONFIDENCE, SELF-ESTEEM, WILL POWER, BOUNDARIES, AMBITION AND DRIVE, WILLPOWER, INDIVIDUALITY/INDEPENDENCE, WILLINGNESS TO TAKE ACTION
- CORRESPONDING CHALLENGES:
MENTAL HEALTH CHALLENGES, SCATTERED THINKING, DISORGANIZATION, LACK OF BOUNDARIES, CONTROL ISSUES, DIFFICULTY SAYING NO, UNHEALTHY ATTACHMENTS



MORE SOLAR PLEXUS CORRESPONDENCES

- HOW MUCH DOES THE YELLOW/GOLD FREQUENCY CATCH YOUR EYE, SHOW UP IN YOUR WARDROBE, HOME (CAR), FOOD PREFERENCES, OR IN YOUR POSSESSIONS?
- CRYSTALS: CITRINE, TIGERS EYE, PYRITE, BUMBLEBEE JASPER, TOPAZ
ESSENTIAL OILS: LEMON, LEMONGRASS, CHAMOMILE, SPEARMINT, CARDAMOM
- STAGE OF LIFE: AGE 14 TO 21, ALSO AGE 64 TO 70
ELEMENT: FIRE, PLANETARY ASSOCIATION: MARS (TUESDAY)
LIGHTWORK: BOUNDARIES, SHADOW WORK: ADDICTION
- CORRESPONDING SPELLWORK: CAREER/SUCCESS, FOCUS, TRANSFORMATION

THE HEART CHAKRA

"THE LOVE CONNECTION"



- CORRESPONDING STRENGTHS:
OPENNESS, EMPATHY, BALANCED RELATIONSHIPS, TRUST, THE ABILITY TO GIVE AND RECEIVE FREELY, APPRECIATION OF NATURE, HEALTHY EXPRESSION OF LOVE AND CARE FOR BOTH ONESELF AND OTHERS.
- CORRESPONDING CHALLENGES:
ANXIETY OR DEPRESSION, HEART OR LUNG ISSUES, OVERSENSITIVITY OR A LACK OF EMPATHY, PEACEMAKER AT THE COST OF ONE'S OWN PEACE, OVERSHARES OR UNWILLING TO CONNECT

MORE HEART CHAKRA CORRESPONDENCES

- HOW MUCH DOES THE GREEN FREQUENCY CATCH YOUR EYE, SHOW UP IN YOUR WARDROBE, HOME (LIVING ROOM), PETS AND PLANTS, FOOD PREFERENCES, OR IN YOUR POSSESSIONS?
- CRYSTALS: AVENTURINE, JADE, EMERALD, MALACHITE, MOSS AGATE, ROSE QUARTZ
ESSENTIAL OILS: ROSE, EUCALYPTUS, BASIL, LEMON BALM, THYME
- STAGE OF LIFE: AGE 21 TO 28, ALSO AGE 70 TO 77
ELEMENT: AIR, PLANETARY ASSOCIATION: VENUS (FRIDAY)
LIGHTWORK: EMPATHY, SHADOW WORK: HEARTBREAK
- CORRESPONDING SPELLWORK: LOVE, HEALING, PEACE

THE THROAT CHAKRA

"THE GATEWAY OF TRUTH"

- CORRESPONDING STRENGTHS: CLEAR EXPRESSION AND SELF-ADVOCACY, CONFIDENCE TO COMMUNICATE WANTS AND NEEDS, DIRECTNESS, AUTHENTICITY, ATTENTIVE LISTENING, APPRECIATION FOR MUSIC, SOUND, AND THE SPOKEN OR WRITTEN WORD.
- CORRESPONDING CHALLENGES: DIFFICULTY OR RELUCTANCE IN EXPRESSING YOUR NEEDS, UNWILLINGNESS TO LISTEN, CLOSED OR INHIBITED COMMUNICATION, CRITICAL INNER VOICE OR MONOLOGUE, ISSUES CONCERNING THE EARS, THROAT, NECK, OR THYROID.



MORE THRO AT CHAKRA CORRESPONDENCES

- HOW MUCH DOES THE BLUE FREQUENCY CATCH YOUR EYE, SHOW UP IN YOUR WARDROBE, HOME (HOW MANY BOOKS, SPEAKERS, OR COMMUNICATION DEVICES DO YOU HAVE), FOOD PREFERENCES, OR IN YOUR POSSESSIONS?
- CRYSTALS: SODALITE, BLUE CALCITE OR AGATE, CELESTITE, ANGELITE, KYANITE
ESSENTIAL OILS: PEPPERMINT, ROSEMARY, CLARY SAGE, CYPRESS
- STAGE OF LIFE: AGE 28 TO 35, ALSO AGE 77+
ELEMENT: SOUND, PLANETARY ASSOCIATION: MERCURY (WEDNESDAY)
LIGHTWORK: "ABRACADABRA", SHADOW WORK: SILENCING
- CORRESPONDING SPELLWORK: RELEASE, EMPOWERMENT, TRUTH

THE THIRD EYE CHAKRA

"THE DIVINE MIND"



- CORRESPONDING STRENGTHS:
CLAIRVOYANCE, INTUITIVE, IMAGINATIVE, STRONG OBSERVATION SKILLS, VISUALLY BASED, APPRECIATION OF COLOR, ABILITY TO SEE FROM SEVERAL POINTS OF VIEW, WILLING TO PIVOT
- CORRESPONDING CHALLENGES:
RESISTANT TO CHANGE, HYPER-FOCUSED ON SPECIFIC OUTCOMES, OVERTHINKING, HEADACHES OR EYE ISSUES, NEGATIVE/DESTRUCTIVE THOUGHT PATTERNS, SLEEP DISTURBANCES

MORE THIRD EYE CORRESPONDENCES

- HOW MUCH DOES THE PURPLE FREQUENCY CATCH YOUR EYE, SHOW UP IN YOUR WARDROBE, HOME, SOCIAL MEDIA, AMOUNT OF TVs OR VIEWING DEVICES, MIRRORS, FOOD PREFERENCES, OR IN YOUR POSSESSIONS?
- CRYSTALS: AMETHYST, LAPIS LAZULI, LEPIDOLITE, FLUORITE, CHAROITE, SUGILITE
ESSENTIAL OILS: LAVENDER, VIOLET, BLUE LOTUS, CLARY SAGE, JUNIPER BERRY
- STAGE OF LIFE: AGE 35 TO 42
ELEMENT: LIGHT, PLANETARY ASSOCIATION: MOON (MONDAY)
LIGHTWORK: IMAGINATION, SHADOW WORK: OVERTHINKING
- CORRESPONDING SPELLWORK: DIVINATION, SCRYING, DREAM WORK

THE CROWN CHAKRA

"THE SOURCE"

- CORRESPONDING STRENGTHS:
FINDING LESSONS IN YOUR EXPERIENCES,
CLAIRCOGNIZANCE, CHANNELING AND CONNECTION,
FEELING A SENSE OF PURPOSE, WILLINGNESS TO ASK
FOR HELP FROM SPIRIT, ABILITY TO TRANSCEND
LIMITATION
- CORRESPONDING CHALLENGES:
FEELING ISOLATED, LOST, WITHOUT PURPOSE OR
APATHETIC, RIGID BELIEF SYSTEM, INABILITY TO
UNDERSTAND/TOLERATE DIFFERENT PERSPECTIVES,
"DARK NIGHT OF THE SOUL"



MORE CROWN CHAKRA CORRESPONDENCES

- HOW MUCH DOES THE WHITE FREQUENCY CATCH YOUR EYE, SHOW UP IN YOUR WARDROBE, AMOUNT OF CLEAR/OPEN SPACE IN YOUR HOME OR FREQUENTED PLACES, FOOD PREFERENCES, OR IN YOUR POSSESSIONS?
- CRYSTALS: CLEAR QUARTZ, LEMURIAN QUARTZ, HERKIMER DIAMONS, HOWLITE, OPALITE, ESSENTIAL OILS: FRANKINCENSE, MYRRH, SANDALWOOD, JASMINE, LOTUS
- STAGE OF LIFE: AGE 42 TO 49
ELEMENT: SPIRIT, PLANETARY ASSOCIATION: SUN (SUNDAY)
LIGHTWORK: UNITY, SHADOW WORK: ISOLATION
- CORRESPONDING SPELLWORK: ANCESTRAL WORK, PATHWORK, CHANNELING

CHAKRA RAISING AND BALANCING RITUAL



THE CIRCLE IS OPEN BUT UNBROKEN

- USE YOUR PROFILE TO APPRECIATE AND UTILIZE YOUR STRENGTHS—YOUR DOMINANT CHAKRA INDICATES AND ALIGNS WITH YOUR CURRENT PURPOSE
- LOOK INTO WAYS TO GIVE YOUR CHALLENGE CHAKRA GRACE, SUPPLEMENT ITS ENERGY, AND USE IT TO POINT YOU TOWARDS EVOLUTION
- REMEMBER YOUR MESSAGES, MANTRAS, AND DOWNLOADS AND BE OPEN TO RECEIVE MORE AS THE CIRCLE REMAINS OPEN BUT UNBROKEN



BIO, MELISSA PAONE SOMMA

MELISSA PAONE SOMMA IS A CHAKRA SPECIALIST, METAPHYSICIAN, LICENSED MASSAGE THERAPIST, AND FOUR-TIME WORLD CHAMPION MARTIAL ARTIST WITH OVER 30 YEARS OF EXPERIENCE IN WITCHCRAFT AND HOLISTIC WELLNESS, PLUS MORE THAN 40 YEARS IN MARTIAL ARTS. KNOWN AS "THE CHAKRA WITCH," SHE BLENDS MAGICK, METAPHYSICS, ENERGY WORK, AND DIVINATION WITH A HEALTHY RESPECT FOR BOTH MYSTERY AND PERSONAL RESPONSIBILITY.

OWNER AND
CREATRIX OF



FOLLOW
LIGHTCLUB CURIOSITY SHOPPE
AND
THE CHAKRA WITCH

