

LMT2 ENLIGHTENMENT CHART WORKSHEET - CHAKRA 1

Who are you in your family? Who are you in the tribe? What role to you play? How did you survive and get love in your family? If you can, think back to when you were a child, what did you have to be, do or act like? Did you face health challenges as a kid? Do you now? Can you relate this to how you are with your family and/or tribe now?

STUDENT NAME _____

	CHAKRA ONE
Primary Profile	
Most Used Defense	
Vow	
Freedom Statement	
Excessive or Deficient Quality	
Notes	

	CHAKRA ONE (con't) Who are you in your family? Who are you in the tribe? What role to you play? How did you survive and get love in your family? If you can, think back to when you were a child: what did you have to be, do or act like? Did you face health challenges as a kid? Do you now? Can you relate this to how you are with your family and/or tribe now?
Secondary Profile	
Archetype	
Lower-Self Qualities	
Higher-Self Qualities	
Goal to Come into Balance	
Notes	