- Trauma & Chakras -

Different childhood traumas create blocks of each of the chakras. We're not going to go through each of these in this program necessarily but I want to give you all of the info anyway so you're aware.

Everyone gets 7 traumas, regardless of your mother wound, father wound, your upbringing, lineage or anything, this is just part of being human. There are 7 core wounds that occur, one in each chakra and they create a limiting belief.

Often people get lost in trauma work, like Pandora's box. There is an end to this work, and you don't need to go on and on with trauma work for eternity. Instead, we focus on the roots of all traumas, the core trauma. These core traumas are all connected to the chakras.

These are all within the inner child. The mother wound and father wounds can be part of the traumas that block these chakras, but not necessarily. But since they often are, it's important to touch on this and be aware.

Crown - believing the universe hates you

Third eye - feeling crazy

Throat - jealousy

Heart - grief

Solar plexus - anxiety

Sacral - shame

Root - fear/guilt

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