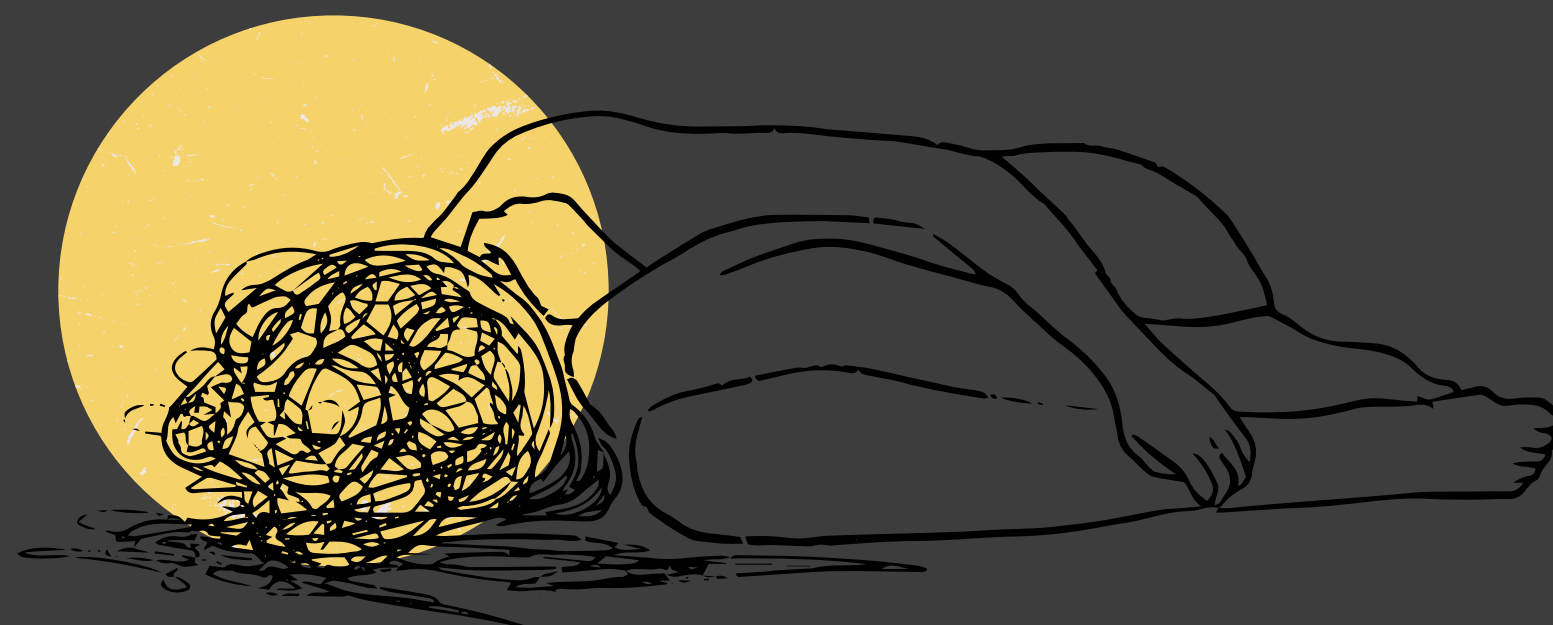


Before I begin I want to offer a gentle trigger warning.

My story touches on loss, grief, overdose and some dark moments of my own mental health journey.

Please take care of yourself — if you need to step out at any point, please do.



## Becoming Willow: My Chakra Story of Burnout

- My talk — 25 min
- Questions — 5 min

Please feel free to stand, stretch or get cozy at any time.

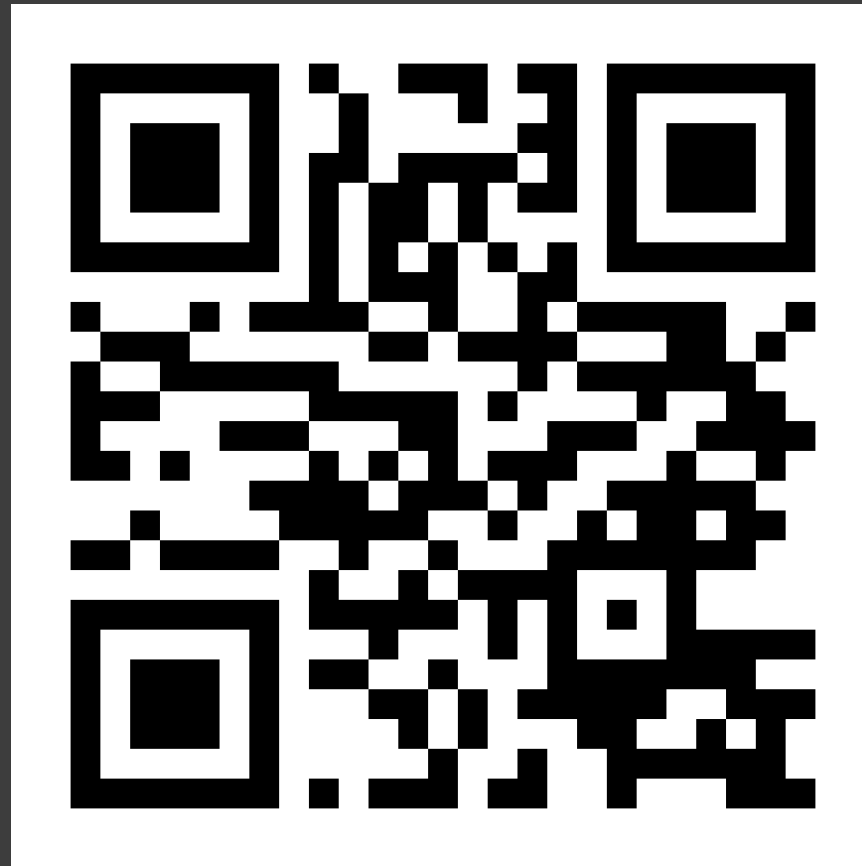
## Guided Meditation With Written Activity

Chakra Tool Box, Become Your Own Psychic Guide — 20 min

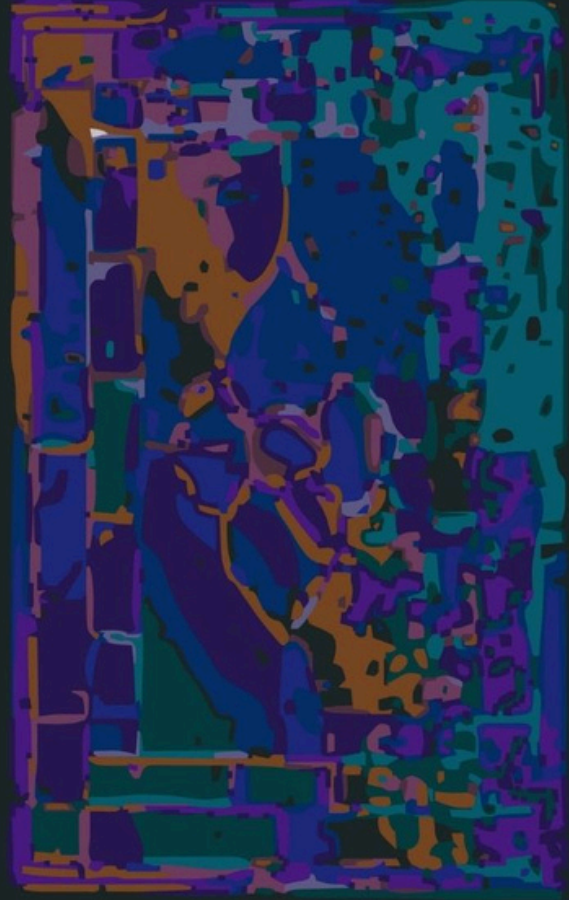
- Questions & discussion — 10 min

Pencil/Pen and Paper Needed (can be provided)

For Slides Show PDF and Tool Kit Info



P a t h



පා ම පා ම

# Root Chakra

## Location

- Tailbone, base of spine, legs and feet

## Affected By

- Home life, early beginnings, connection with nature

## How to Balance

- Meditation, spending time in nature, being mindful

## Growth Goals

- Practice mindfulness/meditation
- Take stock in the positive, on the daily



“You deserve peace.”

# Sacral Chakra

## Location

- Lower abdomen, reproductive organs

## Affected By

- Relationships with self and others, intimacy

## How to Balance

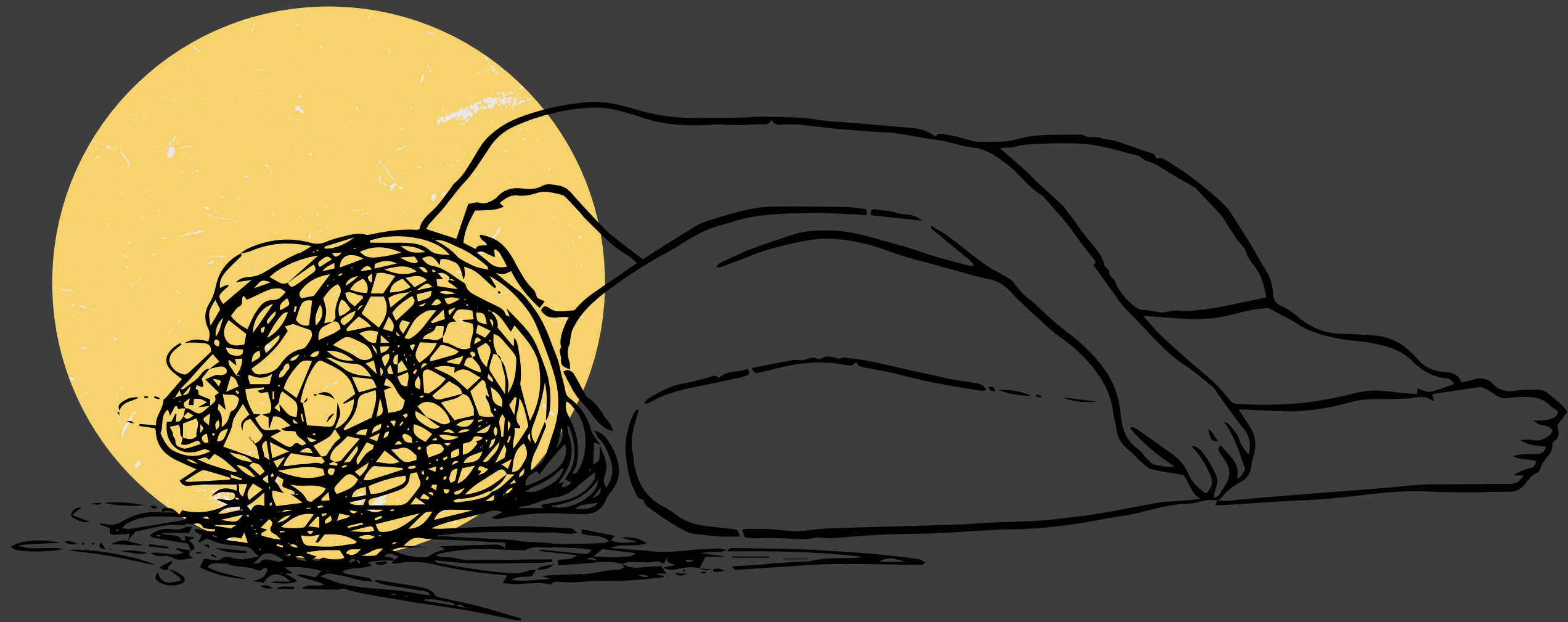
- Honesty and connection with your inner self, patience

## Growth Goals

- Explore self intimacy
- Journal Convo with self



“It will never hurt to ask for help.”



# Solar Plexus

## Location

- Belly button, abdomen, intestines

## Affected By

- Energy levels, confidence, self worth

## How to Balance

- Exercise, positive self talk, self motivation

## Growth Goals

- Learn a new skill
- Practice trusting your gut feelings



“Sometimes the hardest  
step to take, is the one  
you haven't yet taken”

# Heart Chakra

## Location

- Sternum, chest, heart

## Affected By

- Interactions with others, self worth

## How to Balance

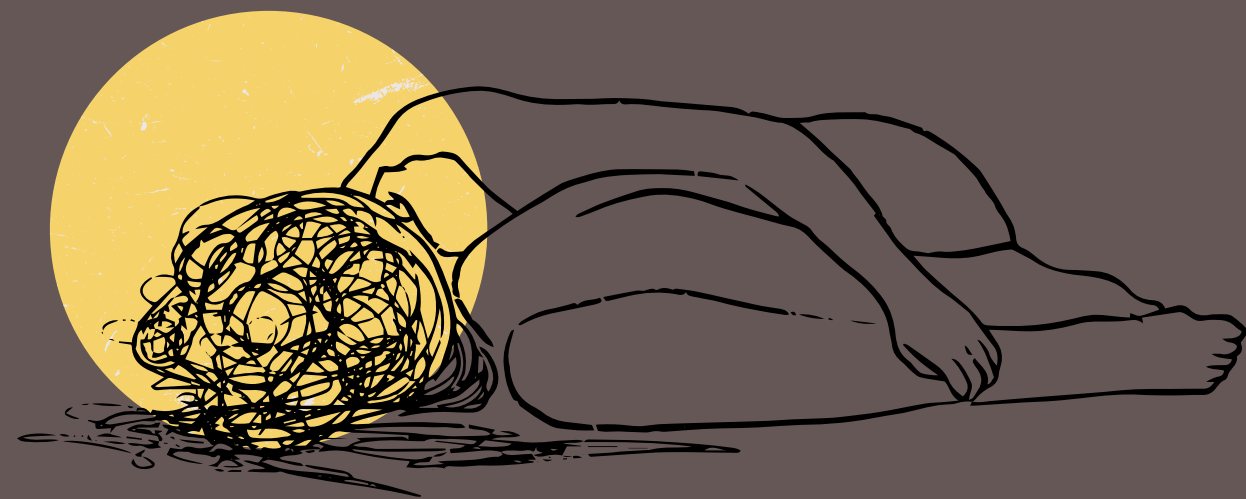
- Setting boundaries for your time and space, the art of letting go

## Growth Goals

- Fall in love with, you
- Self kindness & compassion



“Please hug yourself, love yourself  
and tell yourself something kind.”



# Throat Chakra

## Location Neck

- neck, cervical spine

## Affected By

- Speaking, listening, expressing

## How to Balance

- Self empowerment, authenticity, reading the room

## Growth Goals

- Express who you are!
- Follow the “breadcrumbs”



“Nurture your present self,  
your past & future will  
always thank you.”

# 3rd Eye

## Located

- Between brows

## Affected by

- The choices you make, inner thoughts

## Balance by

- Meditate, schedule/organization, listen to your intuition

## Growth Goals

- Trust yourself, intuition
- Connect dots with other chakras



“Numbness is a feeling.”

# Crown Chakra

## Location

- Crown of head

## Affected By

- Influence of others, beliefs

## How to Balance

- Being a healthy community member, independent thinking, non-judgement

## Growth Goals

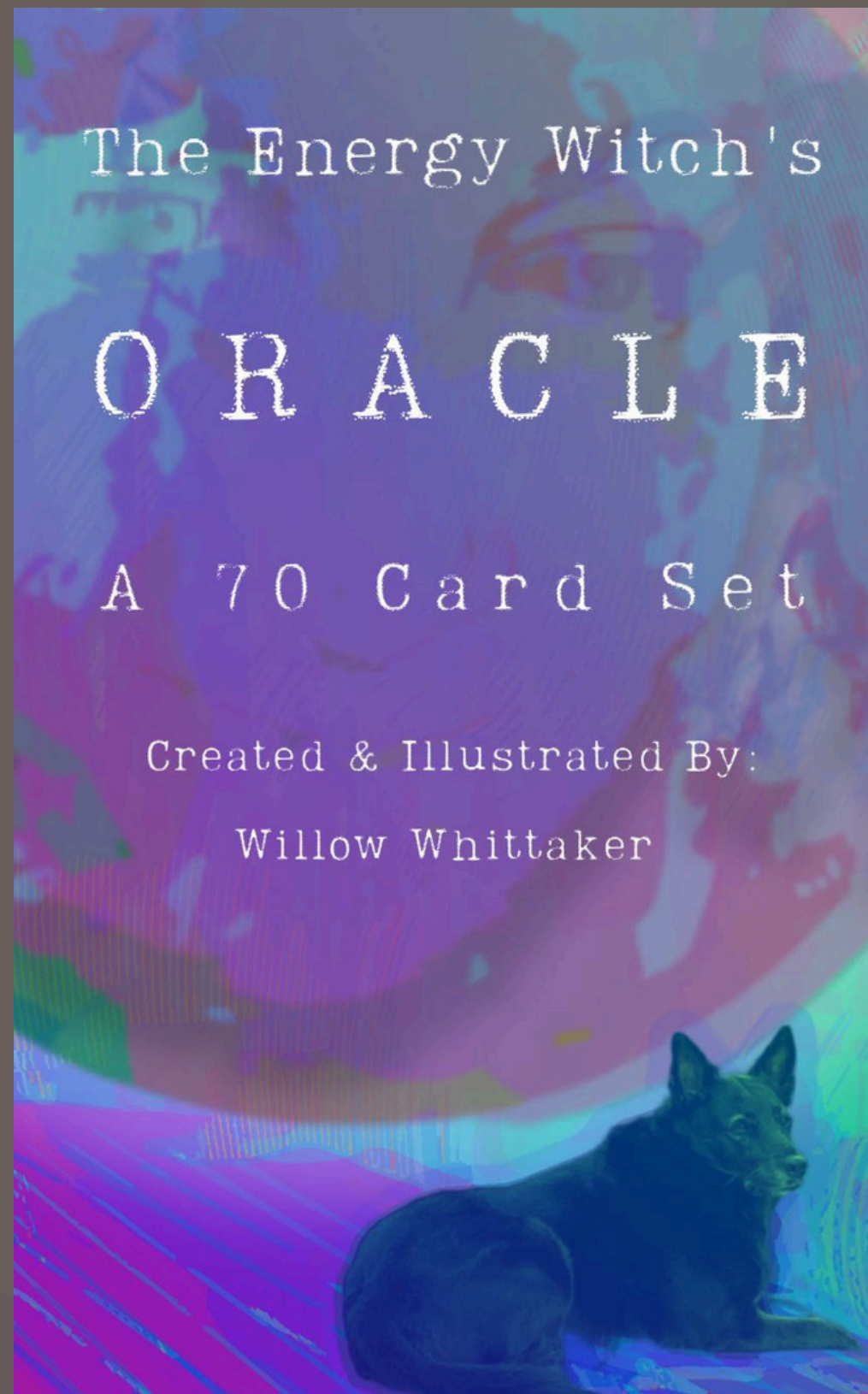
- Connect to your inner “true” self
- Connect to: tribe/Ancestors/spirit team



“Allow yourself to be vulnerable, so you  
can make space for something new.”

# Burnout

- is your body asking you to come home to yourself.
- It is not a breakdown.
- It is a breakthrough waiting to happen.



# The Energy Witch's Oracle

70 Card Set - With Guide

Coming Soon  
June 2026!

By Willow Whittaker

Energy Witch, RMT

What breadcrumb has been quietly catching  
your eye – that you haven't followed yet?