

Women's Wellness Retreat 2026

Willow Whittaker, RMT, Reiki Practitioner
Red Toolbox

CHAKRA TOOL BOX

Meditate: Close your eyes. Imagine each area, its location, and colour, and what each chakra means to you. Notice what you see in your mind's eye, feel the sensations in your body, and what you know intuitively. Write out whatever comes; don't hold back.

Root: Grounding & Stability

"You deserve peace."

Location: Base of the spine, legs, and feet

Color: Red

Sacral: Creativity & Emotion

"It will never hurt to ask for help."

Location: Navel, lower back

Color: Orange

Solar Plexus: Confidence & Personal Power

"Sometimes the hardest step is the first one!"

Location: Above stomach area

Color: Yellow



Heart: Love & Compassion

"Fall in love with yourself."

Location: Center of chest

Color: Green



Throat: Communication & Truth

"Express who you are."

Location: Throat area

Color: Blue



Third Eye: Intuition & Awareness

"Numb the feeling."

Location: Between eyebrows

Color: Indigo



Crown: Spiritual Connection

"Fear is just the unknown. It's uncharted territory."

Location: Top of head

Color: Violet (or white)



Protection Exercise

Imagine a circle of light around you. Only what you permit may come down. Like turning off a light or a dimmer, start from your root and place your energy in a "tool box" for when you need it.

Reflections & Observations:

