

PART 1

Quantum Chakra Activation

CLEARING . ALIGNING . ACTIVATING . ENERGISING

- ♥ *increased life-force energy*
- ♥ *deeper connection to divine and life purpose*
- ♥ *more open hearted connection and relationships*
- ♥ *clarity, confidence, abundance, peace and freedom*



NATALEE NEILL ASCENSION ARTIST AND ACTIVATOR - NATALEENEILL.COM

Chakras

Open the portal to your higher living, your guides, your higher self, heaven.

Crown

Third eye

Higher dimensional sight and intuition come to life to embody authenticity

Awaken and amplify your vision and voice in the world

Throat

Higher dimensional living in freedom, joy and unconditional love. Balancing masculine and feminine union within the heart space

Heart

Awaken fearlessness and reclaim all of your energy into your centre

Solar Plexus

Scaral

Life-force creative and sensual energy to expand and flow freely.

Releasing fears and creating the foundations to feel safe

Root

Quantum Chakra Activations

The ART and SCIENCE of Sound, Frequencies and Energy Alchemy to take your body, health and life to the next level.

I am so passionate about frequency, harmony, healing, full heart and soul expression. Using the vibrational frequency of the 7 chakra's to clear and energise these energy centres we can support harmony within the body, relationships and life on earth.

“Our hearts resonate at the same frequency as the earth and universe, therefore we are all valuable instruments in the orchestration of the world and its harmony” Suzie Kassem

While there are many methods of healing and intention itself is an incredible quantum amplifier, we chose to also use 432Hz to support alignment with earth's unique healing frequency. Chakras are vortexes of energy connecting your subtle energy and soul bodies to your physical body when they are balanced and functioning optimally, you thrive in life, merging harmoniously as body and soul, your quantum bodie.

This workbook is designed to give clarity, space for intention and transformation. For deeper healing, integration and support you may like to join one of our Chakra Healing Retreats where we guide you through each chakra with sound frequencies, activations, movement and energy healing through each chakra and then opening up your full channel.

I also share more on your unique chakra blueprint through quantum human design in [our Facebook group](#).

Vibration is fundamental to all matter. The atoms in our bodies and the universe are known to vibrate at specific speeds.

When there is disharmony in the bodies vibration there is dis-ease. The purpose of energy alchemy and sound therapy is to restore healthy vibration and harmony within the body for optimal DNA, organ health and energy flow for a vibrant and happy life.



Nat xx

If you want to find the secrets of
the universe, think in terms of
frequency, energy and vibration

Nikola Tesla



How to Use This Journal

This Journal is designed to compliment healing frequency music and add rituals and practices to your home routine so you can keep your energy centres open, aligned and energised!

You can use it in different ways but here are a couple of suggestions.

- **Set your Intention.** Create a ceremony space and create your desired intention. What do you desire for you body, health, life, relationships, souls purpose? You can type it into the intention section.
- **Reflect on any block** you currently feel you have. What is stopping you living your best life?
- **Work through each chakra**, tune into the 'unbalanced' and 'balanced', the 'organs' and the 'emotions'. ***Which chakra do you feel is out of balance or you need to work on?***

Each Chakra

Expression - Note the expression of the Chakra and use the affirmation and finish the sentence to create power affirmations to balance this Chakra

Element and Crystal - You may like to use the element or Crystal for your chakra while doing your rituals to anchor the frequency for this Chakra

Mantra, Frequency, Note - If you like activating your voice, you can support your chakras with the frequency, notes, and the alchemy mantra for your desired chakra. We explore this more in our Voice Activation Workshops, Chakra Healing Retreats and Chakra Healing Online Course. I also create Light Language Healing Music that uses these frequencies, mantras, notes and music to move energy, emotions, clear and activate your chakras, your DNA and your souls activated, inspired and energised expression. I will be releasing a who series for each chakra soon!!! Stay tuned!

Movement - different music and dance activates different archetypes within us. Explore playing the music for your chakra and allowing yourself to move and feel the energy of the music and allow your energy to move, clear and expand!

Natural Therapy - these are some neat practices and rituals you can use as part of your ceremony to clear, align and energise your chakras, you may even like to tune into your intuition and add your own.

CLOSING

Awareness - When you are ready to close your healing session, use your Chakra journal workbook to jot down your awareness from your session, what did you learn?

Integration - Before you finish use the Integration section of your journal to jot down what actions you need to take to integrate your healing. The journey doesn't stop here, you will take what you have embodied and change your thoughts and habits moving forward so you can create an inspiring life you love!

Hope you are enjoying the healing experience. Hopefully I will catch you some time soon at an event near you, or maybe you will join us for our 8 week Heal your Chakras Online Light Language Sound Healing Course!

INTENTION

Chakra 1

Base or Root Chakra

Chakra: Root Muldhara

Note: C - Do

Frequency: 128, 256, 512 Hz (432)

Alchemy mantra: Lam

Body Location: Base of spine

Movement: Ethnic and/or electronic music with lots of drums, didg, and beats. Low tones. Leg and foot movements, contact with the floor.

Expression: I am or I have

Element: Earth

Aura: Physical Body

Imbalance: Feeling unsafe, fear, insecure, greed, low energy, anxiety, panic attacks, worry.

Balanced: Feeling safe, stability, grounded, centered, independent, energy, trust, belonging

Emotions: Vitality, grounded, energised and connected to life

Organs, Glands, Systems: Spine, adrenal, feet, legs, vagina, bladder, tiredness, anemia, blood disorders

Crystal: Garnet, ruby, smokey quartz, tigers eye, obsidian, black tourmaline,

Aromatherapy: Ylang-ylang, vetiver, nutmeg, cinnamon, ginger, myrrh, patchouli, clove, cedar and sandalwood

Natural Therapy: Connect with the colour red in the physical as well as visualisations at the base of your spine. Connect with the element of earth, Mindfully feel all the physical senses in your body. Yoga tree pose. Touch textures, things in the physical realm. Stomp your feet, feel your feet on the earth, find your inner animal, create a stable home or safe space.

Chakra 2

Sacral Chakra

Chakra: Sacral Svadishthana

Note: D - Re

Frequency: 144, 288, 576 (432)

Alchemy mantra: Vam

Movement: Jazz, soul and Latin: anything that makes your hips move. Move your hips/pelvis in rotating motions and in a rhythmical flow.

Expression: I feel

Element: Water

Aura: Emotional Body

Imbalance: Lacking inspiration and creativity, infertility, not feeling attractive, dysfunctional relationships, feeling unloved.

Balanced: Open up creativity, friendly, passionate, feelings, emotions, pleasure, sensuality and sexuality

Emotions: Open, secure and trusting

Organs: Reproductive organs, respiratory, spleen, kidney, gallbladder, recharges etheric and aura

Crystal: Carnelian, orange aventurine, orange calcite

Aromatherapy: Melissa, orange, cinnamon, tangerine, geranium, clary sage, patchouli and pepper.

Natural Therapy - Sensual, sexual and creative expression, Connecting with the element of water. Connecting with orange in visualisations and sacral chakra or in physical like oranges, melons, and other sweet fruits in your diet. Dance, feel, touch, create...

MY CURRENT BLOCKS

Chakra 3

Solar Plexus Chakra

Chakra: Solar Plexus Manipura

Note: E - Mi

Frequency: 162, 324, 648 Hz (432)

Alchemy mantra: Ram

Movement: Pop, hiphop, rap, rock: rebellious music. Movements connected to the midsection, stomach, movements birthed from the martial arts: punch, slap, kick.

Expression: I do or I will

Element: Fire

Aura: Mental Body

Imbalance: low self esteem, lack of self trust, victim, digestive, liver, and stomach problems, chronic fatigue, and a heightened sensitivity to rejection and criticism.

Balanced: Proactivity, power, social self, will, self-respect, outgoing, problem solver

Emotions: Self confident, calm, willpower

Organs: Stomach, liver gallbladder, spleen, pancreas, digestion, diabetes, liver, skin

Crystal: Citrine, tigers eye, amber, yellow calcite, topaz

Aromatherpy: Bergamont, grapefruit, ylang ylang, myrrh, frankincense, lemon, lemongrass and lavender.

Natural Therapy: Conscious breathing, eating healthy, whole foods, drinking plenty of water, repeat your go-to mantra, connecting with the element of fire, burn ceremony. Write a list of where you have given away your power or feel it has been taken, feel hurt, get angry, then write a list of actions to create change in your life. Set new boundaries. Write a list of who you are and what you love about yourself.

Chakra 4

Heart Chakra

Chakra: Heart Anahata

Note: F - Sol

Frequency: 182.25, 364.5, 729 Hz (432)

Alchemy mantra: Yam

Movement: Melodious songs, love songs, often in minor because that makes the feeling go to the heart. Open your heart by opening your hands and arms in front of your chest, press your palms together in front of your heart, or swing your arms and hands.

Expression: I love

Element: Air

Aura: Astral Body

Imbalance : Emotional instability,

Balancing: Loved, loving, empathetic, devoted, friendly, connected, harmony integration

Emotions: Compassionate, friendly, loving

Organs: Thymus, heart, lungs

Crystal: Rose quartz, green aventurine, amazonite, malachite

Aromatherapy: Rose, eucalyptus, bergamot, geranium, rosemary, peppermint and tea tree.

Natural Therapy: The element for this chakra is air. Use feathers - because birds fly in the air - and heart-shaped things. Music that stirs the heart. Gratitude journaling. Forgiveness practice - write 5 things you love about someone you are hurt or angry at. Self love practices.



AWARENESS

Chakra 5

Throat Chakra

Chakra: Throat Vishuddha

Note: G - Fa

Frequency: 192, 384, 768 Hz (432)

Alchemy mantra: Ham

Movement: Songs you can sing along to, let your voice be heard. For example 'Don't worry, be happy' or 'Let it be'. Allow your whole body to vibrate to the music. Feel your breath flow through your body, tremble, shake everything loose, hum, make some noise.

Expression: I speak

Element: Ether, sound

Aura: Etheric Template

Imbalance: Inability to speak free, speaking excessively, sore throat, grinding teeth, earache, sinus infections, thyroid problems

Balanced: Content, patience, communication, creative, philosophy, truth, inspiration

Emotions: Expressive

Organs: Thyroid, neck, voice, larynx,

Crystal: Lapis Lazuli, turquoise, kyanite, blue topaz, blue agate, angelite,

Aromatherapy: Lavender, geranium, coriander and chamomile.

Natural Therapy: The element for this chakra is sound. Set out bells and singing bowls and let them chime. Drop into your heart and share your voice. Use sounds toning to move sound through your throat. Make time to communicate/share your thoughts and feelings. Share how you are feeling. Sing a song, speak some poetry.

Chakra 6

Third Eye Chakra

Chakra: Third Eye Ajna

Note: A - La

Frequency: 216, 432, 864 Hz (432)

Alchemy mantra: Om

Movement: Fusion world music, with various styles, languages and melodies in one track. Move your head, face and neck, play with looking inward and outward and stick out your tongue.

Expression: I see

Element: Light

Aura: Celestial Body

Imbalance: Spaced out lost, confused, worried, anxiety, depression, paranoia, mood disorders

Balanced: Observant, aware, intuitive charismatic, wise

Emotions: Intuitive, conscientious

Organs: Pineal, psychic abilities, eyes,

Crystal: Amethyst, lapis lazuli, sapphire, sodalite

Aromatherapy: Vanilla, bergamot, lemon and orange.

Natural Therapy The element for this chakra is light. Find some personal items that give you wisdom: jewellery or photographs of loved ones or parents, a story from which you learned. These items bring light into your life. Practicing presence, listening observing others without judgment or other thoughts. Start acting on some intuitive insights, hunches.

Chakra 7

Crown Chakra

Chakra - Crown Saharara

Note - B - Ti

Frequency - 243, 486, 972 Hz (432)

Alchemy mantra: Mmmm (silence)

Movement: Spiritual music, mantras, overtones, singing bowls, meditation music, healing songs. Become aware of the sphere around your body - and around everything. Feel the energy go up and down your spine, feel how all your chakras are working together. Stretch in all directions like a sunstar.

Expression - I understand

Element: Spirit, thought

Aura: Ketheric Casual Body, Sound

Imbalance: Isolation, emotional distress, disconnected, feeling misunderstood, unable to have fun

Balancing: Wise, peaceful, spirituality, God

Emotions - Connected, joy, compassionate, awe and wonder

Organs - Pituitary gland, lymphatic, brain, nervous system,

Crystal - Clear quartz, selenite, moonstone, fluorite, labrodite

Aromatherapy: - Neroli, jasmine, ylang ylang, frankincense, melissa, helichrysum, and rose

Natural Therapy: The element for this chakra is community, the whole. You can use mindfulness here, and if you're in a group you can form a circle or do a group hug. practicing meditation, sound healing or other modalities that support you connecting to all that is. Look around you and notice the little things, sit in presence and see the layers of reality open up before you.

TO INTEGRATE



ASCENSION ARTIST AND ACTIVATOR

Upgrade Your Body and Souls Work

Natalee Neill - Ascension Artist and Activator 



UPCOMING EVENTS



Light Language Healing Music

Ascension Body Upgrades

Grow Your Light Worker Business

"Natalee holds a phenomenal space. I was able to connect so deeply so quickly within myself to the most amazing realms. The frequencies and energies were a whole other level and so much shifting, clearing and activating was taking place. With Natalee's support I was able to clear some very old blockages from my throat and heart chakras. I felt so much clearer and stronger within myself. I am so grateful I decided to join Natalee's support circle last week. What a powerful, beautiful, pure space. Thank You Natalee"
Vanessa Rutherford

"Today was legit one of the best days I've had since I was born such a magical thing to finally understand and see where you have come from and to finally feel safe and happy within myself I feel so free to finally 100% love and trust who I am. For the first time since I have been alive I don't feel lost. I went to this 'Natalee's' women's group and did channeling and light work and sound bowl healing. I'm telling you now I will never feel lost again It was the most beautiful thing I've ever experienced"
Stephanie Brown

"After The Super Woman retreat with Natalie, I felt so nourished and activated. The day was filled with a beautiful balance of expansion, remembering and receiving. She gathered an incredible group of likeminded wholesome women, I felt at ease with them all and a sense of coming home. Can't wait for the next one!"
Kira Fischer



Natalee Neill

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Biohacking Chakra Activations

