

Copyright © 2020 Kelly Roberson

All rights reserved. I Am Woke: A Chakra Meditation Book to Evolve and Awaken the World Within. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording or other electronic or mechanical methods without the prior written permission of the author.

This Copyright includes myself and all the contents, book title, written page and all images of my manuscript and is valid until such time as a publisher and myself sign a contractual agreement.

I AM WOKE:

A CHAKRA MEDITATION BOOK TO EVOLVE AND AWAKEN THE WORLD WITHIN

WRITTEN & ILLUSTRATED BY:

KELLY ROBERSON, MA, LPC

DEDICATED TO ALL BEAUTIFUL STARSEEDS

NOTE TO PARENTS & CHILDREN

THERE ARE SEVEN MAIN CHAKRA'S THAT HELP INCREASE ONE'S OVERALL CONNECTION TO SELF-AWARENESS AND SPIRITUAL EXPANSION:

THE ROOT CHAKRA IS RED AND IT HELPS INCREASE PERSONAL STRENGTH

THE SACRAL CHAKRA IS ORANGE AND HELPS INCREASE COURAGE

THE SOLAR PLEXUS IS YELLOW AND HELPS INCREASE SELF-EMPOWERMENT

THE HEART CHAKRA IS GREEN AND HELPS EXPAND THE HEART SPACE & UNCONDITIONAL LOVE

THE THROAT CHAKRA IS BLUE AND HELPS WITH SPEAKING SELF-TRUTH

THE THIRD-EYE CHAKRA IS INDIGO AND HELPS EXPAND SELF-AWARENESS

THE CROWN CHAKRA IS PURPLE AND HELPS AWAKENING AND SPIRITUAL EXPANSION

I AM STRONG

LIKE A TREE, I CAN SEE

IT IS STRONG, JUST LIKE ME

I CAN CLIMB, I CAN SWING ON THE LIMBS THAT ARE LOW

ROOTS ARE STRONG--THEY DO NOT BEND, THEY DO NOT BOW

A TREE HAS ROOTS THAT GROW DEEP IN TO THE GROUND THAT HELP IT GROW STRONG KEEPING IT FROM FALLING DOWN

IF YOU FEEL BAD, MAD OR SAD, YOU CAN PRACTICE BEING LIKE A TREE--IMAGINE THAT YOU HAVE ROOTS GROW DEEP INTO THE GROUND THAT HELP YOU FEEL STRONG

YOU CAN PRACTICE THINKING ABOUT THE COLOR RED AND SAYING: "LLLLLLLLAAAAAAAAMMMMMMMMMM"

OR PRACTICE WRITING THE LETTERS:

L A M

I AM CONFIDENT

LIKE A LION, I HAVE COURAGE

I AM PROUD, I AM BRAVE...

WOW, I CAN FEEL SO MANY WAYS

I CAN ROAR, I CAN SOAR, OR I CAN PLAY UPON THE FLOOR

YOU CAN DO ANYTHING WHEN YOU BELIEVE IN YOURSELF

YOU CAN PRACTICE BY SAYING: I AM BRAVE, I AM CONFIDENT, I AM COURAGEOUS, I AM ENOUGH

YOU CAN PRACTICE THINKING ABOUT THE COLOR ORANGE AND SAYING: "VVVVVVVVAAAAAAAAMMMMMMMM"

OR YOU CAN PRACTICE WRITING THE LETTERS:

V A M

I AM EMPOWERED

I STAND TALL, I WILL NOT STALL

I WILL NOT FALL, I WILL NOT CRAWL

AND LIKE THIS FLOWER, TALL LIKE A TOWER

I AM STRONG, I WILL EMPOWER

YOU CAN PRACTICE FEELING EMPOWERED BY BELIEVING IN YOURSELF AND KNOWING YOU ARE PERFECT JUST THE WAY YOU ARE

YOU CAN PRACTICE BY SAYING: I AM STRONG, I AM POWERFUL, I AM PERFECT, I AM EXCELLENT

YOU CAN PRACTICE BY THINKING ABOUT THE COLOR YELLOW AND SAYING: "RRRRRRRRRAAAAAAAAAAMMMMMMMMM"

OR YOU CAN PRACTICE WRITING THE LETTERS:

R

A

M

I AM LOVE

LOVE IS FOUND SO MANY WAYS
IN A HUG OR SHARED WITH A BUG
IT FLOWS LIKE BALLOONS ACROSS THE SKY
AND CAN EVEN BE FOUND IN APPLE PIE

LOVE IS A FEELING THAT IS WITHIN YOU—IT IS FELT IN YOUR HEART
YOU CAN PRACTICE FEELING LOVE BY TELLING SOMEONE, I LOVE YOU OR SHOWING SOMEONE LOVE BY GIVING A HUG,
SHARING OR CARING
YOU CAN PRACTICE BY THINKING ABOUT THE COLOR GREEN AND SAYING: “YYYYYYYYYAAAAAAAAAMMMMMMMMMM”
OR YOU CAN PRACTICE WRITING THE LETTERS:

Y A M

I AM TRUTH

I CAN BE QUIET, I CAN BE LOUD

I CAN BE HEARD UPON A CLOUD

INSIDE OF ME, I HAVE A CHOICE

TO SPEAK MY TRUTH, AND USE MY VOICE

USING YOUR VOICE TO SPEAK THE TRUTH AND TO TALK ABOUT YOUR FEELINGS, HELPS YOU FEEL BETTER IN YOUR HEART

YOU CAN PRACTICE SPEAKING THE TRUTH BY TELLING SOMEONE HOW YOU FEEL USING A CARING VOICE

YOU CAN PRACTICE THINKING ABOUT THE COLOR BLUE AND SAYING: HHHHHHHHAAAAAAAAAMMMMMMMMM

OR YOU CAN PRACTICE WRITING THE LETTERS:

H

A

M

I AM SELF

WHEN I CLOSE MY EYES, I CAN SEE
WHO I AM, INSIDE OF ME
THE LIGHT WITHIN SHINES LIKE A STAR
IN THE NIGHT SKY FROM AFAR

WHEN YOU FOCUS ON YOURSELF FROM WITHIN YOU EXPAND YOUR AWARENESS OF HOW THINK AND FEEL
YOU CAN PRACTICE SELF-AWARENESS BY SITTING IN SILENCE AND THINKING ABOUT YOUR OWN FEELINGS AND
THOUGHTS. IT IS HELPFUL TO TALK ABOUT YOUR THOUGHTS AND FEELINGS, WRITE THEM DOWN OR DRAW ABOUT THEM
YOU CAN PRACTICE BY THINKING ABOUT THE COLOR INDIGO (BLUE/PURPLE) AND SAYING:
OOOOOOOOOMMMMMMMM
OR YOU CAN PRACTICE DRAWING THE LETTERS:

O M

I AM AWAKE

MY EYES ARE OPEN, I NO LONGER COUNT SHEEP

I AM AWAKE, FROM A DEEP SLEEP

FROM A COCOON, A BUTTERFLY EMERGES

TIME TO EXPLORE, THE NEW WORLD CONVERGES

THE WORLD IS FULL OF LIFE AND ADVENTURE -- IT IS WITHIN YOU AND ALL AROUND YOU

YOU CAN PRACTICE SEEING THE WORLD AROUND YOU BY FEELING IT IN YOUR HEART, SEEING IT WITH YOUR EYES AND TOUCHING GRASS AND TREES AROUND YOU

YOU CAN PRACTICE THINKING ABOUT THE COLOR PURPLE/VIOLET AND SAYING:

AAAAAAAAUUUUUUUMMMMMMM

OR YOU CAN PRACTICE WRITING THE LETTERS:

A

U

M