



Energy Portals

EPM Studio

The 7 Chakras: / [A Beginners Guide to Your Energy System](#) /

The word ‘chakra’ is derived from Sanskrit, meaning ‘wheel of energy.’ Within our bodies, we have seven of these major energy centers and many more minor ones. They regulate the flow of energy throughout the electrical network (meridians) that run through the physical body. When chakras become blocked because of stress, emotional or physical problems, the body’s energy system cannot flow freely, which may result in physical illness or a sense of being mentally and emotionally out of balance.

I created this guide to support you with resources to achieve greater energetic balance

Root: /survival/stability/

- **Diet & Nutrition:** /[Sakara](#)/ [Methodology](#)/ [Farm Foods Market](#)/ [Seatopia](#)/ [Bulletproof Roadmap](#)/
- **Hydration:** /[Dr. Andrew Huberman’s Water Optimization Protocol](#)/[LMNT](#)/[Molecular Hydrogen](#)/
- **Supplements:** /[Cymbiotika](#)/ [ResultsRNA](#)/ [Heart & Soil](#)/ [Seed](#)/ [Pendulum](#)/ [Be Well by Kelly Protein](#)/
- **Detoxification:** /[Clean](#)/ [Happy Bum Co.](#)/ [Castor Oil Packs](#)/ [Infrared Sauna](#)/ [5-Minute Lymphatic Drainage](#)/
- **Relaxation & Sleep:** /[Magnesium](#)/ [Dr. Andrew Huberman’s Toolkit for Sleep](#)/ [CBD](#)/ [Infrared PEMF Mat](#)/
- **Other Wellness:** /[Neuroceuticals](#)/ [Nervous System Regulation](#)/ [Lab Tests for Women](#)/ [Fasting for Women](#)/[Red Light Therapy](#)/ [Longevity](#)

Sacral: /creativity/innovation/

- **Fertility:** /[Female Vitality Stack](#)/ [Male Fertility Stack](#)/ [Wisdom of the Womb](#)/
- **Personal Pathways:** /[Creative Numerology](#)/ [Human Design](#)/ [Natal Chart](#)/ [Gene Keys](#)/
- **Reflection & Life Design:** /[Year Compass](#)/ [Many Moons Lunar Planner](#)/ [Designing Your Life Book & Tools](#)/
- **Organization for Innovation:** /[Second Brain](#)/

Solar Plexus: /power/confidence/

- **Exercise:** /[Inner Dimension Yoga](#)/ [Pilates & Ballet-Inspired Workouts](#)/ [4-Minute Workout](#)/ [Heather Robertson](#)/ [Fitness Blender](#)/ [Happy Body](#)/
- **Power & Productivity:** /[Tony Robbins on the Six Human Needs](#)/ [100 Tips for a Better Life](#)/ [Jim Kwik](#)/ [333 Method](#)/ [15 Best Books](#)/

Heart: /love/compassion/

- **Emotion:** /[Heart Coherence Meditation](#)/ [Atlas of the Heart](#)/ [Celebrate What’s Right With The World](#)/
- **Relationships:** /[Esther Perel](#)/ [Mark Groves](#)/
- **Flowers & Gifts:** /[Farm Girl Flowers](#)/ [The Bouqs Co.](#)/ [Book of the Month](#)/ [Wine Subscriptions](#)/ [Cuyana](#)/ [New York Times Birthday Book](#)/ [BoxFox](#) / [Uncommon Goods](#)/ [Confections](#)/ [From A Birdie](#)/



Throat: /communication/collaboration/

- Effective Communication: [/Nonviolent Communication/](#) [Crucial Conversations/](#)
- Events & Gatherings: [/Scaling Intimacy/](#) [The Art of Gathering/](#)
- Assessments: [/Enneagram/](#) [Clifton Strengths/](#) [High 5 Test/](#) [Working Genius/](#) [Positive Intelligence/](#)

Third Eye: /intuition/clarity/

- Meditation & Hypnosis: [/Dr. Joe Dispenza/](#) [Calm/](#) [Insight Timer/](#) [NuCalm/](#) [Mindspa/](#) [Melissa Tiers/](#)
- Energy Clearing: [/The Emotion Code/](#) [Evolutionary Healing Institute/](#) [Jan Harris/](#)
- Mental Health: [/Dr. Gabor Mate/](#) [Byron Katie's The Work/](#) [Dr. Huberman's Mental Health Toolkit/](#)

Crown: /vision/divine connection/

- Breath: [/Breath Work Basics/](#) [Breath to Soul/](#) [I Just Breathe/](#)
- Retreats: [/Soltara/](#) [Intertwining Medicines/](#) [Body of Prana/](#) [Hoffman Institute/](#)
- Awakening Possibilities: [/The Science of Kundalini/](#) [How to Change Your Mind/](#)



"When you change your energy, you change your life."

~Dr. Joe Dispenza

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