

This video is all about alignment in life with regards to chakra philosophy.

What does it mean to have aligned chakras? How do you know when they fall out of alignment? Most importantly, what does it all mean for you? Why should you care about alignment? Regardless of where you are in life, you need to understand what it means to be aligned, to be able to live a more fulfilled and embodied life. In this video, I am sharing questions to ask yourself for each chakra to figure out whether you have alignment. Please comment with any questions you might have and to let me know of your alignment answers. Please also let me know if there is anything you would like me to cover in a live video.

What can you do to get back into alignment? Start with downloading the [“11 Questions to Determine Your Energetic Wounds”](#)

With love and light,

Damla