

Compassionate Living through the 7 Chakras

presented by Kim Bauman



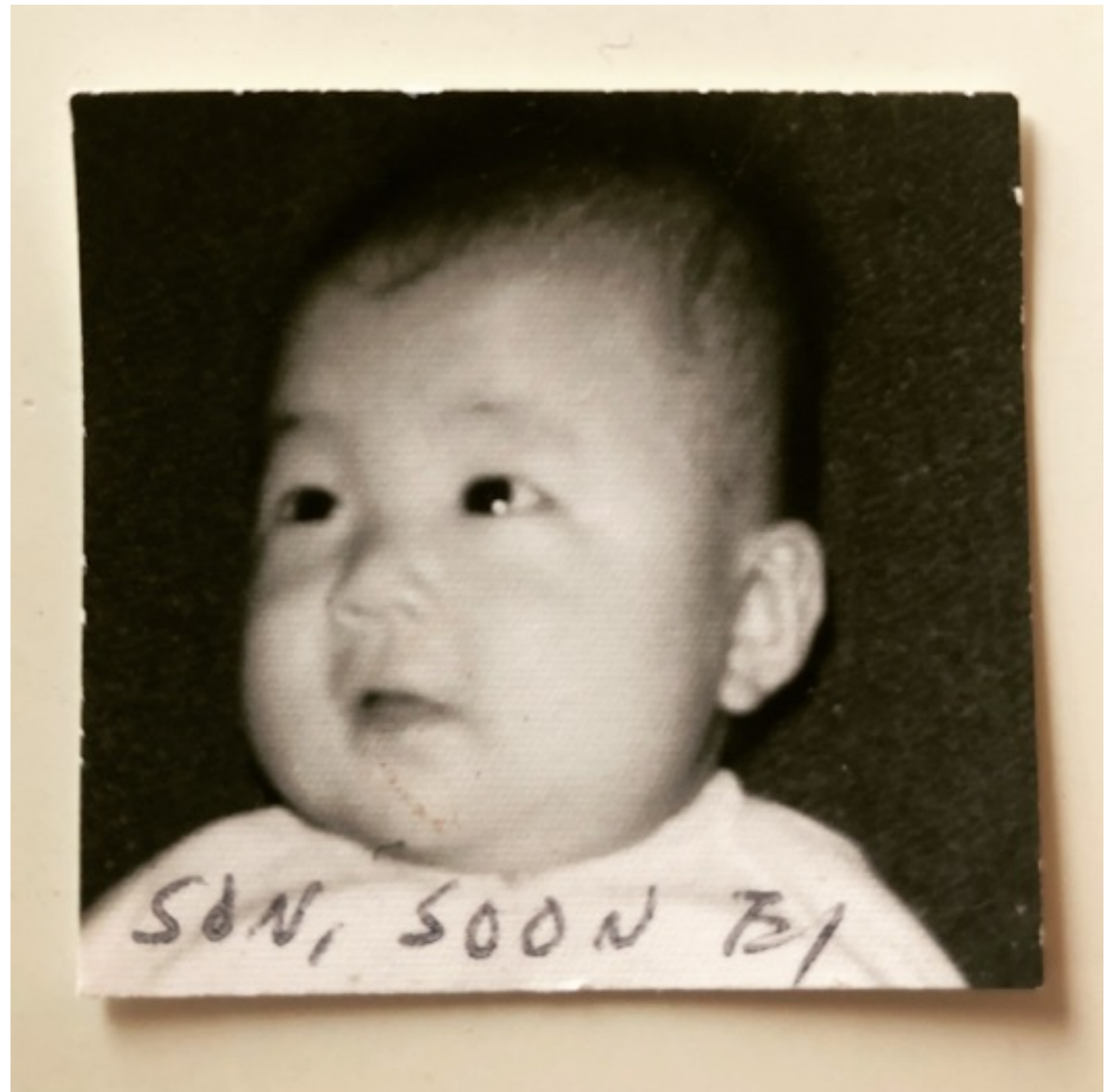


My Story

A tad about me

Abandoned as a baby
and once a kid in the
system

Adopted at 7 months old





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One Love charity events

Turning Compassion into Action

Our Humanitarian Work

- Anti-bullying, LGBTQ, transgender & gender equality in San Diego elementary schools
- Essentials for 500+ babies abandoned in Seoul, South Korea
- Shelter for 17 kids in India



My wish for all

- Say the truth with compassion
- React & make choices with compassion (over fear)
- Experience self-compassion



**“Compassion, an act of service,
is wishing to see other’s free from
suffering.”**

The What & The Why

WHAT ARE CHAKRAS

- Energy sources that run through the body. There are seven main chakras.

WHY CHAKRAS

- Energy flow is our connection to life
- Open chakras equal an open life
- When one chakra is closed it impacts the others because they are all connected



1st Chakra: Root

red | base of spine

- **Mantra:** “I am safe & grounded.”
- **Focus:** Family, basic needs, foundation, whatever makes you feel grounded & stable
- **Open:** feeling secure, emotional needs met, trust you will be provided for, trust there is enough to go around
- **Closed:** Fight or flight, scarcity, hoarding, ungrounded, anxiousness, fearful, survival mode



Where do you feel ungrounded in your life?

Root Chakra

Owning your story is a practice of compassion



2nd Chakra: Sacral

orange | pelvic area

- **Mantra:** “I am beautiful, empowered & creative.”
- **Focus:** How you handle your emotions and self-expression, your experience relating to others, adventure, vulnerability
- **Open:** social, free & flowing, healthy self-expression, able to set healthy boundaries
- **Closed:** Creative blocks, emotional instability, loss of control, relationship/sexual issues



How would you express yourself if there was no judgement?

Sacral Chakra

Owning your story is a practice of compassion



3rd Chakra: Solar Plexus

yellow | naval

- **Mantra:** “I do enough & I am enough.”
- **Focus:** Seat of personal power, power to transform, ego, identity, drive, jealousy
- **Open:** self-confident, strong sense of purpose, self-motivated, you see others just like you having the same needs and desires in life
- **Closed:** low self-esteem, worthlessness, anger, control issues, competition, comparison and jealousy



Think of a moment when you thought you couldn't do something, when you thought you would never get there, or thought you would never survive... and you did.

Solar Plexus Chakra

Owning your own story is a practice of compassion



4th Chakra: Heart

green | heart space

- **Mantra:** “I am love.”
- **Focus:** What matters most is contributing to the world, community, universal love & compassion, you want to evolve, you want to make a difference
- **Open:** unconditional love, compassion, acceptance for all beings, forgiveness
- **Closed:** cynical, betrayal, untrusting, hatred towards self and others



What is one thing you could do now that would be a contribution to a friend, your family, your community or the world?

What have you not forgiven yourself for, what are you beating yourself up for?

Heart Chakra

Owning your story is a practice of compassion



5th Chakra: Throat

blue | neck

- **Mantra:** “I speak my truth. I listen.”
- **Focus:** Your integrity, being your word, listening
- **Open:** clear communication, honest self-expression, a good listener, comfortable in silence
- **Closed:** mood swings, difficulty voicing your opinion, uncertain or scared of your truth, faulty or no communication



What are you not saying that needs to be said?
What would you say if you were speaking from the heart?

Throat Chakra

Owning your story is a practice of compassion



6th Chakra: Third Eye

indigo | between brows

- **Mantra:** “I trust myself.”
- **Focus:** Intuitive, humble, your humility, seeing with an open heart & open mind
- **Open:** no drama, intuitive, self-study, willingness to see where you may be wrong, aware & present
- **Closed:** confusion, you don't trust you, poor intuition, depression



What has the little voice in your head been saying?

Where are you standing in your own way?

Third Eye Chakra

Owning your story is a practice of compassion



7th Chakra: Crown

violet | top of head

- **Mantra:** “I surrender to my higher calling.”
- **Focus:** Belief in oneness, in life’s magic, in a power much higher than you. You trust the process of life.
- **Open:** You see the world as magical, practice meditation/ prayer, can be in silence, universal consciousness, spiritual awareness
- **Closed:** You have forgotten who we are, lack of inspiration, materialism, no point, randomness



Where can you trust where life has been taking you?

Where can you surrender?

Crown Chakra

Owning your story is a practice of compassion



Now what?

How to open your energy flow:
Practice what's under “open”,
yoga, journaling, meditation, mantras

“Compassion is the wish to see other’s free from suffering.”
~ Dalai Lama





“May All Beings be Happy & Free”



Lokah Samantha Sukhino Bhavantu





THANK YOU!!!

Kim Bauman
One Love Movement
Turning Compassion Into Action
onelovemovement.org



@onelovemovementorg



Presents **7TH ANNUAL CHARITY YOGA EVENT**



**YOU + 1000 OTHER YOGIS
IN ONE GIANT YOGA CLASS**

Live music & beer garden to follow.

Sunday, September 23rd 2018 @ 9AM
Waterfront Park, San Diego CA
Tickets start at \$35: onlovemovement.org



Benefiting

San Diego: Anti-bullying, transgender, LGBTQ & gender equality in elementary schools | South Korea: Supporting abandoned babies in Seoul | India: Supporting 17 shelter kids in Bangalore

**KEYNOTE SPEAKER
KERRI WALSH-JENNINGS**



We are incredibly honored to partner with 3 x Olympic Gold Medalist, Kerri Walsh-Jennings and her movement, p1440. You'll also get to hit the volleyball with Kerri! Thank you p1440 for your sponsorship!