



COLETTE BARON-REID'S

7 ENERGIES

Alignment Guide

An Introduction to Wholeness and Harmony

Throughout history, humankind has recognized the sacred energy that courses through each and every living thing. Many cultures and philosophies recognize the seven sacred energies of life. Each separate center has its own wisdom, representing seven universal themes or stories of life.

When out of balance, you can feel “off:” exhausted, anxious, isolated, stressed, or disconnected. Conversely, when these energy centers are activated and balanced, your potential expands, moving from imbalance and exhaustion into wholeness and integration.

If you suspect you're out of alignment energetically, the first step is to determine which of your energy centers is out of alignment. Now that you've taken the 13-question quiz, you've pinpointed which energetic area may be affecting you negatively.

Next, you can use this guide to align and balance your energy centers, bringing them back to harmony. The result is an overall feeling of ease and Oneness with the Universe.

Together, let's walk through each of the seven energy centers and their story individually so you can begin to understand their importance, the related story, and how to move back towards alignment.

This short guide is not meant to be a complete and detailed review of the seven energies, but it will give you a guided path to greater spiritual well being. The exercises for each energy center below will help you gently restore your energetic alignment, as will the 7 Energies Meditation, which is my gift to you! Implementing both resources as you feel moved to do so will allow you to experience the infinite abundance that surrounds you!



Energy Center 1:

Earth

The first energy center is represented by the color red, and is about the life themes of how we relate to the story of our family, our bodies, our security, and our relationship to the material world and money. It is the foundation, Earth. When our first energy center is out of whack, we feel threatened, uncertain, anxious and worried. If your quiz results indicate that your first energy center is out of balance, you are not alone. The vast majority of people on the planet are also experiencing imbalance in this area right now! Unfortunately, if we are unstable at our base, nothing built upon that base is stable either.

The stories we tell ourselves about this theme can be about lack, about fear, or about external (or internal) threats. These stories ignore the truth of Universal abundance — not necessarily in regard to material possessions, but in terms of infinite energetic and spiritual possibilities.

When we move towards greater alignment in our first energy center, we will feel grounded and safe. From this stable base, we can welcome change, adventure, and the unknown!

Here are small movements you can make to start bringing greater alignment your first Energy Center:

1. Repeat this affirmation: *Today, I choose love over fear.*
2. Increase your connection to the beauty and solidity of the natural world through spending time in nature, or bringing a natural object (such as a feather, stone, flower, or pinecone) into your space.

Energy Center 2:

Water

Your second energy center is represented by the color orange and its corresponding element is Water. Its key concepts are connection, intimacy, desire, pleasure, and feelings. This energy center is the seat of boundaries. One important thing to keep in mind: When we set boundaries, even healthy ones, we can end up feeling guilty for having wants and desires of our own.

The story that might arise for you is that you have no right to say “No,” and doing so means you’re somehow wrong. And when you can’t say “No,” you’re a people-pleaser who lives for everyone else. No wonder you’re out of balance! As a way of regaining alignment, I invite you to consider boundaries as a way of demonstrating self-respect, NOT selfishness.

Here are small movements you can make to start bringing greater alignment your second Energy Center:

1. Repeat this affirmation: *I trust my instincts and I take care of myself.*
2. Take 10 minutes and journal on this question: *In what areas of my life do I sense the need to adopt the flexibility and flow of water? How will this approach help me be more in harmony with the world around me?*

Energy Center 3:

Fire

Energy 3 is all about our self identity, personal power, will, assertiveness and vitality. It can bring extreme states of joy, anger, and transformation, and is related to the Fire element.

When Energy 3 is out of balance, we believe the story that we can't be ourselves. We feel that we must conform, that who we are isn't acceptable. And when we don't accept and value ourselves, it is impossible to take our place in the collective circle of humanity. We can feel excluded, lonely, and simply wrong.

But when Energy 1 makes us feel safe and we feel the healthy boundaries from Energy 2, it gets so much easier to embrace our personal identity and self-worth. Then we can tell ourselves a new story, that who we are is a spark of divinity incarnate!

Here are small movements you can make to start bringing greater alignment your third Energy Center:

1. Repeat this affirmation: *I offer a unique and valuable contribution to the world.*
2. Sit with the element of fire — with a candle, a fire in your fireplace, a beach bonfire, or simply an image of fire that speaks to you. Tune into the flames. What feelings come up. What messages do you hear?

Energy Center 4:

Love

Your fourth energy center is represented by the color green and represents Love. Its key concepts are compassion, love, community, forgiveness, and wholeness. This is the center of healing and love, including self-love.

If you are not aligned in your fourth energy center, you may be telling yourself a story that you are somehow undeserving of love. This can result in shyness, loneliness, and even depression and anxiety.

When balanced, you can replace that negative story with a new one that claims your worthiness and Divine identity. Essential to this new story is forgiving and loving yourself. In fact, you must forgive and love yourself before you can forgive and love anyone else!

Here are small movements you can make to start bringing greater alignment your fourth Energy Center:

1. Repeat this affirmation: *When I accept myself, I can bring more loving energy to others.*
2. Flowers, especially roses, are an almost-universal symbol of love. Go on a flower walk, buy yourself a single bloom, or change your screensaver to a gorgeous bouquet. Surround yourself with the essence of flowers as a reminder of your innate desire to love and be loved.

Energy Center 5:

Sound

The fifth energy's focus is communication, creativity, listening, sharing, and being heard. It's represented by sky blue in color, and its element is Sound.

When you're out of balance in Energy 5, you may be telling the story that you must be silent, and that you don't have a right to express yourself. This can lead to fears or anxieties about speaking your personal truth, or have a difficult time expressing yourself.

The true story, though, is that you are a unique expression of the Divine, and without your voice, your message, the Universe is missing a critical piece! You have a right to speak — and a right to hear the truth.

Here are small movements you can make to start bringing greater alignment your fifth Energy Center:

1. Repeat this affirmation: *My story matters, and I share it courageously.*
2. Cue up a favorite piece of instrumental music. Close your eyes, relax, and deeply listen. Try to distinguish each individual instrument. Separate them in your mind, then bring them together again. Notice how the separate instruments contribute synergistically to the whole. What does this tell you about the value in sharing your own voice?

Energy Center 6:

Light

This energy center is represented by the color purple and its element is Light. It's your center of intuition, vision, imagination, knowing, and perceiving.

When this energy center is out of calibration, your dynamic imagination can imagine all the things that could possibly go wrong. It makes up stories full of threats, and it puts you on high alert — all in service of protecting yourself from a non-existent enemy!

When you feel threatened, your mind doesn't know it's not experiencing reality. Then your vision contracts, you are blind to possibilities, and you are unnecessarily limited.

By coming into alignment in this energy center, you can see infinite potential outside the perceived limitations and co-create a new world by using your beautiful mind in new, creative ways.

Here are small movements you can make to start bringing greater alignment your sixth Energy Center:

1. Repeat this affirmation: *I allow myself to dream and play with different realities.*
2. Take 10 minutes and journal on this question: *What is the most repetitive sign I've been receiving from the Universe lately? What does it mean to me?*

Energy Center 7:

Thought

This golden-white energy center represents higher Thought, and is the seat of spirituality, liberation, God consciousness, understanding, and wisdom. This is where we make our unique and purposeful connection to Spirit, to the conscious universe, to our higher power, God, or whatever name you use.

When you're unbalanced in this center, you are blind to your connection to the Divine. You don't see how magical you truly are. Instead, you can tell stories about how you feel like a victim rather than a co-creator. As a result, you can feel a lack of motivation or disconnection from the world around you, and you can place too much importance on the material, to the detriment of the spiritual.

But by bringing all seven energies into alignment, you own your divinity and step into your unique role and unique contribution. You can shift your story to one of co-creation and connection with the Divine.

Here are small movements you can make to start bringing greater alignment your seventh Energy Center:

1. Repeat this affirmation: *I am in unity with what I desire to manifest.*
2. Intentionally practice gratitude. Upon waking, and before you go to sleep, name five things you are thankful for. Include WHY you are thankful for them. Feel gratitude fill you like a warm energy seeping through you, bring healing to each body part.



Conclusion

Over time, you will want to revisit each energy center, perhaps taking the quiz at a later date. It is completely normal to restore alignment to one area, only to have another energy center move to imbalance. Our earthly journey is not a destination, but a constant exploration and calibration as we learn, grow, and deepen our spiritual practice.

Use this process as an energetic check-in, a way to become more in touch with your needs and inner landscape. As you work with your energy, become curious about the stories you're telling yourself, and how they affect you. Here's the magic of energy work: Just becoming aware of some of the stories you're telling is enough to begin to shift your energy! Awareness brings new energy, which brings change. Voila!

You are a spark of the Divine, and the world needs you. I am blessed and privileged to help guide you on your path.

Much love,

Colette

Resources for Further Exploration:

[Oracle of the 7 Energies Deck](#)

[Oracle of the 7 Energies Journal](#)