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# Your Spring Detoxing — Hand in Paw (or Hoof!)

Cyndi Dale

**W**inter is departing. The chill is receding, and the sun is setting later and later. There go your excuses for spending evenings staring at the television, maybe with a pet at your feet. Oh well. You are probably out of holiday cookies, anyway. Good thing it is spring — the traditional time for shedding those cold weather pounds and too-relaxed habits, not only for you, but also for your pet.

In many cultural approaches to healing, including Traditional Chinese Medicine (TCM), we are advised to live in concert with the seasons. By changing our habits, foods and activities with the season, we create more balance between our inner selves and the environment. This harmony enables us to shrug off disease and maintain emotional ease.

Winter is considered the most yin or feminine time of year. The cold, dark and quiet invites us to turn inward and reflect, maybe even sleep longer than usual. When the sun is dim, why not retire an hour earlier and catch up on the novels never read on our (non-existent summer) beach days?

Unfortunately, modern life is not very conducive to the wintery ways of good health. How many of us actually worked fewer hours? Reduced our checklist of tasks? Went to bed earlier? Maybe we exercised less (oops), but we compensated by adding lots of heart-warming cookies, cakes and pastas. The only additional reading we did was checking the calorie counts on the processed goodies. Chances are, you

ignored your pet's minor health misdemeanors as well as your own, which means that they are also in need of a good detoxification and revving up.

In other words, in spring, we must spring forward.

Overall, spring is the season to let go — not only of physical toxins but also old emotions. We want to replace these with a renewed approach to our life. Cleansing can involve following a set regiment, such as one offered through TCM or Ayurveda, but can be easier if we personalize our actions. Why not undertake dietary, behavioral and mental changes most suitable to our particular personality?

*My favorite approach to wellness customization is to base at least some of our regime on our chakra type.*

Chakras are subtle energy organs, and each regulates a specific set of physical, psychological and spiritual functions. Every chakra must be healthy to sustain our lives; however, not all chakras are created equal.



Our spirit must operate through certain chakras more than others to carry out its life purpose; in turn, these chakras will require more care than the others. Most typically, there is a specific chakra more vital than the others. For instance, a football player must largely rely on his first chakra, which specializes in physical movement. To keep this chakra healthy, he must eat lots of protein and minerals, and exercise a lot. He also must focus on the concerns of the first chakra, to include attitudes supportive of safety and security.

I work with a twelve-chakra system, eleven of which constitute chakra types. Each chakra type comprises a personality style and is best nourished by certain foods, exercises, mental attitudes and more. (The twelfth chakra is unique to each person and is not addressed in this article). With Dana Childs as a co-author, I am working on a book enabling people to figure out which of these chakra types are strongest for them. With this data, they can build an entire, customized health plan.

In this article you will be prompted to look through the character traits of the eleven chakra types and figure out which best describes you. You will then be given advice on how to select certain foods and exercises to support your spring detoxification and what overarching affirmation can help you meet spring with a smile. So, how do your pets fit into your spring cleaning?

*Pet companions, especially mammals including dogs, cats and horses, often mirror our own issues.*

During the long, cold winter, while our emotions and toxins are building up (and we are slipping a few too many treats to our pets), they are taking on our feelings and poisons. Our winter ways settle into them, too. But, if we cleanse our strongest chakra, and engage our pet in the same process, we both

benefit. Besides, we will have a lot more fun sharing our transformation with our pet companion.

So, go ahead and select your strongest chakra based on the description that best matches you under the section, “Chakra Personality,” and get going with your spring training. The chakras are labeled with their numerical association and then their bodily area and related endocrine gland. It is helpful to know the physical locales of each chakra as you can focus on it if meditating or checking into that region while performing your cleansing activities.

You will notice that the first seven chakras are anchored in the same areas and glands as are the chakras in the seven-chakra Hindu system. The top five chakras are unique to my signature chakra system, which I developed decades ago. It is helpful to use my expanded system; however, as you have more options by which to truly understand your personality. Customize the tips provided for you and your particular type of pet and enjoy. Winter drudgery is over!

### **FIRST CHAKRA TYPE – HIPS/ADRENALS**

**Chakra Personality:** Physical and active, you never sit still! You are super-animated and maybe even hyperactive, until all the energy runs out. Then poof. You deflate.

**Your Spring Tips:** Cut back on grains, ice cream and high-glycemic carbs and start fueling yourself with lots of protein and minerals. Totally goal oriented, set an exercise goal. (How many steps needed on your Fit Bit to get in shape?) A good mental affirmation might be, “My physical body is the temple of my soul.”

**Pet Tips:** Less grains and more protein and minerals for your pet — not only you. Then, how can the two of you move around? Play? Go on, grab a ball, catnip or whatever the pet likes!



## SECOND CHAKRA TYPE – ABDOMEN/TESTES OR OVARIES

**Chakra Personality:** In the chakra zodiac, you are the feeler. Maybe you get a bit moody, which makes it hard to follow a diet or exercise program, but you are also quite creative and interested in finding new ways to conduct old activities.

**Your Spring Tips:** Your chakra requires whole grains, orange and yellow fruits and vegetables, and proteins spanning from chicken to chickpeas. Then do what brings you joy! Create, dance, watch funny movies, maybe even design a new pet habitat. (Happy and muffins do not have to go together, not as long as you are innovating!) And tell yourself this: “I am creating my best life.”

**Pet Tips:** Find the equivalent second chakra foods for your pet and then become happier by making them happier. Does your pet like to jump? Jump with them! Does your pig like to roll in the mud? (Okay, maybe that goes too far.) Also use your pet’s keen emotional sensitivity. If you sense a person or situation is an emotional downer for you, your pet will reflect this. Respect both of you by pulling away a bit.

## THIRD CHAKRA TYPE – SOLAR PLEXUS/PANCREAS

**Chakra Personality:** Join the crowd of analytics whom are mentally oriented, intelligent and methodical. For you, a good life is all about structure and thinking problems through.

**Your Spring Tips:** Eat several small meals a day comprised of proteins, carbohydrates and fats. Establish an exercise program and keep it. Then talk to yourself this way: “My mind will function best with a healthy body.”

**Pet Tips:** Play to your pet’s natural intelligence. You know a smart pet when you meet one. They will stare at you while you fumble with a project and sigh when you finally figure it out. Establish a feeding and exercise routine for your pet and you will both stay on track.

## FOURTH CHAKRA TYPE – CHEST/HEART

**Chakra Personality:** Welcome, heart-based person (and pet). Relational, connected and healing-oriented — you are all about LOVE.

**Your Spring Tips:** Go Mediterranean! Maybe pretend you are in Greece. Enjoy lots of vegetables and healthy oils, along with fish, chicken or vegan equivalents. For better or worse, you will not exercise unless you love the activity. So, pick an enjoyable expression and tell yourself this: “I love all of me, including my body.”

**Pet Tips:** How many feelings has your pet absorbed over the winter lull? Cuddle, hug and love up that pet. Bring it with you wherever you can — in the car, on a trip — whatever is practical. Select the equivalent Mediterranean foods or share from your own plate.

## FIFTH CHAKRA TYPE – THROAT/THYROID

**Chakra Personality:** Here you are! And everyone can hear you, Mr. or Ms. Talkative, Communicative and Listener.

**Your Spring Tips:** How often do you munch and crunch? Hmmm, maybe all the time. So, select chewy and crispy foods that are good for you, like blueberries, celery and apples. You will exercise best with a friend, or if that is not possible, watch television or listen to music while moving. Feed yourself sunny comments like, “I am a great person and make great choices.”

**Pet Tips:** Talk to your pet — and let them talk to you! Learn how to perform animal communication. Turn them into your food and exercise companion and you will both get in great shape.

## SIXTH CHAKRA TYPE – BROW/PITUITARY

**Chakra Personality:** You are the visual expert in the chakra universe. For you, life is all about aesthetics, visualization and a bit of clairvoyance.



**Your Spring Tips:** Here is the scoop. Eat only healthy foods but make them appear beautiful. Try eating at least three colors of food at a time (like red apples, orange salmon or green spinach). Buy a new outfit for your favorite exercise, as the better you look, the harder you will work out. Then try this mantra: “I am becoming even more attractive and healthy at the same time.”

**Pet Tips:** Get a new (and prettier) pet bowl and dress up that food up with extra veggies, fruits or the equivalent. Is it time for a new leash, or halter? Help your pet look great while you do the same!

## SEVENTH CHAKRA TYPE – TOP OF THE HEAD/PINEAL

**Chakra Personality:** Spiritual, spacy, conscious and tuned into goodness; that describes you. You derive your personal power from your connection to divinity.

**Your Spring Tips:** You always align with your value system, so make health a top priority. Then select foods suitable with your spirituality or religion. However, sitting meditations or prayers are not going to burn calories. Meditate or pray while you move around. And repeat this: “I value my body as a gift from my Higher Power.”

**Pet Tips:** Show your pet that you value them. Meditate with or pray over them, select specialty and especially healthy foods for them, and bond with the spirit within them.

## EIGHTH CHAKRA TYPE – THREE INCHES ABOVE THE HEAD/THYMUS

**Chakra Personality:** Shamanic, otherworldly, intuitively gifted at all levels, you are the mystical expert of the chakra universe.

**Your Spring Tips:** Get a guide — spiritually! Of all types, you can most easily call on otherworldly help to select healthy foods and activities. A good

affirmation? “I can rely on spiritual insights to make wise decisions.”

**Pet Tips:** The uncanny mystic in your pet can help you make decisions. Maybe that pet will appear in a dream or nudge you away from the Hostess Cupcake. Return the favor by relating to their inner soul and treating them like a “familiar” — the soul companion that supports your well-being.

## NINTH CHAKRA TYPE – A FOOT ABOVE THE HEAD/DIAPHRAGM

**Chakra Personality:** You are on this planet to harmonize. You do not harm other living creatures, so focus on selecting foods and activities that do no harm. Make decisions based on this idea: “I am here to serve; therefore, I make choices that help myself as well as others.”

**Your Spring Tips:** Select methods of eating and exercising that uphold ideals like hope, goodness and connectivity amongst all. For instance, eat foods that do not require the unethical treatment of people or animals. This philosophy will serve you well: “I am making decisions that benefit my highest principles.”

**Pet Tips:** The harmonizer in your pet helps everyone in your household get along. So, feed them ethically-formulated foods and treat their body with respect, which means, make sure your pet gets exercised — with you! Bring them on an issues-based march or some other moving activity and acknowledge their contribution to this planet.

## TENTH CHAKRA TYPE – ONE FOOT UNDER THE FEET/BONE MARROW

**Chakra Personality:** Get outside! You are an outdoorsy, environmentally based, nature gal or guy.

**Your Spring Tips:** Eat organic and chemical free, focusing on ground foods like nuts and squash. Exercise? Just get outside and use this motto: “I am a member of the natural universe and make sustainable decisions.”

**Pet Tips:** Think you can sneak an artificial ingredient into this pet's food? No way. So, do not! Just take them outside with you as often as possible. It is all about being natural.

### **ELEVENTH CHAKRA TYPE – OUTERMOST AREA OF AURIC FIELD/MUSCLES AND CONNECTIVE TISSUE**

**Chakra Personality:** LEAD! That is right. You are the commander of the chakra realms — a natural leader — strong and forceful.

**Your Spring Tips:** Let your inner leader make your food and exercise choices, and remind yourself, in order to take command of your life, you need to be in tip top shape. Try the martial arts or any “militant” program that keeps you focused. Your ideal self-talk? “I am in charge of getting into and staying in excellent health.”

**Pet Tips:** What aspect of your pet is take-charge? Help them develop it by feeding them only healthy and well-balanced meals and inviting them along on your top-notch exercise regime. Do not be surprised if they get your entire household under control!

Who knows? Maybe you and your pet will enjoy spring cleaning so much you will keep it going through summer! 



Learn more about author Cyndi Dale  
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