🐾 A SUPURR GUIDE FROM KJ · YOUR KITTY CORRESPONDENT

# 🌈 Chakras, Energy, and Cats: A SuPURR Simple Guide

## What is Energy?

Think about this:

Ever gotten a hug that instantly made you feel better? That was an exchange of energy.

Ever been at a party when someone walked in and the whole room felt heavy? That too was an exchange of energy.

We are always exchanging energy — and cats feel it more strongly than most.

## Why Cats Are So Sensitive

Cats are both predator and prey. That means they live in constant awareness:

- Their energy field (or “aura”) expands to keep them safe.
- They can also pull it in tight when they’re hunting, resting, or needing protection.

Your cat feels not just your touch, but your energy.

## Chakras: The Body’s Energy Centers

Humans and animals have chakras — think of them as spinning wheels of energy that keep us balanced. The main ones:

1. Root (red) – Safety, security, grounding.
2. Sacral (orange) – Creativity, emotions, play.
3. Solar Plexus (yellow) – Confidence, willpower.
4. Heart (green) – Love, compassion, connection.
5. Throat (blue) – Communication, expression.
6. Third Eye (indigo) – Intuition, inner knowing.
7. Crown (violet/white) – Spirit, connection beyond self.

Cats have these too! You’ll often notice:

- A cat rolling belly-up → Sacral/Heart open.

- Purring on your chest → Heart chakra connection.
- Staring into your eyes → Third Eye bond.

## Energy Work with Cats

Energy work is simply the intentional balancing of these centers. For cats, it can mean:

- Offering calm grounding energy when they're anxious.
- Softening your own stress so they don't carry it.
- Sitting quietly and letting them choose where to connect.

## Quick Practice You Can Try

🐾 Sit with your cat. Take a deep breath.

🐾 Imagine a warm light in your heart.

🐾 On your exhale, picture that light gently expanding around you both.

🐾 Let your cat choose whether to come closer or stay where they are.

This is energy work in its simplest form: connection without pressure.

💜 Want more SuPURR Simple practices like this?

Join us inside the **SuPURR Society** — a cozy community for cat parents who want real answers, real calm, and more connection with their cats (and themselves).

✨ Learn more + join here >> supurrsociety.com

More free help for you & your cat: **kjontheair.com/resources**
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