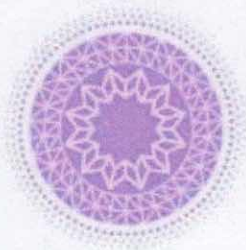


THE 7 MAIN CHAKRAS



CONNECTION

The Crown chakra focuses on our connection to the divine, wisdom, imagination and spirituality. When unbalanced we may feel confused, disconnected, depressed and experience headaches. Element: Thought



INTUITION

The Third eye chakra focuses on thought, intuition, and dreams. When out of balance you may have headaches, loose focus, judgmental, and difficulty sleeping. Element: Light



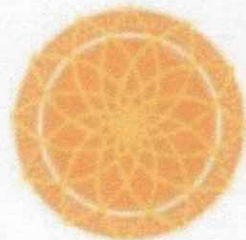
TRUTH

The Throat Chakra focuses on expression, truth, leadership, and fluid communication. When unbalanced you may feel paralyzed, insecure, have thyroid or ear issues, feel unheard. Element: Sound



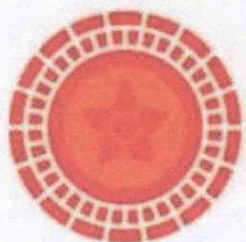
LOVE

The Heart chakra focuses on compassion, love for self and others, and connection. The Heart chakra is where you can connect to your soul and send connection energy out to others. When unbalanced you may feel grief or heartache, disconnection, hopeless and rejected. Element: air



ENERGY

The Solar Plexus or power chakra focuses on your power, gut feelings, general self confidence, sense of control, and forward movement. When out of balance you may experience digestive issues, low self esteem/worth, anxiety and loss of being in control. Element: Fire



EMOTIONS

The Sacral chakra focuses on creativity, body confidence, emotional and sensual needs. You may feel lonely, emotions going everywhere, self-conscious, low libido, and lack of creative ideas when out of balance. Element: Water



INSTINCT

The Root chakra focuses your sense of security, survival, and instinct. This is also where we store money beliefs. When unbalanced you feel depleted, hopeless, anxious and fearful. Element: Earth



I am **GUIDED** by my inner wisdom.
I am at *peace*, whole and balanced
I **HONOR** my body as the temple
that nourishes my *soul*.



I am **guided** by my inner wisdom.
I *listen* to my intuition every day.
I **TRUST** that my life is unfolding
exactly as it should.



I **EXPRESS** my feelings easily
and freely. I own my *power*
and feel *fully* alive. I **AM**
calm and *confident*.



I give **LOVE** and *love* comes back to me.
I **LOVE** myself in *every arena* of my life
I **DESERVE** love, *happiness* and prosperity
My emotion are *balanced* and in
harmony with my *energy*.



I **FULLY** enjoy *everything* that I do.
I **AM** a powerful, *magnificent*, and
radiant being of light. I **VALUE** and trust
myself fully. I **AM ENOUGH**.



I am opent to *receice* **ALL** that life offers.
I am *creative* in all areas of my life.
I *forgive* that past and *embrace* my life fully
I am *open* to receive *all* that life *offers* me.



I **ACCEPT** all of the *abundance* in my life
I *nourish* my mind, body and spint.
I *have* enough. I *know* enough. I have
everything that I need for an adundant life.
I am **FULLY** grounded.