


A Guide to Your 7 Main Chakras

	Location	Element	Mantra	Balanced	Imbalanced
 Root	Base of Spine	Earth	LAM	Secure, Grounded, Stable, Strong	Insecure, Anxious, Fearful, Worried
 Sacral	Lower Abdomen	Water	VAM	Creative, Joyful, Prosperous, Sensual	Lack of Creativity, Depressed, Lazy
 Solar Plexus	Solar Plexus (Above Navel)	Fire	RAM	Confident, Positive, Empowered, Driven	Lack of Confidence, Negative, Unmotivated
 Heart	Heart (Center of Chest)	Air	YAM	Loving, Lovable, Peaceful, Empathetic	Unloved, Unloveable, Lonely, Distrustful
 Throat	Throat (Center of Neck)	Ether (Sky/Space)	HAM	Speaks Clearly, Calm, Honest	Shy, Withdrawn, Dishonest, Impatient
 Third Eye	Center of Forehead (Between Eyebrows)	Light	OM or SHAM	Intuitive, Insightful, Mentally Strong	Lack of Intuition, Confused, Scattered
 Crown	Top of Head	Thought	OM or Silence	Spiritual, Enlightened, Trusting, Peaceful	Cynical, Close-Minded, Lack of Faith

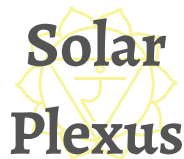
Chakra Affirmations



I am safe and secure.
I am rooted in this present moment.
I am strong, steady, and grounded.
All my needs are always met.
I have access to all the resources I need to survive and thrive.



I am creative, passionate, and inspired.
I feel joyful, energetic, and alive.
I am pure, positive energy.
My emotions flow freely in a balanced and healthy way.
I allow the flow of positive energy to move effortlessly through me.



I am strong, powerful, and confident.
I can achieve anything I set my mind to.
I am motivated, persistent, and successful.
I wholeheartedly believe in myself.
I can accomplish incredible things.





Heart

I am loved, loving, and lovable.
I am aligned with the highest frequency of love.
My heart is open, loving, and pure.
I lovingly nurture my mind, body, and spirit.
I fully love and embrace who I am, even as I continue to grow.



Throat

My voice matters.
My words are powerful.
I express myself clearly and openly.
I live an honest, authentic, wholehearted life.
I am able to calmly and effectively speak my truth.



Third Eye

I see and think clearly.
My mind is strong, open, and clear.
I am insightful, intuitive, and imaginative.
I am mentally strong, healthy, and resilient.
I trust my intuition to guide me in making good decisions.



Crown

I am a spiritual being in a human body.
I am pure, beautiful, radiant light.
I honor the sacred divinity that exists within me.
I am aligned with my soul's purpose and truth
My body is a beautiful home for my radiant soul.