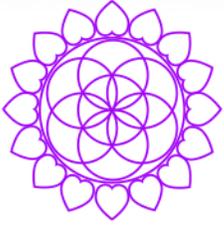


# Chakra Balancing and Affirmations

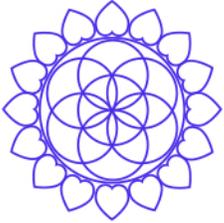


## CROWN CHAKRA (PURPLE)

Location: Top of head

Balance and Accept: Unity consciousness. Higher Self. Divine knowledge and connection. Faith.

Affirmations: I am One with the Infinite. I am guided by my Higher Self.



## THIRD EYE CHAKRA (INDIGO)

Location: Between brows

Balance and Accept: Mind. Intuition. Perception. Imagination.

Affirmations: I am present and aware. I open to higher levels of consciousness.



## THROAT CHAKRA (SKY BLUE)

Location: Throat

Balance and Accept: Communication. Truth. Authenticity. Self-expression.

Affirmations: I speak compassionately to myself and others. I express myself fully.



## HEART CHAKRA (GREEN)

Location: Center of chest

Balance and Accept: Love. Compassion. Forgiveness. Acceptance.

Affirmations: I love and accept myself. I am open to giving and receiving love. I listen to my heart.



## SOLAR PLEXUS CHAKRA (YELLOW)

Location: Above navel

Balance and Accept: Power. Growth. Confidence. Will and manifesting power.

Affirmations: I am worthy and confident. I am expressing my personal power.



## SACRAL CHAKRA (ORANGE)

Location: Below navel

Balance and Accept: Creative energy. Enthusiasm. Emotions. Sexuality.

Affirmations: I allow creativity to flow through me. I am enjoying a pleasurable life.



## ROOT CHAKRA (RED)

Location: Base of spine

Balance and Accept: Safety. Grounding. Security. Trust.

Affirmations: I am safe. I am grounded. I trust the Universe is bringing me everything I need.