

-Mantras for Healing the Seven Chakras-

1.Root

I am grounded and calm, I am rooted to the earth.
I am welcome, wanted and completely supported by the universe.

2. Sacral Chakra

I am fully alive, I appreciate the respect all my feelings,
and fully embrace my creativity and sensual life.
I accept myself and other, exactly as we are.

3.Solar Plexus

I am in charge of my life, I decide what is important and meaningful.
I set clear boundaries and respect those of others.
I surrender my personal will to divine will.

4. Heart

My heart is open, I freely give and receive the healing power of love.
I am loved, lovable and loving.

5. Throat Chakra

I speak my truth freely and without hesitation.
I listen with respect and goodwill to the communications of others.
I forgive and am forgiven.

6. Third Eye

I look for the beauty in all things while willing to see the truth.
I see into life for its hidden treasures.
I look to the future with love, joy, confidence and courage.

7.Crown Chakra

I am a child of the universe. I send the highest good of my personal spirit
and that of the creator. I am committed to bringing in light,
love and balance to the earth.