

my chakras

SEVEN ENERGY CENTERS. SEVEN WAYS TO COME BACK TO YOURSELF.

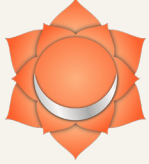


1. ROOT

Base of Spine

Safety, stability, and feeling grounded

MY AFFIRMATION:



2. SACRAL

Below Navel

Creativity, passion, pleasure, and emotional flow

MY AFFIRMATION:



3. SOLAR PLEXUS

Upper Abdomen

Confidence, personal power, and inner strength

MY AFFIRMATION:



4. HEART

Center of Chest

Love, compassion, connection, and forgiveness

MY AFFIRMATION:



5. THROAT

Throat

Communication, self-expression, and authenticity

MY AFFIRMATION:



6. THIRD EYE

Between Eyebrows

Intuition, inner wisdom, and inner guidance

MY AFFIRMATION:



7. CROWN

Top of Head

Spiritual connection, universal wisdom, and alignment

MY AFFIRMATION:

Ways To Support Each Chakra

ROOT

- Walk barefoot outside
- Eat a nourishing meal

SACRAL

- Do something creative
- Dance or stretch

SOLAR PLEXUS

- Keep one promise to yourself
- Repeat your affirmation

HEART

- Practice self-compassion
- Reach out to someone you love

THROAT

- Journal honestly
- Speak one truth you've been holding back

THIRD EYE

- Sit quietly for five minutes
- Trust one gut feeling today

CROWN

- Spend time in nature
- Pray or meditate