

ROOT

✦
I am grounded
I am safe
I am secure
— ⑤ —

SACRAL

✦ ✦ ✦
I AM CREATIVE
I AM SEXY
I AM A POWERFUL CREATOR
MY NEEDS ARE IMPORTANT

SOLAR PLEXUS

I am confident

I am worthy

I use my power
to bless my life
and others

HEART

I AM JOYFUL
I AM LOVING
I AM GRATEFUL
I AM PEACE

THROAT

I confidently
speak my truth
and know
I am heard

Third Eye

I SEE THE TRUTH
CLEARLY
I AM INTUITIVE
I AM GUIDED

Crown

I am
connected
to myself
and the
Divine



Next Level
HEALING