

**CROWN**  
SAHASRARA



- 1 I AM DIVINE
- 2 I AM A SPIRITUAL BEING
- 3 I AM ONE WITH ALL THAT IS
- 4 I AM INFINITE & BOUNDLESS
- 5 I AM AT PEACE

**THIRD EYE**  
AJNA



- 1 I AM INSIGHTFUL & INTUITIVE
- 2 I SEE CLEARLY
- 3 I THINK CLEARLY

**THORAT**  
VISHUDDHA



- 1 I HEAR AND SPEAK THE TRUTH
- 2 I LIVE AN AUTHENTIC LIFE
- 3 MY VOICE MATTERS
- 4 I HAVE INTEGRITY
- 5 I AM OPEN AND HONEST

**HEART**  
ANAHATA



- 1 I LOVE MYSELF AND OTHERS
- 2 I AM AN EXPRESSION OF LOVE
- 3 I AM WORTHY OF LOVE
- 4 I FORGIVE MYSELF & OTHERS
- 5 I FOLLOW VOICE OF MY HEART

**SOLAR PLEXUS**  
MANIPURA



- 1 I FEEL MY OWN POWER
- 2 MY POTENTIAL IS UNLIMITED
- 3 I HONOR MYSELF
- 4 I ACCOMPLISH TASKS EASILY
- 5 I ACT WITH COURAGE

**SACRAL**  
SVADHISTHANA



- 1 I AM CREATIVE AND JOYFUL
- 2 I EMBRACE MY SEXUALITY
- 3 I HONOR MY DESIRES
- 4 I AM PLAYFUL & SPONTANE
- 5 I DESERVE TO ENJOY LIFE

**ROOT**  
MULADHARA



- 1 I AM CENTERED & GROUNDED
- 2 I LOVE BEING IN MY BODY
- 3 I HAVE EVERYTHING I NEED
- 4 I AM CONNECTED TO NATURE
- 5 I AM SAFE