

# CHAKRA GUIDE

## CROWN

*Sahasrara*

SPIRIT BLEND



***"I am connected to divine energy. I am infinite."***

Assists with meditation, inner and outer beauty, connection and states of bliss.

## THIRD EYE

*Ajna*

INTUITION BLEND



***"I see things clearly and have the gift of discernment. I trust my instincts and intuition"***

Enhances intuition, imagination, wisdom and decision making.

## THROAT

*Vishuddha*

TRUTH BLEND



***"I communicate my truth clearly, with ease and grace."***

Enhances our truth, communication and expression of feelings.

## HEART

*Anahata*

PEACE BLEND



***"I give and receive love unconditionally. I am loved."***

Create openness, trust, love, joy and inner peace.

## SOLAR PLEXUS

*Manipura*

COURAGE BLEND



***"I am confident and empowered. I am proud of who I am."***

Enhances self confidence, self esteem and self worth.

## SACRAL

*Svadhishthana*

BLISS BLEND



***"I embody joy and pleasure and connect to these energies in myself and others"***

Enhances feelings of connection to one's self and others.

## ROOT

*Muladhara*

GROUNDING BLEND



***"I am grounded, I am safe, I belong."***

Assists with focus on our body, connection to the earth and life force.