CHAKRA GUIDE FOR KIDS

CROWN CHAKRA

SPirit Blend



"I am always Connected to love"

THIRD EYE CHAKRA

Intuition Blend



"I trust myself"

THROAT CHAKRA

Truth Blend



"I will speak up and Be heard"

HEART CHAKRA
Peace Blend



"I am loved"

SOLAR PLEXUS CHAKRA

courage Blend



"I Believe in myself"

SACRAL CHAKRA

Bliss Blend



"It's ok to feel my feelings"

ROOT CHAKRA

Grounding Blend



"I am safe, I Belong"

