

Activate Your Chakras



Bring presence and attention to a gentle focus. Feel your breath become more expansive while releasing any tension your holding. Imagine Life Force Energy running through your whole body and ready to receive.

Any impressions you get, allow your body to feel the sensations in your body; breathing through any tension you become aware of.

Now shift your awareness to...

1. Red : The base of your spine. Your roots and your physical foundation.

This is your connection to the earth, feeling grounded, feeling that you're safe and significant. This is where you learn to operate your body as your basic vehicle of life.

Here in the **1st chakra** you are establishing the right to be here and to have.

Here are your mantras:

- *My body is important to me. I nurture it constantly.*
- *My internal Mother is always here for me, protecting, nourishing and soothing me.*
- *I am grounded and present in my body.*

2. Orange : Your pelvic area. This is your creative center, the birth-place of ideas, it is where you awaken to your emotional world and experience movement in the body. Life feels very personal here, this is where you explore your emotional connection to how you feel and what you express. Vulnerability and intimacy develops here.

Here in the **2nd chakra** you are establishing the right to feel and want.

Here are your mantras:

- *I am an open channel of creativity.*
- *I move and express myself with ease and confidence.*
- *It is safe for me to enjoy my body.*
- *I am happy and fulfilled, Life offers me everything I need for my journey.*

3. Yellow : Your solar plexus. Exhale judgments or perfectionisms about yourself. Here is your power center and your center for taking action. There is no shame or rejection here. This is the home of your Spiritual Warrior, who awakens you to evolve from instinctual impulses of the tribal mind to the conscious responses of the intuitive mind. Individual thought is formed here.

Here in the **3rd chakra** you are establishing the right to act.

Here are your mantras:

- *I accept and value myself exactly how I am.*
- *I take responsibility for my choices.*
- *I am my own person. I choose how I think and act.*

4. Pink/Green : The Center of your chest. What are you feeling? Breathe into it. Don't connect with your intellect connect with your breath. Open your heart.

Here is your heart center, your breath of life, your ability to love yourself and others, where you find Forgiveness and learn compassion. The heart chakra is the intermediary between spirit and matter. It is here we experience the co- existence of the soul.

Here in the **4th chakra** you are establishing the right to love and be loved.

Here are your mantras:

- *I send love to everyone I know*
- *I love myself for who I am and the potential within me.*
- *I accept, that pain is sometimes an essential part of my growth.*
- *I understand that forgiveness is necessary for my heart to be fully open.*

5. Blue : Base of the neck, throat. Here is your voice and how you listen. This is where your will and power meet and choose to take action. Truth, lies and communication are generated here. This is creativity through sound and individuality through a living expression of self-awareness.

In the **5th chakra** you are establishing the right to speak and be heard.

Here are your mantras:

- *My personal code of honor is spoken here.*
- *My thoughts and speech are considered before I speak.*
- *I choose and take action.*
- *My voice is becoming stronger and more compelling.*
- *What I have to say is worthy of being listened to.*
- *My voice is an expression of what I create.*

H6. Purple : Your brow. The 3rd eye. This is where intuitive perception is seen, where truth and wisdom are realized and where dreams and imagination inspire. While our two eyes allow us to perceive the physical world through our intellect the third eye sees beyond, with symbolic sight.

In the **6th chakra** you are establishing the right to see.

Here are your mantras:

- *My inner Mystic sees with symbolic sight.*
- *I trust my intuition to guide me.*
- *I have full access to my inner wisdom"*
- *Imagination is the life-blood of my creativity.*
- *The answers to all my questions lie inside me.*

7. White, gold or violet : The top of your head; the crown. Here lies your Spiritual connection to a consciousness greater than yourself. Enlightenment, self-realization and transcendence occur through this connection. Divine guidance comes through you here. Grace, prayer and faith are your vehicles from which transformation occurs.

In the **7th chakra** you are establishing the right to know.

Here are your Mantras:

- *I connect my spirit to the Source of all knowledge.*
- *I release all limited thoughts and lift myself up to higher levels of awareness.*
- *Universal and Mystical Law is how I shape my life.*
- *I have strength of Spirit.*
- *I choose to transform my life and become free.*

Namaste, Teresa