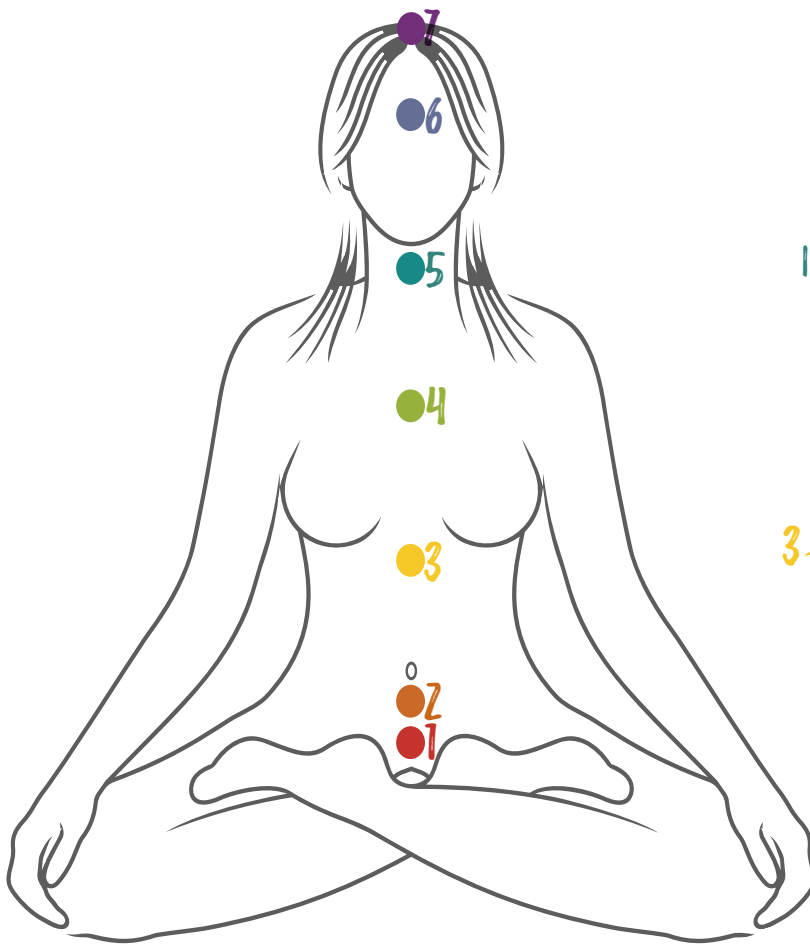


# CHAKRAS ~ LIFE FORCE ENERGY CENTERS

*Our body, mind, and spirit all thrive with balance & deep self-care.*

**A**t the root of pretty much everything in our entire life is ENERGY. Our chakras are the life force energy centers in our bodies, and each one correlates with different aspects of life and our body as a living organism. As a side note we can scientifically measure the alignment and strength of our chakras with something called GDV (gas discharge visualization). **What fuels our chakras?** Our energy is gorgeously fueled by Source Energy. Examples: unconditional love and deep connection, being in Mother Nature, acting for the planet and humanity. Other sources seem more individual, such as living your soul purpose, being in the present moment, living with heightened awareness, and acting with true love for yourself. Basically anytime we connect with Love and/or Nature and/or our Soul, we have the opportunity to increase our vitality. You might also call this “raising your vibration” because your energy is literally vibrating differently!

## ACTIVATION MEDITATIONS



### 7~SELF-ACTUALIZATION {Crown}

I'M ALIVE, YOU'RE ALIVE, WE'RE ALIVE  
I CAN TRUST, YOU CAN TRUST, WE CAN TRUST

### 6~SELF-AWARENESS {Third Eye}

I'M AWAKE, YOU'RE AWAKE, WE'RE AWAKE  
I CAN SEE, YOU CAN SEE, WE CAN SEE

### 5~SELF-EXPRESSION {Throat}

I LOVE TRUTH, YOU LOVE TRUTH, WE LOVE TRUTH  
I AM FREE, YOU ARE FREE, WE ARE FREE

### 4~SELF-ACCEPTANCE {Heart}

I AM LOVE, YOU ARE LOVE, WE ARE LOVE  
I AM WHOLE, YOU ARE WHOLE, WE ARE WHOLE

### 3~SELF-DEFINITION {Solar Plexus}

I AM ME, YOU ARE YOU, WE ARE TRUE  
I CAN SHINE, YOU CAN SHINE, WE CAN SHINE

### 2~SELF-GRATIFICATION {Sacral}

I LOVE FUN, YOU LOVE FUN, WE LOVE FUN  
I CAN PLAY, YOU CAN PLAY, WE CAN PLAY

### 1~SELF-PRESERVATION {Root}

I AM SAFE, YOU ARE SAFE, WE ARE SAFE  
I AM STRONG, YOU ARE STRONG, WE ARE STRONG