

# crystal musings

*balance your energy, balance your life*

## Chakra Healing Mantras



### **Crown**

I am whole and complete. I am pure light and love. I am connected to all that is.



### **Third Eye**

I trust and honor my intuition. I am a powerful co-creator with the universe.



### **Throat**

I express my truth. I express my creativity. I listen to my inner voice. I listen to others without judgement.



### **Heart**

I love myself. I embrace life. I open my heart. I have gratitude.



### **Solar Plexus**

I am authentic. I am centered. I am empowered. I am energized.



### **Sacral**

I feel joyful. I feel sensual. I feel creative. I feel nourished.



### **Root**

I am safe. I am grounded. I belong. I trust. I am abundant.