

Chakra Meditation Mantra



to activate and align the energy body using the chakra order Crown to Root, 3rd Eye to Sacral, Throat to Solar Plexus and Ending at the Heart : 7-1-6-2-5-3-4

Through my energy centers within my body that carry the life force of the Universe, I am in communion with the Earth and the Stars:

VIOLET: *I am connected to the Divine Source of the Universe. I am Light. I Trust.*

RED: *I am connected with the energy of Mother Earth. My Body, Mind and Spirit are grounded, centered and purified.*

INDIGO: *My mind is open to new vision. I expand my awareness through my higher self.*

ORANGE: *I love all dimensions of myself. I delight in weaving the creative tapestry that is my life.*

BLUE: *I am aligned with my highest truth and communicate this with love and honor. My words echo softly within the Universe.*

YELLOW: *My will and Divine Will are One. I am connected to the abundant flow of the Universe and easily manifest my dreams.*

GREEN: *My Heart is open to receive the energy of Love. I radiate this essence. I walk my path with ease and grace.*