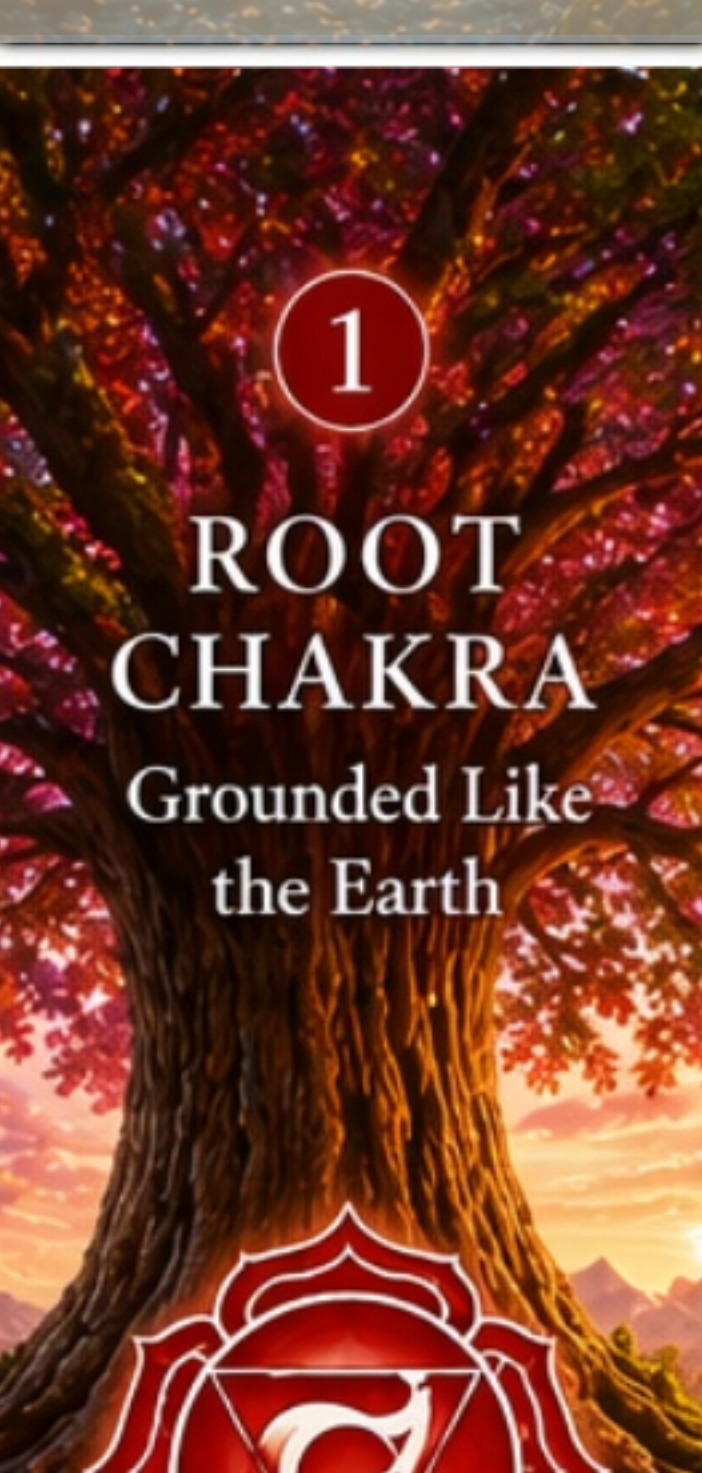


FLOWING with the CHAKRAS

Aligning with the
Natural Energies
of the Earth

*A Gentle Path to Healing
Through Nature's Rhythms*



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1

ROOT CHAKRA

Grounded Like
the Earth



I am safe.

I am supported.

I belong.



2

SACRAL CHAKRA

Flowing Like
the River



I feel.

I flow.

I create.



3

SOLAR PLEXUS CHAKRA

Shining Like
the Sun



I am strong.

I am capable.

I shine.



4

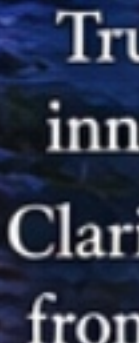
HEART CHAKRA

Giving Like
the Tree



I give and receive
love freely.

We are connected.



5

THROAT CHAKRA

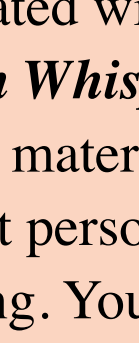
Singing with
the Wind



I speak my truth.

I listen.

I express.



6

THIRD EYE CHAKRA

Seeing Like
the Stars

Trust your
inner sight.

Clarity comes
from within.

7

CROWN CHAKRA

One with All

You are connected
to all that is.

We are one.

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