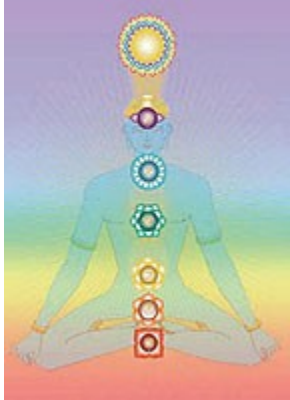


Chakra Mantra

Each morning prior to leaving the house, a good exercise is this simple chakra balance. As you briefly touch each energy center say the following:



(Crown Chakra) "Today I am willing to accept a miracle..."

(3rd Eye Chakra) "To see Clearly"

(Throat Chakra) "Communicate Effectively"

(Heart Chakra) "Love Unconditionally"

(Solar Plexus Chakra) "Project the aura of _____ (Peace/Presence, etc) outward to everyone I meet"

(Belly Chakra) "Embrace my creativity and sensuality and the joy of being a woman/man"

(Root Chakra) "As I walk my talk and speak my truth"

"Let each person with whom I speak this day see their own Presence reflected through me, so that they may create peace, growth and transformation in their lives"

I believe that each of us should walk in the world holding the conscious thought that we are all connected and help one another.

<http://www.ThePotentialWithin.com/positivethoughts.html>