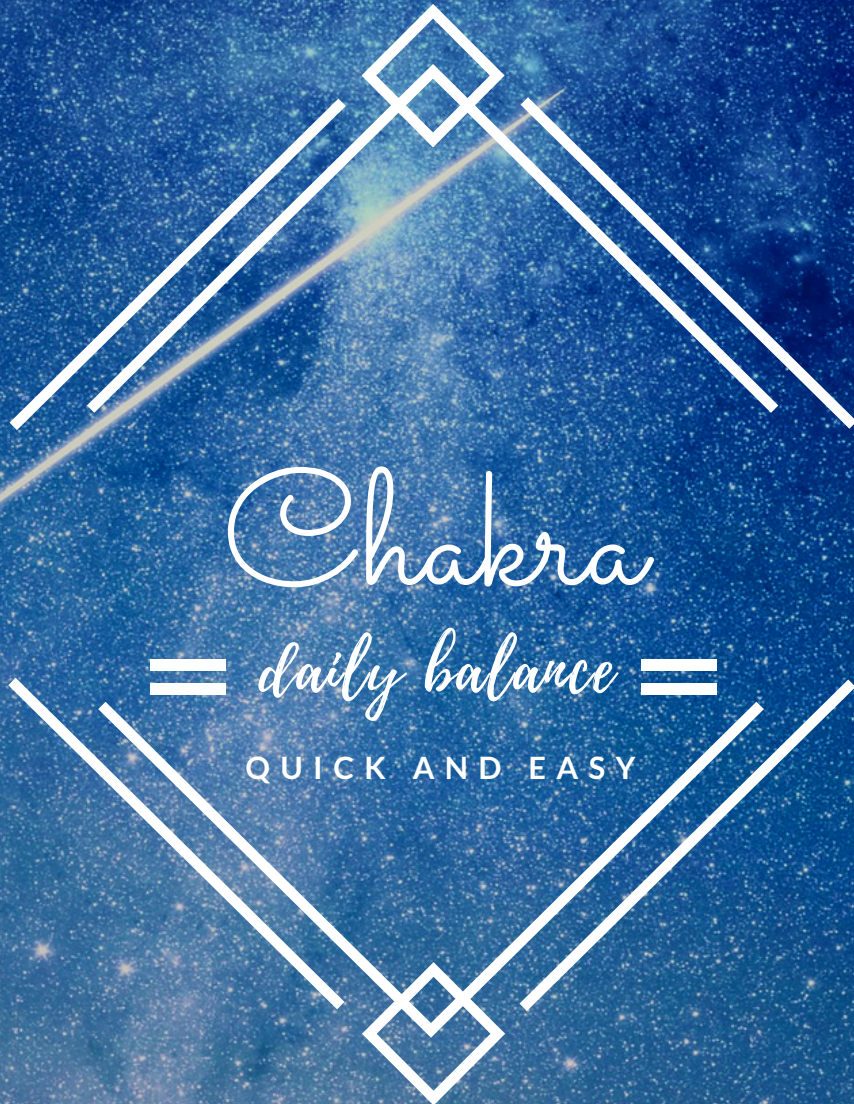


THE SIMPLEST EVER



ONLY A FEW MINUTES TO FEEL
YOUR BEST!

by Anne Dresden

secretmagicalife.com

Close your eyes after you go through each.

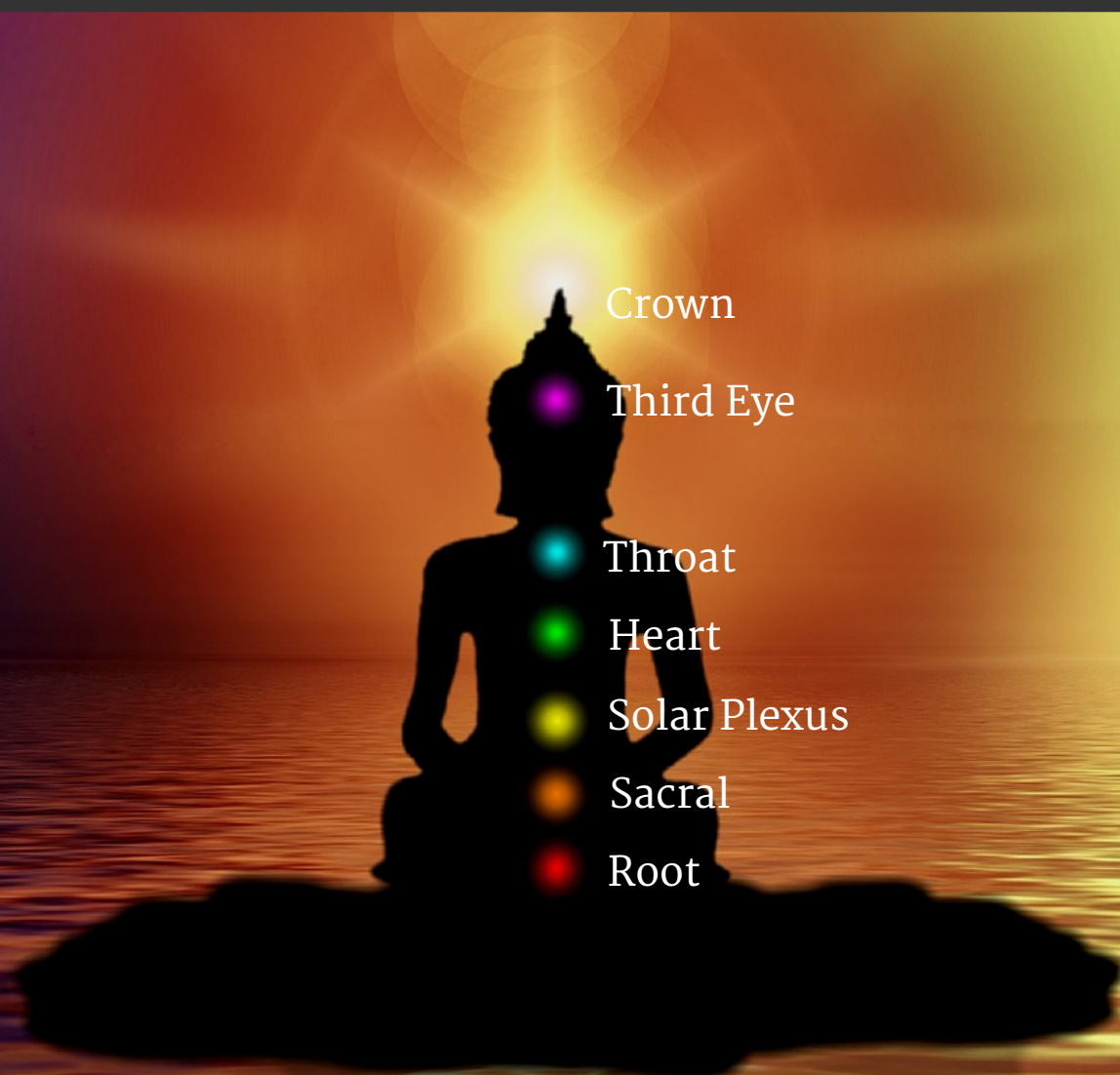
Inhale, Exhale and relax your body as much as possible.
(This is wonderful to do in the shower)

Repeat each of the below chakra statements three times.
(or as many times as needed)

Picture each color spinning along with
garbage, your worries, any fears, seeing the junk flying
off of each chakra.

Or you can picture each as a circle and see
it splitting in the middle and all the gunk falls to the ground!

Then, see it in your mind's eye spinning brightly.



Root Chakra

Located at the base of your spine, the root is responsible for all your security concerns, safety, sleep, and basic survival.

Sense the color red growing cleaner and brighter as you repeat the below statement three times (or more if needed)

I AM SAFE

Sacral Chakra

Located in your groin, womb , lower abdomen area and is responsible for birthing creativity and sexual desire.

Sense the color orange growing cleaner and brighter as you repeat the below statement three times (or more if needed)

I am desired

Solar Plexus

Located in the middle of your body just above your stomach. It is responsible for your ongoing health, feeling confidence in your goals, desires and intentions.

Sense the color yellow growing cleaner and brighter as you repeat the below statement three times (or more if needed)

I BELONG HERE

Heart Chakra

Located at your heart and responsible for compassion and joy. It's focus is on remaining unstuck with your heart fully open

Sense the color green growing cleaner and brighter as you repeat the below statement three times (or more if needed)

I AM LOVED

Throat Chakra

Located at your throat and responsible for your inner and outer voice. Are you speaking your truth? Communication, self expression, hearing and listening.

Sense the color blue growing cleaner and brighter as you repeat the below statement three times (or more if needed)

MY VOICE MATTERS

Third Eye

Located in between your physical eyes. It is responsible for clear and psychic sight. Intuition, foresight and conscience. Helps you reach inner realms of higher consciousness.

Sense the color purple growing cleaner and brighter as you repeat the below statement three times (or more if needed)

I SEE CLEARLY

Crown Chakra

Located at the crown or top of your head. It is responsible for your connection with the force of life, inspiration and the sense of something greater than ourselves. It is the soul connection to other worlds.

Sense the color white or silver growing cleaner and brighter as you repeat the below statement three times (or more if needed)

I am divine

——or ~ I am connected——

