

## Universal Chakra Balancing Mantra

Crown:

I accept the universal energy into my crown chakra so that I may know the truth

Third Eye:

I accept the universal energy into my third eye so that I may see the truth

Throat:

I accept the universal energy into my so that I may speak the truth

Heart:

I accept the universal energy into my heart so that I may feel the truth

Power Center:

I accept the universal energy into my Chi so that I may empower the truth

Pelvic:

I accept the universal energy into my creative center so that I may create the truth

Root:I accept the universal energy into my root so that I may be grounded in the truth