

Chakra Balance

BIJA MANTRAS

Om

Om

Ham

Yam

Ram

Vam

Lam



AFFIRMATIONS

I am at peace with
myself

I am Calm
I can solve my problems

I can express myself
freely

I am Loved
and I am Loving

I am organized
Can accomplish dreams

I constantly have
new ideas

I am confident
I am full of energy

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