

BEGIN RE-PROGRAMMING YOUR MINDSET







"When you change the way you look at things, the things you look at change -Dr Wayne Dyer

- Declare your power over your life
- Be open to change and be curious to see what is possible
- Do not take what others say personally
- Surround yourself with positive reinforcement
- Speak your success as a present fact
- Create a vision space (Vision boards/ Daydreaming)
- Identify your RESISTANCE, to unblock vour creativity
- Start a GRATITUDE journal
- Begin asking for what you TRULY want



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- Release your attachment to the "how"
- Surround yourself with allies that are inspiring, supportive and creative
- Mind your daily fuel intake,
- Begin a daily physical movement practice that will help align your energy systems Begin daily
- meditative practice in the morning
- Listen to music that brings you healing daily
- Identify YOUR own value system and honor it
- Let go of all judgments of yourself and others
- Stay in the present moment, where your peace and power is always



CHAKRA/ COLOR

MANTRA / SOUND & Crystal Benefits

AAH

Clear Quartz:

connect with our

soul for

enlightenment

Moonstone:

Ultimate stone for

fertility and love

Amethyst: Boosts

self-esteem, heal addictions

AUM (OM)

Sodalite:clarity,

focus

LapisLazuli:

promotes intuition

Sapphire: resolve

issues, meet goal

FUNCTION

BALANCING

AFFIRMATION

OUT OF BALANCE

*feeling down



VIOLET OR WHITE

INDIGO

Consciousness **Enlightenment** Self-Realization **Spirituality Purpose**

Meditation **Energy Work**

Stillness

Divine I am the power and presence of the **Divine**

I am intuitive

I see all things clearly

I am insightful

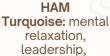
I am focused

I am one with the

*lack of purpose *depression or mental exhaustion disconnection with higher power *disconnection with your body *closed-

mindedness *disregard for "reality"





Celestite: inner peace, strength

Blue Apatite: promotes creativity, clear confusion

Intuition **Astral Projection** Imagination Self-Awareness Eyes / Ears / Spinal Cord / Hair / Scalp Head Neurological/Person ality Psychic sight

Communication **Purification Expression** Creativity Neck / Throat Thyroid / Glands

Jaw / Mouth /

Tongue

Visualization **Lucid Dreaming Breathing**

Speaking

Sound Healing

Listening

Journaling

Meditation

I see from all perspectives

I hear and speak the truth I am expressing myself with clear intent Creativity flows in and through me I am an important voice in the world and my voice is heard I speak my truth

clearly

*Lack of rational decisions *feeling stuck in a rut *board of your daily routine migraines/ headaches, nightmares *neurological disorders *volatile personality





*telling lies *shy or secretive *sore throats *sinus problems *thyroid problems *feeling a filter when you speak *people pleaser *self-sabotaging relationships

YAM

Rose Quartz:

compassion/

RAM

Citrine:

imagination

Tiger's Eye: confidence

Yellow Jade:

self-control

VAM

Amber: manifest desires / relieve physical pain

Carnelian: vitality

& motivatio

*issues with heart

*grieving loss of

*defensiveness,

jealousy, fear of

intimacy, holding

*lack of joy

and/or lungs

*chest cold

love

grudges



GREEN

calming Amazonite: divine auidance/ communi-cation of thoughts

Kindness Love Compassion **Empathy Open Heart** Lungs/Breath

Self-Esteem

Transformation

Strength

Power

Upper abdomen

Digestive system

Metabolism

Meditation **Energy work** Stillness Breath

Completing Goals

Sunlight

Physical Exercise

Fasting

*I am LOVE *I follow my heart *I love myself and others * I am compassionate with myself and others

I am a powerful

creator

I feel my own power

I act with courage &

trust

I am potential

power and

unlimited

I embrace and love

my sexuality

I honor my desires

I deserve to enjoy

my life

unforgiving *Lack of selfesteem/selfconfidence *Issues with the digestive system *lack of energy/motivation *feelings of helplessness/loss of control

*feelings of stress



LAM Red Jasper: absorbs negative energy

Garnet: passion, serenity, balance

Hematite: blood flow/ relationships/ grounding/Liver

Sensuality **Pleasure Emotions** Sexuality Reproductive System Lymphatic system Pelvic organs

Life Force Survival / Safety Grounding Physical body Bladder / Colon **Bones / Muscles** Kidneys / Lower Back / Feet

Self-Care **Creative Play Tantra Creative Arts**

Yoga

Mindfulness

Nature

Grounding

Gardening

Walking barefoot

in nature

I trust my intuition I love being in my body I am safe

I am grounded and one with nature

*Feeling out of balance *Lower libido *co-dependency *over-emotional or lack of *over/under sexualized *issues with reproductive organs

*Fear of moving forward in life *Money issues *Adrenal fatigue *Constipation *Feeling lack of emotional/financial support *Greed *Excessive Negativity *Feelinas of Insecurity

Breath and Visualization Meditation To Balance Chakras:

DEEP RED

Close your eyes and fix your awareness at the first chakra, the root chakra

> Breathe in deeply through the nose for 4 seconds, hold for 4 seconds, then exhaling through the nose for 7 seconds. While breathing visualize the root chakra expanding and turning with each inhalation and contracting with each exhalation. Complete at least 3 cycles of breathing/visualizing per chakra before moving to the next chakra.



A recommendation is to practice this for 5-7 minutes at each chakra and then repeat the process, employing this breathing technique at each of the chakras until you reach the crown chakra.

