

HAPPY MONDAY

ROOT CHAKRA

MANTRA: I TRUST IN LOVE, I TRUST IN MYSELF, I
TRUST IN SOURCE

COLOR: RED-THE COLOR OF GROUNDEDNESS,
HEALING & TRUST

IMBALANCE: WHEN THE ROOT IS IMBALANCED,
WE OPERATE OUT OF FIGHT OR FLIGHT,
ANXIETY, PANIC, LACK, AND FEAR

BALANCE: WHEN THE ROOT IS BALANCED, WE
ARE FIRMLY ROOTED IN THE PRESENT
MOMENT OF NOW, TRUSTING IN LOVE

HEALING: MEDITATE & CONNECT WITH THE
ENERGIES OF RED & MOTHER EARTH

TOOLS: GROUNDING, CONSCIOUS BREATHING
& COLD SHOWERS

5DFULLDISCLOSURE.ORG

HAPPY TUESDAY

SACRAL CHAKRA

MANTRA: I AM CHILDLIKE JOY & CREATIVITY

COLOR: ORANGE-THE COLOR OF JOY,
CREATIVITY & FLOW

IMBALANCE: WHEN THE SACRAL IS
IMBALANCED, WE EITHER BLOCK OUR
EMOTIONS/CREATIVITY, OR WE ARE UNABLE
TO MANAGE OUR EMOTIONS & FLOW

BALANCE: WHEN THE SACRAL IS BALANCED,
WE ARE IN TUNE WITH OUR EMOTIONS & WE
EXPRESS OURSELVES CREATIVELY & FREELY

HEALING: MEDITATE & CONNECT WITH THE
ENERGIES OF ORANGE & CHILDLIKE JOY

TOOLS: JOURNALING, ART, & MUSIC/DANCE

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HAPPY WEDNESDAY

SOLAR PLEXUS

MANTRA: I AM DIVINELY EMPOWERED

COLOR: YELLOW-THE COLOR OF ABUNDANCE,
WORTHINESS & EMPOWERMENT

IMBALANCE: WHEN THE SOLAR IS
IMBALANCED, WE FEEL DISEMPOWERED
AND/OR WE BECOME CO DEPENDENT OR
OVER POWERING OF OTHERS

BALANCE: WHEN THE SOLAR IS BALANCED, WE
DO NOT ALLOW ANYONE TO TAKE OUR
ENERGY, NOR DO WE TAKE ENERGY FROM
OTHERS. WE ARE WHOLE.

HEALING: MEDITATE & CONNECT WITH THE
ENERGIES OF YELLOW & DIVINE
EMPOWERMENT

TOOLS: FASTING, LEMON WATER, SUNGAZING

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HAPPY THURSDAY

HEART CHAKRA

MANTRA: I AM UNCONDITIONAL LOVE

COLOR: PINK/GREEN-THE COLOR OF THE
HEART & UNIVERSAL LOVE

IMBALANCE: WHEN THE HEART IS
IMBALANCED, WE LACK FEELING, COMPASSION
& EMPATHY

BALANCE: WHEN THE HEART IS BALANCED, WE
HAVE SELF-LOVE AS WELL AS UNIVERSAL LOVE
& HONOR FOR ALL OTHERS

HEALING: MEDITATE & CONNECT WITH THE
ENERGIES OF PINK/GREEN & CONNECT TO
YOUR HEART

TOOLS: FORGIVENESS CEREMONIES, GRIEF
WORK, SELF-CARE & REFLECTION

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HAPPY FRIDAY

THROAT CHAKRA

MANTRA: I SPEAK THE HIGHEST TRUST AT ALL
TIMES

COLOR: BLUE-THE COLOR OF THE UNIVERSAL
TRUTH & EXPRESSION

IMBALANCE: WHEN THE THROAT IS
IMBALANCED, WE DO NOT SPEAK PURE,
WHOLE TRUTH, WE SPEAK DISTORTIONS.

BALANCE: WHEN THE THROAT IS BALANCED,
WE ARE ABLE TO EXPRESS OUR TRUTHS
WITHOUT SUPPRESSION OR FEAR

HEALING: MEDITATE & CONNECT WITH THE
ENERGIES OF BLUE & EXPRESS YOURSELF

TOOLS: SINGING, SHARING, & AUTOMATIC
WRITING,

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HAPPY SATURDAY

THIRD EYE

MANTRA: I SEE ALL THINGS THROUGH THE
EYES OF GOD

COLOR: PURPLE-THE COLOR OF THE
VISIONS/DREAMS

IMBALANCE: WHEN THE THIRD EYE IS
IMBALANCED, WE ARE CLOSED OFF FROM
SEEING HIGHER TRUTHS

BALANCE: WHEN THE THIRD EYE IS BALANCED,
WE ARE ABLE TO HAVE A HIGHER
PERSPECTIVE IN ALL THINGS

HEALING: MEDITATE & CONNECT WITH THE
ENERGIES OF PURPLE & YOUR IMAGINATION

TOOLS: MEDITATION, CHANNELING, CREATIVE
WRITING, & VISUALIZING THE VIOLET FLAME OF
PURIFICATION

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HAPPY SUNDAY

CROWN CHAKRA

MANTRA: I AM CONNECTED FULLY TO SOURCE

COLOR: VIOLET-THE COLOR OF CONNECTION,
INTUITION & HEALING

IMBALANCE: WHEN THE CROWN IS
IMBALANCED, WE ARE LIMITED TO THE MIND &
WE SUFFER ILLUSIONS

BALANCE: WHEN THE CROWN IS BALANCED,
WE ARE CONNECTED TO SOURCE & THE
PRESENT MOMENT OF NOW=TRUTH

HEALING: MEDITATE & CONNECT WITH THE
ENERGIES OF VIOLET & THE LOTUS FLOWER

TOOLS: BE PRESENT, CUT CHORDS WITH ALL
THOUGHT, PRACTICE STILLNESS & PRAYER

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