

# 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

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# 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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