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**Prayer for Peace:**

Loving Spirit, please grant me peace of mind and serenity in my heart. ...Give me the strength and clarity of mind to find my purpose and walk the path I've chosen. I trust in you oh great and wonderful Spirit, and know that you will walk with me throughout my journey. Thank you, thank you, thank you. All is well.

**Mantras for the Chakras:**

<p><b>Root</b></p> <ul style="list-style-type: none"> <li>* I trust in the flow of life</li> <li>* I am grounded</li> <li>* I love my tribe</li> <li>* I feel supported</li> <li>* I am financially abundant!</li> </ul>	<p><b>Sacral</b></p> <ul style="list-style-type: none"> <li>* I am creative</li> <li>* I can create anything</li> <li>* I am free to be me</li> <li>* I love to move</li> <li>* I am sensual</li> </ul>	<p><b>Solar Plexus</b></p> <ul style="list-style-type: none"> <li>* I am confident</li> <li>* I am powerful</li> <li>* I can manifest anything</li> <li>* I am a leader</li> <li>* I am fully capable</li> </ul>
<p><b>Heart</b></p> <ul style="list-style-type: none"> <li>* I love myself</li> <li>* I am full of love</li> <li>* My relationships are amazing</li> <li>* I am surrounded by loving people</li> <li>* I am open to love and to be loved</li> </ul>	<p><b>Throat</b></p> <ul style="list-style-type: none"> <li>* I am free to express myself</li> <li>* I love to sing out loud</li> <li>* It is safe for me to speak up</li> <li>* I am authentically me</li> <li>* I can speak my peace</li> </ul>	<p><b>3rd Eye</b></p> <ul style="list-style-type: none"> <li>* I see beyond my 5 senses</li> <li>* I have all the answers within</li> <li>* I am spiritually supported</li> <li>* I am Divinely guided</li> </ul>
<p><b>Crown</b></p> <ul style="list-style-type: none"> <li>* We are all one</li> <li>* What affects me, affects everyone</li> <li>* Do unto to others</li> <li>* I belong</li> <li>* I matter</li> </ul>		