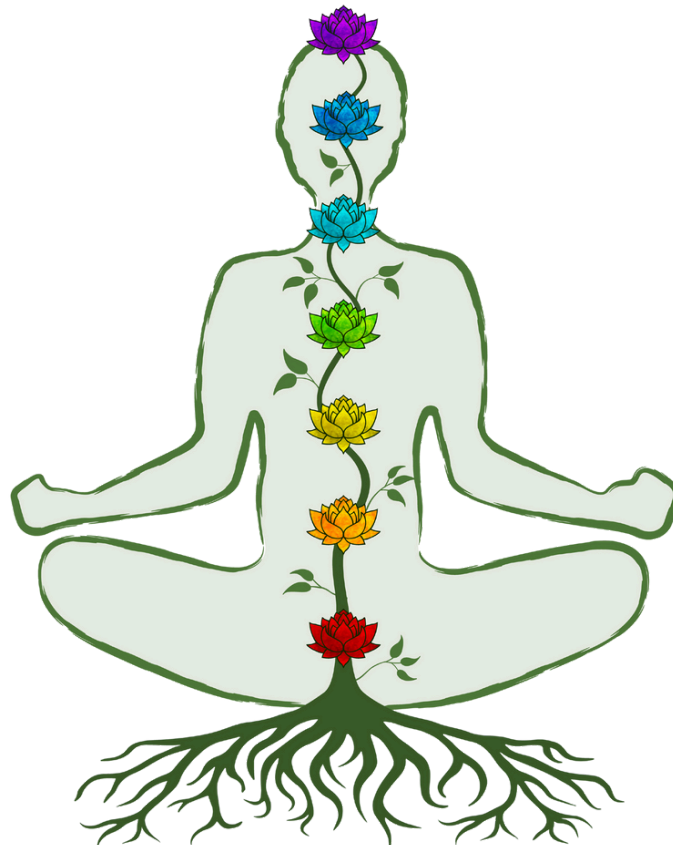
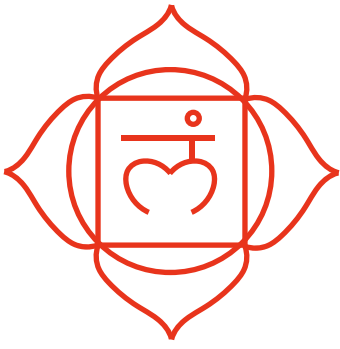


THE POWER OF CHAKRAS IN YOUR RELATIONSHIP





ROOT CHAKRA

(muladhara)

LOCATION Base of the spine

COLOR Red

ELEMENT Earth

SENSE Smell

STONE Red Jasper

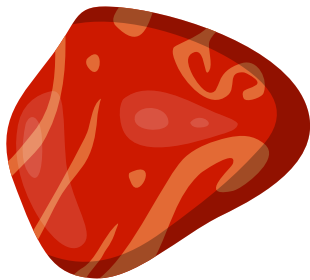
AFFIRMATIONS

I am grounded and secure in my relationships.

I trust that I am safe and protected.

I feel connected and supported from my partner.

BENEFITS OF RED JASPER



Enhances grounding and stability, crucial for feeling secure in a relationship.

Reduces anxiety and increases confidence, leading to a healthier sexual life.

Helps to cultivate a sense of trust and safety, which is essential for intimacy.





SARAL CHAKRA

(*svadhisthana*)

LOCATION Lower abdomen

COLOR Orange

ELEMENT Water

SENSE Taste

STONE Carnelian

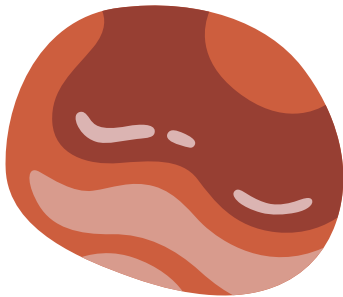
AFFIRMATIONS

I embrace my sexuality and creative energy.

I am passionate and open to experiencing pleasure.

I honor my body and its desires.

BENEFITS OF CARNELIAN



Enhances vitality and passion, helps overcome sexual dysfunctions.

Increases sexual compatibility and desire.

Promotes fertility and creative expression, which can enrich romantic relationships.





SOLAR PLEXUS

(manipura)

LOCATION Above the navel

COLOR Yellow

ELEMENT Fire

SENSE Sight

STONE Citrine

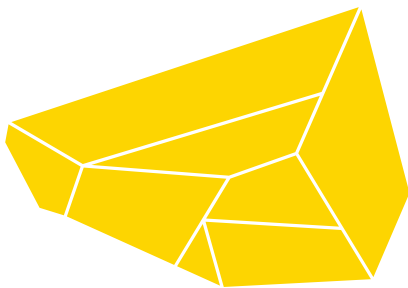
AFFIRMATIONS

I am confident and assertive in my relationships.

I respect and value myself.

I am in control of my personal power.

BENEFITS OF CITRINE

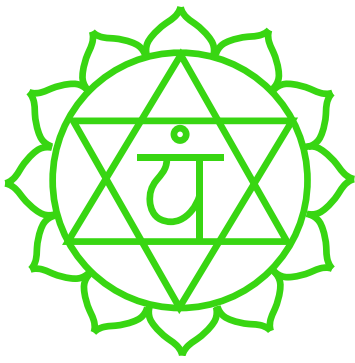


Enhances confidence and personal power.

Contributes to more assertive communication in romantic and sexual relationships.

Helps to overcome insecurities and boosts self-esteem, leading to a stronger connection with your partner.





HEART CHAKRA (*anahata*)

LOCATION Center of the chest

COLOR Green

ELEMENT Air

SENSE Touch

STONE Rose Quartz

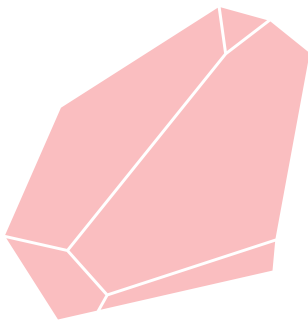
AFFIRMATIONS

I am open to giving and receiving love.

I forgive myself and others.

I am worthy of love and affection.

BENEFITS OF ROSE QUARTZ

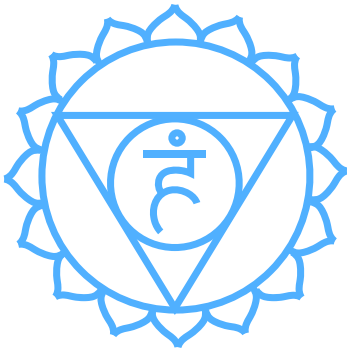


Promotes compassion, peace, and unconditional love

Deepens relationships and encourages closeness and bonding.

Heals emotional wounds and fosters a sense of self-love, enhancing the ability to love others fully.





THROAT CHAKRA

(*vishuddha*)

| | |
|-----------------|-----------------|
| <u>LOCATION</u> | Throat |
| <u>COLOR</u> | Light Blue |
| <u>ELEMENT</u> | Ether (Space) |
| <u>SENSE</u> | Hearing |
| <u>STONE</u> | Blue Lace Agate |

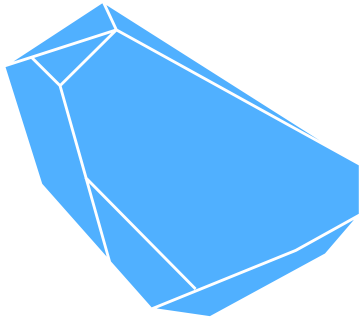
AFFIRMATIONS

I communicate my needs and desires clearly and openly.

I listen to my partner with compassion and understanding.

I express myself freely and honestly.

BENEFITS OF BLUE LACE AGATE



Facilitates open and honest communication between partners.

Essential for maintaining intimacy and understanding sexual needs and boundaries.

Encourages truthful and heartfelt expressions, which strengthen the bond in relationships.





THIRD EYE CHAKRA (*anja*)

LOCATION Forehead
between the eyes

COLOR Indigo Blue

ELEMENT Light

SENSE Intuition (Sixth Sense)

STONE Amethyst

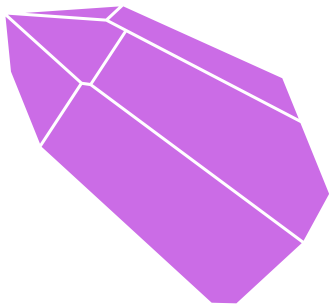
AFFIRMATIONS

I trust my intuition and understand
my partner deeply.

I am open to the wisdom of
my higher self.

I see the truth in all situations.

BENEFITS OF AMETHYST



Enhances emotional
and spiritual insights.

Deepens the connection
between partners.

Aids in mutual understanding
and respect, fostering a more
profound emotional connection.





CROWN CHAKRA

(sahasrara)

LOCATION Top of the head

COLOR Violet or White

ELEMENT Thought

SENSE None

STONE Clear Quartz

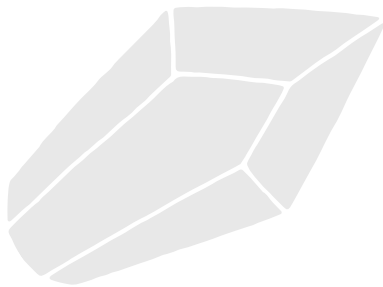
AFFIRMATIONS

I am connected to my partner on a soul level.

I trust in the divine plan for my relationship.

I am open to the infinite possibilities of love.

BENEFITS OF CLEAR QUARTZ



Enhances spiritual well-being.

Helps partners feel more connected on a soul level.

Fosters a profound sense of unity during intimacy, elevating the relationship to a higher level of spiritual connection.

