

IGNITE YOUR CHAKRAS

with the

ChakraBalmTM

AFFIRMATIONS

by Jay Bradley





IGNITE YOUR CHAKRAS

with

ChakraBalms™

Each balm contains over 100 drops of pure, custom essential oil blends to Ignite Your Chakras!™

Made with organic ingredients

Handmade in California



HI, I'm JAY BRADLEY

I'm a Breathwork Healer and Teacher,
and the creator of the Chakra Balms™

First of all, thank you so much for purchasing your Chakra Balms™. My main intention when creating these balms was for you to have a consistent and unique at-home spiritual practice.

To enhance your experience, we are offering as a gift these Chakra Balms™ Affirmations, which you can use daily whenever you're applying the balms. Setting an intention makes the experience even more powerful!

On top of that, we are also giving you a Free Meditation to balance and heal your 7 Chakras, created by our in-house Meditation teacher Will Caminada. [Click HERE](#) to download it.

We hope you enjoy the balms and the gifts, and that your spiritual practice becomes more healing, colorful, and joyful.

With love,
Jay
and the Chakra Balms™ team





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The ROOT CHAKRA

AFFIRMATIONS

I AM CONNECTED TO ALL THAT
SURROUNDS ME.

I LET GO OF FEAR AND KNOW THAT I
AM ETERNALLY SAFE.

TODAY I CHOOSE ABUNDANCE,
PROSPERITY, AND FLOW. I ALLOW IT
TO ENTER MY LIFE WITH EFFORTLESS
EASE. I AM ALWAYS PROTECTED AND
CARED FOR.





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The SACRAL CHAKRA

AFFIRMATIONS

I EMBRACE PLEASURE AND
ABUNDANCE.

I GIVE MYSELF PERMISSION TO
ENJOY MY SEXUALITY FULLY.

TODAY I OPEN UP TO THE FULL
EXPRESSION OF WHO I AM IN THE
WORLD. I AM PASSIONATE, CREATIVE,
SAFE, AND SECURE IN MY BODY. I AM
SUPPORTED.





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The **SOLAR PLEXUS CHAKRA** AFFIRMATIONS

I AM CONFIDENT IN ALL THAT I DO.

I CHOOSE HEALTH, HEALING, AND HAPPINESS.

TODAY I CHOOSE TO BELIEVE IN MYSELF FULLY! I NOW RELEASE OLD STORIES THAT I AM NOT ENOUGH.
I AM POWERFUL BEYOND MEASURE.





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The HEART CHAKRA

AFFIRMATIONS

I LOVE MYSELF AND OTHERS
UNCONDITIONALLY.

I LET GO OF THE PAST, I FORGIVE
MYSELF AND OTHERS.

TODAY IS THE DAY I CHOOSE TO LOVE
AND ACCEPT MYSELF FULLY.

I EMBRACE MY IMPERFECTIONS WITH
GENTLENESS AND I LOVE ALL OF
WHO I AM.





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The THROAT CHAKRA

AFFIRMATIONS

I EXPRESS MYSELF WITH CLARITY
AND CONFIDENCE.

I EXPRESS MY TRUTH AND
AUTHENTICITY.

TODAY I CHOOSE TO ASK FOR WHAT I
NEED. I SET HEALTHY BOUNDARIES
AND ALLOW MY VOICE TO BE HEARD
CONFIDENTLY AND FEROCIOUSLY.





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The **THIRD-EYE** **CHAKRA**

AFFIRMATIONS

I ALWAYS HONOR AND FOLLOW MY
INTUITION.

IT IS SAFE FOR ME TO SEE THE
TRUTH.

TODAY I CHOOSE TO TRUST MY PATH.
I ALLOW VISIONS, MESSAGES, AND
INSIGHT TO MOVE THROUGH ME,
LEADING ME TO MY ULTIMATE
MISSION AND DREAM LIFE.





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The CROWN CHAKRA

AFFIRMATIONS

I AM INFINITE AND BOUNDLESS.

I AM DIVINELY GUIDED AND
INSPIRED.

TODAY I CHOOSE TO TRUST MY INNER
GUIDANCE SYSTEM. I NO LONGER
SECOND GUESS OR DOUBT THESE
INTUITIVE MESSAGES. I AM SAFE AND
ALWAYS GUIDED.





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THANK YOU!

We appreciate you and we are sending you healing energy, connection with your Source and LOVE.

For more information, please check:

www.chakrabalms.com

For more information about BreatheOnIt™, Jay's Breathwork sessions and trainings, please check:

www.breatheonit.net

You can find a 7 CHAKRAS BREATHWORK SERIES on the BreatheOnIt™ store:

<https://www.breatheonit.net/product-page/7-chakras-breathwork-series>

With love,

Jay
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