

## **Envision Yoga Mantras Worksheet**

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### **Muladhara or Root Chakra Part 1**

Associated with stability, strength, survival, primary needs and energy.

Create a mantra regarding the physical body.

Examples:

1. *My body is perfect just as it is, beautiful and radiantly healthy!*
  2. *My body is light strong and agile!*
  3. *My body is light, energetic, and vibrantly sexy!*
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### **Muladhara or Root Chakra Part 2**

Associated with stability, strength, survival, primary needs and energy.

Create a mantra regarding security, finances and abundance.

Examples:

1. *Wealth and abundance flow freely to me!*
  2. *I continually manifest wealth, opportunity, and abundance for myself and others!*
  3. *I am profoundly grateful for the wealth and abundance in my life and use it wisely to help others!*
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### **Svadhistana or Sex Chakra**

Associated with sexuality, creativity, joy and pleasure

Create a mantra regarding sexuality, creativity, and joy.

Examples:

1. *I am infinitely creative, wild and free!*
  2. *I am intimately connected to Mother Earth and all her wild, juicy and creative aliveness!*
  3. *I am madly in love with everyone and everything in this universe!*
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### **Manipura or Solar Plexus Chakra**

Associated with personal power, will, joy (fear), self-confidence, and boldness.

Create a mantra regarding self-confidence, self-esteem or self image.

Examples:

1. *I am a courageous, joyful, inspiring Warrior Goddess!*
  2. *I have the brilliance and energy to realize my dreams!*
  3. *I am intelligent, articulate, and have everything to give!*
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### **Anahata or Heart Chakra**

Associated with love, compassion, equilibrium, and selfless service.

Create a mantra regarding either personal relationships or Universal Love.

Examples:

1. *My love relationship is magnificent, nourishing and growing!*
  2. *I give and receive love freely from an open heart!*
  3. *My love relationship is passionate, ever evolving, and full of trust!*
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### **Vishuddha or Throat Chakra**

Associated with communication and spiritual growth.

Create a mantra regarding how you express yourself in the world.

Examples:

1. *I express myself authentically, spontaneously and lovingly from the heart!*
  2. *I am a good listener!*
  3. *I successfully communicate the Truth of my Highest Self!*
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### **Ajna or Third Eye Chakra**

Associated with awareness, intuition and clarity.

Create a mantra regarding intuition and clarity.

Examples:

1. *I respond to life intuitively and skillfully from the heart!*
  2. *I am one with the infinite wisdom of all that is!*
  3. *I creatively navigate life with joy, wonder and gratitude!*
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### **Sahasrara or Crown Chakra**

Associated with spiritual bliss, empathy and cosmic consciousness.

Create a mantra regarding embodying cosmic consciousness.

Examples:

1. *The Love and Wisdom of the Universe flow freely through me!*
  2. *The pulsating breath and bliss of the universe is me!*
  3. *I am an evolving and magnificent expression of the Creative Universe!*
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