

# EveryDay Alchemist



All you need to strengthen your core



SOUNDS -OM..NN OR BLEND OF ALL SOUNDS IN SEQUENTIAL CYCLE-SPIRITUAL CONNECTION

**CROWN  
LIFE ENERGY POINT**

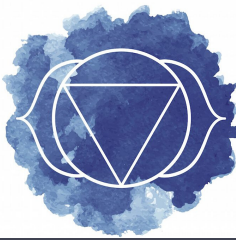
SAHASRARA

SACRED TRUTH - LIVE IN THE NOW

- \* I AM ONE WITH THE INFINITE
- \* I AM PRESENT AND LIVE IN THE NOW
- \* I AM CONNECTED TO SOURCE
- \* I TRUST LIFE



HANDS BY YOUR STOMACH



SOUNDS -EEE- AS IN 'TEA'  
INTUITION, IMAGINATION

**THIRD EYE  
LIFE ENERGY POINT**

AJNA

SACRED TRUTH - I LET GO AND LET GOD

- \* I AM ONE WITH THE INFINITE
- \* MY LIFE IS IN TUNE WITH THE COSMOS
- \* I AM SEEING AND THINKING CLEARLY
- \* I TRUST MY INNER WISDOM



HANDS BY YOUR BREASTBONE



SOUNDS -EH- LIKE 'ELEVATOR'  
COMMUNICATION, HIGHER  
CREATIVITY SELF-EXPRESSION

**THROAT -  
LIFE ENERGY POINT**

VISHUDDHA

SACRED TRUTH - SURRENDER TO DIVINE WILL

- \* IT'S OKAY TO SPEAK MY TRUTH
- \* I AM CREATIVE AND EXPRESS MYSELF WELL
- \* I TRUST THE CREATIVE FLOW OF MY LIFE
- \* I EXPRESS MYSELF MY FEELINGS CLEARLY



HANDS ON STOMACH



SOUNDS -AH- AS IN 'FATHER'  
LOVE, EMPATHY, ACCEPTANCE

**HEART-  
LIFE ENERGY POINT**

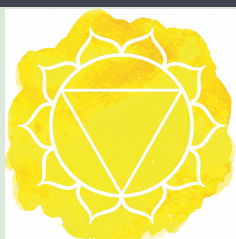
ANAHATA

SACRED TRUTH - LOVE IS DIVINE POWER

- \* I GIVE AND RECEIVE LOVE IN BALANCE
- \* I AM WORTHY OF LOVE
- \* I AM LOVE
- \* I FORGIVE, FORGIVE, FORGIVE



RIGHT HAND ON HEART LEFT ON LAP



SOUNDS -AW LIKE 'ORANGE'  
WILL, BOUNDARIES, ESTEEM

**NAVEL-SOLAR PLEXUS  
LIFE ENERGY POINT**

MANIPURA

SACRED TRUTH - HONOUR ONESELF -

- \* I AM POWERFUL, BRAVE & FOCUSED
- \* I CAN DO WHATEVER I WILL TO DO
- \* I MAKE MY OWN CHOICES
- \* I HONOUR MYSELF



HANDS BETWEEN HEART AND STOMACH



SOUNDS -OH LIKE 'ONLY'  
PLEASURE, CREATIVITY

**SACRAL-SEXUAL  
LIFE ENERGY POINT**

SWADHISTHANA

SACRED TRUTH - HONOUR ONE ANOTHER

- \* I AM IN TUNE WITH MY EMOTIONS
- \* I AM OPEN TO PLEASURE IN MY LIFE
- \* I HAVE MULTIPLE TALENTS
- \* I SURRENDER MY FEARS



PALMS ON LAP RIGHT OVER LEFT



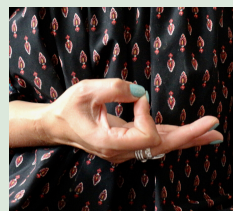
SOUND- OOO LIKE 'ROOT'  
SAFETY, SURVIVAL, TRUST

**ROOT - PERINEUM  
LIFE ENERGY POINT**

MULADHARA

SACRED TRUTH - ALL IS ONE

- \* I AM ENOUGH
- \* ALL IS WELL IN MY WORLD
- \* I HAVE ALL THAT I NEED
- \* I STAND BY MY LAW



BOTH HANDS ON KNEES

