

# CHAKRA CHANTS

**CROWN:** ALL IS ONE © Jana Runnalls  
 All is One  
 We are One  
 All is Love  
 We are Love  
 One Love  
 One Love

**THIRD EYE:** THE SOURCE © Kat Brown  
 I am the Source  
 I dream the dreams  
 I am the Spark  
 Creation lives in me  
 Creation lives in me

**THROAT:** I SPEAK MY TRUTH © Jana Runnalls  
 I speak my truth, I hear the sound of Spirit  
 I speak my truth, I hear the sound of Spirit  
 Singing in my heart, Singing in my life  
 Taking me home  
 Singing in my heart, Singing in my life  
 Taking me home, Taking me home

**HEART:** I FEEL STRONG IN MY HEART © Jana Runnalls  
 I feel strong in my heart I am held in love  
 Freedom comes from within  
 I feel strong in my heart I am held in love  
 Freedom comes from within  
 I open my wings and fly, like the eagle high in the sky  
 I open my wings and fly, like the eagle high in the sky  
 Fly...ing, Fly...ing

**SOLAR PLEXUS:** INNER FIRE © Jana Runnalls  
 I feel the love of Spirit guide my way  
 With peace, love and harmony  
 I feel the love of Spirit guide my way  
 With peace, love and harmony  
 Time to be, time to breathe, feel my inner fire  
 Time to be, time to breathe, feel my inner fire  
 Feel my inner fire

**SACRAL:** BORN OF WATER (unknown author)  
 Born of water  
 Cleansing, powerful  
 Healing, changing  
 I am

**ROOT:** I WALK IN BEAUTY © Andrea Bluefox  
 I walk in beauty, beauty before me  
 Beauty behind me  
 And beauty all around me

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 websites: [www.voiceofpower.com](http://www.voiceofpower.com) &  
[www.sacredhome.co.uk](http://www.sacredhome.co.uk)

**7) CROWN:**  
 Located on the top of the head at the fontanelle, the crown chakra relates to consciousness as pure awareness. It is a timeless place of all-knowing where we experience blissful spiritual union with the inter-connectedness of all life.

**6) THIRD EYE:**  
 Located in the centre of the forehead, it is related to the act of seeing, both physically and intuitively. As such, it opens up our psychic faculties and our understanding of archetypal levels. It tunes us in to our inner wisdom, allowing us to clearly see "the big picture".

**5) THROAT:**  
 Located in the throat, this chakra is related to communication, creativity and speaking one's truth. We experience the world symbolically through vibration, such as the vibration of sound representing language.

**4) HEART:**  
 Located in heart at the centre of the chest, it is related to love and is the integrator of opposites in the psyche: mind/body, male/female, ego/unity. It allows us to love deeply, feel compassion and experience a deep sense of peace and centredness

**3) SOLAR PLEXUS:**  
 Located in the stomach/diaphragm area, this is known as the power chakra. It relates to personal power, will and autonomy as well as our metabolism. It brings us a sense of playful spontaneity, effectiveness and clear, powerful energy.

**2) SACRAL:**  
 Located in the lower abdomen, it relates to emotion and sexuality. It connects us to others through feeling, desire, sensation and movement. It brings us fluidity and grace, depth of feeling, sexual fulfillment and the ability to accept change.

**1) ROOT:**  
 Located at the base of the spine, this is our connection to the earth and is linked to our survival instincts. It is about grounding and connection to our bodies - it brings us health, prosperity, security and dynamic presence.

