

# WHAT CAN YOU DO TO KEEP YOUR CHAKRAS BALANCED AND YOUR BIO-ENERGY FIELD CHARGED!



- ✚ Take 5 minutes daily to breathe, rest and relax; restore calm in the heart and mind

## ✚ Meditate

- ✚ Practice yoga or Pilates regularly
- ✚ Run or do some type of cardio 10 minutes per day
- ✚ Take a Himalayan salt bath once a week
- ✚ Never stay angry, commit to finding your resolve each and every day
- ✚ Eat live food versus dead food; as much organic locally grown vegetables as often as possible

