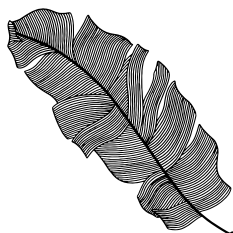


SELF-CARE FOR  
ENLIGHTENMENT

# THE 21 DAY CHAKRA CLEANSE

*BY: CODY  
COOPER*

JOURNAL



## CHAPTER 1

# Reflections

*Find Your Center*

1

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2

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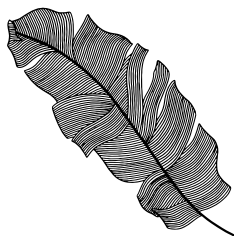
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## CHAPTER 2

# Reflections

## Earth Star Chakra

1

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2

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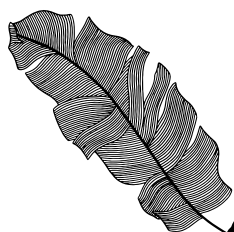
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## CHAPTER 3

# Reflections

## Base Chakra

1

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2

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3

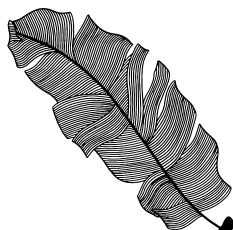
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## CHAPTER 4

# *Reflections*

## *Sacral Chakra*

1

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2

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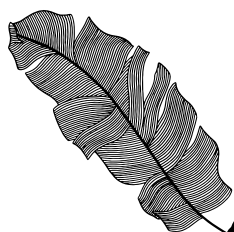
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## CHAPTER 5

# *Reflections*

## *Navel Chakra*

1

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2

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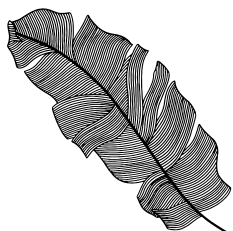
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## CHAPTER 6

# *Reflections*

## Solar Plexus Chakra

1

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2

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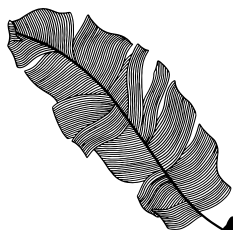
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## CHAPTER 7

# *Reflections*

## *Heart Chakra*

1

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2

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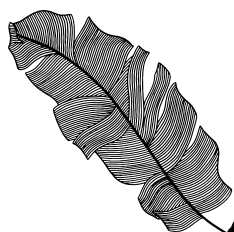
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## CHAPTER 8

# *Reflections*

## *Throat Chakra*

1

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2

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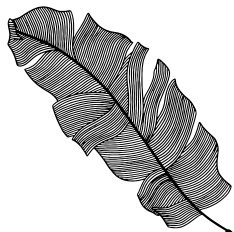
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## CHAPTER 9

# Reflections

## Third Eye Chakra

1

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2

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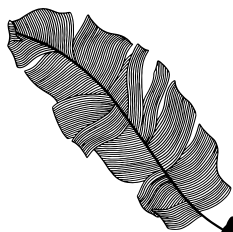
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## CHAPTER 10

# Reflections

## Crown Chakra

1

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2

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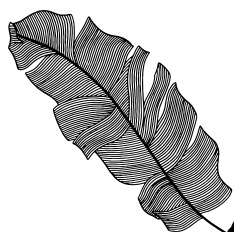
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## CHAPTER 11

# *Reflections*

## *Causal Chakra*

1

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2

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3

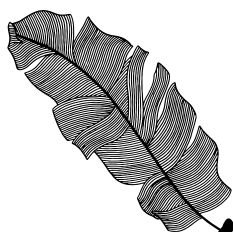
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## CHAPTER 12

# Reflections

## Soul Star Chakra

1

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2

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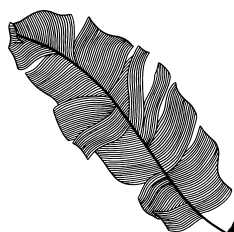
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## CHAPTER 13

# Reflections

## Stellar Gateway Chakra

1

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2

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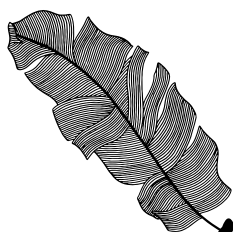
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## CHAPTER 14

# Reflections

## Physical Activity Checklist

1

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2

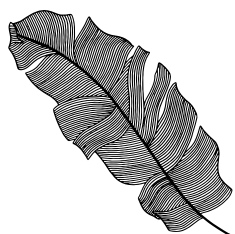
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## CHAPTER 15

# Reflections

Mental- Gentleness

1

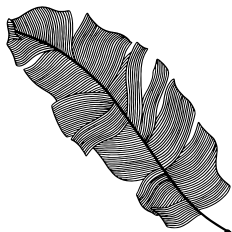
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2

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3

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## CHAPTER 16

# Reflections

## Emotional-Equilibrium

1

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2

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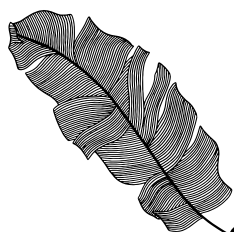
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## CHAPTER 17

# *Reflections*

## *Spiritual Joy*

1

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2

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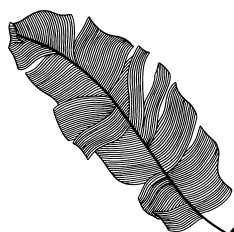
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## CHAPTER 18

# Reflections

## Metatron Consciousness

1

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2

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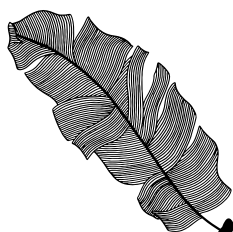
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## CHAPTER 19

# Reflections

## Goals

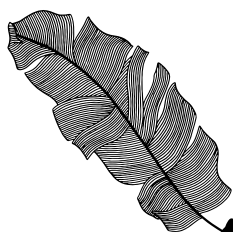
1.

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Angelic Love & Support





## CHAPTER 20

# Reflections

## Positive Affirmations

1

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2

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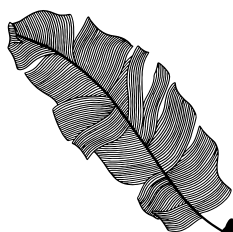
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## CHAPTER 21

# Reflections

The Power of Presence

1

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2

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3

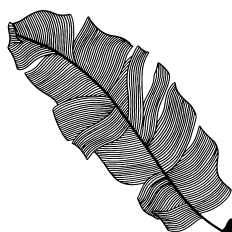
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Higher Self



## CHAPTER 22

# Reflections

Golden Ray

1

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2

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3

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*Believe in  
Yourself*

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