

## PLANETARY MANTRAS

Your Organs are associated with the Five Elements and Colors: Wood (green/turquoise), Fire (red), Earth (yellow/brown), Metal (white/grey), Water (blue/black); And with a Planet. Hold your hands over the corresponding organ and recite the mantra as you bring attention to the area. Focus on the areas that you need.

Additional tip: wear/eat/use the color that you need.

---

*\*Liver located near right side rib area; Spleen located near left side rib area; Kidneys located near lower back area*

---

**LIVER/WOOD - JUPITER** – I honor and embrace the power of expansion in my life. Allowing aliveness and the mystery of life to embody me. I expand. I am the power of Jupiter.

**HEART/FIRE - MARS** – I honor and embrace the power of action. I encourage empathy, compassion and heart in every action that I take. I activate. I am the power of Mars.

**SPLEEN/EARTH - SATURN** – I honor and embrace the power of responsibility. I remain steadfast and focused, accepting and digesting my reality with grace. I harness. I am the power of Saturn.

**LUNGS/METAL - VENUS** – I honor and embrace the power of love in my life. I fill every cell in my body with love as I inhale. As I exhale, I breath out loving kindness. I inspire. I am the power of Venus.

**KIDNEYS/WATER - MERCURY** – I honor and embrace the power of communication. I am but a sacred messenger. I receive. I am the power of Mercury.