

# CHAKRA AFFIRMATIONS



## Root Chakra

"I am motivated, supported, secure & grounded. I have a strong network of people who love and value me. I am taken care of. I am safe. I am financially secure and abundant. I'm always provided for."



## Sex / Sacral Chakra

"I am magnetic, creative, loving, fun and sexy. It's safe to express my sexuality. I am comfortable in my body. I am filled with life force energy. It is right to be joyful and find pleasure."

## Naval Chakra

"I am empowered, I have good healthy self boundaries. I take 100% responsibility for everything in my life. I cut from all negative people, places, times & events that are draining my energy. I call my power & spirit back to me now"



## Solar Plexus Chakra

"I love, trust, respect, accept & value myself. I am strong, confident, worthy & courageous. I am enough"



## Heart Chakra

"I am open to give and receive love, I love and accept myself. I forgive myself and others. I am fully open to love. My heart is full of love. I am loving, compassionate, understanding, joyful and happy. I trust"



## Throat Chakra

"It's safe to express my needs. I love to use my voice and express myself. I easily speak my truth with love and respect. I am honest about who I am. I am flexible, organised and in flow"



## Ajna / Third Eye Chakra

"I am aligned & surrendered to the divine will. I trust my intuition. I clearly see the bigger picture of life. I am strong & healthy. My thoughts are peaceful. I am connected to the Divine. I know my own voice."



## Crown Chakra

"I am one with the Divine. I am Divine and I belong. I have divine wisdom, guidance & intuition. All is well. I am at peace."