

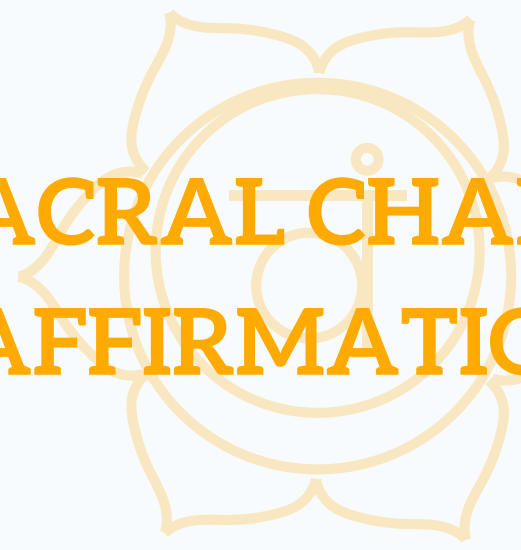


ROOT CHAKRA AFFIRMATIONS

- I am safe and secure.
- I am rooted in this present moment.
- I am strong, steady, and grounded.
- I have access to all the resources I need to survive and thrive.
- I am equipped with all the tools I need to succeed.
- Everything I need comes to me at exactly the right place and time.
- I vibrate powerful, abundant, peaceful energy and attract this same energy in return.
- Deep inner peace is my natural state.
- Even when the world around me feels chaotic, I remain rooted firmly to the ground.
- All my needs are always met.



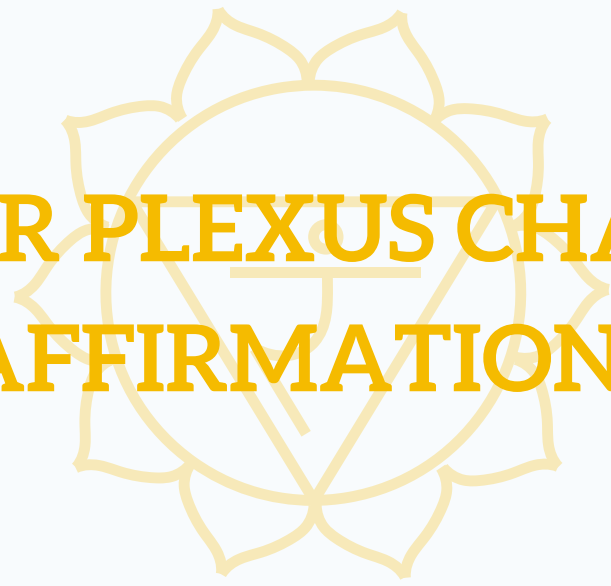
SACRAL CHAKRA AFFIRMATIONS



- I am creative, passionate, and inspired.
- I feel joyful, energetic, and alive.
- My emotions flow freely in a balanced and healthy way.
- Endless prosperity flows to and through me.
- I find new ways to express my creativity.
- It is right for me to choose joy, fun, and play in my daily life.
- I deeply respect and honor my sacred body.
- My body is a masterpiece.
- I listen to my sacred body and give it what it needs.
- I am worthy and deserving of respect from myself and others.



SOLAR PLEXUS CHAKRA AFFIRMATIONS



- I am strong, powerful, and confident.
- I can achieve anything I set my mind to.
- I am motivated, persistent, and successful.
- I am aligned with my purpose.
- I have the confidence and power to take big leaps.
- I hold the key to my own happiness.
- My soul is radiant, my body is strong, and my mind is brilliant.
- I am fearless in the pursuit of what sets my soul on fire.
- I have the courage and confidence to accept my dreams as reality.
- I am enough. I have always been enough. I will always be enough.



HEART CHAKRA AFFIRMATIONS



- I am loved, loving, and lovable.
- I am patient, peaceful, and calm.
- I choose to be kind to myself and love myself unconditionally.
- I am aligned with the highest frequency of love.
- I am a beacon of love and compassion.
- I am kind, generous, and compassionate.
- I lovingly nurture my mind, body, and spirit.
- I am a loving and powerful force in the world.
- I honor my heart. I honor my loving energy. I honor who I am.
- I am love.



THROAT CHAKRA AFFIRMATIONS

- I am able to calmly and effectively speak my truth.
- I live an honest, authentic, wholehearted life.
- I express myself clearly and openly.
- I speak with calm, clarity, and confidence.
- I add value to every conversation I participate in.
- My insight is welcome, needed, and valuable.
- I am empowered to speak my truth.
- I am a good listener and give others my undivided attention when they speak.
- I value the words of others.
- I remain true to myself in all that I say and do.



THIRD EYE CHAKRA AFFIRMATIONS

- I see and think clearly.
- My mind is strong, open, and clear.
- I trust my intuition to guide me in making good decisions.
- My inner knowing always knows the way.
- I follow my intuition and know that nothing is put before me that I can't handle.
- All that I seek I can find within me.
- I am insightful, intuitive, and imaginative.
- My imagination is vast, expansive, and endless.
- I trust the signs and synchronicities that show up in my daily life.
- I honor my inner knowing and trust my path.



CROWN CHAKRA AFFIRMATIONS



- I am a spiritual being in a human body.
- I honor the sacred divinity that exists within me.
- My body is a beautiful home for my radiant soul.
- I am divinely protected, inspired, and guided by the Universe.
- I surrender to the loving will of the Universe.
- I am aligned with my soul's purpose and truth
- Eternal peace flows to and through me.
- I release the need to control my life and surrender to a higher power.
- Even when the world is immersed in darkness, I walk forward in faith, love, and light.
- I am love. I am light. I am connected to all.