

CHAKRA AFFIRMATIONS



ROOT CHAKRA

I feel deeply rooted.
I am connected to my body.
I feel safe and secure.
Just like a tree or a star, I have a right to be here.
I stand for my values, for truth, and for justice.
I have what I need.
I am grounded, stable, and standing on my own two feet.
I nurture my body with healthy food, clean water, exercise, relaxation, and connection with nature.
I am open to possibilities.
I am grateful for all the challenges that helped me to grow and transform.
I trust in the goodness of life.
I make choices that are healthy and good for me.
I trust myself.
I love life.

SACRAL CHAKRA

I love and enjoy my body.
I have healthy boundaries.
I am open to experiencing the present moment through my senses.
I am passionate.
I feel pleasure and abundance with every breath I take.
I nourish my body with healthy food and clean water.
I know how to take care of my needs.
I value and respect my body.
I am open to touch and closeness.
I allow myself to experience pleasure.
My sexuality is sacred.
Emotions are the language of my soul.
I take good care of my physical body.
I am at peace.

SOLAR PLEXUS CHAKRA

I love and accept myself.
I stand up for myself.
I am strong and courageous.
I am worthy of love, kindness, and respect.
I choose the best for myself.
I express myself in a powerful way.
I am proud of my achievements.
I honor my self.
I choose healthy relationships.
I am authentic.
I direct my own life.
I appreciate my strengths.
I feel my own power.
I am free to choose in any situation.
I seek opportunities for personal and spiritual growth.
I am at peace with myself.

HEART CHAKRA

I am open to love.
All love resides within my heart.
I deeply and completely love and accept myself.
I nurture my inner child.
I am wanted and loved.
I live in balance, in a state of gracefulness and gratitude.
I love the beauty of nature and the animal world.
I forgive myself.
I am open to love and kindness.
I am grateful for all the challenges that helped me to transform and open up to love.
I am connected with other human beings.
I feel a sense of unity with nature and animals.
I accept things as they are.
I am peaceful.

THROAT CHAKRA

I am open, clear, and honest in my communication.
I have a right to speak my truth.
I communicate my feelings with ease.
I express myself creatively through speech, writing, or art.
I have a strong will that lets me resolve my challenges.
I nourish my spirit through creativity.
I live an authentic life.
I have integrity.
I love to share my experiences and wisdom.
I know when it is time to listen.
I express my gratitude towards life.
I listen to my body and my feelings to know what my truth is.
I take good care of my physical body.
I am at peace.

THIRD EYE CHAKRA

I am in touch with my inner guidance.
I listen to my deepest wisdom.
I seek to understand and to learn from my life experiences.
I am wise, intuitive, and connected with my inner guide.
I nurture my spirit.
I listen to the wisdom of elders.
I trust my intuition.
I forgive the past and learn what was there for me to learn.
I forgive myself.
I love and accept myself.
I know that all is well in my world.
I am connected with the wisdom of the universe.
I am open to inspiration and bliss.
My life moves effortlessly.
I am at peace.
I am the source of my truth and my love.
I am at peace.

CROWN CHAKRA

I am part of the Divine.
I honor the Divine within me.
I seek to understand and to learn from my life experiences.
I cherish my spirit.
I seek experiences that nourish my spirit.
I listen to the wisdom of the universe.
I trust my intuition.
I am open to letting go of my attachments.
I live in the present moment.
I am grateful for all the goodness in my life.
I love and accept myself.
I know that all is well in my world.
I am connected with the wisdom of the universe.
I am open to divine wisdom.
My life moves with grace.
I am at peace.