

CHAKRA AFFIRMATIONS

Daily affirmations to help align yourself and your chakras.



CROWN CHAKRA

- 1. I am a divine being connected to the universe.*
- 2. My mind, my body, and my spirit are healed and well.*
- 3. I am at peace and live peacefully.*

THIRD EYE CHAKRA

- 1. I see everything with clarity.*
- 2. I trust my intuition to guide me daily.*
- 3. My mind is focused and clear.*



THROAT CHAKRA

- 1. I speak my truth openly and freely.*
- 2. I am solely responsible for the clarity of my expression.*
- 3. My truthfulness will bring me what I deserve.*





HEART CHAKRA

1. *I am worthy of the most radiant and pure love.*
2. *I release all anger and resentment.*
3. *I send love to my own heart.*

SOLAR PLEXUS CHAKRA

1. *I am strong enough to do anything I desire.*
2. *I stand in my power.*
3. *My inner fire and desire burns through all fear and blockages.*



SACRAL CHAKRA

1. *I honor this sacred body in which my soul resides.*
2. *My being is creative and abundant.*
3. *I attract people who treat me with respect.*

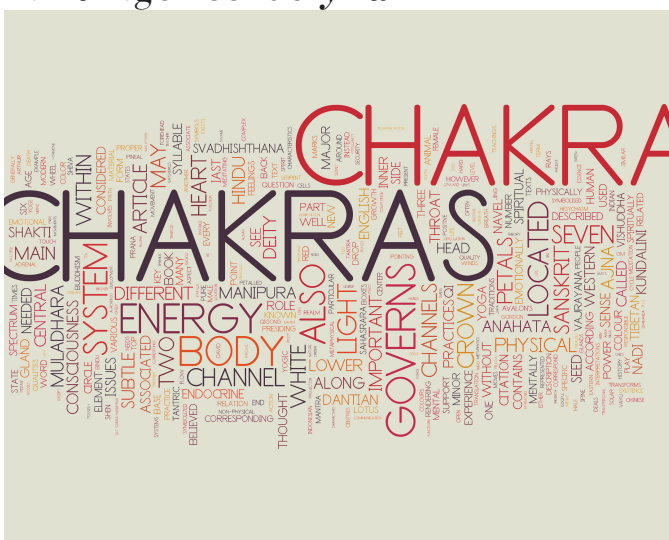


ROOT CHAKRA

- 1. *I am grounded and have a connection to Mother Earth.*
- 2. *I am safe and secure.*
- 3. *I am worthy of love.*

STAY HYDRATED!

When incorporating these affirmations into your daily life, it is important to drink water. Drinking water helps flush out toxins and stagnant energies that no longer serve you.



NEED A REIKI SESSION?

At Leto's Maternity Isle, we offer distance reiki healing sessions. Reiki energy helps aid pain management, helps with grounding and with improve quality of sleep. Visit our website to book an appointment with us!