

## Sacral Chakra Affirmations

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I am comfortable in my body.  
I am creative.  
I am unashamed of my sexuality.  
My emotions are balanced.  
I allow myself to enjoy life.  
I respect my body.  
I am free to express my emotions.  
I inspire others.  
My life is vibrant.  
I take care of my physical body.

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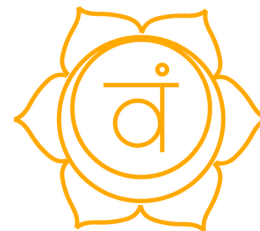
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