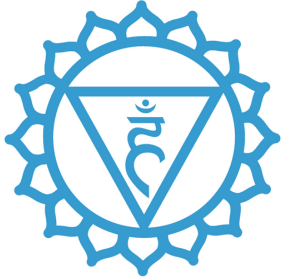
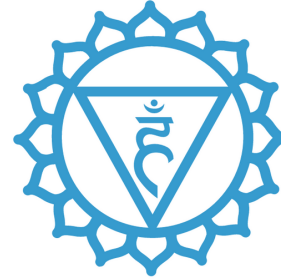


Throat Chakra Affirmations



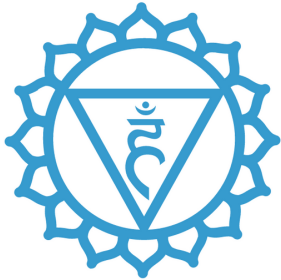
I express my needs clearly.
I am unafraid to speak truth.
I am worthy of being heard.
I communicate with kindness.
I am honest about who I am.
I speak up for myself.
My voice is a strength.
I express my gratitude toward others.
I use my words for building up.

Throat Chakra Affirmations



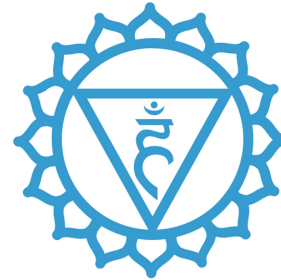
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