

Chakras & Daily Affirmations

CROWN

Higher Knowledge

Divinity and Higher Values

Wisdom, Inspiration, Higher Reason & Awareness

Represents state of higher consciousness and divine connection. Imbalanced: cynicism, disregarding what is sacred, closed mindedness, and disconnection with spirit.

- I honor my body as a temple of my soul.
- I am LOVE. I am JOY. I am FREEDOM. I am PEACE.
- I am complete and one with the divine energy.
- I am peaceful, whole and balanced.

THIRD EYE

Intuition

Sixth Sense and Clairvoyance

Imagination, Knowing and Seeing Intuitively

Represents intuition, foresight, and is driven by openness and imagination. Seeing beyond the five body senses. The psychic sense. Imbalanced: lack of direction and lack of clarity.

- I am passionate, powerful and productive.
- I am guided by my inner wisdom.
- I am connected with my highest truth.
- I am at all times safe, loved, guided and protected.

THROAT

Communication

Healing & Creativity

Expression, Articulation & Creative Communication

Represents the ability to speak and communicate clearly and effectively. Imbalanced: shyness, being withdrawn, arrogance, and increased anxiety.

- I easily speak my truth. I easily express myself.
- I own my power and feel fully alive.
- I am calm, confident and centered.
- I trust my life is unfolding exactly as it should.

HEART

Love & Connection

Compassion, Hope

Warmth, Esteem and Forgiveness

Represents love, self-love, and governs our relationships. Sharing, relating and respecting self. Imbalanced: depression, difficulty in relationships, lack of self-discipline.

- I love and accept myself just as I am.
- I deserve love, health, happiness and prosperity.
- I give and receive love effortlessly and unconditionally.
- I feel stronger, more alive and energized each day.

SOLAR PLEXUS

Energy & Vitality

Will Power & Desire

Inner Strength, Self-Control and Purpose

Represents personal authority, self-esteem, pleasure, will-power, and personal responsibility. Imbalanced: low self-esteem, control issues, manipulative tendencies, and misuse of power.

- I am enough and what I do is enough.
- I love myself. I value myself. I trust myself.
- I am a powerful, radiant, magnificent being of light.
- I permit myself to fully enjoy everything I do.

SACRAL

Relationships & Emotions

Giving & Receiving

Expressing Needs: Emotional and Sexual

Represents creative and sexual energies, reproduction and responsiveness. Imbalanced: lack of or repressed creativity, sexual dysfunction, withheld intimacy, resentment, and emotional isolation.

- I forgive the past and I embrace my life fully.
- I realize all f the goodness that surrounds me.
- I am creative and strong. I am capable.
- I listen to my inner truth. I honor and care for myself.

ROOT

Life Force

Stability, Self Preservation, and Survival

Represents the foundation for which we build our life, safety, security, and stability. Imbalanced: scattered energies, anxiety, and fear.

- I am fully grounded and supported.
- I joyfully nourish my mind, body and spirit.
- I have enough. I know enough. I am enough.
- I accept that good health is my natural state.

