

Affirmations for Each Energy Center
[column: Unity Healing and Your Energy Centers]

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How can you be sure that you are addressing all major parts of your soul in your healing affirmations? I strongly recommend saying affirmations for each of your soul energy centers (chakras) every day. Below is the energy center model that I developed and that works very well with my healing clients. When you say each affirmation, focus on the energy center location listed, and visualize and allow life energy (divine substance) to flow into your body there.

Affirm: I open my soul and life to completely...

- ...receiving divine love, oneness with all, ultimate reality (crown of head)
- ...receiving truth, wisdom, vision (forehead)
- ...giving truth, wisdom, vision (back of head)
- ...receiving all nourishment, abundance (throat)
- ...giving all nourishment, abundance (back of neck)
- ...receiving love, connection, closeness (heart)
- ...giving love, connection, closeness (back of heart)
- ...receiving the goodness of my spirit, power, freedom (solar plexus)
- ...giving the goodness of my spirit, power, freedom (back of solar plexus)
- ...receiving pleasure, fun, sexuality (front of pelvis)
- ...giving pleasure, fun, sexuality (sacrum)
- ...receiving safety, support, vitality (perineum)