

Andrea's Chakra Affirmations

copyright 2015 Natural Alignment For Life

<p>Root Chakra Abundance, groundedness, safety, passion</p> <ul style="list-style-type: none"> - I am thankful and grateful for my life's clarity - I am thankful and grateful for my stability - I am thankful and grateful for my vast abundance of vital energy - I am thankful and grateful for my abundant resources (or finances) 	<p>Sacral Chakra Activity, creativity, emotions, fertility</p> <ul style="list-style-type: none"> - I am a sensual and creative being - I easily forgive myself and others - I enjoy and am worthy of pleasure - My relationships bring me great joy - I am thankful and grateful for my pleasurable relationships
<p>Solar Plexus Chakra</p> <p>Intelligence, worthy, self-esteem, self-love</p> <ul style="list-style-type: none"> - I am a powerful creator of my life - I radiate joyful self-confidence - I am filled with purpose and passion - I manifest my desires with ease - I am thankful and grateful for wisdom and inner guidance 	<p>Heart Chakra</p> <p>Compassion for self and others, unconditional love, kindness, forgiveness</p> <ul style="list-style-type: none"> - I am unconditional love - I deeply and completely love and accept myself - I easily accept myself and others - I give and receive love effortlessly and unconditionally - I am connected to everything in the universe
<p>Throat Chakra</p> <p>Communication, Creative expression, truth, listening, independence</p> <ul style="list-style-type: none"> - I clearly and lovingly express myself - I communicate with ease and clarity - I am a skilled listener and I listen to understand - I speak my truth with confidence - My lovingly delivered truths are well received 	<p>Third Eye Chakra</p> <p>Intuition, imagination, awareness, perception</p> <ul style="list-style-type: none"> - I trust and act upon my intuition - I am imaginative and playful - I am fully aware at all times - My vision transmits and permeates to others - I am thankful and grateful for my positive visions
<p>Crown Chakra</p> <p>Spirit, intuition, worthiness, divinity, access to higher self</p> <ul style="list-style-type: none"> - I easily connect with spirit (higher self) - I am complete and one with divine energy - I am cherished by God and the universe - I am at ease with my place in the world - I am thankful and grateful for all the goodness in my life 	