

Andrea's Chakra Affirmations

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<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 	