

The Chakra System

And Affirmations



The Crown

Third Eye

Throat

Heart

Solar Plexus

Sacral

Root

ROOT - I STAND GROUNDED

SACRAL - I AM AT ONE WITH CHANGE

SOLAR PLEXUS - I AM AT ONE WITH MY POWER

HEART - IT IS SAFE FOR ME TO GIVE AND RECEIVE LOVE

THROAT - I SPEAK MY TRUTH EASILY

THIRD EYE - I EASILY ACCESS MY INTUITION

THE CROWN - I AM DIVINE