

# Affirmations and Ways to Improve Chakra Health

## 7 Major Chakras

*(Repeat affirmations throughout the day, minimum 3 times)*

7 Major Chakras	Positive Affirmations to Aid in Creating a Healthy Chakra
<b>1<sup>st</sup> Chakra – The Root (Survival)</b>	<ol style="list-style-type: none"> <li>1. <i>I choose to move in the direction that best supports me.</i></li> <li>2. <i>I release all struggle, worries, and fears about money and safety.</i></li> <li>3. <i>I am open to possibilities.</i></li> <li>4. <i>I trust myself and my decisions.</i></li> <li>5. <i>I am a survivor.</i></li> <li>6. <i>I am healthy, comfortable and have what I need.</i></li> </ol> <p><b>(take walks, meditate, garden, walk and spend more time in nature, wear the color red, use red candles, eat red foods, have red crystals handy)</b></p>
<b>2<sup>nd</sup> Chakra – The Sacral (Passion, Creativity)</b>	<ol style="list-style-type: none"> <li>1. <i>Obstacles move beyond resistance as I connect with the movement of universal flow.</i></li> <li>2. <i>I am beautiful.</i></li> <li>3. <i>My creative flow is magnificent.</i></li> </ol> <p><b>(find a way to use creative and passionate expression; art, music, dance, writing, singing, etc., wear orange colors, use orange candles, have orange crystals handy, eat orange colored foods)</b></p>
<b>3<sup>rd</sup> Chakra – The Solar Plexus (Personal Power)</b>	<ol style="list-style-type: none"> <li>1. <i>I am creative.</i></li> <li>2. <i>I choose.</i></li> <li>3. <i>I am not afraid and have courage.</i></li> <li>4. <i>I am worthy of the life I want to have.</i></li> </ol> <p><b>(eat yellow foods, wear yellow colors, spend time in the sunlight, practice yoga, find ways to healthfully release anger, have yellow flowers around, keep yellow crystals handy)</b></p>
<b>4th Chakra – The Heart ( Love, Empathy)</b>	<ol style="list-style-type: none"> <li>1. <i>I accept myself and others as they are.</i></li> <li>2. <i>I forgive myself and I forgive others.</i></li> <li>3. <i>I am worthy to receive and give love.</i></li> <li>4. <i>I am love.</i></li> <li>5. <i>I am filled with compassion for others.</i></li> </ol> <p><b>(eat green foods, wear green clothes, volunteer your time, practice random acts of kindness, smile more often, have green plants around you, practice forgiving others, look for the positive in your situation/ environment)</b></p>
<b>5th Chakra – The Throat</b>	<ol style="list-style-type: none"> <li>1. <i>I communicate my truth effortlessly and without judgment.</i></li> </ol>

## (Communication)

2. *I am open and clear in the integrity of my words*
3. *I meet and greet others in a kind and positive manner.*
4. *I speak positively and truthfully.*
5. *I listen to my higher self.*
6. *I creatively express my communication in a positive way.*

(wear blue colors, use blue candles and enjoy blue flowers, sit near clear blue water, write love notes, poems, laugh more, listen to music that is uplifting, keep positive affirmations at hand and repeat throughout the day, say thank you more often and spend time quietly to listen to Spirit)

## 6th Chakra – The 3rd Eye (Higher Self, Intuition)

1. *I can discern the truth from lies.*
2. *I see the Divine Spirit in all things/creations.*
3. *I release any fear to seeing, knowing, feeling, receiving Divine information.*
4. *I allow myself to be open to receive the truth in all things.*
5. *I can manifest what I hold in my inner vision.*

(wear dark blue and deep purple colors, have on hand or work with stones and crystals such as lapis and amethyst, in all situations see positive outcomes, each day see situations in a broader way, affirm it is safe for your 3<sup>rd</sup> Eye Chakra to be open and receiving, decorate your home beautifully, create a sanctuary for your spirit to live in, thank you spirit regularly for information you receive)

## 7th Chakra – The Crown (Divine, Universal Consciousness)

1. *I am always connected at a higher power.*
2. *I am always open to all possibilities.*
3. *I allow the Divine to flow through me.*

(meditate, pray, take walks, wear colors of white, have white crystals and stones around, white flowers and candles, eat white foods that are healthy, give thanks for all things, practice yoga gently, welcome a connection with the Divine, speak regularly to the Divine, remember to practice more gratitude and kindness to all living creations and our planet)

