**Chakra Energy Affirmations**

One of the powerful tools used for Chakra healing are affirmations. Affirmations are positive statements that have the function of strengthening and healing damaged part of ourselves. When working with affirmations, we are able to focus on various aspects, one at a time. Here are some examples of affirmations for the various Chakras:

1. Root Chakra – “*I am filled with humility. I am enough as I am.”*
2. Sacral Chakra – *“I am radiant, beautiful and strong and enjoy a healthy and passionate life”*
3. Solar Plexus – “*I accept myself completely. I accept that I have strengths and I accept that I have weaknesses.”*
4. Heart Chakra – *“Love is the answer to everything in life, and I give and receive love unconditionally”*
5. Throat Chakra – *“My thoughts are positive, and I always express myself truthfully and clearly”*
6. Third Eye Chakra – “*I am wise, and I understand the true meaning of life’s situations”*
7. Crown Chakra –  *“I am complete and one with the divine energy”*

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| At the central core of our body spin seven main wheel-like energy centers called **Chakras**. Chakras have the ability to **receive**, **assimilate** and **transmit energy**.  Each chakra is a **vortex**, s**pinning life-force energy into or out of the body**. In fact, the word **chakra** is from the Sanskrit word meaning **"wheel of light"**.  There are 7 major chakras connected to and a part of the physical body. All are located on the torso and head. Each chakra transmits and receives life-force energy often called "**qi**" (pronounced "chee", sometimes spelled "chi"), "**prana**", or "**universal intelligence**". There are also 2 other important chakras: the **Soul Star** and the **Earth Star** chakras which are just above the head and below the feet respectively.  There are also many minor chakras, most of which are located at the joints of the physical body.  When we are in a state in ill health, the chakras may be distorted, out of alignment or even stagnant. When this happens, life force energy cannot flow in and out freely and the physical body may suffer. **Stress**, **inability to express emotions**, **over emotional expression**, **beliefs incongruent with Truth**, **disconnection from a higher power**, **unhealthy diet**, **lack of exercise**, **exposure to toxicity**, etc. can cause the chakra system to close down. |