



Chakra 7: Crown Chakra | Consciousness

THEME: Higher Self, relationship to universe

NEED: Purpose, self-actualization, connection to oneness

I am an extension of the universe. I am infinite and divinely inspired. I honor and protect my divine spirit. I seek the highest truth and the most healing ways to live my life. I am connected to divine love. I align to my Higher Self.



Chakra 6: Third Eye | Wisdom

THEME: Understanding, perception, discernment, cognition

NEED: Growth, clarity, peace of mind

I trust my intuition. My inner wisdom guides me. I am wise. I clearly see what I need to see when I need to see it. I open myself to know my inner guidance and deepest wisdom. The source of truth is within me.



Chakra 5: Throat | Self-Expression

THEME: Speech, honesty, communication, creativity

NEED: Authentic self-expression, contribution

I speak my truth confidently and authentically. My truth matters. I express myself confidently, honestly and clearly. I develop my integrity each time I speak the truth. I use my voice for the highest good.



Chakra 4: Heart | Love

THEME: Longing, trust, peace, forgiveness

NEED: Love, belonging, connection, acceptance, affection, friendship, intimacy

I am balanced, centered, present in truth and love. I open my heart. My love and trust heals me and everything around me. I heal and release what no longer serves me. I release and forgive the past.



Chakra 3: Solar Plexus | Power

THEME: Assertiveness, personal power, control, emotions

NEED: Self-esteem, significant, respect, recognition, strength, freedom

I am powerful and confident. I trust myself and my decisions. I find courage to embrace my fears and pursue my purpose. I accept myself with my strengths and weaknesses. I am worthy because I exist. I got this.



Chakra 2: Sacral | Sexuality

THEME: Pleasure, passion, desire, playfulness

NEED: Variety, pleasure, satisfaction

I honor my desires. I embrace pleasure. I deserve to enjoy life. I let my emotions flow and be expressed through me. I am sensitive and strong. I honor my body. My sexuality is sacred.



Chakra 1: Root | Survival

THEME: Security, certainty, money, work, fear, anger

NEED: Basic safety, food, drink, sleep, health, housing

I am centered and grounded. I am safe and at home within my body. The universe always provides for me. I am always taken care of. I am always protected.