CHAKRA AFFIRMATION *Toolkit*

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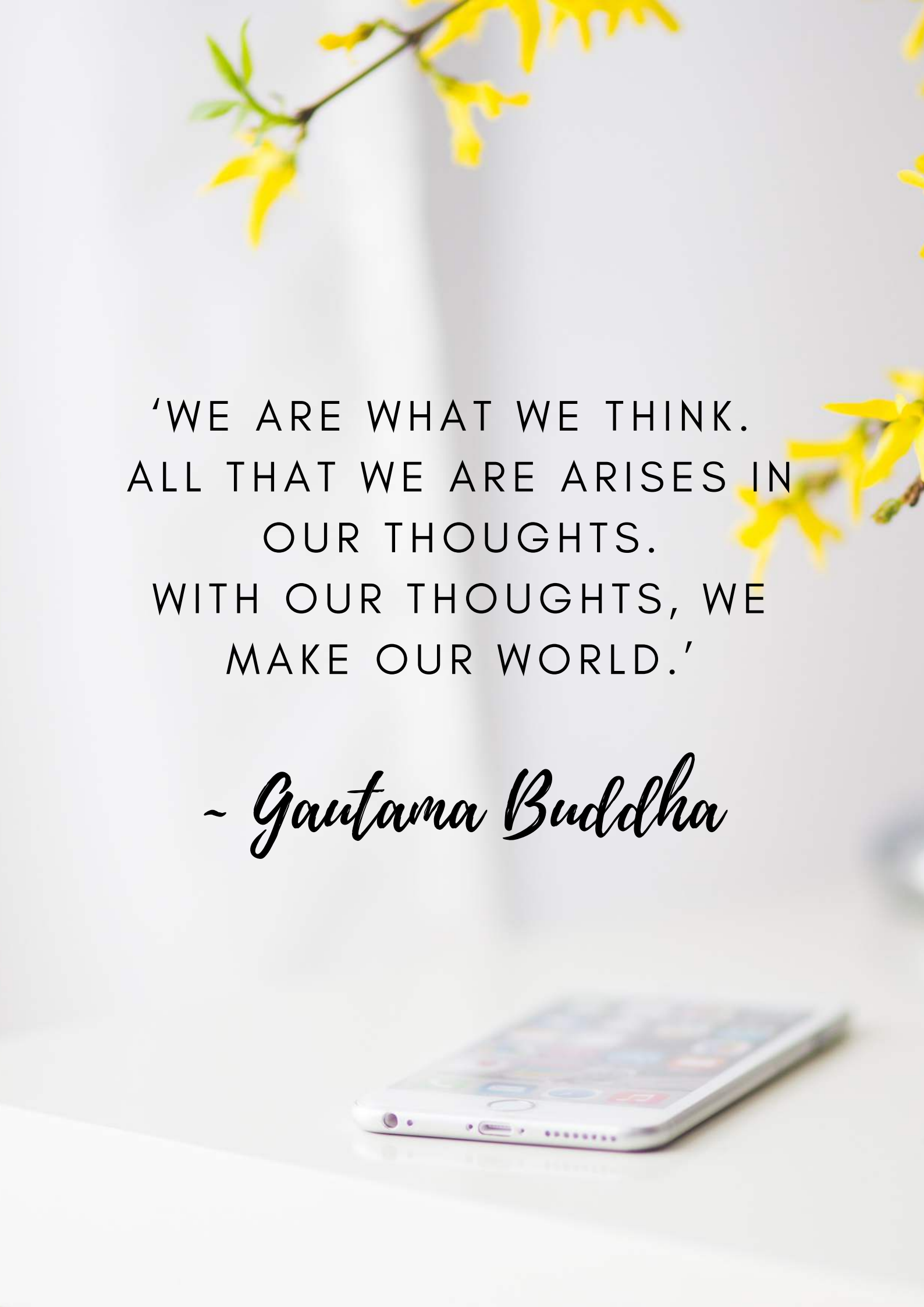
‘WE ARE WHAT WE THINK.
ALL THAT WE ARE ARISES IN
OUR THOUGHTS.
WITH OUR THOUGHTS, WE
MAKE OUR WORLD.’
~ Gautama Buddha

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AFFIRMATION TOOLKIT

Welcome to Breathe and Blooms Affirmation Toolkit. I am delighted to bring you a collection of my favourite Positive Affirmations based around the seven Chakras.

Many of us nowadays, are open to the idea that we create and attract our reality through our thoughts, mindset and resilience.

Research shows that by strategically altering our mindset to one of gratitude and positivity, we open both our heart and mind up to receiving blessings in many forms throughout our life.

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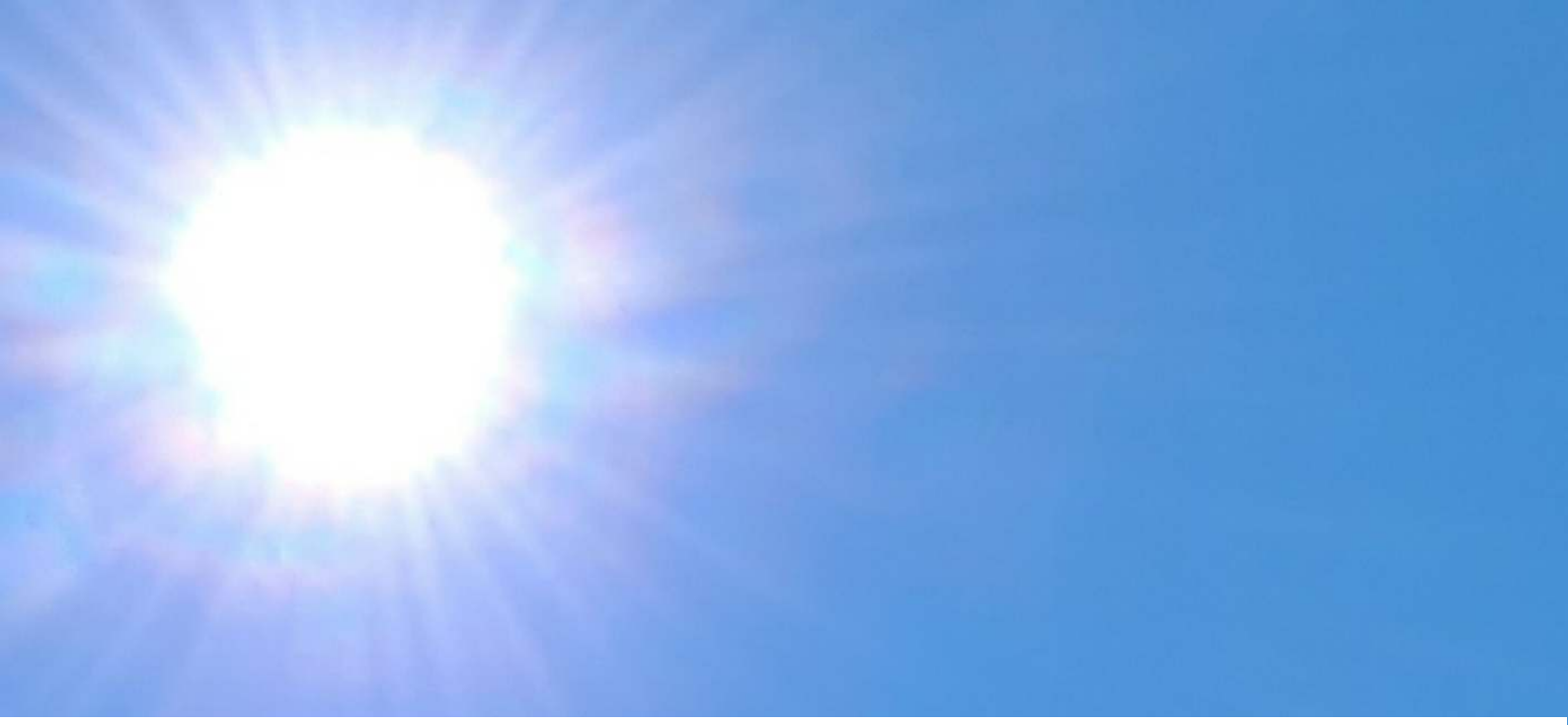
HOW TO USE THE AFFIRMATIONS

The Affirmations are written for boosting the energy of each individual Chakra as well as producing a positive mindset.

If you are unfamiliar with Chakras, you will find a brief description of each one above the Positive Affirmations.

Simply select the Affirmation that resonates with you (your intuition and higher-self will guide you to the one you most need), and repeat this out loud or to yourself, as many times as you require each day.

When you feel you are ready to move on, select another Affirmation (this may be for a different Chakra or the one you have practiced previously, again, allow your higher-self to guide you).



ROOT Chakra

The Root Chakra: *is associated with stability, security and our basic needs. The energies of the Root Chakra help us feel grounded, cannected to this Earth, giving us a place for our life to take 'root' and for the flow of energies to propel us forward on our life journey*

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ROOT CHAKRA

Positive Affirmations: Choose the one that resonates with you the most. You are invited to say this affirmation out loud or to yourself every day as often as possible.

Change is natural and easy for me, as I trust in myself to make the right decisions.

I am willing to leave my old ways behind and embrace a new way of thinking and living.

It is safe for me to let go of who I am now and transform into the person I want to be.

As I make the changes within my reality starts to reflect that back to me in positive, inspiring ways.

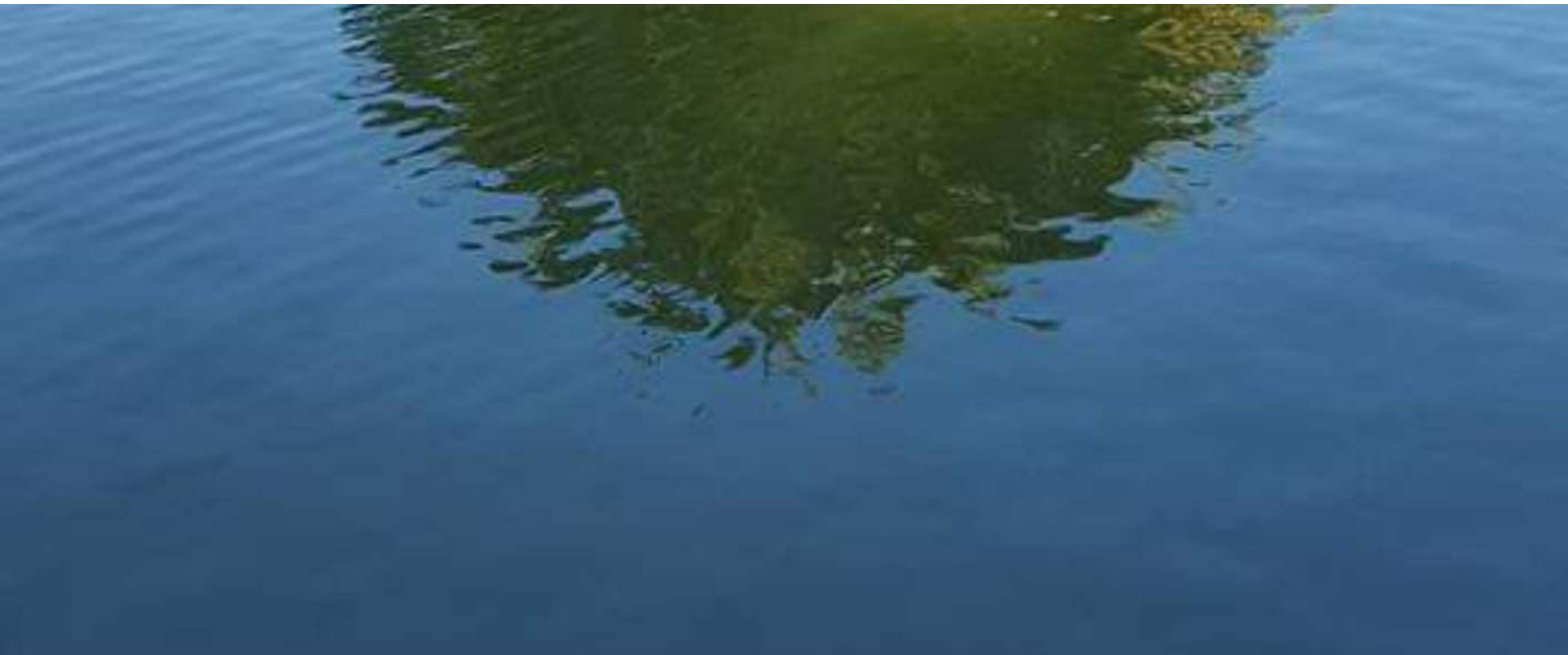
As life is ever changing, I flow with the changes embracing the new.

Change is freedom of the old and makes way for the new.

I trust my instincts in everything I do and with everyone I meet.

SACRAL Chakra

The Sacral Chakra: *is responsible for passion, sensuality, intimacy, money, creativity and joy. The balance of the Sacral Chakra allows us to improve our relationships with ourselves and others*



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SACRAL CHAKRA

Positive Affirmations: Choose the one that resonates with you the most. You are invited to say this affirmation out loud or to yourself every day as often as possible.

I embrace my creativity, my visions and my dreams and accept that they can become my reality.

I am open to romance. I radiate joy and I appreciate the beauty in life. I can see the beauty in all I meet.

I love my body and any imperfections are what make me unique.

I no longer hide my emotions, I am free to say, act and live in accordance to my true self.

Creativity is my joy and I now find ways to bring more creativity in to my life.

My inner-child is healing as I love her/him more and more each day.

I listen to the needs of my inner-child as we work together to live a better life. Day after day my relationships become easier as I am able to integrate all hurt parts of myself into a place of loving kindness. Thank you for making me the powerful person I am today.

SOLAR PLEXUS Chakra

The Solar Plexus Chakra: *provides a source of personal power and relates to self-esteem, warrior energy and the power of transformation and confidence.*

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SOLAR PLEXUS CHAKRA

Positive Affirmations: Choose the one that resonates with you the most. You are invited to say this affirmation out loud or to yourself every day as often as possible.

I easily connect with everyone I meet.

I love and accept myself the way and I am and I love others just the way they are.

I am strong and secure in my body and I have the inner resources to be anything I want to be.

I love and approve of my body. I release all judgement and I release any comparisons I make towards others.

My embrace and nurture my creativity, I am worthy of manifesting my dreams.

I embrace my sexuality. I am a divine being worthy of the greatest love.

I know how to have a healthy relationship to food as I enjoy my life free from constraints and limitations about who I am and who I should be.

HEART Chakra

The Heart Chakra: *is associated with compassion, affection and love. This chakra connects the lower and upper chakras, acting as a bridge between earthly matters and higher aspirations*

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HEART CHAKRA

Positive Affirmations: Choose the one that resonates with you the most. You are invited to say this affirmation out loud or to yourself every day as often as possible.

I speak with integrity and from the heart. My heart is open to all that is good for me.

I am open and free to express my true self in my relationships. I trust myself in relationship with others.

I understand my needs are just as important as others.

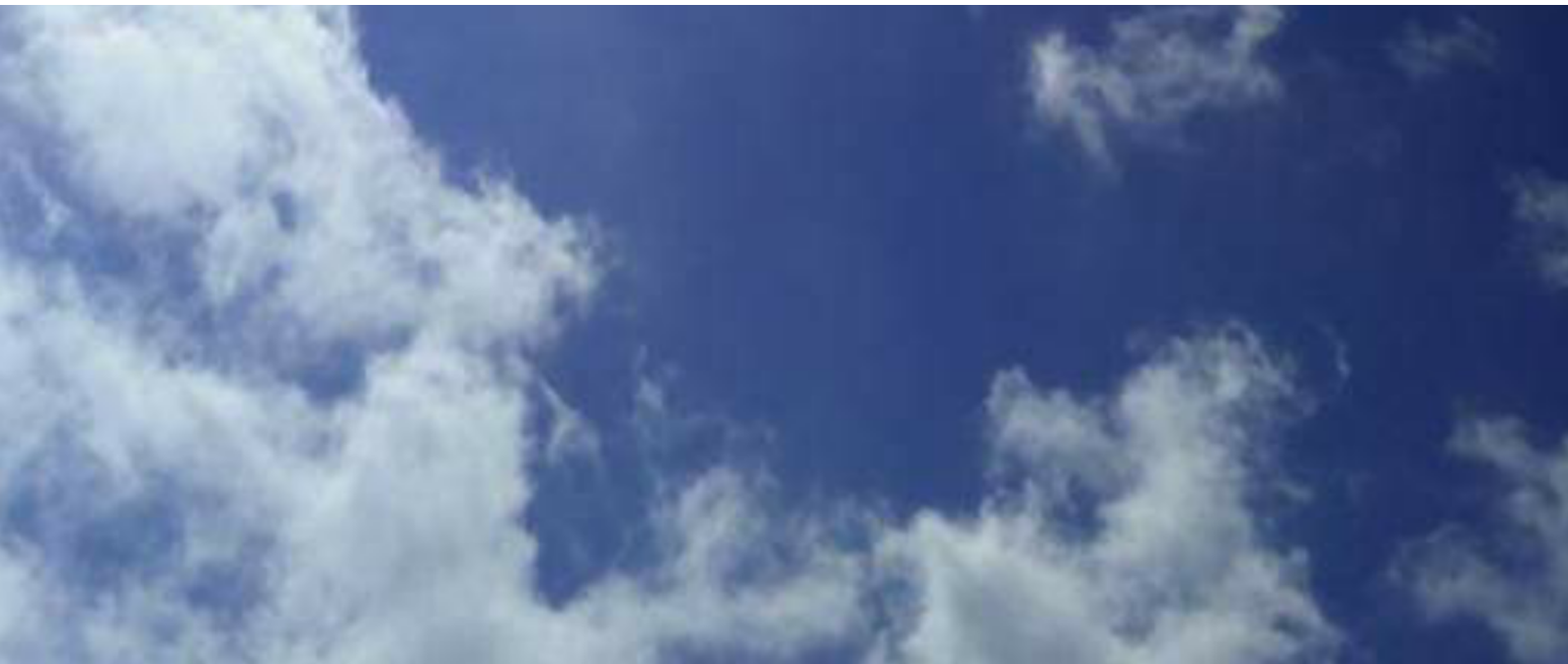
I choose to allow joy into my life and I take positive inspired action towards my happiness.

I choose to let love in. I choose to let love guide and I choose to let love prosper every single day.

I choose to create loving, honest & loyal relationships, as I approach life with an open heart

THROAT
Chakra

The Throat Chakra: *governs the mouth, tongue and neck. It relates to communication and your ability to understand and speak your inner truth. When out of balance you have difficulty expressing needs, desires and opinions.*



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THROAT CHAKRA

Positive Affirmations: Choose the one that resonates with you the most. You are invited to say this affirmation out loud or to yourself every day as often as possible.

My thoughts, words and actions are in alignment with my goals I attract all that I desire as I manifest with my words and on my word, I take inspired action.

I make everyday a success and I express myself with ease.

When I am called into action I answer with 'yes'.

I have the power to make each day a success.

I understand the power of my words as I consciously manifest my dreams through the frequency of my thoughts, words and deeds.

I am a co-creator with the universe and I speak only truth, wisdom and honesty.

THIRD EYE Chakra

The Third Eye Chakra: *symbolizes your connection to wisdom and insight, allowing you to access the inner guidance that comes from deep within your being. This enables you to cut through illusion and access deeper truths.*

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THIRD EYE CHAKRA

Positive Affirmations: Choose the one that resonates with you the most. You are invited to say this affirmation out loud or to yourself every day as often as possible.

I remember my divine nature as I move forward in life towards embodying my spiritual mission and purpose.

I see the truth behind every situation even when others can't.

I openly express the true nature of my divine spirit.

I am raising my vibration to walk my path as a spiritual being.

I embrace my imagination, creativity and follow my dreams.

I am responsible for my own spiritual growth.

I embrace my ability to sense and see the bigger picture.

CROWN Chakra

The Crown Chakra: *allows access to the utmost clarity and enlightened wisdom. The Crown Chakra is the meeting point between the physical body and the universe and soul. This chakra embraces the gratitude for your life.*

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CROWN CHAKRA

Positive Affirmations: Choose the one that resonates with you the most. You are invited to say this affirmation out loud or to yourself every day as often as possible.

Life is unfolding in a way that is perfect for me, even if I cannot see it that way now, I am willing to trust in the process.

I am in continuous connection with my higher-self.

I trust the flow of my life. Nothing is coincidental and there are no mistakes.

I know how to draw upon the eternal source of creative energy to keep me grounded and motivated at the time.

My spiritual nature and connection to source grows stronger every day as I follow my intuition.

I embrace my spiritual transformation.

I clearly hear my intuition guiding towards my greatest potential.