



Crown - Spiritual

3rd Eye - Perception

Throat - Expression

Heart - Love

Solar Plexus - Power

Sacral - Sex

Root - Survival

Affirmation cleansing techniques for Chakras

Root Chakra

I am willing to release all fears, worries and concerns about money, my career, safety, and protection.

I know that I am perfectly protected and that all my needs are met abundantly.

Sacral Chakra

I release all my desires and appetites to the light. I release any fears or negative thoughts that keep me from knowing peace, harmony and balance.

All of my thoughts and emotions flow harmoniously. All of my desires are perfectly balanced.

Solar Plexus Chakra

I am willing to release all my fears and struggles that have to do with power and control.

I fully step into my power now. It is safe for me to be powerful and I accept my God-given power to be used in the service of love and light.

Heart Chakra

I willingly release all fears, concerns and worries about giving and receiving love.

My heart is open and flows freely with love for myself and others. I allow myself to easily give and receive love.

Throat Chakra

I willingly release all fears and negativity that block me from speaking my truth.

I lovingly speak my truth and allow my Higher Self to speak through me. I use my words to create beauty in this world.

Third Eye Chakra

I willingly release all fears of seeing the past, present and future. I release any fears I have of seeing loving beings of light.

It is safe for me to see the truth. My vision is perfectly ordered and illuminated by love.

Crown Chakra

I allow the light to dissolve away any barriers to my receiving Divine wisdom and guidance. I release all fears about listening to my Higher Self, God, my angels and spirit guides.

I know that I am safe as I follow my inner spiritual guidance. I allow this guidance to lead me to beautiful opportunities where I share my true nature as a powerful, loving, spiritual being. I listen, I trust, I take guided action.