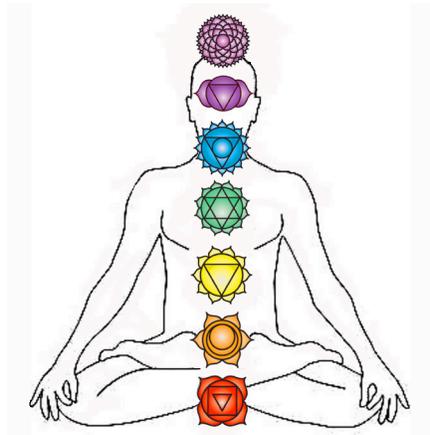


CHAKRA AFFIRMATIONS



BY
STEVEN LANE TAYLOR

THE FIRST CHAKRA

Center of Security

I am safe.

I am secure.

My head may be in the clouds,
but my feet are planted firmly on the ground.

Like a tree sending its roots
deeply into the soil below,

Mother Earth nurtures me,
while from above, my Spirit Father
sustains and protects me
with the white light of Love.

I fear not, for All is One.

I am One with my Family.

One with my Friends.

One with my Tribe.

I am One with all of my Earthly brothers,
and all of my Earthly sisters,
because we are all joined in spirit,
equal at birth, equal in worth,
and One with our Creator.

I am not alone. I belong.

I respect my Tribe's code of Loyalty,
and of Justice, and of Honor.

But as I grow in knowledge,
wisdom, and power,

I also honor my own Truth.

I am a Spiritual being
having a Human experience.

And I now
celebrate my Humanity.

THE SECOND CHAKRA

Center of Creativity

I am a creative being.
Every thought I have creates.
Every word I speak creates.
Every action I take creates.
And every relationship I have creates.
I honor each and every relationship I have,
because each and every one gives me the chance
to remember who I am,
and to create who I want to be.
I recognize that every person in my path
has been drawn to me, by me,
to show me those parts of myself
that need to be healed and made whole.
Whether I choose to love, or choose to fear,
I judge not my choice,
for every choice enables God to experience God's Self
through me and my creations.
I remember that I am in relationships
to love myself, not lose myself.
Even when I feel emotionally and sexually
bonded to another, I retain a healthy sense of self.
I maintain my dignity. I respect my needs.
And I honor my Truth.
I am a creative being:
co-creative and procreative.
And I am grateful to everyone
who comes into my life and blesses me
with opportunities to grow in Divine Oneness.

THE THIRD CHAKRA

Center of Personal Power

I am a worthy person.
I accept myself. I respect myself. I celebrate myself.
I respect the teachings of my tribe,
and the wisdom of others. . .
but I also hear and heed my own inner guidance.
I no longer look to anyone outside of myself
to create stability and security in my life.
I maintain my principles, my dignity, and my integrity,
in spite of outside influences.
I thank God for the power I have been given
to create the experiences I need
to grow in love, and to evolve in Spirit.
And I know that I have all the courage, confidence,
character, and discipline I need to act on my Truth.
I am my own authority figure.
I stand up for what I believe in,
and take care of myself responsibly.
I am self-sufficient and self-reliant.
As I meet my own needs from the depth of my own Spirit,
I no longer require others to make me whole.
This frees me to accept others exactly as they are,
and feel safe in sharing my true Self with them.
I now accept that my needs are valid,
and that my feelings are legitimate.
And I know that I richly deserve to ask for and receive
all the blessings which await me in life.
I now love myself unconditionally,
bless myself whole-heartedly,
honor my Truth, and honor my Self.

THE FOURTH CHAKRA

Center of Love

I love myself unconditionally.
I bless myself, and forgive myself
for all the mistakes I believe I have made.
Because I recognize that, in Truth,
there are no mistakes. Only choices.
Some choices bring me the results I want. Some don't.
But all are learning experiences
that help me grow in love and in wisdom.
As I let go of self-condemnation,
I open my heart to love and forgive others, as well.
I forgive all those who I perceive to have hurt me,
or who have reflected my own wounds back to me.
And I pray for the healing of their own wounds,
and I no longer take all of their actions personally.
I affirm the divine worth of others,
even if I cannot condone their behavior.
I let go of all of my judgments against them,
and I release all of my resentments towards them.
I bless them for the lessons they came to teach me,
and I free them to pursue their own spiritual path.
I remember that God is the healing energy of Love.
And, as a holy child of God,
I, too, am the healing energy of Love.
I now choose to live my life
as it is divinely inspired to be lived:
Not only with passion,
but with unconditional compassion
for myself, and for all others.

THE FIFTH CHAKRA

Center of Self-Expression

I speak my Truth,
and my Truth is the Truth of God.
I speak what is true about me,
and I speak what is true about you:
that we are all Holy Children of God,
made in the image of God,
to experience and express the love of God.
I speak openly and honestly
about my needs, and my deeds,
releasing my cares into the loving hands of Spirit.
I know that my words have power,
so I choose them, and use them, wisely.
I always seek first to align myself with the will of God.
And as I surrender my will to the will of the Divine,
I feel Divinely guided.
I recognize Divine Will at work in my life
whenever I choose to love instead of fear,
and whenever I seek the best outcome for all concerned.
I let go, I go with the flow,
and I have faith that God will take my life
and direct it towards my highest good.
I recognize that God's ideas for me
are always far grander than anything
I ever conceive of for myself.
And I am grateful that God's blessings
enter my life easily, effortlessly, and miraculously
whenever I am willing to say
"Not my will, but Thy will be done."

THE SIXTH CHAKRA

Center of Intuition

I seek only the Truth.
And I find the Truth within.
When my eyes behold illusion,
my insight shows me the Truth.
When my ears hear false witness,
my intuition tells me the Truth.
To find the answers I am seeking,
I no longer rely solely on outward displays
of intellect and reason,
intelligence and knowledge,
but I go inward to honor the wisdom
which lies within my heart.
As I align my heart with my mind,
I clearly discern the difference
between fearful perceptions and loving reality.
I no longer judge by appearances,
but look beyond them
to see the Higher Good in all things.
As I listen to the still small voice within,
I hear my soul calling,
and I allow myself to follow its chosen path.
When I am in Spirit, I am inspired.
And I now trust this inner guidance
to be the Source of direction for my life,
helping me to grow in love,
in happiness, and in wisdom.

THE SEVENTH CHAKRA

Center of Divine Union

I am Divine Spirit.
To me, and through me,
flows the creative energy of love that is God.
My awareness of my Self
is how God knows God's own Self.
My free will to manifest my life
through thought, word, and action
is how God experiences God's own creative power.
There is no separation between me and God.
God is All That Is.
And I am part of All That Is.
Without me, All That Is could not be All That Is,
And God could not be God.
I make the universe complete.
There is no past, but in thought.
There is no future, but in thought.
There is only The Now.
The Now is where God lives.
And that is where I live in God.
I now experience the present moment
in all its richness and fullness.
And I now allow myself to feel
the Divine Light of God
that holds everything in its loving embrace,
and creates only good for all.
I am Divine Spirit.
One with my Creator. One with all Creation.
And at One with my Self.