

Joyfull Breath

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1. First chakra - Your Foundation

Affirmation: “Wherever I am, I am safe and secure. I am grounded in my power.”

“I release my fear of change.”

2. Second chakra - Your energy generator

Affirmation: “I am beautiful, creative and unique.”

“I release all of my confusion about what I am feeling.”

3. Solar Plexus - Your main storage battery

Affirmation: “I am strong, wise and powerful.”

“I release, trying to work out all the answers with my mind.”

4. Heart chakra - Your love and compassion centre and important for our immune system

Affirmation: “I am soft, gentle and loving to myself and others.”

“I release all of my fears and resistance to open my heart all the way.”

5. Throat Chakra - Communication, release secret and truth centre

Affirmation: “My voice is important in this world.”

“I release all of my fear of showing who I am.”

6. 3rd eye - Your centre of intuition

Affirmation: “Today, I am Graced and Blessed with the love of Divine power.”

“I release all of my fears and resistance to open myself to a higher level of consciousness.”

7. Crown Chakra - One’s Responsibility

Affirmation: “It is safe for me to see and understand the wisdom of the Divine.”

“I release all of my fears and resistance to realize that I am Divine.”

