



Zen Oasis
Healing • Guidance • Transformation



THE COMPLETE CHAKRA HEALING WORKBOOK



*A Journey to Balance, Awareness
& Inner Healing*



AWARENESS



BALANCE



HEALING



TRANSFORMATION



HEAL YOUR ENERGY • ALIGN YOUR LIFE • AWAKEN YOUR SOUL





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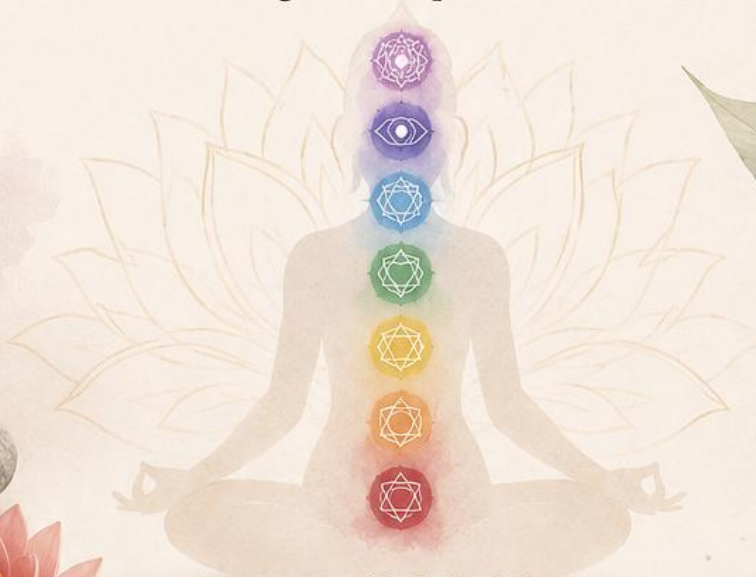
Welcome



Your chakras are the body's seven main energy centres. Each one influences different aspects of your life—from feeling safe and confident to expressing yourself, trusting your intuition, and connecting spiritually.



This workbook is not about perfection. It is about becoming more aware of yourself and creating space for healing one step at a time.



THE COMPLETE
CHAKRA HEALING
WORKBOOK



How to Use THIS WORKBOOK

This workbook is your personal space for healing, reflection and transformation. Take your time, be gentle with yourself and enjoy the journey.



1. GO AT YOUR OWN PACE

There is no rush. You may choose to work on one chakra per week or simply follow the flow that feels right for you. Healing is not a race.



2. CREATE A SACRED SPACE

Find a quiet, comfortable space where you can relax without distractions. Light a candle, play soft music, and make it your healing sanctuary.



3. READ, REFLECT & WRITE

Read each section mindfully. Complete the reflections and exercises honestly. There are no right or wrong answers—this is your journey.



4. PRACTICE DAILY

Use the affirmations, practices and tools provided. Small daily actions create powerful shifts over time.



5. TRACK YOUR PROGRESS

Use the trackers and journal pages to notice your growth, awareness and energy shifts. Celebrate every step forward.



This workbook is not about perfection.
It is about becoming more aware of yourself and
creating space for healing—one step at a time.

You are enough. You are worthy. You are healing.

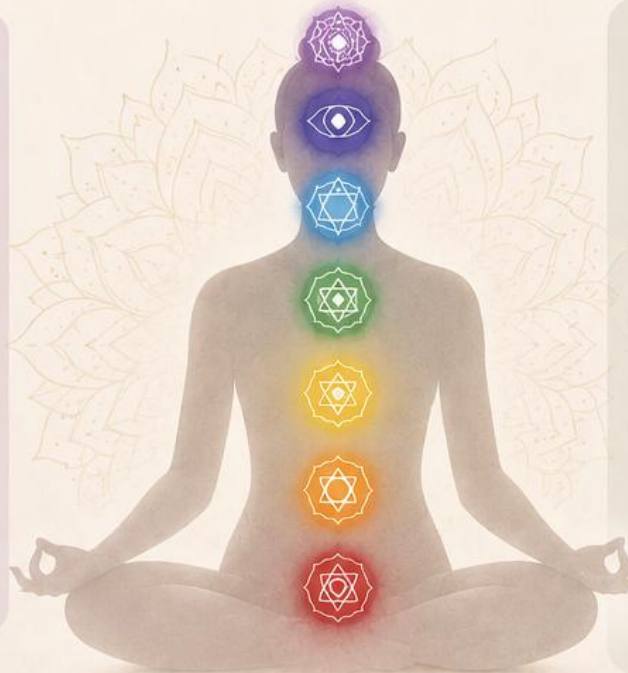


UNDERSTANDING THE CHAKRA SYSTEM

Chakras are the body's seven main energy centres that influence our physical, emotional, mental and spiritual wellbeing.

WHAT ARE CHAKRAS?

Chakras are spinning wheels of energy located along our spine. They receive, absorb and express life force energy that affects every part of our being.



WHY CHAKRAS MATTER



They affect our thoughts, emotions, behaviors and physical health.



Balanced chakras bring harmony, energy and clarity.



Blocked chakras can lead to stress, discomfort and emotional imbalance.



When energy flows freely, we feel more aligned, peaceful and empowered.

THE FLOW OF ENERGY

Energy enters through the crown chakra and flows down through all the chakras and into the earth. When one chakra is blocked, it affects the flow in others.

SIGNS OF CHAKRA IMBALANCE



Overthinking or Confusion



Emotional Ups & Downs



Low Energy or Fatigue



Feelings of Fear or Insecurity



Physical Discomfort or Tension



Lack of Purpose or Direction

Awareness is the first step to healing.

When we understand our energy, we take back our power and create the life we truly desire.



AWARENESS



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Meet Your SEVEN CHAKRAS

Seven energy centres. Seven keys to balance, healing and inner harmony.



- 1 CROWN CHAKRA**
SAHASRARA
Spiritual connection, higher consciousness, divine wisdom.



- 2 THIRD EYE CHAKRA**
AJNA
Intuition, inner wisdom, imagination, clarity.



- 3 THROAT CHAKRA**
VISHUDDHA
Communication, self-expression, truth and authenticity.



- 4 HEART CHAKRA**
ANAHATA
Love, compassion, forgiveness, connection and empathy.



- 5 SOLAR PLEXUS CHAKRA**
MANIPURA
Confidence, personal power, willpower and self-discipline.



- 6 SACRAL CHAKRA**
SVADHISHTANA
Creativity, sensuality, emotions and healthy relationships.



- 7 ROOT CHAKRA**
MULADHARA
Grounding, stability, safety, survival and belonging.

When your chakras are balanced,
your energy flows freely and your life feels aligned.



AWARENESS



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I am aligned. I am balanced. I am whole.

CHAKRA

Self-Assessment

Take a moment to check in with each of your chakras.
 Read each statement and rate how true it feels for you right now.

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always

STATEMENTS		1	2	3	4	5
 CROWN CHAKRA <i>Sahasrara</i>	I feel connected to something greater. I trust the flow of life. I feel a sense of peace and purpose.	☐	☐	☐	☐	☐
 THIRD EYE CHAKRA <i>Ajna</i>	I trust my intuition. I am clear about my thoughts and decisions. I see the bigger picture with ease.	☐	☐	☐	☐	☐
 THROAT CHAKRA <i>Vishuddha</i>	I express myself honestly and openly. I listen and communicate with ease. I speak my truth with confidence.	☐	☐	☐	☐	☐
 HEART CHAKRA <i>Anahata</i>	I give and receive love freely. I forgive myself and others. I feel compassion and connection.	☐	☐	☐	☐	☐
 SOLAR PLEXUS CHAKRA <i>Manipura</i>	I feel confident in myself. I take action towards my goals. I have healthy boundaries.	☐	☐	☐	☐	☐
 SACRAL CHAKRA <i>Svadhithana</i>	I embrace my creativity. I enjoy my relationships. I allow myself to feel and flow.	☐	☐	☐	☐	☐
 ROOT CHAKRA <i>Muladhara</i>	I feel safe and secure. I am grounded and present. I trust that my needs will be met.	☐	☐	☐	☐	☐

REFLECTION

Which chakras feel strong and balanced?

Which chakras feel weak or blocked?

Where would you like to focus your healing energy?

What support do you need right now?

MY OVERALL ENERGY TODAY

(Check One)

-  Balanced & Flowing ☐
-  Somewhat Out of Balance ☐
-  Feeling Blocked or Drained ☐

DATE: ____/____/____

Awareness is the first step to balance.
 When you understand your energy, you can transform your life.

YOUR Healing Intention

Setting a clear intention aligns your energy,
focuses your healing and helps you create
the life you truly desire.



WHAT DO I WANT TO HEAL?

What area of your life feels out of balance
or needs the most healing right now?



HOW DO I WANT TO FEEL?

How do you want to feel as a result of
your healing journey?



WHAT IS MY INTENTION?

Write your healing intention as a positive,
present-tense affirmation.



WHY IS THIS IMPORTANT TO ME?

What inspired this intention?
What will healing bring into your life?



I CHOOSE TO HEAL.

*I am open. I am ready. I am worthy.
I am becoming my best self.*



AWARENESS



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HEALING EXERCISE FOR ROOT CHAKRA

Grounding, Safety & Stability



HEALING INTENTION

The Root Chakra is the foundation of your energy system. When it is balanced, you feel safe, supported, grounded, and secure. This exercise helps you reconnect with the present moment and cultivate a sense of inner stability.

HEALING AFFIRMATION

*"I am safe.
I am grounded.
I trust that life
supports me."*



1. GROUND YOURSELF (3 MINUTES)

- Sit comfortably with both feet firmly on the floor.
- Close your eyes.
- Take seven slow, deep breaths.
- With every inhale, imagine breathing in calm, strength, and stability.
- With every exhale, release fear, anxiety, and tension into the earth.



2. ROOT VISUALIZATION (5 MINUTES)

- Imagine roots growing from the soles of your feet deep into the Earth.
- See these roots travelling through the soil, rocks, and crystal layers until they reach the glowing centre of the Earth.
- Visualize a warm, glowing red light rising up through these roots and filling your feet, legs, hips, and lower spine.

Silently repeat:

*I am grounded.
I am safe.
I belong.*



3. RELEASE YOUR FEARS

Write down everything that is making you feel unsafe, worried, or uncertain.

Now ask yourself:

Which of these fears can I release today?



4. GRATITUDE FOR STABILITY

List five things that already provide safety and support in your life.

1. _____
2. _____
3. _____
4. _____
5. _____



5. ROOT CHAKRA ACTION PLAN

Choose one grounding action to complete today.

- ☐ Take a mindful walk in nature
- ☐ Stand barefoot on the earth
- ☐ Organise and declutter one space
- ☐ Prepare a nourishing meal
- ☐ Practice slow, deep breathing
- ☐ Stretch or do gentle yoga
- ☐ Drink enough water
- ☐ Other: _____



JOURNAL REFLECTION

After completing today's practice:

How do I feel in my body?

What emotions did I notice?

What helped me feel more grounded?



DAILY ROOT CHAKRA AFFIRMATIONS

- I am safe exactly where I am.
- I trust life to support me.
- I release fear and welcome peace.
- I am deeply rooted and connected to the Earth.
- I deserve stability, security, and abundance.

ENERGY CHECK-IN

Rate your Root Chakra today:



One word that describes how I feel now:

CLOSING BLESSING

*May I walk through life with confidence, courage, and trust.
May I always remember that I am supported by the Earth beneath me
and the strength within me.*



HEALING EXERCISE FOR SACRAL CHAKRA

Creativity, Emotions & Flow

This exercise helps you awaken your creative energy, release emotional blocks and reconnect with joy, pleasure and flow.



HEALING INTENTION

The Sacral Chakra is the center of your emotions, creativity, pleasure and inner harmony. When balanced, you feel passionate, confident, and in tune with your true desires.

HEALING AFFIRMATION

*"I honor my emotions.
I embrace my creativity.
I allow joy and pleasure
to flow in my life."*



1. CENTER YOURSELF (3 MINUTES)

- Sit comfortably and place your hands on your lower abdomen.
- Take 7 slow, deep breaths.
- Inhale through your nose, exhale through your mouth.
- With each breath, feel your belly soften and your energy settle.



2. SACRAL VISUALIZATION (5 MINUTES)

- Close your eyes and imagine a warm, glowing orange light in your lower abdomen (just below your navel).
- See this light spinning gently like water – smooth, fluid and vibrant.
- With every breath, the light grows brighter, clearing old emotions and inviting creativity and joy.

Silently repeat:
*I feel. I flow. I create.
I embrace joy.*



3. RELEASE & LET GO (7 MINUTES)

Write down any emotions that feel heavy, stuck or overwhelming.

Now ask yourself:

What am I ready to release so I can feel lighter and flow with ease?



4. CONNECT WITH JOY (5 MINUTES)

Think of activities that make you feel alive, playful and happy.

List at least three things that bring you joy:

1. _____
2. _____
3. _____

Choose one and allow yourself to enjoy it this week.



5. SACRAL CHAKRA ACTION PLAN

Choose one nourishing action to support your sacral energy today. (Small steps create big shifts!)

- ☐ Dance freely to my favorite music
- ☐ Enjoy a healthy, delicious meal
- ☐ Create something with my hands
- ☐ Spend time doing what I love
- ☐ Spend time near water
- ☐ Say "Yes" to something that brings me joy
- ☐ Take a warm bath or shower
- ☐ Other: _____



6. JOURNAL REFLECTION

How do I feel in my body right now? _____

What emotions did I notice during this practice? _____

What brings more flow and joy into my life? _____

SACRAL CHAKRA AFFIRMATIONS

-  I allow myself to feel all my emotions.
-  I am creative, unique and expressive.
-  I deserve pleasure, joy and abundance.
-  I trust the flow of life.
-  I honor my desires and needs.

ENERGY CHECK-IN

Rate your Sacral Chakra today:



One word that describes how I feel now: _____

CLOSING BLESSING

*May I embrace my emotions with love and compassion.
May my creativity flow freely and my heart be open to joy.
I am worthy. I am enough. I am in flow.*





HEALING EXERCISE FOR SOLAR PLEXUS CHAKRA

Confidence, Power & Inner Strength



This exercise helps you activate your inner power, build self-confidence, release self-doubt and step into your personal empowerment.



HEALING INTENTION

The Solar Plexus Chakra is your center of willpower, self-esteem, courage and personal power. When balanced, you feel confident, motivated and in control of your life.

HEALING AFFIRMATION

*"I am confident.
I am capable.
I choose my power
with love and wisdom."*



1. CENTER & BREATHE (3 MINUTES)

- Sit comfortably and place your hands on your upper abdomen, just below your ribs.
- Take 7 slow, deep breaths.
- Inhale confidence and strength.
- Exhale fear and doubt.
- Feel a warm, golden light awakening in your solar plexus.



2. SOLAR VISUALIZATION (5 MINUTES)

- Close your eyes and imagine a bright, golden sun in your upper abdomen.
- With each breath, this sun grows brighter and stronger.
- See it radiating warmth, confidence, and personal power throughout your body.
- Silently repeat:

*I am strong.
I am capable.
I am in control of my life.*



3. RELEASE YOUR LIMITING BELIEFS (7 MINUTES)

Write down any beliefs that weaken your confidence or keep you playing small.

Now, rewrite them into empowering beliefs.



4. STEP INTO YOUR POWER (5 MINUTES)

Think of a time you felt proud of yourself. What made you feel strong?

What qualities helped you?

How can you bring more of these qualities into your daily life?



5. SOLAR PLEXUS ACTION PLAN

Choose one empowering action to take today.

- ☐ Speak up for myself
- ☐ Set a healthy boundary
- ☐ Take a bold step toward my goal
- ☐ Do something that challenges me
- ☐ Practice self-care and self-respect
- ☐ Move my body to boost energy
- ☐ Other: _____



6. JOURNAL REFLECTION

How do I feel in my body right now?

What emotions did I notice?

What empowers me the most?



SOLAR PLEXUS AFFIRMATIONS

- ☀ I believe in myself and my abilities.
- ☀ I am confident, strong and powerful.
- ☀ I choose courage over fear.
- ☀ I trust myself to make the right decisions.
- ☀ I deserve success, joy and abundance.

ENERGY CHECK-IN

Rate your Solar Plexus Chakra today:



One word that describes how I feel now:



CLOSING BLESSING ♥

*May I shine my light with confidence and grace.
May I honor my power and use it for my highest good and the good of all.
I am worthy. I am enough. I am powerful.*





HEALING EXERCISE FOR HEART CHAKRA

Love, Compassion & Healing

This exercise helps you open your heart, release emotional wounds, cultivate self-love and attract more love and compassion into your life.



HEALING INTENTION

The Heart Chakra is the bridge between lower and higher chakras. When balanced, you feel love, empathy, forgiveness and deep connection—within yourself and others.

HEALING AFFIRMATION

*"I give and receive love freely.
My heart is open.
I am worthy of love.
I choose compassion."*



1. CENTER YOURSELF (3 MINUTES)

- Sit comfortably and place your hands over your heart.
- Take 7 slow, deep breaths.
- Inhale love, kindness and peace.
- Exhale pain, sadness and resentment.
- Feel a soft green light awakening in your heart.



2. HEART VISUALIZATION (5 MINUTES)

- Close your eyes and imagine a beautiful green light in the center of your chest.
- With each breath, this light grows bigger and brighter.
- See it filling your entire body, radiating love to yourself and everyone around you.

Silently repeat:
*I am love.
I am open.
I am healed.*



3. RELEASE & FORGIVE (7 MINUTES)

Write down any hurts, disappointments or grudges that are still in your heart.

Now ask yourself:
What am I ready to release?



4. PRACTICE GRATITUDE (5 MINUTES)

Write down five things or people you are grateful for.

1.

2.

3.

4.

5.



5. HEART CHAKRA ACTION PLAN

Choose one heart-opening action to do today.

- ☐ Do something kind for myself
- ☐ Send love and forgiveness to someone
- ☐ Spend time in nature
- ☐ Practice self-love and self-care
- ☐ Hug someone or show appreciation
- ☐ Write a gratitude note
- ☐ Other:



6. JOURNAL REFLECTION

How do I feel in my heart right now?

What emotions did I notice?

What helps me feel more love and peace?



HEART CHAKRA AFFIRMATIONS

- ♥ I am open to giving and receiving love.
- ♥ I forgive myself and others.
- ♥ I am compassionate and kind.
- ♥ I attract loving, healthy relationships.
- ♥ My heart is healed and filled with peace.

ENERGY CHECK-IN

Rate your Heart Chakra today:



One word that describes how I feel now:

CLOSING BLESSING ♥

*May I open my heart to love, healing and transformation.
May I radiate compassion and attract beautiful connections.
I am love. I am enough. I am whole.*





HEALING EXERCISE FOR THROAT CHAKRA

Truth, Expression & Authenticity

This exercise helps you clear blockages, speak your truth with confidence,
and express yourself with clarity and love.



HEALING INTENTION

The Throat Chakra is your center of communication, self-expression and truth. When balanced, you speak with clarity, listen deeply and express your authentic self with confidence and ease.

HEALING AFFIRMATION

*"I speak my truth with love
and confidence.
My voice matters.
I express myself freely
and authentically."*



1. CENTER & BREATHE (3 MINUTES)

- Sit comfortably with a straight spine.
- Place your hands on your throat.
- Take 7 slow, deep breaths.
- Inhale through your nose, exhale through your mouth.
- Feel a soft blue light calming and awakening your throat.



2. THROAT VISUALIZATION (5 MINUTES)

- Close your eyes and imagine a bright blue light in your throat.
- With each breath, this light spins, clears and expands.
- See it dissolving any fear, shame or hesitation.
- Feel your voice becoming clear, strong and aligned.

Silently repeat:

*I speak my truth.
I express with clarity.
I am heard and understood.*



3. RELEASE & LET GO (7 MINUTES)

Write down any words you hold back or feelings you're afraid to express.

Now, release them.

Tear up the paper or burn it safely (or imagine the words dissolving into blue light).



4. EXPRESS YOUR TRUTH (5 MINUTES)

Take a few moments to express yourself freely.

You can:

- Speak out loud
- Sing or hum
- Write in your journal
- Record a voice note
- Share how you truly feel



5. THROAT CHAKRA ACTION PLAN

Choose one action to support your self-expression today.

- ☐ Speak my truth in a situation
- ☐ Say no where needed
- ☐ Share my ideas or feelings
- ☐ Write or create something
- ☐ Practice active listening
- ☐ Other: _____



6. JOURNAL REFLECTION

How do I feel in my throat and body right now? _____

What emotions came up during this practice? _____

What would I like to express more in my life? _____

What is one truth I honor within myself? _____



THROAT CHAKRA AFFIRMATIONS

- ♥ I speak my truth with love and courage.
- ♥ My voice is powerful and important.
- ♥ I communicate with clarity and respect.
- ♥ I express myself freely and authentically.
- ♥ I listen deeply and honor others.

ENERGY CHECK-IN

Rate your Throat Chakra today:



1



2



3



4



5

One word that describes how I feel now: _____



CLOSING BLESSING ♥

*May I speak with truth and kindness.
May my voice uplift, inspire and heal.
May I express my soul with clarity and confidence.
I am authentic. I am enough. I am free.*





HEALING EXERCISE FOR THIRD EYE CHAKRA

Intuition, Insight & Inner Wisdom

This exercise helps you clear mental clutter, awaken your intuition, and strengthen your inner vision and wisdom.



HEALING INTENTION

The Third Eye Chakra is your center of intuition, imagination and inner knowing. When balanced, you trust your intuition, see clearly and make aligned decisions with confidence.

HEALING AFFIRMATION

*"I trust my intuition.
I see with clarity.
I am open to divine guidance.
I honor my inner wisdom."*



1. CENTER & BREATHE (3 MINUTES)

- Sit comfortably with your spine straight.
- Close your eyes.
- Take 7 slow, deep breaths.
- Inhale calm and clarity.
- Exhale stress and overthinking.
- Feel a deep indigo light gathering at your forehead.



2. THIRD EYE VISUALIZATION (5 MINUTES)

- Imagine a beautiful indigo light between your eyebrows.
- See it spinning gently, opening like a flower.
- With each breath, this light becomes brighter and clearer.
- See it clearing all confusion and bringing you deep inner vision.

Silently repeat:

*I see clearly.
I trust my inner wisdom.
I am guided and protected.*



3. RELEASE MENTAL CLUTTER (7 MINUTES)

Write down any thoughts, worries or mental noise that feels heavy.

Now imagine these thoughts dissolving into a violet light and disappearing.

You are clear. You are free.



4. CONNECT WITH YOUR INTUITION (5 MINUTES)

Place your hand on your third eye and ask:

What guidance do I need right now?

Listen to the first thought, feeling or image that comes. Trust your inner knowing.



5. THIRD EYE ACTION PLAN

Choose one intuitive action to take this week.

- ☐ Follow my inner guidance
- ☐ Spend time in silence
- ☐ Meditate daily
- ☐ Keep a dream journal
- ☐ Reduce screen time
- ☐ Read or learn something that inspires me
- ☐ Other: _____



6. JOURNAL REFLECTION

What insights or messages did I receive today? _____

What do I feel called to trust more? _____

How can I use my intuition to support my life? _____

What would I like to let go of to stay clear and open? _____



THIRD EYE AFFIRMATIONS

- ♥ I trust my intuition fully.
- ♥ I see the truth with clarity and love.
- ♥ I am open to divine wisdom and guidance.
- ♥ My mind is calm, clear and focused.
- ♥ I honor the wisdom within me.

ENERGY CHECK-IN

Rate your Third Eye Chakra today:



One word that describes how I feel now: _____



CLOSING BLESSING ♥

*May I see with clarity. May I trust my inner wisdom.
May I walk my path with intuition, insight and inner peace.
I am connected. I am guided. I am enough.*





HEALING EXERCISE FOR CROWN CHAKRA

Connection, Spirituality & Divine Wisdom



This exercise helps you connect with your higher self, divine guidance
and universal consciousness.



HEALING INTENTION

The Crown Chakra is your gateway to higher consciousness, divine connection and universal love.

When balanced, you feel peace, clarity, purpose and oneness with all that is.

HEALING AFFIRMATION

*"I am connected to the Divine.
I trust the wisdom of the Universe."*

*I am guided, protected
and deeply at peace."*



1. CENTER & BREATHE (3 MINUTES)

- Sit comfortably with your spine straight.
- Close your eyes.
- Take 7 slow, deep breaths.
- Inhale peace and light.
- Exhale tension and distractions.
- Feel yourself becoming still and present.



2. CROWN VISUALIZATION (5 MINUTES)

- Imagine a beautiful violet or white light above your head.
- See it opening like a lotus flower.
- This light flows into the top of your head, filling you with divine wisdom, love and peace.

Silently repeat:

*I am connected.
I am guided.
I am one with all.*



3. RELEASE & SURRENDER (7 MINUTES)

Write down anything you are trying to control or any burdens you are carrying.

Now, imagine placing these into the light above you. Let go and surrender them to the Universe.



4. CONNECT WITH THE DIVINE (5 MINUTES)

Ask your higher self or the Universe:

What do I need to know right now?

Sit quietly and listen. Notice any thoughts, feelings, images or messages that arise.



5. GRATITUDE & RECEIVING (5 MINUTES)

Express gratitude for the guidance, protection and blessings in your life.

List three things you are grateful for:

1. _____
2. _____
3. _____

Open your heart to receive more blessings and abundance.



6. CROWN CHAKRA ACTION PLAN

Choose one spiritual practice to nurture your connection with the Divine this week.

- | | |
|---|---|
| ☐ Meditation | ☐ Listen to calming music |
| ☐ Prayer or chanting | ☐ Practice self-compassion |
| ☐ Spend time in nature | ☐ Light a candle & set intention |
| ☐ Read spiritual books | ☐ Other: _____ |
| ☐ Practice forgiveness | |



7. JOURNAL REFLECTION

How do I feel in my body and mind right now? _____

What insights or messages did I receive? _____

How can I stay connected to this feeling every day? _____

What am I ready to trust and surrender to? _____



CROWN CHAKRA AFFIRMATIONS

- ♥ I am connected to the Divine.
- ♥ I trust the flow of the Universe.
- ♥ I am open to divine wisdom and guidance.
- ♥ I am filled with light, love and peace.
- ♥ I am one with all that is.

ENERGY CHECK-IN

Rate your Crown Chakra today:



1



2



3



4



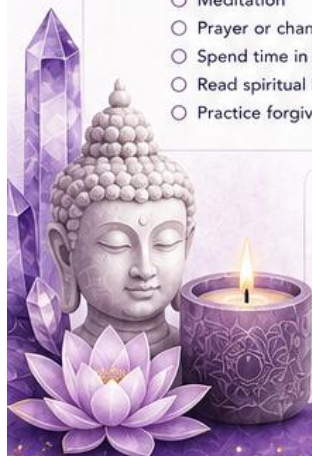
5

One word that describes how I feel now: _____



CLOSING BLESSING ♥

*May I remember that I am always guided, loved and supported.
May I walk my path with faith, peace and divine wisdom.
I am connected. I am light. I am enough. I am one.*





POSITIVE CHAKRA Affirmations

Speak it. Feel it. Believe it. Become it.



CROWN CHAKRA

SAHASRARA

Top of Head
Spirituality • Connection

♥
Violet

- ♥ I am connected to the Divine within and around me.
- ♥ I trust the wisdom of the Universe.
- ♥ I am open to divine guidance and infinite possibilities.
- ♥ I am one with all that is.
- ♥ I am light. I am love. I am peace.



THIRD EYE CHAKRA

AJNA

Between Eyebrows
Intuition • Insight

♥
Indigo

- ♥ I trust my intuition and inner wisdom.
- ♥ I see clearly beyond illusions.
- ♥ I am open to new perspectives and possibilities.
- ♥ I listen to my inner guidance.
- ♥ I am intuitive, aware and aligned.



THROAT CHAKRA

VISHUDDHA

Throat
Communication • Expression

♥
Blue

- ♥ I speak my truth with love and confidence.
- ♥ I express myself clearly and calmly.
- ♥ I listen deeply and communicate with compassion.
- ♥ My voice matters. My words create.
- ♥ I am authentic and true to myself.



HEART CHAKRA

ANAHATA

Center of Chest
Love • Compassion

♥
Green

- ♥ I am open to giving and receiving love.
- ♥ I choose love in every moment.
- ♥ I am worthy of love and happiness.
- ♥ I forgive myself and others with ease.
- ♥ My heart is peaceful, balanced and free.



SOLAR PLEXUS CHAKRA

MANIPURA

Upper Abdomen
Power • Confidence

♥
Yellow

- ♥ I am confident, strong and capable.
- ♥ I trust myself and my decisions.
- ♥ I create my reality with positive thoughts.
- ♥ I am in control of my life.
- ♥ I am powerful, motivated and unstoppable.



SACRAL CHAKRA

SVADHISHTHANA

Lower Abdomen
Creativity • Joy

♥
Orange

- ♥ I embrace my creativity and flow with joy.
- ♥ I am open to pleasure and abundance.
- ♥ I honor my emotions and allow myself to feel.
- ♥ I am passionate, vibrant and alive.
- ♥ I deserve joy, fun and beautiful experiences.



ROOT CHAKRA

MULADHARA

Base of Spine
Grounding • Stability

♥
Red

- ♥ I am grounded, safe and secure.
- ♥ I trust the support of the Earth and the Universe.
- ♥ I have everything I need.
- ♥ I am strong, stable and centered.
- ♥ I belong. I am here. I am enough.



DAILY REMINDER

Your energy is your superpower.
Nourish it. Protect it. Elevate it.
You are a beautiful being of
light and love.

HOW TO USE THESE AFFIRMATIONS

- ♥ Choose 1-3 affirmations daily.
- ♥ Say them out loud with feeling.
- ♥ Write them down and repeat.
- ♥ Let them become your truth.

YOU ARE YOUR GREATEST HEALER.



Align your chakras. Raise your vibration. Live your best life.