



## The Affirmations and the Essential Chakra Message

**Divine Gate-** *I am open to the energies of the spheres!*  
An opening to pure Source.

**Star-** *I accept my soul's purpose and intuition, which is written in my spirit!*  
The seat of divine inspiration where your spiritual nature takes shape.  
My individuated spiritual purpose is born here.

**Solar-** *My life is focused by authentic expression!*  
Bringing spiritual purpose into use. Where my purpose meets my path and is defined as action. Where: *"Why am I here?"* Begins to make sense.

**Crown-** *I bring forth my inspired life!*  
The crown supports my material embodiment of spirit holding the HES steady as it strives to contain pure source-light in a congealed form.

**Brow-** *I see the big picture of my life!*  
The greatest vision, seeing with my eyes, brain, mind and heart, the way that I hold the vision of my divine nature with my individuality.

**Throat-** *My name is: \_\_\_\_\_!* (speak out loudly.)  
The power to speak my piece and to convey my verbal identity and truth, funneling the soul's path, and vision through the frequency created by me as my own vehicle.

**Heart-** *I, \_\_\_\_\_, love myself!*  
To give and receive both love and not love. The function of my heart is not only about being filled with love. It holds space for all the possibilities of love and all that it represents, including its opposite. The heart chakra is the fulcrum of my structure.

**Solar Plexus-** *I accept all the emotion the universe has to offer.*  
To share and experience a wide emotional life, communicating and sharing my emotions with others.



**Dan Tien-** *I step into my personal power.*

It is my power bank and the seat of my will, where my individualized personal power manifests into material reality.

**Root-** *I, \_\_\_\_\_ take ownership of my life.*

To survive, to thrive as I continue living and anchor my authentic being within my structure.

**Lunar-** *I honor my path in life.*

To clearly know my life path and to follow it in a surefooted manner.

**Axis-** *I feel my connection with all humanity and the Earth.*

To establish a connection with my species and the planet by communicating, establishing commonality, and my own community.

**Chi Pool-** *I have unlimited resources and powerful energy.*

To disperse my chi throughout my structure ensuring health and vitality and to provide myself with reserve energy for recovery, survival, and everyday use.