

THROAT CHAKRA AFFIRMATIONS



Throat Chakra – I see the Sapphire Blue light of my Throat Chakra, pulsing with every breath I take and with every affirmation I speak. I feel the words of Source echo within and flow through me as I communicate and with every affirmation I speak.

- I give voice to the message of Source.
- I am clear and honest in my communication.
- I have a right to speak my truth.
- I communicate my feelings with ease.
- I express myself creatively and with truth.
- My voice resonates with Divine Truth.
- I have a strong will that lets me resolve my challenges.
- I live an authentic life.
- I speak with integrity and knowledge.
- I love to share my experiences and wisdom.
- I know when it is time to listen.
- I express my gratitude towards life.
- I am the vessel to express the words of Source