

ROOT CHAKRA AFFIRMATIONS



Root Chakra – I see the fiery red light of my Root Chakra, pulsing with every breath I take and every affirmation I speak. I see the Golden Roots of energy from the bottom of my spine reaching down and strengthening with each affirmation, deep into Mother Earth until I am firmly rooted.

- **I am a part of Mother Earth.**
- **I am a powerful human.**
- **I am safe and secure in my body.**
- **I am a survivor.**
- **I am strength.**
- **I am comfortable and have what I need.**
- **I am healthy and nurture my body.**
- **I love life.**
- **I am open to possibilities.**
- **I am confident.**
- **I trust myself and my decisions.**
- **I feel the lava of Mother Earth flowing through my veins.**
- **I am part of this world.**
- **I am now fully rooted to Mother Earth.**