

SOLAR PLEXUS CHAKRA AFFIRMATIONS



Solar Plexus Chakra – I see the Yellow light of my Solar Plexus Chakra, pulsing with every breath I take and with every affirmation I speak. I feel the power and health of my body grow as I breathe and with every affirmation I speak.

- I love and accept myself.
- I am confident, strong and courageous.
- I am worthy of love and respect.
- I am a powerful being.
- I choose the best for myself.
- I express myself in a powerful way.
- I have a healthy body.
- I am proud of my achievements.
- I honor myself.
- I choose healthy relationships.
- I am real.
- I direct my own life.
- I appreciate my strengths.
- I am free to choose in any situation.
- I am at peace with myself.