

The Seven Main Chakras

Ask Reiki to flow wherever you need to flow and bring healing to all of these areas. Surrender to the Reiki, God and Source. I am a conduit to Source. Do by speaking and visualization.

Help to open the energy to:

- Guides
- Reiki
- Healing

Receive the messages through your "Mind's Eye". Ask for any awareness for any messages that I need.

Self expression and connection to purification.

Connected to how we feel, especially feel love and receive love, any issue in heat or blood stream. Emotional pain.

How I assert myself & how to receive connected to diaphragm (Kegle). Accumulate power to sent it up.

Sexual energy.
Creative energy.

Connection to self-esteem lives.
Cleanse a lot (Monthly). Balance.

Grounding helps balance & focus. So when receiving messages so you can understand them and they can come in with good energy and intentions.

Security & Safety. Root is attached to your Money. Attached to vitality and life force comes from root.

I KNOW ...

I SEE ...

I SPEAK ...

I LOVE ...

I DO ...

I FEEL ...

I AM ...

I understand my purpose in life. I know what I am suppose to do. I understand all the channeled messages I am receiving.

I see clearly.

Connected to confidence & how I feel safe to speak our truth.

Feel Open. Be open while setting boundaries.

Will power. How I give energy & take energy. Release energy.

Where store other people's emotions.
Allow the creativity to flow.

Do you have a foundation?
Do you feel safe & secure?
Do you have a home?
Ask Reiki to bring healing.

SAHASRARA

AJNA

VISUDDHA

ANAHATA

MANIPURA

SVADISTHANA

MULADHARA

CROWN CHAKRA

THIRD EYE CHAKRA

THROAT CHAKRA

HEART CHAKRA

SOLAR PLEXUS CHAKRA

SACRAL CHAKRA

ROOT CHAKRA

YOGAPEDIA

Affirmations for the Chakra

Crown Chakra - I KNOW...

I know I am powerful.
I know that I can do anything I put my mind to.
I know I can change my life.
I know I can heal myself.
I know I am a child of God.
I know I can do all things from the grace of God, Source.

I know I am WHOLE.

Third Eye Chakra - I SEE...

I see clearly.
I see between dimensions.
I see light beings.
I see success flowing into my life in many ways.
I see people for who they are.
I see beauty in everything.

I see I am WHOLE.

Throat Chakra - I SPEAK...

I speak everything that I want to manifest into existence
for and from my highest good only.
I speak words of enlightenment.
I speak channeled messages.
I speak with honesty & integrity.
I speak with confidence.
I speak with power.

I speak I am WHOLE.

Heart Chakra - I LOVE...

I love being healthy.
I love being wealthy.
I love myself.
I love everyone else.
I love that I can feel everything around me.
I love my connection with God and my spiritual team.
I love my family, pets and friends.

I love I am WHOLE.

Solar Plex Chakra - I DO...

I do know the universe is supporting me in every aspect of
my life.
I do know that I am powerful.
I do everything with integrity.
I do not chance I attract.
I do everything in my power to heal and love myself.
I do everything in my power to heal and love others.
I do everything from LOVE & LIGHT.
I do believe in myself.
I do take action every day to be healthy.

Sacral Chakra - I FEEL...

I feel healthy.
I feel safe.
I feel protected.
I feel wealthy.
I feel loved.
I feel powerful.
I feel beautiful.
I feel sovereign.
I feel WHOLE.

Root Chakra - I AM...

I am grounded.
I am love.
I am safe.
I am healthy.
I am grateful.
I am sovereign.
I am Spirit.
I am pure.
I am whole.
I am a powerful being of light.
I am wealthy.
I am abundant.
I am passionate.

For grounding yourself when you cannot go out, you can activate the Reiki, hand placements on the root area, ask the Reiki to flow. Visualize the light flowing into the root chakra and imagine like a tree your roots are coming out.