

Root Chakra Affirmations



I am part of the perfect rhythm and flow of life

All is in Divine right order

As I release the past, the new and fresh and vital enter

I allow life to flow through me.

I move forward with confidence and joy, knowing all is well in my future

Life is for me

I am flexible and flowing

Divine right action is always taking place in my life

Only good comes from each experience; It is safe to grow up

I dissolve all past problems with ease

Letting go is easy

I am connected to my body

I am safe and grounded

All is well in my world

I release all of my fears and doubts

I freely and quickly release the old and joyously welcome the new

I am supported by life

With every breath, I release anxiety

I am worthy of love and care

I have a right to be here

I have everything I need

I am supported by those around me. I am supported!

I am abundant

I accept myself for where I am right now

I am vitalized and energized

I trust in the process of the universe

