

Crown Affirmations

7th Chakra

I am gaining the ability to easily assimilate all my life experiences for higher learning and growth

I am allowing my body to function in perfect harmony and rhythm with the Universe

Every day I am growing stronger in contact with my inner guidance and higher-self

I am supported, loved, and held, by a power beyond my own that is invested in me fulfilling my full potential

I belong on this planet at this time, I am welcome, I am an integral part of the success of the whole

The energy of love has full permission to flow through me unrestrained

I am creating a life that supports me and surrounding myself with healthy, productive people who are growing and thriving in life

I appreciate, love, and accept my body, now

I treat myself with tender love and kindness. I am a precious, holy being. I deserve my attention and appreciation

I am open to receiving the divine flow of inspiration and activating my spiritual organs and surrendering to the rhythm and natural synchronicity of the Universe

I allow others to be wherever they are on the journey. My resistance to their current experience is a resistance to their right to learn at a pace that is best for them

I am the only one who is doing the thinking in my mind

I love changing and creating new things, my pace of growth sets well with me

I am listening to others, I have interest in their life and in their success

I am safe in the presence of others whose beliefs are different, even antagonistic toward my own