

# Sacral Affirmations

## 2<sup>nd</sup> Chakra

I am worthy of my own love and the love of other, whether they can give it to me or not is not my business

I trust the right action is always taking place within my life

I am creating a healthy balance between the effort I make in the behalf of others and the effort I put toward nurturing and supporting myself

I am learning to create healthy boundaries for myself and those who interact with me

I belong where I am wanted, welcome and deeply loved

Every part of my body is a holy gift, I am free to discover, experiment, play, please and pleasure myself in whatever way I feel honors me. My sexual energy is natural and pure.

I respect and honor the body of others in safe and compassionate ways

I express my needs and graciously meet the needs of others in healthy ways

Although there is much I want to continue learning and growing, I accept myself for who I am, flaws and all. I am enough. I am more than enough. I am everything I ever needed to be.

What I want, and desire is important, it shows me what it is my soul has come to express

I accept support and receive gifts with gratitude

I am opening myself up to more fun and pleasure

As I focus on what brings me true joy, I become more balanced in what I eat, how I spend my time, how I spend money, who I give attention to, all things are coming into natural moderation

I am allowing others to be responsible for themselves, for their own success and for their own feelings

The more I appreciate, respect, honor, and attend to myself the more I naturally receive appreciation, respect, honor, and attention from others