

Throat Affirmations

5th Chakra

I am the authority in my life

I acknowledge the power of choice is mine, I choose wisely and for my highest good

I am allowing life to flow easily

I am heard by those who are able to listen, I allow those aren't able to listen to continue on with their limiting views

What I have to say is important

I allow others their opinions and judgments

I honor myself and others with my speech

The more I speak from the heart the better I'm heard

I listen to find ways where everyone wins

There is room for everyone's view at my table, I don't have to agree with it, but I respect it

I validate myself with my words

I use my power to dissolve conflict, not create more of it

I am creating a new language that reflects my loving and accepting thoughts

I easily release all influences that are unlike love

I am willing to hear, see, and feel things in a way I never have before

The ability to make decisions is becoming more accurate and quick

I recognize the criticism of others is a reflection of their own fears and not an attack on me worth retaliating

My words are powerful, I use them to uplift, edify and illuminate; if I catch myself doing otherwise, I compassionately reverse the pattern and move on