

Excerpt 2:

22 CHAKRA AFFIRMATION

1st Chakra (Base)

- I am at one with the Angel of Security; I feel Safe, I am connected to Lady Gaia.

2nd Chakra (Sacral)

- I am at one with the Angel of Creativity; I acknowledge and work with my own unique creative energies.

3rd Chakra (Solar Plexus)

- I am at one with the Angel of Humility; I feel and accept my own power.

4th Chakra (Heart)

- I am at one with the Angel of Unconditional Love; most especially I love myself unconditionally.

5th Chakra (Throat)

- I am at one with the Angel of Communication; I speak my messages aloud.