

Discovering the Chakras with Affirmations – by Marie Nordeng

The following explanations are my best understanding, based on my own experience and shared knowledge from various sources as to which chakras govern what. The truth is that they work together so beautifully that they often share “jobs” or work together to bring balance. Use your judgement and see how things feel in your body.

The Root Chakra is located at the base of your spine and pelvic floor and the color is red. It represents our grounding connection to the earth and our sense of belonging; our sense of safety and stability. It's the foundation that we build our lives on. Physically in our bodies, it governs the spinal column, kidneys, adrenal glands, legs and feet.

The mantra or affirmation I like to use is: “I have everything I need for an abundant life. I am present in each moment.”

The second Chakra is the Sacral Chakra. It's located at your navel and through to your sacrum at the back. Its color is orange and it represents our creative and sexual energies, and our sense of pleasure and joy in all areas of life. It governs the reproductive organs and system as well as the spleen, hips, pelvis, bladder, lower intestines and low spine.

The affirmation I like here is: “I am creative, live with passion, and experience pleasure and joy in all areas of life.”

The third chakra is the Solar Plexus Chakra and is located at your upper abdomen just below where the ribs meet and through to the same location at the back. It represents your sense of self: your self-esteem, will power and sense of personal responsibility and trust. It governs the pancreas, stomach, upper intestines, liver, gall bladder and nervous system, and the color is yellow.

The mantra or affirmation I like to use here is: “I value and trust myself fully and know that I am enough exactly as I am.”

The fourth chakra is the Heart Chakra. It's located at the sternum and through to the same location at the back. It represents Love. This entails love of self, love in relationships, the ability to give and receive love. The color is green. Physically it governs the thymus, heart, blood, circulatory system, vagus nerve, chest, shoulders, arms and hands.

The affirmation I like here is: “I give & receive love freely, abundantly, and in balance... and love myself exactly as I am.”

The fifth chakra is the Throat Chakra. It represents our ability to speak and communicate clearly and to understand the power of our words. The color is Blue. It governs the throat, neck, jaw, thyroid, bronchial and vocal apparatus, mouth, lungs, esophagus, stomach and intestines.

The affirmation I like: “I speak my truth with clarity, confidence, kindness and compassion, and understand the power of my words.”

The sixth chakra is the Third-Eye Chakra. It's located in the area between our eyebrows and through to the base of the skull. The color is purple or indigo. It represents our intuition, foresight, imagination and love of all life; universal love. It governs the pituitary gland, lower brain, eyes (left eye in particular from one source), ears, nose and nervous system.

The mantra or affirmation I like to use here is: “I listen to my intuition and trust that life is unfolding exactly as it should.”

The seventh chakra is the Crown Chakra. It's located at the top of our heads and its color is violet or white. It represents our higher consciousness and divine connection. It governs the pineal gland, the upper brain and eyes (right eye).

The mantra or affirmation I like to use here is: “I am connected to my inner wisdom, higher self and Divine spirit.”