

These affirmations assist each corresponding chakra. The one you struggle with the most after reading or saying it especially during the mariposas meditation is most likely the chakra that is most blocked. Focus on repeating the affirmation you feel most called to on a daily basis until you feel it shift.

 **Root Chakra:**

I am secure and all of my needs are met as I am connected and grounded with Mother Earth

 **Sacral Chakra:**

I am sexy, creative, joyful, unconditionally loved, and comfortable in my skin.

 **Solar plexus:**

I accept myself as I am because I am worthy.

 **Heart:**

I forgive myself and I am ready to create my new reality with love and happiness

 **Throat:**

I speak my truth with love and authenticity as I live the life which brings me happiness and joy.

 **3rd eye:**

I trust my inner vision as I expand my awareness through my higher self.

 **Crown:**

I am connected to the divine source of the universe, I am light.

For more information about chakras please visit my website, www.mariposasholistic.com.

Schedule a complimentary chakra discovery session and let's identify which chakra needs more nourishment and attention.

Blessings,

Paty, La Mariposa, Hernandez