

100 Sacral Chakra Affirmations

1. I am a creative, expressive being.
2. I am full of inspiration and great ideas.
3. I trust my intuition and follow my heart.
4. I'm enjoying more positive and loving relationships than ever before
5. My energy levels are feeling better each day.
6. I am vibrant, beautiful, and magnetic.
7. I enjoy my sexuality, sensuality, and all of the physical experiences that come with being human.
8. I enjoy my life and I'm becoming more and more comfortable living in my body.
9. I release old emotions and I create new ones because I can.
10. I am a powerful and unstoppable creator.
11. I embrace what makes me feel good, and I seek more of what brings me joy.
12. What I enjoy matters and I honor my preferences.
13. I make time for things that make me happy.
14. I am abundant and I attract opportunity.
15. I seek out ways to increase my own happiness.
16. I'm where I need to be in my journey, and knowing this brings inner peace.
17. I love and accept myself fully.
18. I love and appreciate my body and all my physical capabilities.
19. It is safe to feel hopeful, positive, relaxed, and confident.
20. It is safe to be open and intimate.

Healing sacral chakra affirmations

1. It is safe for me to be intimate.
2. It is safe for me to express and feel love.
3. I am a divine energetic being of light living in a human body.
4. I am a beautiful, sensual, and sexual person.
5. I am a powerful creator.
6. I feel vibrant and full of positive energy.
7. I am balanced and well.
8. My physical health is improving each day.
9. I am free from addiction.
10. I am aligned with vibrant health.
11. I honor and care for my body.
12. I'm allowed to feel pleasure and to feel good in my body.
13. My body is a sacred vessel to enjoy.
14. My thoughts feel balanced and harmonious.
15. I'm finding so many things that bring me joy.
16. I feel grateful, satisfied, and full of appreciation.
17. I am passionate about what I love.
18. I release drama and stress.
19. My emotions help guide me.

20. I listen to my inner voice and feelings.

Affirmations to balance the sacral chakra

1. My energy feels balanced and calm.
2. My thoughts are aligned with peacefulness and optimism.
3. I am totally comfortable in my body.
4. My actions align with my intentions.
5. I'm becoming more optimistic and joyful each day.
6. I make fun and joy a top priority.
7. I attract respectful, good-hearted people.
8. The past is done and I'm moving forward with an open heart.
9. I grow more confident each day.
10. I'm highly capable, blessed, and beautifully unique.
11. I'm a sensual, magnetic being.
12. I'm highly creative and quite fascinating.
13. I'm discovering my unique path in life, and I'm excited about it.
14. My friends make me feel warm and secure inside, and they bring me joy.
15. I'm balanced in my relationships because I trust and love freely while having healthy boundaries
16. Life is naturally and essentially fun.
17. There's always the opportunity to make something more fun.
18. I'm creative about discovering the silver lining.
19. I make time for fun because fun is a priority.
20. It's my life, and I am learning to make it as joyful as possible.

Affirmations to open sacral chakra

1. I'm open to feeling joy and pleasure.
2. I'm open to possibility.
3. I'm open to fun, excitement, and optimal well-being.
4. I squeeze as much enjoyment as possible out of every day.
5. I plan for fun.
6. I expect to have fun.
7. I expect to enjoy my life.
8. I am aligned with passion and joy.
9. I welcome pleasure and physical enjoyment in all healthy ways.
10. I'm discovering new joys daily.
11. It's safe for me to feel physical pleasure.
12. I enjoy healthy sources of energy and pleasure.
13. I feel open to new experiences and I trust the unknown.
14. I'm ready for new relationships.
15. I'm vibrating at a higher level than in the past.
16. I manifest pleasurable, joyful, fun experiences.
17. I manifest kind, loving, caring people.
18. I'm honest, kind, loving, beautiful, joyful, and caring. And I keep getting better each day.

19. My life is for having fun!
20. I deserve to enjoy my life because life is meant to be enjoyed.

Sacral chakra affirmations for growth

1. Creative is who I am.
2. I don't need to be perfect to be incredible.
3. It's ok for me to mess up as I explore my creativity.
4. It's ok to be myself when I create.
5. I'm aligned with positive energy people because I am one of them.
6. I surround myself with good vibes.
7. I make smart choices that empower me.
8. I feel passionate about my hobbies, home, ideas, and relationships.
9. I focus on what I love.
10. I am grateful for all the good in my life.
11. The good is constantly increasing.
12. Opportunities for joy always exist.
13. Each day, I release the past and embrace the present.
14. My life is becoming better each day.
15. I'm evolving into the person I've always known I could be.
16. I am grateful for my lessons.
17. I'm becoming more and more confident.
18. I invite new creative energy into my life.
19. I invite exciting new experiences that make me feel alive.
20. I enjoy deep intimacy.