

# Qualities and Affirmations for the Chakras

YOU CAN SAY “Mother...” (addressing the Kundalini), before each affirmation

CHAKRA	QUALITIES	RIGHT SIDE	CENTER	LEFT SIDE
 <b>Sahasrara</b>	Collective Consciousness Integration, Silence, Thoughtless Awareness	<b>Mother</b> , verily You are the Victory over all Challenges to ascent.	<b>Mother</b> , Please establish my Self-Realization.(or give me) <b>Mother</b> , Please be in my Head.	<b>Mother</b> , by your grace, I am protected from all ascent challenges.
 <b>Ajnya</b>	Forgiveness, Resurrection Humility, Compassion	<b>Mother</b> , I forgive everyone and I forgive myself.	<b>Mother</b> , make me forgiving and sacrificing person.	<b>Mother</b> , by your grace, please forgive me.
 <b>Vishuddhi</b>	Diplomacy, Collective Consciousness, Witness State, Detachment	<b>Mother</b> , verily You are the sweet countenance of my words and deeds.	<b>Mother</b> , make me a detached witness. <b>Mother</b> , make me a part and parcel of the whole.	<b>Mother</b> , I am not Guilty.
 <b>Anahata</b>	Universal Mother, Physical Mother, sense of Security, Creation Nourishment Antibodies	<b>Mother</b> , verily You are the responsibility in me.	<b>Mother</b> , make me a fearless person.	<b>Mother</b> , by your grace, I am the pure Spirit.
 <b>Void</b>	Dharma, Balance, Stability, Personality, Guru Principle	<b>Mother</b> , verily You are my Guru/Master.	<b>Mother</b> , make me my own Guru/Master.	<b>Mother</b> , by your grace, I am my own Guru/Master.
 <b>Nabhi</b>	Satisfaction, Contentment Peacefulness, Generosity Dharma(Right Conduct) and Evolution	<b>Mother</b> , verily You are the Royal Dignity in me.	<b>Mother</b> , make me Satisfied.	<b>Mother</b> , by your grace, I am peace.
 <b>Swadisthana</b>	Creativity, Inspiration, Aesthetics and Art Intellectual Perception	<b>Mother</b> , Please give me the pure attention.	<b>Mother</b> , make me the creative knowledge.	<b>Mother</b> , Please give me the pure knowledge.
 <b>Mooladhara</b>	Innocence, Wisdom, Chastity	<b>Mother</b> , verily You are the Destroyer of Negativity.	<b>Mother</b> , make me the innocence.	<b>Mother</b> , by your grace, I am the innocence of a child.