

Qualities and Affirmations for the Chakras

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

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