

Affirmations for Sacred Power

I say what I need say
I express myself
I create into existence
I embody personal power & fulfilment

Sacral Chakra:

I gain perspective through enacting process.
I am *of will* to drive through to create what I need to create.
I have the sustenance and power to drive through.
I am with a sovereign consciousness that allows me to create.
I believe in the power of my creativity *to move forward*.

Throat:

I express the deepest parts of me, those that have moulded me and those that I need to say at any particular point in time.
I revel in the Arts. *I am a Creative Exponent*.
This passage gives me respect. For Self, I am with the torrents of cascading emotion, that is my Expressive Will.
I am forever, *always content* with my capacity to heal through the Arts.