

100 Root Chakra Affirmations *for balance and strength*

USER GUIDE

What is the root chakra?

The root chakra is the first energy center located at the base of your spine and pelvic floor. It is the foundation for your entire energy system, representing your sense of security, stability, and connection to the earth. When the root chakra is balanced, you feel grounded, confident, and able to navigate life's challenges with resilience.

How to use root chakra affirmations:

Affirmations act as energetic tools to bring balance and alignment to the specific energy center in focus. For the root chakra, affirmations can address issues related to security, stability, and a sense of belonging.

To make the most of root chakra affirmations, choose the ones that resonate with your personal experiences and intentions. Use the steps below to incorporate a daily affirmation practice in order to reap the transformative benefits.

How to incorporate root chakra affirmations into your daily routine:

- Set aside at least 10 minutes of your day to practice affirmations. Ideal times are first thing in the morning or right before bed.
- The first 5 minutes should be used to bring your focus inward and set your intentions. Start with intentional breathwork: take deep breaths that fill your belly, then exhale it all out.
- Choose affirmations that resonate with you and are in alignment with your intentions.
- Repeat each affirmation 3 times.
- End your practice with gratitude.
- Be consistent. Repeat the affirmations daily until they are more than just words, they're part of your belief system.

100 Root Chakra Affirmations

for balance and strength

I am grounded and secure

I am worthy of all the success, prosperity, and abundance that comes my way

I am financially independent and secure

I trust in the goodness of life

I am deeply rooted in the present moment

I am open to the flow of abundance in all areas of my life

I am a magnet for positive energy

I release all fears and doubts about my journey

I am grounded in the present moment

I am the embodiment of safety and security

My roots run deep, providing me stability

I trust in the natural flow of life

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I trust in the process of
life

I trust myself and my
decisions

I am confident in my
ability to achieve my
goals

I am a beacon of
stability and strength

I trust my journey and
process of growth

I trust in the wisdom of
my body

I release all fears and
doubts about my
abilities

I trust the flow of life to
guide me

I am grounded, rooted,
and centered

I am connected to the
energy of the Earth and
the universe

I release all fears and
embrace my strength

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My body is a safe and secure place to be

I am grounded in the wisdom of my body

I release all negative energy from my body

I release all fear and anxiety about the future

I am a responsible and reliable person

I am worthy of all the good things life has to offer

I am connected to the abundant flow of the universe

The Earth supports me, and I am supported

I am in harmony with the energy of the Earth

My foundation is solid, and I am at peace

I am anchored in the present moment

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I am at peace with my surroundings

I am open to new opportunities for abundance

I am centered, grounded, and focused

I am firmly rooted like a strong and stable tree

I trust the journey and embrace uncertainty

I am safe, and the universe supports me

I release all doubts about my worthiness

I am rooted in the wisdom of my body

I am rooted in the truth of who I am

I trust in the divine timing of my life

My body is a source of vitality and health

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I am connected to the energy of the Earth

I am deserving of love, kindness, and respect

I trust that I am eternally safe

I am open to the flow of financial abundance in my life

I honor my body as a sacred temple

I am a being of divine strength and stability

I stand tall and firm like a strong tree

I am open to the abundance of the universe

I am rooted in the essence of who I am

I release all worries about the future

My body is a vessel of strength and resilience

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I am financially secure
and stable

I am a vital and alive
being

I am connected to the
energy of prosperity

I am safe and secure in
my body

I am supported by the
energy of the Earth

I release all fears about
my survival

I am at peace with my
past, present, and future

My connection to the
Earth is unshakable

I am a beacon of
stability and strength

The universe provides
for all my needs

I am deserving of love
and abundance

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I release all fears and doubts about my future

I am supported by the Earth's energy

My body is a sacred temple, and I treat it with respect

I am worthy of the highest level of success

I trust my instincts and inner wisdom

I am financially and emotionally secure

I am secure in the knowledge that I am safe

I trust the process of my personal growth

I am grounded in the truth of my existence

I am secure in the knowledge that I am enough

My journey unfolds with perfect timing

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My home is a safe and supportive environment

I am safe, and all is well in my world

I am grounded in the truth of who I am

I trust the journey, even when I do not understand it

I release all worries about money and embrace prosperity

I trust that I am always divinely protected

I trust in the stability of the present moment

I am financially secure and open to abundance

I am worthy of the highest levels of success

I am a stable and dependable force in the world

I release all tension from my body

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I am rooted in the present moment

I trust the journey of my life

I am open to receiving all the abundance of the universe

I am a guardian of my own well-being

I am grounded, stable, and secure

I am a channel for the abundance of the universe

I am grounded and stable in all aspects of my life

I release all anxieties about my well-being

I am safe, supported, and guided

I am a vessel for the energy of prosperity

I trust that I am always divinely protected