

Chakra Blessing - Safety

(start at the bottom)



It is safe to be in harmony with all parts of myself and God.
It is safe to receive insights and inspiration that I need to do my work.



It is safe to shift my perspective and open my eyes to a new, higher power point of view.



It is safe to communicate what is in my heart through writing and speaking; through my energy and emotions.



It is safe to open my heart to myself, to others and to all good things. It is safe to fully give and receive love and joy.



It is safe to grow.
It is safe to thrive.
It is safe to blossom.
It is safe to see myself and be seen.



It is safe to create.
It is safe to express myself verbally, emotionally, sexually and spiritually.
It is safe to let go.



It is safe to rest.
It is safe to be me.
It is safe to trust.
It is safe to bring things to life.