

Affirmations for the Throat Chakra

I am able to harness my will power to control my addictive influences in my life.

I am ready to openly develop my creativity.

I substitute love, joy, and creative expression for old patterns.

I am willing to enhance my own creative gifts.

Love opens the door for me to feel whole and complete now.

Everything I do is an expression of love to myself.

It is now safe for me to express my feelings.

I love and trust my creative gifts.

It is now right for me to express the best of who I am now.

I release the fear of doubts which block the way to my creative expression.

I am confident in the healing power of love to open me to greater self-expression.