

Affirmations for the Sacral Chakra

I unconditionally love and approve of myself at all times.

I am good enough to have what I want.

I release my negative attitudes which block my experience of pleasure.

It is safe to have life easy and pleasurable.

I allow pleasure, sweetness, and sensuality into my life.

I allow abundance and prosperity into my life.

I am in control of my own sexuality.

I give myself permission to enjoy my sexuality fully.

I trust the Infinite Intelligence to give me everything I need for my growth and development.

I am enough. What I do is enough. What I have is enough.

Who I am and what I do is enough.

I open myself to the beauty, joy, and harmony of the Universe and I enjoy it.

I trust the process of life.