



Throat Chakra

affirmations

- *I express myself with clarity and confidence.*
- *I speak with kindness, compassion, and love.*
- *I am empowered to speak my truth.*
- *I speak from a place of love.*
- *It is safe for me to speak my truth.*
- *My words are powerful.*
- *My voice matters.*
- *I live an authentic and honest life.*