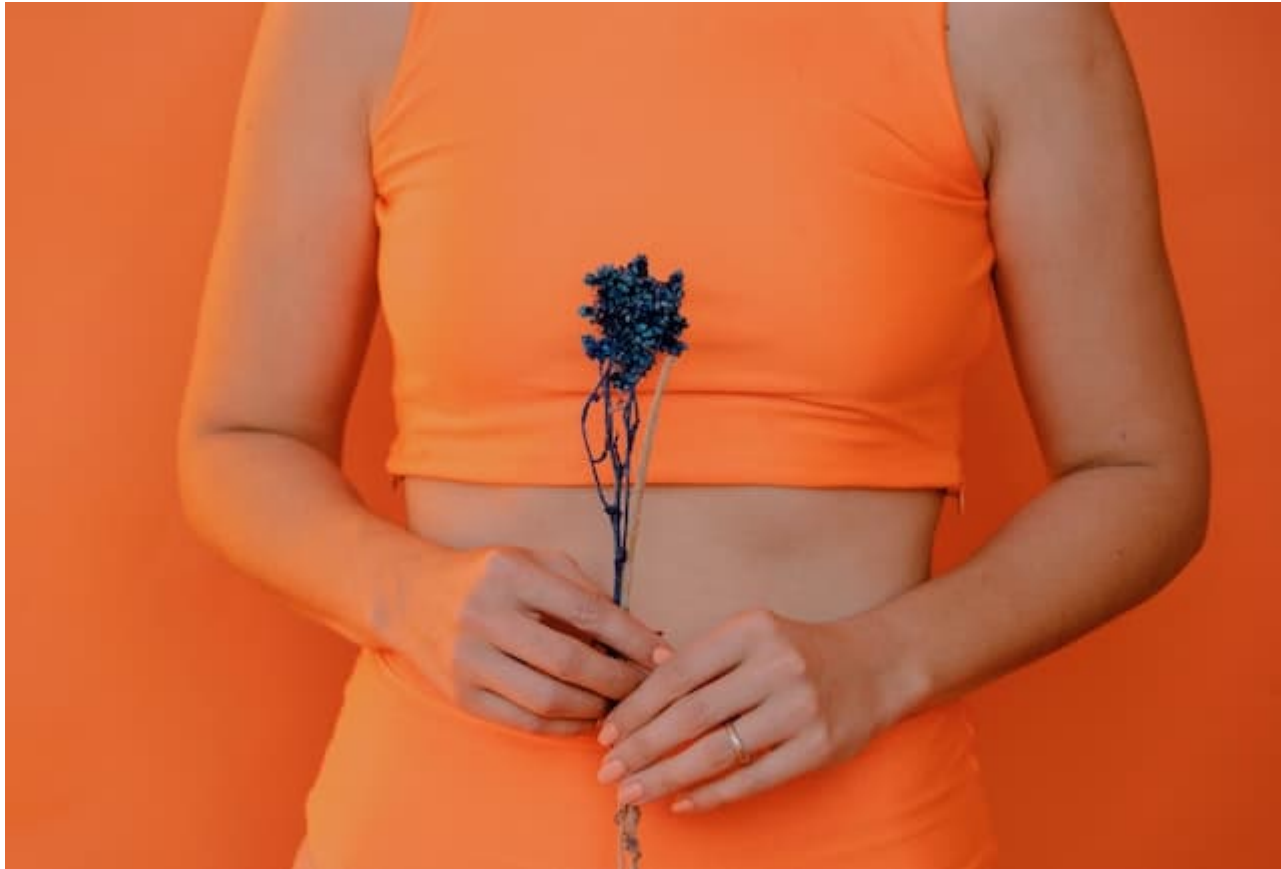


111 Powerful Sacral Chakra Affirmations for Healing

Do you find yourself feeling out of balance emotionally, sexually or creatively? If you do, you might be suffering from a sacral chakra blockage...

But before you get caught up in a panic, know that there are plenty of things that can be done to heal this imbalance in order to start enjoying the pleasures of life again!

I've personally found that one of the best ways that you can unblock your sacral chakra is by using sacral chakra affirmations.



I've been using chakra healing affirmations to return to balance since 2017, and I've found that they're a powerful (and easy) tool in my arsenal to turn to when my energetics are off. They can also enhance other chakra healing practices like meditation, yoga and reiki.

My personal favourite ways to use sacral affirmations involves repeating a mantra designed for sacral chakra healing daily, writing it in my journal or incorporating it into a meditation.

This can help you to connect more deeply to your sacral space and bring healing to an underactive or overactive sacral chakra.

In this post, I've compiled some of my favourite affirmations for the sacral chakra so that you can have them at the ready when you need a little sacral support. So keep reading to discover 111 powerful sacral chakra affirmations that you can use to heal your second chakra.

Too busy to read? Pin for later!

