



The Truth: Discover who you really are

Week Two- Peace

Just like last week, please read your affirmation daily, out loud, and in a mirror to yourself.

This week you're going to journal about your meditations and what happened each time when you opened and closed your Chakras. The goal is for all your chakras to be open, clear, clean, and balanced. This will create overall peace and harmony within you.

Date: _____

Please say these affirmations out loud in the mirror before writing. You may find it helpful to print a copy of this affirmation and stick it on your mirror. Say this out loud as many times a day as you can.

Week two affirmation:

Affirmations are any statement we make- either positive or negative. In this case we will be focusing on POSITIVE affirmations daily. Always make your affirmations in the present tense (example: "I AM," "I WANT," "I HAVE"). Making your affirmations in the mirror helps reflect the feelings you are having about yourself.

I am a divine gift of Spirit/God.
I am worthy of peace.
I am open, clean, clear, and balanced.
I surround myself with love and happiness always.
Abundance is coming to me always, and is here now.
I am healthy, whole, and complete.
I love myself and others unconditionally.
I am full of peace and bring peace to others.
I am surrounded by loving and giving people.
I am honest with myself and others.
I forgive myself for everything.
I forgive others for everything.
I am free. I am balanced. I am one with God and all of creation.
I am **amazing** and ready for greatness!
I am blessed to learn every lesson given to me and I welcome them all.
Thank you God/Spirit for giving me the gift of life, I will not waste one moment.



I grounded myself _____ times today

When I opened my Chakras today this is what I saw, felt, heard, and/or experienced:

Base Chakra - Red

Sacral Chakra - Orange



Solar Plexus Chakra - Yellow

Heart Chakra - Green

Throat Chakra - Blue



Third Eye Chakra - Purple

Crown Chakra - White



When I closed my Chakras today this is what I saw, felt, heard, and/or experienced.

Base Chakra - Red

Sacral Chakra - Orange



Solar Plexus Chakra - Yellow

Heart Chakra - Green

Throat Chakra - Blue



Third Eye Chakra - Purple

Crown Chakra - White

What other types of meditations I did today:


