



Chakra Review: Core Statements and Vows

Chakra Review: Say the chakra statements out loud with the deepest truth that you can express. After each statement, take a few minutes and write down which ones you meant and which ones felt like empty words. Give yourself a rating of 1-10, with "10" being totally true and fully energized, passionate and enthusiastic, and "1" being just empty words that you can't feel. Remember, the universe is always listening to you and responding to the energy in your words, not the words themselves.

Core Statements for Chakra 1

- Of all the places in the world I could be, I choose to be here!!!
- This is my tribe! This is my place!

Core Statements for Physical Life Purpose Point

- What I am, where I am, who I am is my purpose and power.
- The universe can't live its life purpose without me living mine!

Chakra 1 Vows

- I vow to stay invisible in my family or tribe
- Always put family or others first
- I can never be seen as selfish, demanding or piggy
- Never trust in others or join groups
- I vow to always appear confident and together
- Never totally commit to anything; it only leads to disappointment
- Be loyal and never leave someone who is down

Physical Life Purpose Vows

- I am not big enough or strong enough or smart enough to live my life purpose.
- I wish I had different parents; what happened to me is more than anyone could stand!
- There is no "right place at the right time", it's all just luck.
- I am not lucky.
- I vow to hide my power; it can hurt others.
- I am a low energy person; I just can't do what others do.
- I vow to never trust my instincts.

Core Statements for Chakra 2

- **I want intimacy! I want playmates! I want passion!**
- **I feel my calling and purpose right here, right now!**
- **Dance with me!**

Core Statements for Physical Life Purpose Point

- **What I am, where I am, who I am is my purpose and power.**
- **The universe can't live its life purpose without me living mine!**

Chakra 2 Vows

- I will never be needy, and will always keep it together
- I vow to always share all my feelings and emotions, even the bad ones
- I am too much for others to handle; I will always hold back my power and passion
- I won't ever give a shit! WHAT-EVER.
- I am an empath and groups are way too overwhelming
- Emotions are dangerous
- Never show weakness or vulnerability
- I hate people who are loud and emotional

Physical Life Purpose Vows

- I am not big enough or strong enough or smart enough to live my life purpose.
- I wish I had different parents; what happened to me is more than anyone could stand!
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- I am not lucky.
- I vow to hide my power; it can hurt others.
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Core Statements for Chakra 3

- I am the amazing gift that I bring to this group!
- I will fearlessly and shamelessly show who I am! I hold nothing back!
- Check this out! Eat your hearts out! (show off your body and energy)

Core Statements for Spiritual Life Purpose Point

- I am called in every moment to live my purpose, and I go!
- Part of my life purpose is our relationship.
- I am my purpose and message.

Chakra 3 Vows

- I vow to never act or be seen as special or conceited
- Stay in the background, play small, not revealing anything real about myself or else others will take advantage of me
- I refuse to fraternize with people below my station
- I vow to always put on a smiley face
- Being a good person means doing good for others, never for me
- You can't make me!
- Life goes my way, or it is "NO WAY" - I never lose!
- I vow to not do anything if I cannot do it well

Spiritual Life Purpose Vows

- I vow to be someone important
- I will never make waves or be different and get rejected
- I vow to show my parents that I can be something
- I vow to make my job and making big money my life purpose
- I vow to use my head, figure out a good life purpose and work to achieve it
- I will be a good person and do God's work; I cannot charge money for the Lord's work

Core Statements for Chakra 4

- I love myself! I love all of you!
- I will never stop reaching out to you for love!
- Together we can overcome any obstacle!

Core Statements for Chakra 5

- I share my deepest inner calling with you! No filter!
- This group speaks my language!
- I listen to you and hear the universe calling me!

Core Statements for Aha! Point

- My passion is my purpose!
- "YES!"

Core Statements for Soul Point

- You and I are one!
- I love you forever!
- My life is God playing in the universe, play with me!

Chakra 4 Vows

- Love is giving, not getting
- I will never say "I love you" unless it's special
- I don't need anyone, ever
- I will never forgive those who hurt me and will never take that chance again
- I don't deserve love, I am not that good.
- I don't trust that others will care for me. I go it alone!
- I don't need any more friends, they are exhausting.

Chakra 5 Vows

- I never tell anyone what I'm really thinking or feeling
- Don't ever talk about addictions and personal problems
- If I can't say something nice or smart, then I don't say anything at all
- No one ever listens to me, I may as well not even be here
- I will never raise my voice and be rude
- White lies are fine
- I never let anyone win in a battle of words

Aha! Point Vows

- I vow to never be as stuck and passionless as my parents
- I vow to be passionate and “up” all the time
- I vow to hold back on my passion; it just leads to disappointment
- I will never “get it” and know my purpose
- My brainstorm or big ideas are dumb, I will never share what I am really passionate about with anyone
- I vow to never take action impulsively, like my dad
- There is no enlightenment - life is hard, then you die
- I have no idea what to do or who I really am

Soul Point Vows

- I vow to never trust the universe since the universe took my father way too soon
- Souls are some crazy church idea that are going to heaven or hell but who cares? When you are dead, you’re dead – nothing else!
- I vow to go it alone – “live and let die” is reality
- I vow to always try to be better; who I am is not enough
- The ends always justify the means; sometimes I have to hurt others to make it big
- My soul is very advanced, and I believe this may be one of my last lifetimes of incarnating
- I channel all the guidance needed for me and everyone I know, right from my soul
- What good is having an eternal soul? It can’t ever help me be more successful.
- No one is perfect, we are all sinners
- Karma cannot touch me; I have evolved past it

Core Statements for Chakra 6

- **I can see that this is the perfect place and you are the perfect person for me to reveal my mission to and through.**
- **My ideas are brilliant and important!**

Core Statements for Chakra 7

- **I am open to infinite possibility right now!**
- **This world we create together is amazing!**

Core Statements for Inner Light Point

- **I see how brilliantly alive the world is!**
- **I love to see the sparkle in your eyes!**

Chakra 6 Vows

- The grass is always greener somewhere else that I can't see
- I am always in the wrong place
- I am psychic and pick up way too much information to ever trust others
- I don't believe anything until I see it with my own eyes
- I see the world as all light and good
- Life is just hard work and dead-end choices
- Be skeptical; I cannot trust anyone because they are out to take advantage of me

Chakra 7 Vows

- I am not a creator, god is. I don't trust my power.
- Life is hard, then you die
- God will handle everything and is all well; praying is the only way I get things done
- I am alone in an unsafe world
- I don't trust god -- when needed the most, god abandoned me
- There are only a very few options in life, so I spend my days paving the road to mediocrity.

Inner Light Point Vows

- I vow to only believe what I can see
- I only see the spiritual reasons for everything
- I wish I could see energy or chakras
- I see angels and guides everywhere
- My vision of the future is always dark
- I vow not to be psychic; the visions I have had are often of someone having an accident
- I always see the brighter side of life
- I vow to be smart and clever with my mind
- I vow not to be clear on anything - when I am, I have to do things that others don't like.
- I always spin in my head and feel foggy when I have a tough decision to make