



Chakra One Vows

Limiting Chakra One Vows:

- I vow to never tell anyone that I love my body, that is conceited
- I am not more beautiful or better than anyone
- I vow to be good, smart, attractive, and successful
- I vow to not care about my looks and body; I got bad genes anyway
- I vow to be fit for life and healthier than everyone I know!
- I vow to be loyal to my family, unlike my dad who betrayed us
- I vow to always support my family and tribe of origin for life, like my mother did
- I vow to always put my family's need ahead of my own needs, like my mother, who was a saint
- Good people are _____ (fill in the blank): Catholic, Jewish, atheist, rich, poor, smart, healthy, take family vacations, volunteer, etc.
- My family was good and better than others because _____: we work hard and enjoy our lives anyway... we are rich and yet give lots of money to the poor... our house is where all the children come and play... etc.
- I vow to never get divorced or cheat on my spouse, like my father did
- I vow to be happily married and have three wonderful children by the age of 35
- I vow to never outlive my children
- I vow to be a successful business person by the age of 40
- I vow to never talk about family problems, those need to be kept secret
- I will never be like my mother and abandon her children
- I vow to never be a rule keeper like my mother
- I vow to see the world as an unsafe and unfair place and will fight for justice always
- I vow to be an observer of life and above it all

- Not everyone gets to have a happy marriage and life, sometimes you do it for the kids
- I vow to be a team player
- I vow to be a strong man, or a soft loving woman
- I vow to be successful and a good provider

Freedom Statements to Release the Limiting Chakra One Vows:

- My body is the most important vehicle of my spiritual journey; I treat it like a temple that my soul worships within
- I see myself as beautiful, unique, and essential in the world, as we all need to support each other from our strengths
- I am fully open to creating my own tribe
- I am open to having the right to have a good life in each moment simply because I exist
- I realize that I have an “energetic” tribe and I will be drawn to it and open to the people who come to me to support me
- I will know my tribe because they will see me, hear me, and support me and I will be able to see them, hear them, and support them with little or no judgment
- I love and honor my body every day, as it does its best to love and honor me and carry me through life
- I am open to being part of the tribe of souls that are unified by our humanity, not separated by our minds and family histories
- I am open to accepting everything in my life as it is; I do not resist life, I embrace it
- I feel solid and vibrant in all of my body
- I embrace both sickness and health and the gifts each has given me
- My power of presence is my greatest healing skill, I cannot be moved from my life purpose of being me