



Chakra Two Vows

Limiting Chakra Two Vows:

- I vow to reject how sensitive I am and tough it out no matter how much it hurts
- I vow to see emotions as stupid wastes of time
- I vow to always show how hurt I am; others need to know
- I vow to never be needy like my mother
- I vow to always be loving and gentle, unlike my cold-hearted critical father
- I vow to never do more than I absolutely have to
- I vow to get even with anyone who hurts me or my feelings
- I vow to never give myself pleasure until the work is done
- I vow to never be a victim again or abused again; I am always on guard
- I vow to never be sexy or seductive
- I vow to live a sexual and sensual life - if it feels good, I want more
- I vow to use sex and seduction to get what I want from people - if you've got it, use it!
- I vow to feel your feelings more than mine; I am empathic
- I vow to hold people at arm's length
- I vow to express everything I feel even if it create a crisis
- I vow to use money as a way to control others and be superior, or as a way to feel worthless
- I vow to never back down from a fight
- I vow to see all interactions as battles for control and survival
- I vow to create a supercharged emotional life
- I vow to self-medicate with food, drink, sex when I'm stressed or angry - it helps
- I vow to eat healthy even if it tastes bad



Freedom Statements to Release the Limiting Chakra Two Vows:

- I am open to the reality that it is through my feelings and needs that I know who I am
- I am open to saying out loud "I want what I want!" so the universe can hear me!
- I am open to all the pleasure my body and life can experience in every situation
- I embrace my desires, sexuality, and sensuality with sensibility and reverence
- I am open to seeing all of my life as both sacred and simple and functional
- I eat that which makes my body the healthiest and brings me pleasure when I eat it
- I am open to seeing the world like a huge ocean that I am effortlessly swimming in and flow with the waves and currents to my ultimate destiny
- I feel my guidance nonverbally and I act on every feeling
- I am gratified by both hard work and pleasure, which are effortless
- I am now open to all the primary pleasures in my life, like relationships, intimacy, play, love, inner quiet, engaging work, introspection, good food, working through life issues, sex, physical mastery, etc. and am drawn to them and away from secondary pleasures every day
- I see secondary pleasures such as caffeine, sugar, alcohol, recreational drugs, emotionless sex, negative or addictive relationships, whining, arguments and battles, working just for the money, control over others, caretaking family, etc. as choices that I may choose to do consciously, but they have no power over me
- I am open to my self-image coming from how I feel, not from what I do or what I accomplish
- I am open to living in enthusiasm and passion
- I am open to feeling my life as an expanding and peaceful quality
- I am open to questioning my motives when I sabotage myself or sell my inner truth for security