



Chakra Four Vows

Limiting Chakra Four Vows:

- I vow to always be as good and loving as my (mother, father, grandmother/father)
- I vow to never be as unloving and mean as my (mother, father, grandmother/father)
- I vow undying love/to always love someone
- I vow to never need love and attention, I'm good
- I vow to never trust anyone with my heart again
- I vow to never forgive myself or others for the horrible thing that happened in the past
- I vow to be perfectly loving, caring, peaceful, and good like my grandmother, always
- Sacrificing my own needs for my family is love
- I am uncompromising in my love and relationships
- True love does not exist, it's always got an ulterior motive
- I will never compromise in my relationships when I know I am right
- I only love when I can trust the person to never betray or leave me
- I vow to never get divorced, like my parents did
- I vow to believe that love solves everything
- True love is finding the person that completes you
- I don't fall in love, that only happens once
- Sex and love are totally different
- A good man loves by being strong and providing
- A good woman loves by being gentle and compassionate and a family care taker
- I do not deserve love unless I earn it by being good
- I vow to never be critical of my children, like my father was
- I vow to never show any outward expression of love



Freedom Statements to Release the Limiting Chakra Four Vows:

- I am now open to love and accept myself in each moment
- I am open to forgiving myself and others for what has happened in the past so I can live and love myself and others fully now, with no regrets or limits
- I am open to trusting and letting go of the need to know why the negative events in my life happened. I am willing to now be open to all of life, not just the good
- I am fully open to love and forgive my parents and know that I chose them, they did not choose me and they are my greatest teachers
- I am open to loving my deepest darkest needs as well as my highest aspirations
- I am open to feeling the infinite body of love that is the glue that holds every object and person together in the universe
- I am open to finding a balance in my relationships where we harmonize in love and acceptance of each other
- I am open to loving from how I feel right now, not from the rules of love
- I am open to loving and accepting my limitations as I do my best in the world
- I will never forget that my parents taught me how they love, but not how I love. My love I discover in every moment as I share the self I love
- I am open to the idea that love can be aggression and even violence when I have to set a boundary with a person who does not love me
- I am now open to forgive myself for spending so many moments in my life being afraid, bitter, and angry at anyone or anything in my past
- I am open to feeling love within every breath I take and every thought I have and every person I meet
- I am open to being deserving of love just because I exist
- I am love, you are love, and love is healing. So the greatest healing gift I have is being in relationship with others
- I now see the gift that every challenge and trauma that I endured in my past has brought me
- I know that forgiveness of another is impossible. I simply forgive myself for forgetting what I am, an eternal soul that has never been hurt, and always lives in unconditional love
- My victimizers showed me clearly how strong I am and what I am made of