

## Chakra Three Vows

### Limiting Chakra Three Vows:

- I will never be seen as self-centered, like my narcissistic uncle
- I will always do good things like my grandmother, who volunteered and helped the less fortunate her entire life
- I vow to never show others that I can't do something or need help
- I vow to be invisible and play small
- I vow to never conform: you can't make me!
- I vow to do better than my parents in every way
- I am not a standout or special in any way
- I vow to be tough and ready to fight rather than ever be abused again
- I vow to use my life to help others; it is selfish to help me first
- I vow to smile all the time
- I vow to never let others tell me what to do, they always have an ulterior motive
- I vow to love others more than I love myself
- I never back down and I never lose! It's my way or no way
- I vow to win every argument or battle or make others wish they hadn't challenged me
- I vow to never make waves; it's better to just avoid conflicts all together
- I vow to never show off or be better than anyone



### **Freedom Statements to Release the Limiting Chakra Three Vows:**

- I am open to seeing that the greatest gift I have to offer is "me"; I share myself unconditionally
- I am open to aligning every action I take with my passions and enthusiasm for what I truly love
- What I do in my life is always "for" life and never actions "against" anything or anyone
- My actions and enthusiasm for life will inspire others
- I am open to the reality that the more I know myself, the more of a wonderful mystery I become; I discover who I am everyday through what I am called to do
- I am open to co-creating my life through intention and inner discipline
- I am open to seeing that my greatest traumas in my past have given me my strength today and give me my biggest "Why" I do, what I do, and my strength now to never shy away from being who I really am in my life
- I am open to seeing that I am not only unique in the world, but unique in every moment, constantly transforming, alive, fresh, new and different every day
- I am open to the reality that no one will truly ever know and understand me, but the more I share myself, the more I see myself in the eyes of others and in the world
- I am open to seeing that my highest life purpose is to express my core soul qualities through my action. My choices and actions are conscious choices in service of my soul's purpose, not just who I think I should be
- When I remember my true self in my secret place, I have peace of mind and know my place in the world
- I am open to making every place in my life my secret place
- I am open to taking full responsibility for all my actions and choices; I never defer my power to others through blame
- I am open to seeing that both my body and my soul are equally divine; When they meet the actions, they spontaneously emerge as the expression of my life purpose
- I am open to living my life in integrity; I love myself and will never compromise my spirit