

Affirmations for Open Centers

Affirmations For My Open Head Center:

I am deeply inspired all the time. I am wise about what is truly inspiring. I follow my strategy to help me decide what I need to do. The questions in my head are from others. I don't have to answer all of them. Only the ones that truly excite me!

Affirmations For My Open Ajna Center:

I am wise about information and beliefs. My gift is that I can see many sides of an issue and have many different understandings that are fluid and that change all the time. I don't have to make up my mind. I always write down the things I want to remember.

Affirmations For My Open Throat Center:

My words are heard best when I am invited to speak. I save my words for people who truly desire to hear my point of view and insights. I wait for the right people to ask me and value my words.

Affirmations For My Open Identity Center:

How I experience myself changes depending on who I am with. I choose to surround myself with people who feel good to me. Place is very important to me and I create an environment that soothes me. When I am in the right place, the right opportunities come to me.

Affirmations For My Open Will Center:

I enter into all agreements according to my Human Design Strategy. I make promises and commitments very carefully and deliberately, and only according to my Human Design Strategy. I have nothing to prove and I value myself deeply. I fearlessly ask to be paid what I am worth.

Affirmations For My Open Solar Plexus Center:

I can make decisions in the moment. I pay attention to the source of my emotions and allow others to experience their feelings without making their experience my own. I am very sensitive and I trust my insights about other people's feelings. I take frequent breaks when the emotional energy is too intense.

Affirmations For My Open Root Center:

I set realistic goals. I make powerful decisions about being free and know that things will get done when they get done. I use pressure to create more energy and at the end of the day, I rest and relax even if my "to-do" list is long. I make decisions according to my Human Design strategy even if I feel pressure. I breathe and relax knowing there is an abundance of time to get things done.

Affirmations For My Open Spleen Center:

I easily let go of all things that do not serve my highest good. I honor my body and the messages it sends me. When I feel sick, I rest. I honor my own sense of timing and know that whenever I arrive is just perfect! I respect other people's sense of time and always wear a watch. I trust my intuition and know that I receive intuitive insights in many different ways.

Affirmations For My Open Sacral Center:

I am not here to work in the traditional way. I can work hard in short bursts and then I need alone time to discharge the extra energy I carry. I recognize that my energy is mutable, and I take care of myself and let go of the expectations of others. I am very powerful when I am using my energy correctly.