

Balancing Your Chakras with the Archangels

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CHAKRA	ARCHANGEL	FOCUS & AFFIRMATION
Root / Base	Uriel	for stability and trust <i>"I am safe and secure."</i>
Sacral	Gabriel	for creativity and manifestation <i>"I feel creative and embrace change."</i>
Solar Plexus	Jophiel	for self esteem and confidence <i>"I do stand fully in my power."</i>
Heart	Raphael	for love and romance <i>"I love myself and others."</i>
Throat	Michael	for self expression and communication <i>"I speak my truth clearly and respectfully."</i>
Third Eye	Raziel	for a clarity and intuition <i>"I see clearly my inner visions."</i>
Crown	Zadkiel	for mental peace and connection <i>"I understand my "Divine" purpose."</i>