



## Goddess Chakra Archetype Affirmations

Today and every day, I feel the healing power of  
the Goddess flowing through me.

Today and every day, I feel the divine wisdom of  
the Goddess filling my body, mind, and spirit.

Today and every day, I feel the divine wisdom of  
the Great Mother Goddess filling my body,  
mind, and spirit. She is helping me to  
make the best choices possible.

### 1st Chakra~ Kali Ma

Kali's esoteric attributes are passion and physical and transformative energy. Be alert to those who undermine your self-confidence - Kali is here to hurl your life onto a new path that will ultimately prove to be more fulfilling than your current path.

According to ancient Hindu tradition, Kali is the mother of us all. Kali is often depicted as a bloodthirsty harbinger of destruction, but this is so that through death we can experience the wonder of rebirth.

Hence, when our lives seem as though they are out of control, this is Kali telling us that we have not chosen the right path. Through Kali's strength, we are forced out of complacency and fear to find the right path for ourselves.

ENERGY CENTER LOCATION: Spine center (Base of Spine)

COLOR AND ACTIVITY: Red - Survival, Primal Fire/Life Force Essence, Pure Energy and Vitality

HIGHER OCTAVE COLOR AND ACTIVITY: White - Cosmic purity - Aliveness - Awareness



**NEGATIVE POLARITY:** Unconsciousness. Fear of survival.

**KEYNOTE:** C (Low C or middle C- all C notes will work)

**CORRESPONDING ELEMENTS:** Earth and Fire, Thunder

**HEALING GEM-CRYSTALS:** Smoky Quartz, Obsidian, Hematite, Black Tourmaline, Bloodstone, Garnet and Clear Quartz Crystal, Ruby, garnet, bloodstone, tourmaline, smoky quartz (red stones).

**INTENTION:** Energizing the base chakra: feel grounded and connected with humanity.

Don't be afraid to shed - Kali offers you the strength to rid your life of excess baggage, to confront the forces that threaten you, to destroy the elements of destruction in your life. Once this is done, you can celebrate new life!

**AFFIRMATION:** My new life path reveals itself to me.

Mantra: Awakening

## 2nd Chakra~ Freya the Patroness of Love and Fertility

She will be your metaphorical boxing gloves to end your current way of life to begin anew, this time on a path that is honoring your passion!

**ENERGY CENTER LOCATION:** Sacrum Center (middle of pelvis)

**COLOR AND ACTIVITY:** Red-orange, regulates sexual functions, generative organs.

Creative and procreative life-force energy.

**HIGHER OCTAVE COLOR AND ACTIVITY:** Violet - transmutation, acceleration, invocation and freedom.

**NEGATIVE POLARITY:** Lust, misuse of sexual energy, desire to destroy

**KEYNOTE:** D

**CORRESPONDING ELEMENTS:** Water (and sometimes earth)

**HEALING GEM-CRYSTALS:** Ruby, Carnelian, Citrine, Amber. Gemstones for Freya: Rose quartz, pink tourmaline, emerald (pink or green stones)

**INTENTION:** Passion in love, Passion in war, Passion for the things in life that bring us pure joy. She lets us be moved to tears with gratitude for what we see around us, her gifts are tenderness, grace, compassion, delight and laughter.

**AFFIRMATION:** I embrace life in its absolute fullness. At this moment, I have all that I need.

Mantra: Passion

## 3rd Chakra~ Boadicea, The great Celtic queen

Her name means "victory". She stands Amazon-like, her feet grounded and body erect, garbed as Warrior Queen, leading her followers confidently.



Like the tigress mother who protects her young, she harnesses her anger to seek justice for those dear to her.

**ENERGY LOCATION:** Solar Plexus Center (upper abdomen)

**COLOR AND ACTIVITY:** Orange-yellow, Seat of our Emotions, Solar Energy, Warmth, Radiance, Balanced Expression of Personal Power.

**HIGHER OCTAVE COLOR AND ACTIVITY:** Ruby-violet-gold, Peace, Ministration and service to humanity, love of nature and the elements.

**NEGATIVE POLARITY:** Anger, fear, greed, jealousy, judgment and criticism

**KEYNOTE:** E

**CORRESPONDING ELEMENT:** Fire (somewhat water and air)

**HEALING GEM-CRYSTALS:** Citrine, Topaz, Calcite, Apatite Crystal, Amber, Tiger eye, Yellow jade

**INTENTION:** Imagine right this moment that you are free from the blockage or maddening frustration. The limitations you've imposed on yourself have dropped away. The disappointments of your past no longer hold you down. The opinions of others cannot stand in your way any more.

Imagine that you are free to focus on creating a better life for yourself and for the world in which you live. Though there are difficult challenges, rather than wasting your energy worrying about or fighting them, you use that energy to work your way through them.

**AFFIRMATION:** I use my energy for the highest good. I release the opinions of others. My awesome power is released in a healthy manner.

**Mantra:** Focus

## **4th Chakra~ Earth Gaia Mother Goddess**

Gaia's message for ALL OF US at this time is, "allow time for introspection, contemplation and developing wisdom". And her message for us as goddess sisters, is that she connects us to the universal source of 'mothering' and 'nurturing', leading us to a feeling of profound peace and balance.

Every element in the universe, whether on land, in the sea or sky, can be seen as a single living entity of Gaia, the primordial Great Mother. More than any other goddess, Gaia is identified as the divine and animate Earth Mother.

She is the living, conscious planet who provides sustenance and nutrition and the wisdom inherent in the earth itself. Her values are rooted in the sacredness of all life, whether it be plant, animal or the stars in the sky - respect for others is paramount if we are to attain the deep sense of balance and completeness that a connection with Gaia brings.

**ENERGY CENTER LOCATION:** Heart Center (Chest area in center of sternum)

**COLOR AND ACTIVITY:** Green - Qualifying our feelings, thoughts and activities with love and acceptance.



**HIGHER OCTAVE COLOR AND ACTIVITY:** Pink - All embracing love, compassion, mercy, forgiveness, and acceptance, love for all life and creation.

**NEGATIVE POLARITY:** Attachment to personal self, selfishness, envy.

**KEYNOTE:** F

**CORRESPONDING ELEMENTS:** Air and Fire

**HEALING GEMS-CRYSTALS:** Aventurine, Rose Quartz, Kunzite, Pink and Green

Tourmaline. Gemstones: Green calcite, amber, jet, black tourmaline, geodes

**INTENTION:** to activate the heart chakra, the chakra that rules the life aspect of love. Gaia's message for ALL OF US at this time is, "allow time for introspection, contemplation and developing wisdom". And her message for us as goddess sisters, is that she connects us to the universal source of 'mothering' and 'nurturing', leading us to a feeling of profound peace and balance.

**AFFIRMATION:** Love flows into my life like a river. I am calm and centred, now and always.

Mantra: Peace

## 5th Chakra~ Diana

Powerful and protective, goddess Diana embodies the moon's fertility and the sun's protective, nurturing power over the earth's wilderness and creatures. Diana's power brings abundance to the world. She is the huntress who provides us with spiritual "food". Diana is a Roman goddess - nature, fertility, children, providence and harvest are other attributes relating to her. She is often depicted with her hunting dogs, deer and an archer's bow. Her short skirt is not for attracting male attention, but is a symbol of freedom - she remains free to leap through the forests and touch the sky with her outstretched fingers.

**ENERGY CENTER LOCATION:** Throat center (at the hollow of the throat)

**COLOR AND ACTIVITY:** Sky blue/Royal blue - projection of power and creative energy. Communication.

**HIGHER OCTAVE COLOR AND ACTIVITY:** Electric-cobalt-blue-manifestation of Divine Will, expression into form, protection, leadership qualities.

**NEGATIVE POLARITY:** egocentricity, manipulation by "lording It over". Insecurity.

**KEYNOTE:** G

**CORRESPONDENCE ELEMENT:** Ether (space)

**HEALING GEMS-CRYSTALS:** Turquoise, Chrysocolla, Labradorite, clear quartz, Aquamarine, Moonstone, lapis lazuli, dark aquamarine

**INTENTION:** She resounds with the wild places in our inner psyches, the parts within us that hunger for more than our daily routine.



**AFFIRMATION:** Fresh air fuels the rose in my cheeks and the fire in my heart. Today I choose to do what I can, and I can do anything

Mantra: Adventure

## 6th Chakra~ Isis

Isis' esoteric attributes include intuition and perception. She is related to the third eye chakra, the centre of illumination and insight. She is the embodiment of the feminine as a vessel for divine expression.

Isis is the Egyptian High Priestess, ruling with love and calm patience. She provides equilibrium and guidance through our journey.

To open the door to Isis opens the door to love, love fosters the development of inner wisdom, as a budding flower blossoms into a glorious flower that takes people's breath away.

**ENERGY CENTER LOCATION:** Third Eye Center (between the eyes - middle of the forehead)

**COLOR AND ACTIVITY:** Indigo - focus, intuition, healing

**HIGHER OCTAVE COLOR AND ACTIVITY:** Emerald green - advanced healing, consecration, visionary powers of one-pointedness, psychic development, clarity.

**NEGATIVE POLARITY:** Misuse of psychic powers, misguided fantasy, inaccurate projections, predictions and interpretations.

**KEYNOTE:** A

**CORRESPONDING ELEMENTS:** none

**HEALING GEM-CRYSTALS:** Sugilite, Fluorite, Amethyst, Lapis, Sodalite, Azurite, Emerald, Clear Quartz. Moonstone, lapis lazuli, dark aquamarine (indigo-coloured stones).

**INTENTION:** Isis' esoteric attributes include intuition and perception. She is related to the third eye chakra, the centre of illumination and insight. She is the embodiment of the feminine as a vessel for divine expression.

**AFFIRMATION:** I trust my wisdom and insight. I am sacred, savvy, sassy and wise.

Mantra: Insight

## 7th Chakra~ Ceres /Demeter

She is an Earth Mother, whom represents the cycles we experience as women, and allows us to accept the ebbs and flows graciously. With calm strength we can find our centre and gently "go with the flow".



She rules the cycles that are immediately obvious to women, those of the moon (our biological) cycles and when your body is internalizing to nurture your inner self, to help cope with the pull of the moon and planets.

**ENERGY CENTER LOCATION:** Crown center (top of the head)

**COLOR AND ACTIVITY:** Electric ultra-violet/iridescent mother of pearl rainbow - wisdom, integration of experiences.

**HIGHER OCTAVE COLOR AND ACTIVITY:** Golden-yellow - integration of all the energy centers. Divine Wisdom, illumination, enlightenment, conscious understanding of the laws of the Universe and Creation.

**NEGATIVE POLARITY:** None

**GLAND:** Pineal

**ASSOCIATED MUSICAL INSTRUMENTS:** Organ, electronic synthesizers, and sounds of the highest quality.

**KEYNOTE:** B

**CORRESPONDING ELEMENTS:** None

**HEALING GEM-CRYSTALS:** Diamond, clear Quartz, Selenite, Golden Topaz, Yellow Fluorite

**INTENTION:** Allow Ceres to connect with, guide and nurture your inner goddess, feel yourself become more centred, calm and empowered. Your hara is full, pregnant with vitality, and your heart beats with the determined strength of a wise woman.

**AFFIRMATION:**

**I AM Goddess Wisdom in action. When I look in the mirror I see a radiant goddess.**

**I AM the spirit of enlightenment.**

Namaste.

Sources:

Lisa Ware, affirmation creation and editing from original doc 'Thymus Information for the Work', author unknown, given upon Lisa's Level 2 attunement from Bobbie Perkins and Mary Hjort, 2001.

<http://www.goddess.com.au/affirmations.htm>

For further reading:

Every goddess has a message and affirmation for you...

<http://balancedwomensblog.com/creating-goddess-affirmations/>

Look up a Goddess

<http://igoddess.com>