

Powerful Throat Chakra Affirmations

1. My voice matters
2. I am an excellent communicator
3. I express myself openly from my heart
4. I listen to and honor my inner voice
5. I speak my truth with love
6. My voice is powerful
7. I communicate my feelings with ease
8. I express myself with confidence
9. What I have to say is valuable to others
10. I clearly express my needs and desires
11. My voice is strong and powerful
12. It is safe for me to speak my truth
13. I freely express who I am
14. I express myself creatively
15. I practice clear and open communication
16. I allow divine wisdom to speak through me
17. I listen to and honor my inner voice
18. I speak my truth
19. I speak with love
20. My voice reflects my inner being
21. I mean what I say
22. I speak authentically
23. I speak with kindness
24. I know my truth
25. I open my throat chakra now
26. My throat chakra is clear and tuned
27. My throat chakra flows in perfect balance
28. I claim my freedom to speak
29. I reclaim my voice as my own
30. I belong here
31. My voice belongs to me
32. I honor my truth
33. My voice deserves to be heard
34. My voice is clear and strong
35. My truth sets me free
36. I speak up for myself
37. My voice is needed in this world
38. I write clearly
39. Who I am comes across clearly
40. My throat is healthy and strong
41. My voice is strong
42. My words are powerful
43. I am courageous
44. I think before I speak
45. I respect my truth
46. I am no longer a prisoner of other's words
47. I take ownership of my voice
48. I reject any pressure to be silent
49. I use light and positive words
50. I speak with clarity
51. I am strong in my truth
52. I am free to be completely me
53. My words add value to conversations
54. My truth resonates with Universal truth

55. My throat chakra spins with ease
56. My voice is relaxed and calm
57. Words flow easily to me
58. Words flow easily through me
59. My words have positive power
60. When I speak, others listen
61. I have integrity
62. I speak calmly
63. I speak plainly
64. It's safe to express my needs
65. I am honest about who I am
66. I breathe easily
67. I am respected
68. I speak from my center of power
69. I speak with confidence
70. I am comfortable with silence
71. I don't engage in gossip
72. I choose my words carefully
73. I choose my words with compassion
74. I am comfortable with silence
75. I give my full attention to whoever is speaking
76. I am at ease when I speak
77. I speak for me
78. I speak for Universal truth
79. I am truth
80. I speak up for myself when necessary
81. I am an excellent speaker
82. I am a confident speaker
83. I have a great sense of humor
84. I only contribute to positive conversations
85. I make eye contact while speaking to others
86. My voice comes across as loving
87. My voice comes across as kind
88. I am allowed to be me
89. I am allowed to talk
90. I am clever
91. I do not need permission to speak
92. Clean and clear my throat chakra
93. Heal my throat chakra
94. Repair my throat chakra
95. Align my throat chakra with Source Consciousness
96. I speak firmly, but kindly
97. I like talking to others
98. I don't speak over others
99. I am a great conversationalist
100. I know the right thing to say
101. I make others feel comfortable with my ease
102. It is ok to express my feelings with others
103. I make eye contact when speaking to others
104. My throat chakra is bright crystal blue and spinning freely