

✨ 12 Universal Laws, Correlating Chakras & Daily Affirmations

🌱 How to Use:

1. **Daily Practice:** Choose one law + affirmation each day (12-day cycle).
2. **Meditation:** Place a hand on the chakra's area, repeat the affirmation 3–5 times slowly.
3. **Journaling:** Reflect on where this law is showing up in your life.
4. **Integration:** Pair with gratitude, values check-ins, or boundary-setting for deeper embodiment.

Root Chakra	Daily Affirmations
Law of Divine Oneness <i>Connection to all beings, unity.</i>	<i>"I am connected to all life. My energy contributes to the whole."</i>
Law of Cause and Effect (Karma) <i>Actions rooted in stability and responsibility.</i>	<i>"My choices create ripples. I act with integrity and grounded strength."</i>
Sacral Chakra	
Law of Vibration <i>Emotions, creativity, energy in motion.</i>	<i>"My emotions flow freely. I choose to vibrate with joy and creativity."</i>
Law of Polarity <i>Opposites (pleasure/pain, joy/sorrow) as catalysts for growth.</i>	<i>"I embrace both light and shadow. Every contrast brings me wisdom."</i>
Solar Plexus Chakra	
Law of Attraction <i>Power of focus and confidence draws aligned outcomes.</i>	<i>"I magnetize what aligns with my highest good. My focus shapes my reality."</i>
Law of Compensation <i>Life reflects the energy, effort, and action you invest.</i>	<i>"I am rewarded for my effort, love, and energy. Life reflects what I give."</i>
Heart Chakra	
Law of Correspondence <i>Inner/outer harmony, love reflected in relationships.</i>	<i>"As I nurture peace within, I see peace reflected around me."</i>
Law of Rhythm <i>Flow of cycles, balance in giving and receiving.</i>	<i>"I flow with the natural cycles of life. I honor the seasons of my heart."</i>
Throat Chakra	
Law of Inspired Action <i>Aligning speech and action with higher truth.</i>	<i>"I speak my truth and act with clarity. My voice is aligned with purpose."</i>
Law of Relativity <i>Perspective through communication and truth-telling.</i>	<i>"Every challenge holds perspective. I choose to see through the lens of growth."</i>
Third Eye Chakra	
Law of Perpetual Transmutation of Energy <i>Shifting mental patterns, intuition guiding transformation.</i>	<i>"I transform energy with intention. My thoughts create positive change."</i>
Crown Chakra	
Law of Gender <i>Balancing divine masculine (action) and feminine (receptivity), spiritual.</i>	<i>"I balance the masculine and feminine within me. Action and receptivity flow in harmony."</i>

Values anchor us in truth (Law of Integrity within Cause & Effect).

Boundaries protect our vibration (Law of Vibration).

Gratitude amplifies abundance (Law of Attraction & Compensation).

Self-Care harmonizes cycles and rhythms (Law of Rhythm).

Spiritual Practices (meditation, affirmations, intuition) open the Crown & Third Eye, aligning us with Oneness and Correspondence.