

Affirmation for the Self-Healing Process

Sept 3:-

How to Give Affirmation (Self / Others)?

When you are healing to yourself or to others, how you have to give the positive affirmation?

In reiki you are going to treat yourself and others through the Hand position healing method, so while receiving or giving the reiki healing, the palms position should be 3 inch away from the body surface, so that you can feel the flow of the energy and thus when the energy will get enter to your body it also clean your Aura from the outside layer of the body.

Affirmation to use while doing treatment to self and other:

I pray to Reiki energy, that as I place my palm whichever part of the (area - body) from there, you have remove all the negative energies and diseases.

**Note: Once you have finished with the above line and when you start healing from the 1st position of your hand healing, in that you can add your own positive affirmation also to boost your healing or that particular organ features.*

Step A: Place both the palms on the Crown Chakra and say the affirmation,

I request to the universal love and light energy that whatever types of negative vibrations, negative energies, and negative diseases are there in my crown chakra has been released and get dissolved in universe.

Give Reiki to your crown for as much time you feel to give. After that change the statement with the positive affirmation.

I request to the universal energy that you have heal my whole crown chakra with the divine pure love and light energy right now.

(You can also give the additional affirmation for your crown chakra according to your requirement and wishes.)

- I am a spiritual, enlightened, awakened, imaginative, perceptive, and intuitive being.
- Day by day my luck is becoming stronger and stronger.
- My inner knowledge is increasing day by day. I am more easily connected more and more towards the spirituality.
- I honor the Divine within me.
- I seek to understand and to learn from my life experiences.
- I cherish my spirit.
- I seek experiences that nourish my spirit.
- I listen to the wisdom of universe.
- I trust my intuition.

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- I am open to letting go of my attachments.
- I live in the present moment.
- I am grateful for all the goodness in my life.
- I love and accept myself.
- I know that all is well in my world.
- I am connected with the wisdom of the universe.
- I am open to divine wisdom.
- My life moves with grace.
- I am at peace.
- Everything happens for a reason
- My life has meaning
- All is well

Step B: Place both the palms on **the Third Eye Chakra** and say the affirmation, I request to the universal love and light energy that whatever types of negative vibrations, negative energies, and negative diseases are there in my Third Eye chakra has been released and get dissolved in universe.

Give Reiki to your crown for as much time you feel to give. After that change the statement with the positive affirmation.

I request to the universal energy that you have heal my whole Third Eye chakra with the divine pure love and light energy right now.

(You can also give the *additional affirmation for your Third Eye chakra according to your requirement and wishes.*)

- I think positive thoughts about myself and everything around me.
- “I see everything clearly. My reality is vibrant, beautiful, and I perceive it with more than my physical senses.”
- My belief is increasing day by day.
- My focus is becoming very stronger and stronger
- I can read anybody mental thoughts
- I open myself to my intuition and deepest knowing.
- I can analyze the life and situation very nicely.
- I acknowledge I am the source in creating my life the way I would like it to be.
- I forgive myself.
- I accept that I am an unlimited being and that I can create anything I want.
- I am open to inspiration and bliss
- I focus on what I love and draw it to me.
- I release all the impediments which block my growth and development.
- I am open to new ideas, people, and situations which will enhance my joy and happiness.
- My life moves effortlessly.

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- I live in the truth of my grace, beauty, and intelligence.
- I am responsible for the quality of love and happiness in my life.
- I rethink all negative thoughts about myself and others and change them to positive energy.
- I create clarity and unlimited vision for myself about my life.
- I trust whatever comes to me is for my greatest joy and highest good.

Step C: Place both the palms on **the Throat Chakra** and say the affirmation,

I request to the universal love and light energy that whatever types of negative vibrations, negative energies, and negative diseases are there in my Throat chakra has been released and get dissolved in universe.

Give Reiki to your crown for as much time you feel to give. After that change the statement with the positive affirmation.

I request to the universal energy that you have heal my whole Throat chakra with the divine pure love and light energy right now.

(You can also give the ***additional affirmation for your Throat chakra according*** to your requirement and wishes.)

- I hear and speak the truth. I earnestly communicate my thoughts and emotions with ease and conviction.
- My knowledge is increase day by day.
- My speech is becoming more and more fluent and positive.
- My communication is become very true and honest.
- My ideas working out very effectively and positively with great beneficial results.
- I am only accepting positive words.
- I am understanding the life very much deeper.
- I always speaks the truth in my life.
- I communicate my feelings very easy way and in a perfect time and perfect place.
- I express myself creatively through speech, writing.
- I live an authentic life.
- I have integrity.
- I love to share my experiences and wisdom.
- I know when it is time to listen.
- I express my gratitude towards life.
- I listen to my body and my feelings to know what my truth is.
- I take good care of my physical body.
- I am at peace.
- I release the fear and doubts which block the way to my creative expression.
- I am confident in the healing power of love to open my throat for greater self-expression.

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Step D: Place both the palms on the Heart Chakra and say the affirmation,

I request to the universal love and light energy that whatever types of negative vibrations, negative energies, and negative diseases are there in my Heart chakra has been released and get dissolved in universe.

Give Reiki to your crown for as much time you feel to give. After that change the statement with the positive affirmation.

I request to the universal energy that you have heal my whole Heart chakra with the divine pure love and light energy right now.

(You can also give the *additional affirmation for your Herat chakra according* to your requirement and wishes.)

- I am loving and loved. My heart is full of joy and appreciation.
- I am adequate at all times to do that which is required of me.
- I am willing to love everything about myself.
- I trust in love.
- I open my heart to love.
- I forgive everyone for their mistakes.
- I am pure, good, and innocent.
- I am getting fill up with positive emotions day by day.
- I have removes and release all negative emotions in universe.
- I am grateful for all the challenges that helped me to transform and open up to love.
- I feel a sense of unity with nature and animals.
- I am accepting all situation in my life with the positively.
- In my behavior there is reduction in self-harming.
- My behavior is reduced to selfishness and self-centeredness attitudes.
- I am more relaxed and comfortable with yourself and life.
- My abilities are increasing naturally to pay attention and focus.
- My confidence is growing day by day.
- There is increase in cooperative behavior and decrease in hyper-competitive behavior in myself.
- I am getting ability for growing respect and love for all life and the wisdom to act and respond appropriately to different people and situations.
- I am getting ability for growing interest in helping others to also heal, grow, develop, and improve.

Step E: Place both the palms on the Solar Plexus Chakra and say the affirmation,

I request to the universal love and light energy that whatever types of negative vibrations, negative energies, and negative diseases are there in my Solar Plexus chakra has been released and get dissolved in universe.

Give Reiki to your crown for as much time you feel to give. After that change the statement with the positive affirmation.

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I request to the universal energy that you have heal my whole Solar Plexus chakra with the divine pure love and light energy right now.

(You can also give the *additional affirmation for your Solar Plexus chakra according* to your requirement and wishes.)

- My energy level is increasing day by day.
- My skill is developing day by day.
- My energy is stable and it spreading it ways nicely.
- I am attracting towards positive and successful opportunities.
- I love and accept myself.
- I am strong and courageous.
- I am worthy of love, kindness, and respect.
- I express myself in a powerful way.
- My achievement is increasing day by day.
- I honor myself.
- I choose healthy relationships.
- I appreciate my strengths.
- I feel my own power.
- I am free to choose in any situation.
- I seek opportunities for personal and spiritual growth.
- I am at peace with myself.

Step F: Place both the palms on the Sacral Chakra and say the affirmation,

I request to the universal love and light energy that whatever types of negative vibrations, negative energies, and negative diseases are there in my Sacral chakra has been released and get dissolved in universe.

Give Reiki to your crown for as much time you feel to give. After that change the statement with the positive affirmation.

I request to the universal energy that you have heal my whole sacral chakra with the divine pure love and light energy right now.

(You can also give the *additional affirmation for your sacral chakra according* to your requirement and wishes.)

- I get sable with my material life.
- My aims and desires get fulfill.
- My life is safe to have easy and pleasurable.
- I allow pleasure, sweetness, and sensuality into my life.
- I allow abundance and prosperity into my life.
- I give myself permission to enjoy my sexuality fully.
- I am open to experiencing the present moment through my senses.
- I am passionate.

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- I am enjoying the sexual relationship with my life partner.
- I trust the Infinite Intelligence to give me everything I need for my growth and development.
- I am enough. What I do is enough. What I have is enough. Who I am and what I do is enough.
- I open myself to the beauty, joy, and harmony of the Universe and I enjoy it.
- I trust the process of life.
- I love myself exactly as I am right now.
- Emotions are the language of my soul.
- I take good care of my physical body.

Step G: Place both the palms on **the Root Chakra** and say the affirmation,

I request to the universal love and light energy that whatever types of negative vibrations, negative energies, and negative diseases are there in my Root chakra has been released and get dissolved in universe.

Give Reiki to your crown for as much time you feel to give. After that change the statement with the positive affirmation.

I request to the universal energy that you have heal my whole Root chakra with the divine pure love and light energy right now.

(You can also give the ***additional affirmation for your Root chakra according*** to your requirement and wishes.)

- I am completely stable.
- My self-confidence is increasing day by day.
- I am very confident in my all works.
- I am always grounded and rooted.
- I have release all my root cause problems in universe.
- I am willing to release all my old patterns of fear and insecurity to live with joy and well-being now.
- I am safe and secure at all times.
- I am divinely protected and guided and my way is made smooth and easy.
- I love my feet. They show me correct way towards life.
- I love my legs. They give me support.
- I am open to expanding my awareness of life.
- People now support me in an easy and pleasurable way.
- I trust in the process of my life to unfold for my highest good and greatest joy.
- I love my life just exactly the way it is. I am free to make whatever changes are necessary for my future.

Basically when you become a good practitioner than you have to give healing each chakra / part of your body for 3 (three) minutes but in the ***begin case or a beginner*** you just

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have to give healing till the time you feel the comfortable, it might be some seconds or minutes. Try to increase your healing time slowly day by day.

Example: 3 minutes each chakras x 7 chakras healing = 21 minutes minimum for the whole body healing. Same way you have to practices this healing for 21 days because 1 chakra takes complete healing for 3 days. So 3 x 7 chakras = 21 Days Practices Compulsory.

So do regular practices of hand healing for at least 21 minutes for 21 Days.

From my opinion reiki Student / healer should practices the reiki healing regularly because by doing regular practices only you can experience the power of reiki and get more techniques of healing through your inner soul guider. So try to do regular practice or give reiki in many ways throughout your surrounding like:

- While traveling to clear the traffic.
- While going for the interview you get success in the interview and all the interviewers get impress from you.
- While doing work in the office all your works are get done perfectly so, that boss doesn't get angry on you and he became happy on your work and satisfies with your work.
- Get clear and pass out in the Examination.
- Get success in the business deal or meeting.