

SPHYNX RITUALS

REIKI INFUSED | MADE WITH INTENTION

AFFIRMATIONS

Love Thy Self Sugar Scrub and Body Butter

*Take a deep, clearing breath and hold space for yourself.
Say these affirmations out loud as you apply your Love Thy Self product
Use these affirmations as often as you'd like.*

I release all limiting beliefs.

I release self doubt. I let go of fear.

I let go of all relationships that no longer serve my
highest good. I let go of worry.

I release all feelings or expressions of lack, and know
that the universe is supporting me.

I am loved. I am wanted. I am strong. I am smart. I
belong here. I make others smile.

I accept my true self. I am confident. I am worthy of a
good life, and I am worthy of love.

I am amazing. I am respected. I am living to my fullest
potential. I am beautiful.

I attract beautiful opportunities. I am a positive radiant
light. I love myself so much.

I am powerful.

I am ENOUGH!

