

SPHYNX RITUALS

REIKI INFUSED | MADE WITH INTENTION

AFFIRMATIONS

I AM Affirmation Butter

*Take a deep, clearing breath and hold space for yourself.
Say these affirmations out loud as you apply your I AM Affirmation Butter.
Use these affirmations as often as you'd like.*

I am blessed.

I am strong. I am successful.

I am beautiful.

I am loved.

I am healthy.

I am comfortable in my own skin.

I am unique.

I am calm. I am confident.

I am wealthy.

I am fearless.

I am enough.

I am balanced. I am brilliant. I am abundant.

I am divinely guided.

