

SPHYNX RITUALS

REIKI INFUSED | MADE WITH INTENTION

AFFIRMATIONS

The Clearing Sugar Scrub

Take a deep, clearing breath and hold space for yourself.

Say these affirmations out loud as you apply your Clearing Sugar Scrub

Use these affirmations as often as you'd like.

I let go of what no longer serves me.

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 let go of negativity. I release all that is not in alignment
with my higher self's plan.

I clear away any and all energy that no longer serves me.

I welcome all energy of the highest and greatest good.

I am blessed, I am positive, I am amazing.

I release all anger and pain.

I am divinely guided.

