

SPHYNX RITUALS

REIKI INFUSED | MADE WITH INTENTION

AFFIRMATIONS

Reset & Recharge Sugar Scrub

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

Say these affirmations out loud as you apply your Reset & Recharge Sugar Scrub.

Use these affirmations as often as you'd like.

I can do anything I put my mind to. I am in control of
the life I live.

I am blessed. I am resetting my mind, body and soul.

I am refreshed. I am renewed. I am vibrating at a higher
frequency.

I can do it. I will do it.

I am grateful. I am strong. I am a leader. I am happy.

I choose to make the rest of my life the best of my life.

I am grateful for all I have, and I realize how fortunate I
am.

I am divinely guided. I have all the support I need.

Miracles happen to me daily.

I am living my best life.



I am recharged and ready to take on ANYTHING!