

Reiki Ideal Affirmation Ladders

Do not Anger

PEACE

0 Peace becomes me. I am peaceful, joyful, and loving. I understand my true nature is joy.

1 Love is everywhere I look. It is all around me all the time.

2 Love, peace and understanding are always available to me. Each breath I breathe is a new chance.

3 Peace is all around me, right around the corner. I know where to look to find the answers I need.

4 Breathing in, I am love. Breathing out, I have time. Every breath offers me a chance to change.

5 I take the time to know myself. I know that I am loving and lovable.

6 I embrace my feelings with love and acceptance. I know I can sort out the real issue below it all.

7 All my emotions are wise teachers. I accept them as the lessons they are. Clarity is all around me.

8 I am feeling angry and it is okay. I know I can use the energy released by this angry experience for positive change.

9 I am feeling angry. Although I am angry right now, I know this feeling will pass and I will get clarity on the real issue.

10 I am feeling really angry right now. Absolutely furious. Even though I am so overcome with anger and rage right now, I am still a good person.

ANGER

Do not Worry

FAITH

0 Things always work out for me. I trust in Divine solutions.

1 I know I am always safe and loved. The Divine is on my side.

2 I believe in me. God/the Divine/the Universe does too.

3 My wise-self guides me to the best outcome. I listen to the voice of my soul.

4 I can see many possibilities. There are many options available to me now.

5 I am safe to grow and to change. I accept my human mistakes as a chance to grow and change. It is okay to be human!

6 I accept this situation for what it is. I allow life to be as it is.

7 Breathing in, I am here. Breathing out, it is now. Here. Now.

8 Even though I am really worried about this, I accept and love myself just as I am.

9 I am gripped with worry right now. It feels awful to be in this place, but I can take one tiny action right now to change. Just one tiny breath to let in freedom.

10 I am terrified and completely frozen by worry right now. Even though worry dominates my thoughts, I am still able to breathe. If I am still breathing, I still have a chance.

WORRY

Be Grateful

GRATITUDE

10 I am tremendously grateful for all my many experiences. Life grows and expands through me! I love my life!

9 I am filled with appreciation for every aspect of my life. I am so lucky to be me!

8 I love my life. I appreciate all I have and all I am able to give. I am generous and abundant in my gratitude.

7 I am so grateful for my life, the good and the bad. I am so grateful for all my teachers, the good and the bad. Everyone is my teacher, I honour them for these lessons.

6 I appreciate my many blessings. Everywhere I look I see love surrounding me. My gratitude increases what I see.

5 My life is getting better every day. I see miracles every time I look. I appreciate the gifts and challenges of life now.

4 The Ground below my feet, the Air above my head, these two Powers help me in so many ways every day. Thank you Earth, Thank you Sky.

3 I appreciate my ability to breathe, to read, to learn, to live. I am alive. There is hope.

2 I acknowledge the tiny glimmer of hope in the darkness. Day follows night, night follows day. I look to Nature's cycles as evidence that hope is possible.

1 My life is in crisis right now. Even though my life is currently a mess, I can acknowledge that I am alive, I can breathe, my heart is still beating.

0 My life is in chaos right now. Nothing seems to be going right for me at the moment. Even though everything is going so badly right now, I am still a good person.

CRITICAL & DEPRESSED

Do your Work

MEDITATION & SELF-CARE

10 Now... I am here. Every moment is a meditation.

9 I allow all good to flow to me now. I surrender to the stillness of the soul.

8 I am filled with light and with life in every breath I breathe.

7 Everywhere I go, Everywhere I look, I see opportunities to connect and expand.

6 Expansion, Joy, and Peace are in each breath.

5 I honour myself and my worth. I meditate.

4 Breathing in, I am enough. Breathing out, I am worthy.

3 I am only a moment away from connecting to my Source. It doesn't take much time, just one deep breath.

2 I honour where I am right now. I breathe in knowing, I breathe out resistance.

1 I am willing to release the need to put myself last

0 Right now, I do not feel worthy of Divine Love or self-care. But I can change all that with one deep breath.

WORTHLESSNESS

Be Kind

KINDNESS

10 Kindness within me. Kindness all around me. I am kind and loving.

9 I love myself the way I am. I am kind and gentle.

8 I love myself, therefore I am kind. I am kind, therefore, I am love.

7 I am kind and gentle with me. I am kind and gentle with others.

6 The soft breath of kindness enters my heart. I allow kindness to be my way.

5 Each moment, I am kind. Each moment I breathe, I am kind. Every moment I begin again.

4 I'm giving myself a break. I'm cutting myself some slack. I'm choosing kindness and peace over suffering and self-punishment

3 I ask now for the courage to find kindness in my heart. God/Divine/Goddess, please help me.

2 Each moment, day by day, I make reparations and amends for my past behaviour. Each moment is a new moment. I can choose peace.

1 Unkind thoughts and words have been my pattern, but I can change. I can choose to be kind.

0 I have been cruel and mean to myself or others. Even though my behaviour was wrong, I can choose differently starting now. I am still a good person.

CRUELTY

