

One-Minute Energy Tune-Up

Krystalya Marie'

*Power Symbols
for Self Love ©*

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Disclaimer:

This book is designed to provide information regarding the author's experience utilizing the included symbols to shift energy within her body for the purposes of healing herself. Information provided also includes the experiences of others who have utilized this work.

This work is not intended to be used for the purposes of diagnosing or curing/healing any ailment and is experimental in nature. The work is also not intended to take the place of any medical doctor's advice or treatment.

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Dedication

I dedicate this book to Dean Shrock, Ph.D., whose work in his book *Why Love Heals*, along with his loving and grateful support encouraged me to ask for a special symbol for Self Love. In addition his wonderful wife Shelly and our resident psychic Sharon Bauer, have provided me with an immense amount of love, support and encouragement to love myself.

I especially want to acknowledge the loving support and encouragement I receive on a daily basis from my friend and lover, Ralph Napolitano, who reminds me to take care of myself regularly in his sweet loving and compassionate way as he also encourages me to continue to get my work out into the world.

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Introduction

This book provides symbols and simple tools that can be used in a matter of seconds to balance your energy.

As the reader you might ask so why is that important to me and what do symbols have to do with my energy?

In late 1999, I was introduced to the concept of using images/symbols for improving a person's energy and for healing. Initially I was extremely skeptical, yet as I read the book "Gifts for the Soul" by Dawn E. Clark, I found that the images invoked a variety of emotions just by looking at them.

Intrigued I decided to learn more about these as well as other images and to understand their affect on me and others. What I found was that our world is full of images that affect us every day. Some of them affect us positively and others negatively. Some affect some people positively and yet the same image affects another group of people negatively.

Let me give you a few examples:

- ♥ American Flag
- ♥ Swastika
- ♥ Heart
- ♥ Smiley Face

As I am sure you can see these images all create a variety of feelings. I am sure that you would also agree that some people would feel proud and happy seeing the American flag while others may feel anger and hatred. In many societies the swastika causes negative feelings, yet there are other areas of the world that would not have

the same negative feelings. Yet most everyone will get a smile on their face when they see a picture of a heart, a newborn baby or a smiley face.

We are bombarded with images every day and each one affects our emotions, which in turn affects our energy. In some cases the change is so mild a person doesn't notice it, but with others the change is dramatic, including but not limited to a faster heart rate, sweats, smile, exuberance, a knot in the stomach, or a sense of peace.

In early 2000 while studying Dawn Clark's work I began to learn about the importance of opening and balancing the body's energy centers and their relationship to physical and emotional aspects of life. While studying this work I learned a technique using some of her images to open and balance my energy centers.

When I initially began to balance my energy centers my ability to draw a simple square, triangle, or circle was that of about a six year old. It really wasn't all that surprising, since I had been saying for many years "I can't draw a straight line with a ruler." How is that for non-supportive programming?

My father, who was a professional artist and draftsman, had told me many times during my childhood that I was not an artist. He even went so far as to accuse me of tracing one picture I did for an art class. Although I had done a very realistic drawing of a rose, it was not traced. So, I shut down my creative and visual centers and fulfilled what he had convinced me of.

However, after having my chakras opened and balanced on a regular basis, I found that my ability to draw was improving dramatically.

This book includes symbols to balance the body's energy centers, to help improve your ability to love and nurture yourself. To date my research indicates that these symbols are universal and work effectively for almost everyone.

Using Symbols to Invoke Healing

The symbols are energy medicine and when they are in your energy field they invoke healing. There are several recommended ways to use them, and many others way that people find them useful. I recommend that you try the ideas suggested below and any other method that you are intuitively drawn to do.

1. Look at the symbol long enough to connect to the image and have a clear idea of what the image looks like.
2. Place the symbol in your non-dominant hand with the image of the symbol facing your palm (or place the palm of your hand on the symbol), close your eyes, and take a deep breath. If possible, visualize the symbol as you do so.
3. Continue to hold the symbol and/or visualize the symbol until you sense that you are "complete."
4. Carry the symbols in your pocket.
5. Place the symbols under your pillow or inside of your pillow case, while you sleep.
6. Energize your water with the images by taping the symbol on your water bottle with the image facing inward toward the water.

Using Affirmations with the Symbols

To create a quicker more lasting effect repeat several affirmations that relate to the effect you desire to achieve with the symbol (see suggested affirmations included with each symbol). Be sure to reword the affirmations into your own words, making sure that they are strong positive statements.

You will notice that the list of affirmations start at I desire and build from there. The purpose for that it is almost impossible for your subconscious to shift to the end result immediately. By using statements like:

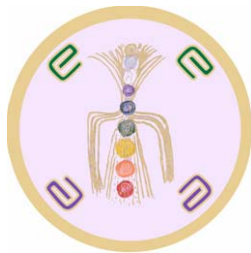
1) I desire to love myself totally and completely; 2) I deserve to love myself totally and completely; 3) I am able to love myself totally and completely; before going to the final affirmation of I love myself totally and completely, the subconscious is more likely to believe the final affirmation.

This method builds a bridge for the subconscious to work toward accepting the final affirmation.

Chakra Opening & Balancing Symbol©

For a general energy tune-up, use the Chakra Opening and Balancing symbol provided below as follows:

Our bodies have seven main energy centers each of which represent a different aspect of our emotional and physical health as well as how we relate to the world. For example the throat energy center represents our ability to speak up. If a person has a fear about speaking up for themselves or speaking in front of a group of people they would shut that energy center down.



The 'Chakra Opening and Balancing Symbol©' automatically reopens all of the seven main energy centers as well as the minor centers. To put this in lay terms I like to use the analogy that if you attempted to run your car with only 4 of the 6 sparks plugs the car would not run very well, yet most of us go though life with one or more of our energy centers shut-down.

By regularly using this symbol to keep your energy centers opened and balanced you may find that things that were difficult to do or that you had a fear about become easier. These changes may be very subtle or very dramatic since the experience is different for each person. The Chakra Opening and Balancing symbol should be used before using any other symbol so that your energy system is opened and balanced. Having your energy system opened and balanced helps to facilitate the healing process and the process of absorbing other symbol energy.

Suggested Affirmations:

1. I desire to remove all blocks in my energy field.
2. I deserve to remove all blocks in my energy field.
3. I am able to remove all blocks in my energy field.
4. I have removed all blocks in my energy field.
5. I desire to open and balance my energy field.
6. I deserve to open and balance my energy field.
7. I am able to easily open and balance my energy field.
8. I love how great I feel when my energy field is opened and balanced.
9. I desire to have my energy flowing smoothly.
10. I deserve to have my energy flowing smoothly.
11. I love how great I feel when my energy flows smoothly.
12. My energy flows smoothly with ease and grace.
13. I desire to have my energy field protected and allow only positive energy in.
14. I deserve to have my energy field protected and allow only positive energy in.
15. My energy field is protected and allows only positive energy in.
16. [Your Name] your energy is totally and completely opened and balanced.
17. [Your Name] my energy is totally and completely opened and balanced.
18. [Your Name] your energy flows smoothly with ease and grace.
19. [Your Name] my energy flows smoothly with ease and grace.
20. [Your Name] your energy field is totally and completely protected and allows only positive energy in.
21. [Your Name] my energy field is totally and completely protected and allows only positive energy in.

Love & Trust Symbol©

The 'Love & Trust Symbol©' is very special to me since it was the first symbol that was given to me. I find it comforting whenever I begin to have any doubts about what I am supposed to do next or the information that I am receiving from a higher source or God.



happening.

From the beginning, this symbol has represented my need to trust that the symbols given to me are a gift from God or Universal Intelligence. Also, because I began having various ailments in my body to test the work, it was important for me to remind myself that God loves me and that I could trust the process that was

I suggest that whenever you are having doubts about life in any way, this symbol will help you to overcome those doubts. It is even more effective when you first open your chakras by using the Chakra Opening & Balancing Symbol. Then just sit quietly for a few minutes with this symbol in your non-dominant hand until the doubts dissipate.

Heart Chakra

The 'Heart Chakra,' relates to ones ability to feel or sense others' emotions and to be understanding of those emotions, as well as an ability to live in harmony and balance with others. It also represents self-love and self-respect, love of others and love for God or universal intelligence, as well as a connection with God's love for oneself.



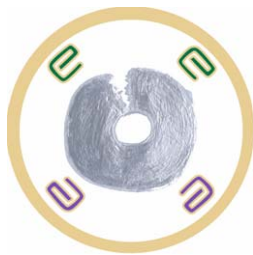
Supportive Affirmations:

1. | desire to love myself.
2. | deserve to love myself.
3. | love myself totally & completely.
4. | desire to be loved.
5. | deserve to be loved.
6. | am loved totally & completely for who | am.
7. | easily forgive myself for _____.
8. | easily forgive _____ for _____.
9. | desire to attract people into my life who love me totally and completely for who | am
10. | deserve to attract people into my life who love me totally and completely for who | am
11. | attract people into my life who love me totally and completely for who | am
12. | surround myself with people who love me totally and completely for who | am

Straight Path to Core Beliefs©

The 'Straight Path to Core Beliefs'© symbol is utilized for two purposes:
To identify core beliefs that are not supporting you in the best possible way; and to remove those non-supportive beliefs from your current belief system.

For example, when traveling on an airplane, you may have one or more of the following beliefs:



- ♥ | always get sick on an airplane.
- ♥ | hate flying.
- ♥ | am terrified of flying.
- ♥ | hate the turbulence when | am flying.

- ♥ Air turbulence always makes me queasy.
- ♥ | hate the ear aches | get when | fly.
- ♥ My ears ache for days after flying.
- ♥ | always pick up a bug when | fly.
- ♥ The air on a plane is so dirty, no wonder | always get sick after flying.

Identifying Your Core Beliefs

Before beginning to use this symbol, make sure you have a minimum of a half an hour of quiet time in which you will not be interrupted. Once you are prepared, shut off the telephone and sit quietly with a pad of paper and a pen.

1. To utilize this symbol, it is important that you quiet your mind and have your chakras open by utilizing the Chakra Opening and Balancing symbol.
2. While holding the Straight Path to Core Beliefs symbol in your non-dominant hand, say to yourself:
 - a. “God thank you for providing me with the guidance and insights necessary to identify those beliefs that are not supporting me (in the area you are working on) in the highest possible way so that I may begin this healing process for my highest good and the highest good of everyone involved.”

Note: I use the word God because it is accepted by so many people, feel free to substitute the word God with the appropriate word based on your beliefs and traditions. My personal belief is that God is not someone or something eternal from us, but that the highest source (known by many as God) lives within each and everyone one of us as well as in every other being, whether it be a rock, an elephant a bird or a fish. I typically use the words Universal Intelligence or Spirit rather than the word God.

3. Write down each non-supportive belief as you identify it. It is important that you stop and write each one down so that you don't forget any of them.
 - a. If you identify a positive supportive belief during this time, it is important that you write it down as well.
4. Once you have completely identified all of the non-supportive beliefs surrounding the specific issue you are working on, say to yourself: “Thank you God for guiding me in this process.”
5. Go to the “Transforming Your Beliefs” section to understand how to create new positive beliefs and transform your non-supportive beliefs into positive ones.

Once you have identified the new beliefs that you will be affirming, you will utilize this symbol to remove the non-supportive belief(s) before transforming your beliefs into the new more positive beliefs.

Note: This removal process must not be done until you are ready to install new beliefs.

You may need an hour or more to fully explore and identify what you want your new beliefs to be. I recommend that you take some time to list them out and review them, making sure that you are transforming your beliefs to create your highest potential. Frequently, I sit with new beliefs for one or two days before I replace my old beliefs with the new transforming beliefs.

If you do not have time to complete all of the processes of identifying new beliefs, removing the non-supportive beliefs, and transforming the beliefs, this is a good point in which to take a break or start identifying your new beliefs. Be sure to come back to this within the next one to two days at the most.

Removing Non-Supportive Beliefs

This process must never be done until you are ready to install new beliefs with the belief transformation process. This process removes your current beliefs; therefore, it is important to replace what you remove with new beliefs.

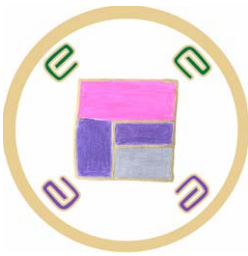
Once you are prepared to begin removing your old beliefs and replacing them with new ones, shut off the telephone and sit quietly with your list of non-supportive beliefs and your list of new beliefs. Again, make sure you have a minimum of a half an hour of quiet time when you will not be interrupted.

If you are continuing this process and have not taken a break or had any interruptions, go directly to step 2 below; otherwise, begin at step 1.

1. Use the Chakra Opening and Balancing symbol to open your chakras, as described in the section “Using Symbols to Invoke Healing.”
2. Use the Straight Path to Core Beliefs symbol by holding the symbol in your non-dominant hand with the image against your skin.
3. Look at your list of non-supportive beliefs and read the first one on the list to yourself.
4. Visualize the non-supportive belief being uprooted and leaving a gap in your belief system similar to the opening in the symbol. Surround the belief in a bubble of loving pink light and watch the bubble float away. Say to the belief as it is leaving, “Thank you for providing me with all that I have learned by having you as one of my beliefs. I am now ready to move forward with a new more positive belief.”
5. See the gap within your belief system becoming larger as each non-supportive belief is being uprooted.
6. Read the next non-supportive belief on your list to yourself.
7. Repeat steps 4 through 6 until you have uprooted all of your non-supportive beliefs.
8. Go immediately to the section “Transforming Your Beliefs” in the “Belief Transformation” section and follow the defined steps for transforming your beliefs into new positive supportive beliefs.

Belief Transformation©

Our beliefs and our thoughts affect us every moment of our lives. What we think and speak is what we create. If we believe we are always healthy, we are always healthy. We must be vigilant with our thoughts and be sure to allow only positive thoughts into our consciousness.



It is equally important to understand that all positive statements must always have only positive words. It is said that our sub-conscious mind recognizes only the positive words and that it does not recognize negative words such as not, none, un, non, etc. So when a person says, “I am never sick,” the subconscious hears “I am sick.” Therefore, “I am Healthy” is what you want to be thinking and saying. I found this concept a real challenge when I first heard it. Yet, I know from personal experience that it works.

I am continuously vigilant at looking at my own wording, yet about a year ago I was surrounded by many people with colds and the flu. Several of them refused to hug me because they didn't want to cause me to get sick. I bravely said, “Oh don't worry, I never get sick.” Three days later, I was in bed with a cold and the flu. In reflecting back, I realized what I had kept saying as each person came near me. I told them they could come closer, that they deserved a hug, and that “I never get sick.” In so doing, my subconscious heard “I get sick.”

The next time I came in contact with a group of sick people, I remembered to say, “Don't worry, you deserve a hug, I always stay healthy,” and so I stayed healthy.

As this work has come to me I have had many spontaneous healings of my own in addition to witnessing the spontaneous healing of others with the use of this work. Yet I can tell you that positive thinking, positive beliefs, and a knowing that is as strong as the knowing you have that your body will keep breathing and your heart will keep beating without having to think about it, are the primary catalyst for these spontaneous results.

While meditating in 1998, I was guided to share with the world that we need to change our statements that “God loves us unconditionally” and that “We should love each other unconditionally.” The concept of unconditional love from a conscious viewpoint seems to be exactly what we want, yet the subconscious hears those statements as “God loves us conditionally,” and that “We should love each other conditionally.”

Have you ever wondered why it is that if “God loves us unconditionally,” we believe that God decides who will go to heaven and who will go to hell? That sounds pretty conditional to me. The reason we don’t question it is because our subconscious minds hear, “God loves us conditionally.”

For years, I had used a positive affirmation of “I love myself unconditionally.” Yet I found myself judging everything I did. I frequently called myself stupid when I made an error and beat myself up for all of my perceived imperfections. I now affirm, “I love myself totally and completely,” and although occasionally I catch myself being judgmental and critical of myself or others, I notice it much more quickly and choose instead to look at each event as a way to learn and each person as a person of love and beauty created in the image and likeness of God.

Since I've become more aware of each word coming from my mouth and each thought I think, I find my life becoming more joyful, loving, gentler, and peaceful. I find more periods of bliss. In general, I find my life goes more smoothly and easily.

I know that God loves me totally and completely; that God sees me and everyone else as a perfect likeness of him- or herself. I know that whatever we do, God will always love us totally and completely, and we are actually part of God and God is part of us.

Formatting Your New Beliefs

Now that we understand the importance of positive affirmations, we need to look at two important concepts for transforming our beliefs.

The first is to get the new belief to become part of our total energy body. Positive affirmations are great, but for them to truly work they must become part of our conscious minds. Then, as we move through our day to day life, we take notice when we act differently than what we have affirmed. As we notice this, we become more consciously aware of our actions and we make subtle corrections each time we catch ourselves. Eventually - assuming we don't give up and say these affirmations don't work - we make a change that becomes part of our whole so that all of our actions support the positive beliefs. Making this shift toward positive supportive beliefs that become a part of us can sometimes take years.

There are two reasons why this happens. The first is that we are doing the positive affirmations at a conscious level, which affects the mind rather than our whole energy body as well as our sub-conscious mind. Most of our thoughts and actions begin at an automatic, sub-conscious level. Rarely do our thoughts or actions begin at a conscious level. So, if our sub-conscious and our energy body haven't gotten the

message then we continue to act the same way that we always have. Furthermore, as we continue to do the same things and get the same results, we instead affirm our negative beliefs.

Secondly, when we use positive affirmation, we usually jump straight to the new belief we want to incorporate into our life rather than building up to the end result.

Let me give you an example. As a child, I was told it was wrong and selfish to love myself and that God disapproved of self love -that self love meant being selfish. I was taught that I was supposed to love others and that others would give me love in return. I kept getting into abusive relationships as I got older, and the more I loved these people, the more they seemed to abuse me.

I finally sought out a professional therapist who pointed out that we are to “love others as our selves.” He also taught me that others cannot love us if we don’t love ourselves. I learned very slowly to love myself. I did positive affirmations about loving myself and although I improved, after 25 years my body and subconscious still didn’t totally believe that I loved myself.

Looking back at where I started, I needed to first change the belief about loving myself. I believed it was wrong to love myself, so what I needed to do was build a bridge of affirming positive beliefs from where I started to where I wanted to be. The following is an example of the beliefs I would use:

1. It is God’s desire that I love myself.
2. God approves for me to love myself.
3. God approves of self love.

4. I desire to love myself.
5. I deserve to love myself.
6. I deserve total and complete love.
7. I am able to love myself.
8. I love myself.
9. I love myself totally and completely.

So, the second part of transforming a belief is to stage the belief so that you build up to the desired end results. This may seem time consuming, especially if you think that it takes a long time to change a belief, yet you will see that all of it can be done very simply and quickly.

I find that it usually only takes one session to transform my beliefs into new positive beliefs and for my actions to prove it to be so. If at anytime I find myself acting on my old beliefs or beliefs that do not support me in a positive way, I re-look at the belief and re-do the belief transformation process to create positive, supportive, new beliefs.

Note: If you have a strong belief that it takes some specific amount of time to create a new belief and make it your permanent new belief, you may want to consider transforming that belief before beginning this work. For example, many practices teach that it will take 21 days, or 63 days, or writing the new affirmation seven times per day for seven days, etc. to change a belief. Whatever your belief is, I suggest that you change that belief in order to get the quickest and best results from this work.

For a process to change your core beliefs about the length of time it takes to change a belief, visit my website at

<http://www.OneMinuteEnergyTuneUp.com>

There you will find a downloadable PDF file that contains a list of suggested new beliefs and an explanation on how to transform those beliefs.

I also use applied kinesiology for checking my beliefs and for deciding where to start with my new beliefs. For details on how to do 'applied kinesiology' you can download a special report on Self Administered Applied Kinesiology by going to:

<http://www.OneMinuteEnergyTuneUp.com>

If you are unfamiliar with applied kinesiology (muscle checking) or are unsure whether it works, there are two great books that I suggest you read on the subject: *Your Body Doesn't Lie* by John Diamond, M.D., and *Power vs. Force* by David R. Hawkins, M.D.

If I am in doubt at all, I start at the least supportive place and build from there. It is just as important to build a strong foundation for your beliefs as it is to build a strong foundation for your home.

Think of it this way: You didn't learn to run before you learned to walk, and you didn't learn to walk before you learned to stand...

Remember that your non-supportive beliefs are deeply rooted and have a strong foundation. You must uproot those beliefs as well as their foundation before you can install a new one in its place. Utilize the Straight Path to Core Beliefs symbol to identify your core non-supportive beliefs and to uproot them before moving into transforming your beliefs.

Note: I cannot stress enough how important it is to get to the core belief and remove it before doing the belief transformation process with your new belief. If any of the old belief is still around, you will continue to repeat old patterns indefinitely until you finally identify the *deepest non-supportive belief around the issue*.

Make sure that you are looking at your sub-conscious belief - not just your conscious beliefs. For example: On a conscious and logical level I was sure I loved and approved of myself, yet my actions certainly indicated something totally different. I was an alcoholic and I used illegal drugs. I was a workaholic as well. I constantly beat myself up for lack of achieving one thing or another, and no matter what someone asked, no matter how impossible the task might have been, I would do everything humanly possible to achieve their request. I never took time for myself and if I slept "late"- maybe six hours instead of the usual four or five - I would berate myself and say I was lazy.

The problem was that I never removed the negative core belief that it was wrong to love myself, nor did I transform that belief into a new, positive belief at the core level. Yet on a conscious level, I knew it was right to love myself and that God would support me in loving myself. I didn't know it at the deep, real, knowing level and certainly my whole energy body didn't know it, either.

The use of applied kinesiology is the best way I know of for easily determining what your real beliefs are. It is also a great way to determine whether your body believes the new transformational belief. I typically check myself on new beliefs about 10 days and 30 days after I have done a belief transformation process. If any of them do not hold strong for me, I repeat the process of 1) identifying non-supportive core beliefs, 2) removing the old beliefs, and 3) transforming the old beliefs into new

positive/supportive beliefs. I find it very rare that I need to repeat the process, though.

Defining Your New Beliefs

After identifying your core beliefs, look at each non-supportive belief and write out one or more new beliefs that you want to install. Be sure to start at the root belief and move up to what you want the new positive belief to be.

Use applied kinesiology to determine what you currently believe and to decide where to start your new beliefs. I find, quite frequently, that I will install five to ten new positive beliefs in the place that I removed one old, non-supportive belief. Using the 'Self Love Belief' I spoke of earlier, I used the following new beliefs to replace the belief that "It is wrong to love myself."

1. It is God's desire that I love myself.
2. God desires for me to love myself.
3. God approves for me to love myself.
4. God approves of self love.
5. I desire to love myself.
6. I deserve to love myself.
7. I deserve total and complete love.
8. I deserve to love myself totally & completely.
9. I am able to love myself.
10. I love myself.
11. I love myself totally and completely.
12. [Your Name] I love you totally & completely.
13. [Your Name] you love yourself totally & completely.

It is important to put your name in the affirmation as well. This makes the affirmation more personal so that it hits home. I always do these as though I am speaking to myself and as though someone is speaking to me.

Transforming Your Beliefs

Once you are prepared to begin using this symbol, it is best to shut off the telephone if possible and sit quietly. As before, make sure that you have a minimum of a half an hour of quiet time where you will not be interrupted.

Begin by removing the non-supportive beliefs (see the section Removing Non-Supportive Beliefs in the Chapter called “Straight Path to Core Beliefs” for these steps. Once you have completed the process of removing the non-supportive beliefs, you will complete the following steps for belief transformation.

1. Look at the Belief Transformation symbol.
2. Close your eyes, place the symbol in your non-dominant hand with the image of the symbol facing your palm (or place the palm of your hand on the symbol), take a deep breath, and visualize the symbol as you do so.
3. Read your first new belief to yourself and/or out loud if desired.
4. Close your eyes and visualize yourself looking into the pupil of your left eye in a mirror.¹ See your eyes connecting with the left pupil.² Also visualize the Belief Transformation symbol. If you can't seem to actually see this, then just pretend that you can see it and set the intention that you are visualizing both.
5. Repeat the new belief several times until you feel that it is truly your new belief. You may say it silently to yourself or you may want to say the new belief aloud.

¹ If you do not know what it looks or feels like to look with both eyes into the pupil of your left eye in a mirror, you may want to try it once before proceeding.

² The reason for using the left eye is that the left eye interprets things linearly while the right eye interprets things holographically.

By saying it aloud, you invoke your sense of hearing in the process as well. See the gap where you removed the non-supportive belief being filled.

6. Open your eyes and repeat steps 4 and 5 with each of the remaining statements until you have transformed all of your beliefs into new more positive ones. Once you have completed all of the statements, visualize the gap where you removed the non-supportive beliefs becoming completely filled with positive supportive beliefs.

Self-Love Symbol©

The 'Self-Love Symbol' helps to create a balance of love and self-caring in our lives. For most of us, if not all of us, self-love is the essence of what is truly missing in our lives. We continually look outside of ourselves for love and approval and yet we don't love or approve of ourselves. Since we are mirrors to everyone else in our lives and they are mirrors to us, we continually reflect back and forth to each other judgment and negativity, rather than love and caring.



It is my intention that this symbol brings a sense of Self-Love to each person who carries it with them as they grow and understand the essence and beauty of loving themselves. Then projecting that self-love outwardly so that they reflect that essence to all of the people they connect and interact with.

It is my experience that we are all brought up with lots of judgment about everyone and everything and especially about ourselves, to the point that most of us have self-esteem and worthiness issues continually coming up for us. I encourage you to let this symbol be a reminder that we are all the essence of God or Spirit and we are all made in the perfect likeness of God or Spirit. There is a saying that continually reminds me to stop judging myself and to love myself more. I wish I knew the source, but unfortunately I do not. Therefore, I apologize for not being able to give credit to whoever said this, as it has had a profound positive impact on my life.

“God doesn't judge us, what makes me think I am better than God”

Supportive Affirmations:

1. Every day in every way | desire to love myself more and more completely.
2. Every day in every way | deserve to love myself more and more completely.
3. Every day in every way | love myself more and more completely.
4. | love myself totally & completely.
5. Every day in every way | love myself totally and completely.
6. Every day in every way | desire to become more and more loveable.
7. Every day in every way | deserve to become more and more loveable.
8. Every day in every way | am more and more loveable.
9. | am totally & completely loveable.
10. | am loved.
11. | desire to be loved totally and completely.
12. | deserve to be loved totally and completely.
13. | am loved totally and completely.
14. Every day in every way | am loved totally and completely.
15. Name, | love you totally and completely.
16. Name, you are loved totally and completely.
17. Every day in every way | support myself more and more completely.
18. | desire to support myself totally and completely.
19. | deserve to support myself totally and completely.
20. | support myself totally & completely.
21. Every day in every way | support myself totally and completely.
22. Every day in every way | am supported more and more.
23. | am totally & completely supported.
24. | am supported.
25. | am supported totally and completely.

26. Every day in every way I am supported totally and completely.
27. Name, I support you totally and completely.
28. Name, you are supported totally and completely.
29. I desire to attract loving supportive people into my life.
30. I deserve to attract loving supportive people into my life.
31. I easily attract loving supportive people into my life.
32. Every day in every way I attract more loving supportive people into my life.
33. Name, I easily attract loving supportive people into my life.
34. Name, you easily attract loving supportive people into your life.
35. I desire to surround myself with loving people.
36. I deserve to surround myself with loving people.
37. I surround myself with loving people.
38. I surround myself with people who support me totally and completely.
39. I surround myself with supportive people.
40. My life is filled with loving and supportive people.
41. Name, I joyously surround myself with loving people.
42. Name, you are always surrounded with loving people.
43. Name, I love how I surround myself with supportive people.
44. Name, you are always surrounded with supportive people.
45. I desire to know that I am perfect as I am.
46. I deserve to know that I am perfect as I am.
47. I am perfect as I am.
48. I am perfect in the image and likeness of source.
49. I desire to love all aspects of who I am.
50. I deserve to love all aspects of who I am.
51. I love all aspects of who I am.

52. | love all aspects of what | am.

53. | am love.

54. | am pure love.

55. | am total and complete love.

56. | love how great | feel as | attract more and more love every day.

57. | love how great | feel as | attract more and more support every day.

58. Name, | love how great | feel as | receive more and more love every day.

59. Name, you are always feeling great as you attract more and more support every day.

Angel of Self Care & Nurturing Symbol©

The 'Angel of Self Care & Nurturing,' symbol helps to create balance in your life so that you find yourself taking better care of yourself and attending to your own needs. We are unable to give to others when our own needs are not being met.



When we do not take care of ourselves we eventually become depleted and become unable to help anyone else. Many of us, as mothers, nurses and caregivers, are constantly giving our energy to others and never taking time to take care of ourselves to replenish the energy we have given away. We understand that when we use the gas in the car we must replenish it but for some reason we forgot to do the same for our own bodies. Eventually, our energy becomes so depleted that we have no further choice but to either start nurturing ourselves or become ill, at which time we are forced to allow ourselves the rest and nurturing we need. My mother had 2 things she used to say and I suspect many of us heard something similar; 1) No rest for the Wicked or Weary; 2) The only way I ever get to rest is to get sick. Check to see if you have any beliefs that are similar at your core level and do some belief replacement statements to change those core beliefs.

The following affirmations will work in conjunction with the symbol to help to shift the energy to allow and accept the gift of self nurturing.

Supportive Affirmations:

- 1. I desire to make my needs important*
- 2. I deserve to make my needs important*
- 3. My needs are important*
- 4. I am able to care for others better when my own needs are fulfilled*
- 5. I easily fulfill all of my own needs*
- 6. I have all the time I need to fulfill all of my own needs*
- 7. I easily take in nourishment*
- 8. I take in and give out nourishment easily*
- 9. I take in and give out nourishment in perfect balance*
- 10. I deserve to nurture myself*
- 11. I have all the time I need to nurture myself*
- 12. I nurture myself with love & joy*
- 13. I desire to support myself in loving ways*
- 14. I desire to support myself in joyous ways*
- 15. I deserve to support myself in loving ways*
- 16. I deserve to support myself in joyous ways*
- 17. I support myself in loving ways with ease and grace*
- 18. I support myself in joyous ways with ease and grace*
- 19. I deserve to take care of my own needs first*
- 20. I easily take care of my own needs first*
- 21. My own needs come first*
- 22. I lovingly take care of my own needs first*
- 23. I desire to have time to enjoy (favorite pastime)*
- 24. I deserve to have time to enjoy (favorite pastime)*
- 25. I easily find time to enjoy (favorite pastime)*

26. I enjoy (favorite pastime) frequently

Forgiveness of Others: Determine if there is anyone that you need to forgive that taught you that it was wrong to nurture and care for yourself or that it was selfish to take care of your own needs first. Identify the time(s) in your life that this issue may have come up for you. See yourself forgiving this person and thank them for being a part of your life.

Self Forgiveness: Determine the times in your life when you chose to make others more important than yourself or anytime you chose to be a martyr. Forgive yourself and surround yourself in love.

To learn more about forgiveness and healing many of the emotional issues, related to your health, relationships and success, you may be interested in getting a copy of my '7 Steps to Healing' audio program, which includes the images and guidance for healing many of the issues that are part of the healing process, including forgiveness. To learn more go to <http://www.empoweredspirit.com/artofhealingproduct.htm>

Total and Complete Love Symbol©

The 'Total and Complete Love,' symbol help to facilitate total and complete love for oneself as well as for others that you come into contact with. Additionally it may help in attracting people to you who love and support you totally and completely.



During a meditation several years ago I was guided to an understanding that it is important that we discontinue using the term 'Unconditional Love.' The subconscious mind does not recognize negative words and ignores them so that when we state an affirmation such as "I love myself unconditionally" the subconscious hears "I love myself conditionally."

Supportive Affirmations:

1. I desire to love & approve of myself totally & completely
2. I deserve to love & approve of myself totally & completely
3. I love & approve of myself totally & completely
4. I surround myself with people who love & approve of me totally & completely

I feel compelled to reiterate, this work is experimental in nature and is not meant to be used for the purposes of diagnosis or as a cure/healing, nor as an alternative to seeking medical attention. Stay healthy and happy, by using this product in conjunction with your medical doctors' advice.

Love, Light & Laughter,

Krystalya Marie'

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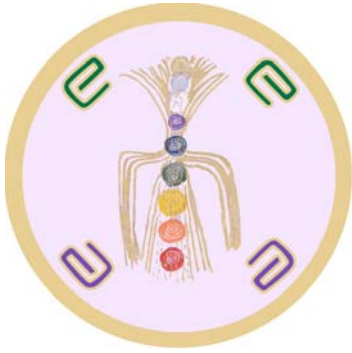
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Disclaimer:

This book is designed to provide information regarding the author's experience utilizing the included symbols to shift energy within her body for the purposes of healing herself. Information provided also includes the experiences of others who have utilized this work. This work is not intended to be used for the purposes of diagnosing or curing/healing any ailment and is experimental in nature. The work is also not intended to take the place of any medical doctor's advice or treatment. The author does not dispense medical advice; nor does she prescribe the use of any technique as a form of treatment for medical problems without the advice of a physician, either directly or indirectly. The intention in providing the information included in this newsletter is only to offer information of a general nature to help you cooperate with your licensed doctor/medical practitioner in your quest for health. In the event that you use any of the information in this newsletter, you are responsible for prescribing for yourself, which is your constitutional right, but the author assumes no responsibility for your actions.



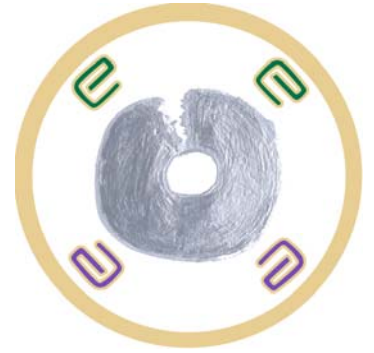
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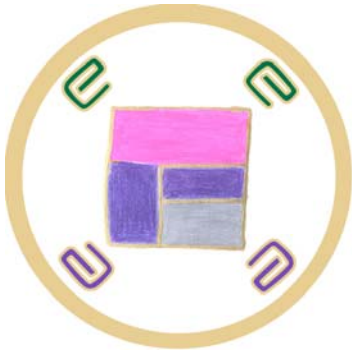
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Heart Chakra©



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Self Love©



Angel of Self Nurturing & Self Care©



Total & Complete Love©