

AFFIRMATION INSERTION **(Instruction for Insertion)**

(Use the affirmations in the following pages, now and over the next 3 weeks, and then throughout the year to heal yourself – by repeating at each chakra. In the year 2012 use these affirmations to heal yourself and others effectively and spontaneously and instantly.)

Reiki – I : Today do 3 touch body healings (each with 1 affirmation at a time).

Starting 5th February : Repeat 1st affirmation on all 31 points for 21 days,
then 2nd affirmation for next 21 days, and
then 3rd affirmation for next 21 days – repeat throughout the year every 63 days.

Reiki – II /: Chakra Affirmation – today all 3 Affirmations (1 insertion each)

III A/Masters: Every 43 days, choose 1 affirmation (of the 3 given today) and insert in chakras as a chakra affirmation (6 insertions). Repeat throughout the year.

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KQ Healers Basic : Do 3 insertions (each with 1 affirmation at a time) on 19 chakras with Web, Kleem, Kreem, Hring and KQ Prime symbols.

Repeat 1st affirmation on all 19 points for 21 days,
then 2nd affirmation for next 21 days, and
then 3rd affirmation for next 21 days – repeat throughout the year every 63 days.

Advanced : Do 3 insertions (each with 1 affirmation at a time) on 19 chakras with Web, Kleem, Kreem, Hring and KQ Advanced symbols and use colours of 19 chakras.

Repeat 1st affirmation on all 19 points for 21 days,
then 2nd affirmation for next 21 days, and
then 3rd affirmation for next 21 days – repeat throughout the year every 63 days.

Quantum : Do 3 insertions (each with 1 affirmation at a time) on 19 chakras with Web, Kleem, Kreem, Hring, KQ Advanced and Quantum symbols along with grounding negativities through umbilical cord.

Repeat 1st affirmation on all 19 points for 21 days,
then 2nd affirmation for next 21 days, and
then 3rd affirmation for next 21 days – repeat throughout the year every 63 days.

INSERT THESE AFFIRMATIONS IN YOUR CHAKRAS

Emotionally effective, physically radiating a vitality of effortless power, opening the doors to every resource that we need, financially comfortable and living in the center of good fortune and actualizing our deepest and highest potential in the now.

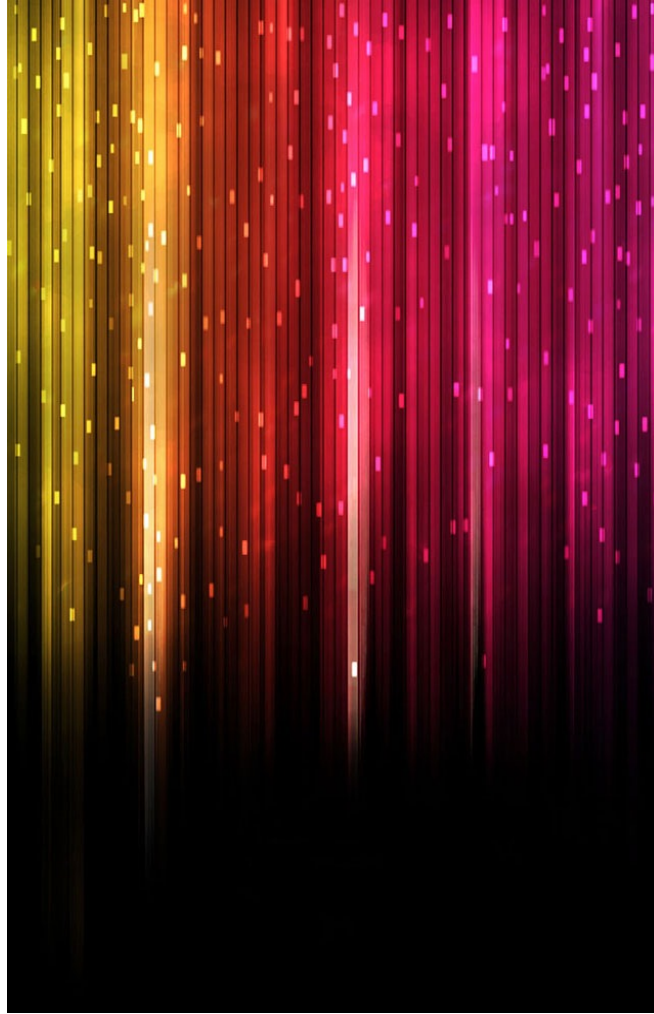
Let us begin afresh.

3 AFFIRMATIONS

1. I _____ (name), have discovered and am using daily my Reiki power, to transform virtually every area of my life and have increased my self confidence and my ability to take action and produce everlasting positive results and _____ (name) has taken control of _____ (his/her) physical well being and is healing daily, and creates clarity and wellness mentally, emotionally, physically, spiritually and financially beyond measure. So it is. Thank you. Thy will be done.
2. I _____ (name) feel grateful for new opportunities and use them daily to heal and contribute to millions of people around the world and assist them towards their goals. Under the power of Reiki and the Grace of Dr. Mikao Usui and the Masters Nirula, I continue to use every single day of my life to shape my personal destiny and change my life towards betterment every moment, and the closer I get to my destination the greater the clarity I gain and the more I heal. So it is. Thank you. Thy will be done.
3. I _____ (name) dedicate my healing work in 2012 to cultivate global beliefs that help minimize experience of negative emotions and move ahead with love and warmth, appreciation and gratitude towards my family and acquaintances, and work with the healing light with determination and flexibility and contribute towards developing a sense of commitment and have turned the invisible into the visible and set a foundation for all success in my life full of opulence. So it is. Thank you. Thy will be done.

4th FEBRUARY 2012

- MESSAGE FROM THE MASTERS -



Allow yourself to tap into the deepest capacity that is within you, and shape every action, every thought and every feeling and especially every act of healing with your own individual changing action – allow yourself to heal at the optimum level without any doubt.

We have discovered over time that all the healers are well taught but their own experience of healing and the connection, and knowing exactly what has to be done but mostly due to their own karmic blocks being inadequately understood and healed; very few of the healers actually do what they know about the healing world.

We have spent years focusing on how, many of you continue with the same commitment where as in fact your car of life – full of the healing work has to pick up speed and move faster if, we have to reach our destination on time.

We bless you, protect your gifts of the healing world and affirm that, as you heal, you are gifting yourself lasting improvements in the quality of your life and freeing yourself of all hindrances.

Love, Light and all our Blessings to all

Nalin Kumar Nirula

Renoo Nirula