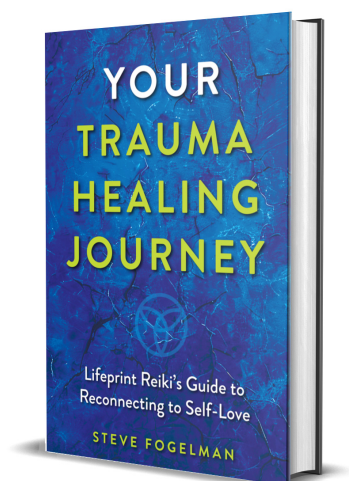




Your Trauma Healing Journey: Lifeprint Reiki's Guide to Reconnecting to Self-Love

Book Quotes & Slogans

1. You're not broken, only disconnected
2. You can't change the past, but you can change the way you feel about it.
3. You need healing, not fixing
4. Gaining the ability to heal ourselves and our families is part of many a soul's purpose.
5. Lifeprint Reiki was born as a new, non-religious, spiritual lifestyle and societal blueprint based on the empowerment of first and foremost healing your trauma to create happiness, with the understanding that everyone's spiritual needs are as unique as a fingerprint.
6. Life has no inherent meaning. Instead, we bring meaning to life by clearing past karma and traumas that we don't even realize we have.
7. Lifeprint Reiki is the key to breaking free from the societal matrix, by gaining self-awareness and self-acceptance.
8. You can be a masterpiece and a work-in-progress simultaneously.
9. The only one who can truly "save" you, is you.
10. People treat others the way they feel about themselves.
11. Traumas are created by feeling unsafe for any period of time and keep us in survival mode, unable to fully enjoy many of life's intimate moments and connections.
12. Most of us either take for granted the spiritual aspects of our lives, or don't even recognize them as such.
13. Spirituality is intrinsic to the human condition, but unresolved trauma disconnects us from easily connecting to, and even the understanding of our gift.
14. Spirituality is not about what you believe, but about what you experience.
15. The truth is, healing the traumas experienced in childhood create many emotional pitfalls to navigate as an adult.
16. When we can relinquish control of everything we can't control to a higher power, that's letting go of the ego.

17. Gratitude seems like such a small act, but the truth is, it's one of the most powerful states we can be in.
18. Spending time in solitude allows us to not only quiet the noise of external influences, social pressures, and expectations, but gives us the opportunity to freely delve into our internal landscape and be reborn as our authentic selves
19. Self-awareness is the foundation upon which we can consciously create our reality.
20. Writing down thoughts and feelings every day can be profoundly helpful in releasing the emotional attachment to those emotions, and crucial to those who can't afford talk therapy.
21. The long-term effect of social programming is that we don't pursue an authentic inner life, but instead seek external approval.
22. You don't see the world as it is. You see it as you are.
23. Our most annoying qualities that we're blind to show up as intolerable in others.
24. Gaining self-awareness of your thoughts and behaviors is paramount to the Lifeprint Reiki process, and grasping and mastering the 11 Insights is at the core of reconnecting to self-love and experiencing the happiness living authentically can offer.
25. The collection of challenging behaviors that ended up creating your survival personality are not your fault, but the onus is on you to heal them.
26. Creative expression is directly linked to levels of happiness.
27. The key to unlocking creativity isn't just in asking "why?" but more powerfully, "what if?"
28. You are not a human with a soul, but a soul having a learning human experience.
29. Surrender is about releasing the struggle against what we can't control and trusting in our inner divine connection.
30. The game of life is change. Those who cling to specific expectations can't pivot as the game changes in front of them.
31. Detachment is a spiritual practice where we acknowledge our desires and attachments but choose not to be controlled by them.
32. If blessings can become soul lessons, and soul lessons can become blessings, then everything that happens to us is a blessing.
33. Holding a grudge is like taking poison and hoping it kills your enemies.
34. Forgiveness of others - and ourselves - isn't about condoning the mistreatment, but about nothing more than releasing the anger, guilt and shame operating subconsciously.
35. The only person you need to compare yourself to is who you were yesterday.

36. Healthy boundaries are the highest form of self-respect and a foundation for strong relationships.
37. The only people who will protest your new boundaries are those currently benefiting from your lack of them.
38. All the hard work and sleepless nights on the path to happiness is useless if we remain surrounded by the same toxic people.
39. We spend much of our lives striving to avoid loss, oblivious to the fact that loss happens as a means for us to learn and grow.
40. External validation isn't inherently negative, but dependence on others for validation is out of our control.
41. Internal validation is the process of recognizing, understanding, and accepting our own internal experiences—thoughts, emotions, and sensations—as valid and important, without needing confirmation or approval from others.
42. Connecting to ancestors is the single greatest way to create internal validation.
43. When we understand that death is an illusion, we more easily see how the “loss” of a relationship is merely transformed into a new one.
44. Ancestral contact can be cultivated through ritual practices; however, communication may also happen spontaneously in the form of dream contact, waking encounters, and synchronicity, like seeing butterflies or other repeating symbols connected to our beloved.
45. Spiritual growth is inherently challenging because the ‘you’ you desire to be lies outside your comfort zone.
46. All the things we believe about ourselves that cause great suffering aren't even us. If we can't control it, it isn't us.
47. By letting go of a fixed self, we become more open to new experiences because we're not limited by preconceived notions of our capabilities and who we believe we are.
48. People who see self-love as selfish either have no idea of the degree of effort it entails, don't feel worthy of it themselves, or both.
49. What if we could live in a world made up entirely of compassionate people practicing compassionate ideas?
50. An attunement to Reiki can not only be a shortcut to a heightened spiritual awakening, but also helps heal us and our families, by deeply connecting to the intrinsic divine energy that flows through us all.