

# THE SECRET ART OF HAPPINESS

Change your Life with the Reiki Ideals

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# AFFIRMATION LADDER EBOOK

## THE SECRET ART OF HAPPINESS: CHANGE YOUR LIFE WITH THE REIKI IDEALS BY GENEVA ROBINS, M.Sc.



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*Hello!*

Thank you for joining me on a yearlong course based the material in my book, *The Secret Art of Happiness: Change Your Life with the Reiki Ideals*. This is a very exciting time and I am so happy that you are part of it!

Please try out the Affirmation Ladders. I would love to hear how they work for you. Please email me at [geneva@genevarobins.com](mailto:geneva@genevarobins.com) with any feedback or comments.

*Blessings!*



*Geneva*

# Affirmation Ladder Ebook

## AFFIRMATION LADDERS

Start where you are! Work your way up to a set of strongly positive affirmations by a series of little steps. Just as you would climb a ladder only step by step, you can practice affirmations in the same way. Gradually, your mood, outlook, and point of manifestation will shift toward the positive.

You will rate your level of anger, worry, gratitude, meditative work, and kindness, the five Reiki Ideals, on a scale of 0 to 10. Zero being none and ten being a lot! For anger and worry, the goal is to decrease the levels to zero. For gratitude, meditative work, and kindness, the goal is to increase the levels to 10.

These affirmation ladders are a tool for change! They are not meant as a system of ranking or comparing. These affirmations are just for YOU. Don't give them to your mother, brother, or lover. Do your OWN work. Leave others alone!

To get the most out of these affirmations, you will be honestly acknowledging where you are. There is no need to judge yourself harshly or beat yourself up for not being where you think you should be. Just be gentle with yourself, practice the affirmation at the level you are at, and over time, you will nudge up one step and another, until you are feeling true, deep, happiness and joy.

### MINI PRACTISE

**Commitment time for this activity is less than 5 minutes.**

Start at the level you are at NOW for each Reiki Ideal. Read *upwards* through each Affirmation Ladder, just letting the words wash over you. Imagine what it would feel like if the statements at the top of the page were true for you.

### QUICK PRACTISE

**Commitment time for this activity is 10 to 15 minutes**

For a quick practice, check in with your current level of anger, worry, gratitude, meditative work, and kindness on a scale of zero to ten. Read the affirmation you are at for each of the Ideals. Say each affirmation out loud ten times each. The affirmations themselves will nudge you to the next level, while also acknowledging the truth of where you are at now. There is no burying or suppressing emotions here! Just an honest appraisal and a gentle releasing of thoughts and emotions that are no longer serving you.

### LONGER PRACTISE

**Commitment time for this activity is 30 to 45 minutes.**

If you have longer and are serious about changing your life and getting happy, once and for all, rate each Reiki Ideal three times. In between each rating, say the affirmation out loud 10 times, while looking in the mirror.

## LETTING GO OF ANGER AFFIRMATION LADDER

Begin by rating the level of anger in your body-mind, right now. Scan your body and look for tension or ease. Feel the truth for you in this moment. Rank your anger on a scale from 0 to 10. Zero is a feeling of being completely happy and at peace; ten is feeling blind rage, as angry as you ever have ever felt in your life, literally howling with rage. Close your eyes, don't over think it, and pick the first number that pops into your head.

Repeat the affirmation at least ten times for the number you are at now. Look in a mirror and pay attention to how you feel as you repeat it. Does it feel true for you? Be willing to go up or down a number to get a greater ease in your body. It is okay; just be honest.

Scan your body again from head to toe. Scan your heart and your mind. Feel what is true for you, NOW. Take a deep breath, close your eyes, and rate your level of anger again. Did it change? Go up? Go down? Stay the same? All of these results are perfectly fine. Go to the affirmation for the level you are NOW at and repeat it 10 times, while looking in your eyes. Try it now.

Scan your body-mind a third time and rate your anger level. Practice the affirmation for the level you are honestly at (it really is okay if it goes up, down, or stays the same!). Even if you are not yet at the top, at zero, that is okay! Just being **willing** to shift your experience is enough to start the changes.

## 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

# Affirmation Ladder Ebook

## LETTING GO OF WORRY AFFIRMATION LADDER

Just as with anger, rate your current level of worry on a scale from 0 to 10. Ten is being completely frozen and consumed by fear, worry, and anxiety to the point where you are not able to function. Zero is feeling wonderful, optimistic, joyful, and safe. Take a deep breath; scan your body-mind. Close your eyes and rank your current level of worry.

Practice the affirmation for the level of worry you are at right NOW. Look in a mirror; say the affirmation out loud at least 10 times.

Scan your body-mind again and rate your worry a second time. It is perfectly fine to go up, go down, or stay the same. Be honest. Be gentle. Practice the new affirmation (or the same one) 10 times, while looking in your own eyes.

Great job! Keep going! Scan again. Rate your worry from 0 to 10. Practice the affirmation for the level of worry you are at NOW. Ten times, looking into your gorgeous eyes. The changes are happening. You are doing so well!

## *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

# Affirmation Ladder Ebook

## BEING GRATEFUL AFFIRMATION LADDER

Now rate your level of gratitude on a scale from 0 to 10. Zero is feeling critical and depressed; **nothing** is good in your life. Ten is feeling that you are overflowing with joy, gratitude, and appreciation; your heart is so full with all your blessings. Honour what is happening for you right now. Honestly assess your gratitude, without fear or judgment. There is no right or wrong here. Just start where you are, knowing your feelings can all shift in a moment. Take a deep breath. Close your eyes. Rate your gratitude level right now.

Practice the gratitude affirmation for the level you are at NOW, at least 10 times.

Breathe deeply. Close your eyes. Scan your body-mind. Now, rate your level of gratitude once more. Practice the new affirmation (or the same one) 10 times, while looking in your own eyes. Great work!

Now, scan once more. Check in with your heart. How full is your heart with gratitude? It is okay if it is still next to empty. That just means you are depleted and in need of some self-care. Hey! I know some awesome self-care, Affirmations! Tune in to the number you are at now. Take the new affirmation around the mental track ten times for a test drive.

Breathe again. Rate your level. Be gentle. Repeat the affirmation for the new level ten times. Give yourself a high five.

## 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 AFFIRMATION LADDER

So are you seeing the pattern? Breathe, Rate, Affirm, Repeat. Like shampoo bottle instructions, but better. It could be easy to slide into “supposed to” self-shaming when checking in with how often you are currently meditating. I would like you to consider this first; shame keeps us from doing positive actions for our own well-being. Resist the urge to tell yourself you are bad. You are good. You are grand. You have gotten this far. You ARE doing the work. Honour what you are able to accomplish; let go of the expectations. Remember, you meditate the moment you breathe consciously. See! You are probably meditating right now!

Rate your current level of doing the work, meditating, doing self care, nourishing your soul, from 0 to 10. Zero being you do not meditate or do any self-care at all — at its core, this is caused by a feeling of unworthiness — and ten being you are immersed in mindfulness and inner stillness.

Now, go ahead, check in with your affirmations. Breathe and repeat the cycle *two* more times. Then give yourself another hug and congratulations for doing some great work today.

## 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



# Affirmation Ladder Ebook

## KINDNESS AFFIRMATION LADDER

Do you know how amazing you are? You are. Really. Amazing. That is you. Your willingness to even consider this affirmation work, much less do any of it, is truly amazing. High fives!

Now, for the last Affirmation Ladder as part of the Reiki Ideals, kindness! How kind are you being with yourself right now? How kind are you being with others right now? Again, no need to go into condemnation or self-shaming; that will just set you backward. Just take a deep breath. Rate your level of kindness to yourself and others on a scale from 0 to 10. Ten is feeling and acting completely kind to every living thing, including yourself. Zero is feeling and acting with hate and cruelty toward yourself or another.

Be easy about this. It is okay to be wherever you are. Know that you can be honest here, because you are able to change. So where are you at, right now, with kindness?

Practise the corresponding kindness affirmation ten times. Breathe again. Hug yourself again. Smile into your eyes. Now, rate your kindness level a second time. Practise a second round of kindness affirmations for the level you are NOW at, ten times each. Good. Awesome job. Last one. Check in with your body-mind. Rate your kindness level one last time. Practise the affirmation for the level you are at NOW. You are awesome!

## 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

# THE SECRET ART OF HAPPINESS:

CHANGE YOUR LIFE WITH THE REIKI IDEALS - GENEVA ROBINS, M.SC.

*Do not Anger Do not Worry Be Grateful Do your Work Be Kind*

PEACE	FAITH	GRATITUDE	MEDITATION & SELF-CARE	KINDNESS
0 Peace becomes me. I am peaceful, joyful, and loving. I understand my true nature is joy.	0 Things always work out for me. I trust in Divine solutions.	10 I am tremendously grateful for all my many experiences. Life grows and expands through me! I love my life!	10 Now... I am here. Every moment is a meditation.	10 Kindness within me. Kindness all around me. I am kind and loving.
1 Love is everywhere I look. It is all around me all the time.	1 I know I am always safe and loved. The Divine is on my side.	9 I am filled with appreciation for every aspect of my life. I am so lucky to be me!	9 I allow all good to flow to me now. I surrender to the stillness of the soul.	9 I love myself the way I am. I am kind and gentle.
2 Love, peace and understanding are always available to me. Each breath I breathe is a new chance.	2 I believe in me. God/the Divine/the Universe does too.	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.	8 I am filled with light and with life in every breath I breathe.	8 I love myself, therefore I am kind. I am kind, therefore, I am love.
3 Peace is all around me, right around the corner. I know where to look to find the answers I need.	3 My wise-self guides me to the best outcome. I listen to the voice of my soul.	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.	7 Everywhere I go. Everywhere I look, I see opportunities to connect and expand.	7 I am kind and gentle with me. I am kind and gentle with others.
4 Breathing in, I am love. Breathing out, I have time. Every breath offers me a chance to change.	4 I can see many possibilities. There are many options available to me now.	6 I appreciate my many blessings. Everywhere I look I see love surrounding me. My gratitude increases what I see.	6 Expansion, Joy, and Peace are in each breath.	6 The soft breath of kindness enters my heart. I allow kindness to be my way.
5 I take the time to know myself. I know that I am loving and lovable.	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!	5 My life is getting better every day. I see miracles every time I look. I appreciate the gifts and challenges of life now.	5 I honour myself and my worth. I meditate.	5 Each moment, I am kind. Each moment I breathe, I am kind. Every moment I begin again.
6 I embrace my feelings with love and acceptance. I know I can sort out the real issue below it all.	6 I accept this situation for what it is. I allow life to be as it is.	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.	4 Breathing in, I am enough. Breathing out, I am worthy.	4 I'm giving myself a break. I'm cutting myself some slack. I'm choosing kindness and peace over suffering and self-punishment.
7 All my emotions are wise teachers. I accept them as the lessons they are. Clarity is all around me.	7 Breathing in, I am here. Breathing out, it is now. Here. Now.	3 I appreciate my ability to breathe, to read, to learn, to live. I am alive. There is hope.	3 I am only a moment away from connecting to my Source. It doesn't take much time, just one deep breath.	3 I ask now for the courage to find kindness in my heart. God/Divine/Goddess, please help 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.	8 Even though I am really worried about this, I accept and love myself just as I am.	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.	2 I honour where I am right now. I breathe in knowing, I breathe out resistance.	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.
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.	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.	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.	1 I am willing to release the need to put myself last.	1 Unkind thoughts and words have been my pattern, but I can change. I can choose to be kind.
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.	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.	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.	0 Right now, I do not feel worthy of Divine Love or self-care. But I can change all that with one deep breath.	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.
ANGER	WORRY	CRITICAL & DEPRESSED	WORTHLESSNESS	CRUELTY