

# 7 DAYS TO GREATER INNER PEACE & OUTER RADIANCE

A 30-SECOND HEALING AFFIRMATION  
FOR EACH DAY OF THE WEEK

FEEL & LOOK YOUR BEST EVERY DAY!



# HEY THERE & WELCOME!

I'm Evgenia - Wellness Expert & Energy Healer. With the tools I used to heal myself, I now help other women heal so they can lead happy, healthy & fulfilled lives.

From the experiences I've gone through, I have a deep compassion for others & a strong commitment to assisting women to fully flourish in both their personal life & career.

With powerful energy balancing techniques, I healed myself from both emotional trauma & physical health challenges. I also have numerous certifications in yoga, meditation, reiki & sound healing. I use my musical training & sound engineer expertise to deliver private sound healing sessions using scientifically proven tonal techniques to help women feel better & enjoy all-day energy.

I care about you & your well-being. That's why I'm sharing these healing affirmations with you. On the following pages, you'll find a 30-second healing affirmation for each day of the week. In 7 days you'll experience greater inner peace & outer radiance.

*Let's dive in!*

*Evgenia*



*Evgenia Leshchinskaya*  
Wellness Expert & Energy Healer



# FEELING DEPLETED?

When you're feeling out of balance everything seems more difficult. It's hard to get out of bed & face your to do list in the morning. It's challenging to get a full night's rest because you fuel yourself with caffeine just to get through the day. Therefore, adrenaline & toxic emotions fuel the fire of your stress.

You want to feel & look your best. You want to be satisfied with the contributions you're making in both your career & personal life. The problem is, the constant uphill battle of managing stress & health symptoms makes you feel anxious, pessimistic & ungrounded. Mood swings, poor quality sleep & confusion about life choices leave you feeling depleted & disconnected.



# START HERE!

## Avoid Ineffective "Quick Fixes"

Life stress & chronic health symptoms may be preventing you from earning the money you deserve & sharing your talents with the world. You have big dreams, but a negative mindset blocks you from making them happen. It can feel depressing watching months go by without realizing progress.

You desperately want something to change, but you're completely overwhelmed, exhausted & don't know where to start.

Stop wasting time & money on "quick fixes" that don't work.

## Jumpstart Your Healing

These 30-second daily affirmations are a great place to begin. Read one now & I bet you'll feel an immediate release of tension. It'll help you see a beam of sunlight through the grey clouds you've been trapped under.

Each affirmation corresponds with a chakra. We each have 7 chakras, or energy centers, that align with our spine. They start at the tailbone & go up to the crown of the head.

Let's harness the power of these energy centers to jumpstart your healing so you can consistently show up to life as your best self.



## DAY 1 HEALING AFFIRMATION ROOT CHAKRA

I feel deeply rooted.

I am connected to my body.

I feel safe & secure.

Just like a tree or a star, I have a right to be here. I stand for my values, for truth, & for justice.

I have what I need. I am grounded, stable, & standing on my own two feet.

I nurture my body with healthy food, clean water, exercise, relaxation, & connection with nature.

I am open to possibilities.

I am grateful for all the challenges that helped me to grow & transform.

I trust in the goodness of life. I make choices that are healthy & good for me. I trust myself.

I love life.



## DAY 2 HEALING AFFIRMATION SACRAL CHAKRA

I love & enjoy my body.

I have healthy boundaries.

I am open to experiencing the present moment through my senses.

I am passionate. I feel pleasure & abundance with every breath I take.

I nourish my body with healthy food & clean water. I know how to take care of my needs.

I value & respect my body. I am open to touch & closeness.

I allow myself to experience pleasure.

My sexuality is sacred.

Emotions are the language of my soul.

I take good care of my physical body.

I am at peace.



## DAY 3 HEALING AFFIRMATION SOLAR PLEXUS CHAKRA

I love & accept myself. I stand up for myself.  
I am strong & courageous.  
I am worthy of love, kindness, & respect.  
I choose the best for myself. I express myself in a powerful way. I am proud of my achievements.  
I honor my self. I choose healthy relationships.  
I am authentic. I direct my own life.  
I appreciate my strengths.  
I feel my own power.  
I am free to choose in any situation.  
I seek opportunities for personal & spiritual growth.  
I am at peace with myself.



## DAY 4 HEALING AFFIRMATION HEART CHAKRA

I am open to love.

All love resides within my heart. I deeply & completely love & accept myself.

I nurture my inner child.

I am wanted & loved.

I live in balance, in a state of gracefulness & gratitude.

I love the beauty of nature & the animal world.

I forgive myself. I am open to love & kindness.

I am grateful for all the challenges that helped me to transform & open up to love.

I am connected with other human beings.

I feel a sense of unity with nature & animals.

I accept things as they are.

I am peaceful.



## DAY 5 HEALING AFFIRMATION THROAT CHAKRA

I am open, clear & honest in my communication. I have a right to speak my truth. I communicate my feelings with ease.

I express myself creatively through speech, writing, or art.

I have a strong will that lets me resolve my challenges.

I nourish my spirit through creativity.

I live an authentic life.

I have integrity. I love to share my experiences & wisdom.

I know when it is time to listen.

I express my gratitude towards life.

I listen to my body & my feelings to know what my truth is.

I take good care of my physical body.

I am at peace.



## DAY 6 HEALING AFFIRMATION

### 3RD EYE CHAKRA

I am in touch with my inner guidance. I listen to my deepest wisdom. I seek to understand & to learn from my life experiences.

I am wise, intuitive, & connected with my inner guide. I nurture my spirit. I listen to the wisdom of elders. I trust my intuition. I forgive the past & learn what was there for me to learn. I forgive myself. I love & accept myself.

I know that all is well in my world. I am connected with the wisdom of the universe.

I am open to inspiration & bliss.

My life moves effortlessly.

I am at peace. I am the source of my truth & my love. I am at peace.



## DAY 7 HEALING AFFIRMATION CROWN CHAKRA

I am part of the Divine.  
I honor the Divine within me.  
I seek to understand & to learn from my life experiences.  
I cherish my spirit.  
I seek experiences that nourish my spirit.  
I listen to the wisdom of the universe.  
I trust my intuition. I am open to letting go of my attachments.  
I live in the present moment. I am grateful for all the goodness in my life.  
I love & accept myself.  
I know that all is well in my world.  
I am connected with the wisdom of the universe.  
I am open to divine wisdom. My life moves with grace.  
I am at peace.



# Next Steps

**YOUR VIBRANT  
LIFE BEGINS NOW**

---

**LIVE LIFE AS  
YOUR BEST SELF  
- EVERY DAY**

You don't need to keep being out of balance, wasting time not feeling well. Please don't spend another day feeling lethargic, wishing you could fully engage in life.

Instead imagine yourself gliding through the week feeling energized & connected, knowing you look your best. Be empowered as you experience more physical & emotional energy, function better & feel more radiant both inside & out.

Use these 7 powerful chakra affirmations to jumpstart your healing journey & live fully as your best self every day.



# A SOOTHING SOUND SANCTUARY

## YOUR PRIVATE SOUND OASIS AWAITS

It would be my honor to create a sound healing experience designed especially for you. During your 60 - 75 minute session you'll feel deep relaxation through the soothing vibrations selected for your unique circumstances. Sessions take place either virtually via video or in person in the San Francisco Bay area.

### 3 Steps to Greater Inner Peace & Outer Radiance:

- 1 Book a Private One-on-One Session
- 2 Receive Healing
- 3 Experience Greater Health & Vitality

Here's to Your Radiant Self!

With Love,  
*Ergenia*

[\*\*BOOK A SOUND HEALING SESSION\*\*](#)



DEDICATED TO YOUR  
HEALTH & HAPPINESS!

YOU ARE  
WORTH IT!

**BOOK A SOUND HEALING SESSION**

- A Private One-on-One Experience
- 60 - 75 Minutes in Length
- Takes Place either Virtually via Video or  
in Person in the San Francisco Bay Area



Sound Yoga  
SANCTUARY

EVGENIA LESHCHINSKAIA

INTEGRAL SOUND HEALING

PRACTITIONER

USUI REIKI MASTER

YOGA TEACHER

MEDITATION INSTRUCTOR

ORACLE/TAROT ENERGY READER

**BOOK A SOUND HEALING SESSION**

