

# Gene Key Affirmation Videos for Contemplation

## Gene Key 22: Grace Under Pressure

### *The Gift of Graciousness: The Milk of Human Kindness*

- I act with grace & consideration, touching peoples hearts and souls.
- I always maintain a frequency of respect around others.
- I know how to balance respect for others with my own self-respect.
- My work in life lies in the sphere of relationships & emotions.
- I see and accept my own patterns of karma with graciousness.
- I discover the inner path of awakening behind human suffering.
- The higher frequencies are revealed and my consciousness expands.
- My understanding and gentle self-forgiveness lead me to liberation.
- My life is filled with art, music, enchantment, romance & relationships.
- I can show others how to take responsibility for their own feelings.
- I live my life from a place of deep love and soul.

### *The Siddhi of Grace: The Seven Sacred Seals*

- My body is a completely relaxed instrument of Divine Will.
- Omniscience opens my vision. I am seen through and reborn.
- Universal Love washes through me, bringing great joy and self love.
- Epiphany opens my heart fully. I am an agent of Grace and kindness.
- Forgiveness heals all my karmic debts, bringing peace and true justice.
- Truth reveals my true nature as part of a single Divine organism.
- I am a musical instrument tuned & played by the gods.
- My spiritual awakening unfolds in a natural organic process.
- I am bathed in Grace, the very breath of the Divine.
- Grace calls me to listen and receive her message and blessings.
- I am love, and there is nothing in me but love.