

## OMNIPRESENCE ACADEMY OF LIFE PVT. LTD

### REDIKALL STATEMENTS BASED ON DATE OF BIRTH

The date of the month, on which we take birth can have a profound effect on our lives. 'Redikally' speaking, it reminds us of the gifts that the Universe brings for us on that date. So read on and find out your unique gift !!

Find out below, the most suitable affirmation for you based on your date of birth. Look for the affirmation, corresponding to your date of birth. Check if the affirmation is resonating well with you. If you find the resonance, please affirm the given Redikall Statement or affirmation for 21 times for the period of 1 week.

March 17 to March 23 2019

For the best results, you could write these affirmations.

#### Birthdate 1

##### FL12 - LEFT ASSERTION CHAKRA

###### AFFIRMATION

It's OK & it's safe to assert. It's safe/OK for me to be firm/assertive.

###### SHORT EXPLANATION

Does it sometimes happen that you are not assertive about your need to object or ask others questions to find out more? What would it take for you to be more assertive and expressive? For sure you are capable of asking questions and being asserting to others to find out more. And no one can inhibit you from doing that except your own fears and inhibitory beliefs based on your past experiences and social/cultural influences. Recognise and address those beliefs based on past experiences or projections borrowed from others. Address them effectively, so that you can rediscover the freedom to assert in a constructive manner or recreate a space where you are free to assert, express, ask questions and show your disapproval, if needed.

#### Birthdate 2

##### FR21 - RIGHT CATHARSIS CHAKRA

###### AFFIRMATION

I constructively address my reserved grief.

###### SHORT EXPLANATION

There is a possibility that you have not been able to shed tears in the recent or distant past and complete your grieving experience due to overt sense of responsibility for others. It's time now for you to come to terms with your past, your reserved grief caused by environmental setbacks, loss, disasters or

certain shocking situations. Acknowledge and express that which has remained suppressed so far. Let there be an emotional catharsis. Break those unseen self-created walls. Allow yourself to shed the unshed tears.

### **Birthdate 3**

#### **NC6 - OPTION CHAKRA**

##### **AFFIRMATION**

I opt for the best option after exploring the rest of the options.

##### **SHORT EXPLANATION**

Perhaps, it is time for you to open up to the possibility of various options. Exploring option may not mean that you have to ignore what you have, once you are clear of various options and yet when you opt for what you already have, you will be able to focus with more integrity and sincerity. Alternatively, you may see a different door of opportunity opening up for you as you remain open to explore various options.

### **Birthdate 4**

#### **SC7 - BALANCE CHAKRA**

##### **AFFIRMATION**

I remain balanced in my balanced world.

##### **SHORT EXPLANATION**

Probably you are at a juncture where you are anticipating a 360 degrees spin in your inner or outer world. We all are aware that change is a norm of life. At times there are possibilities of extremely rapid changes and you may find it difficult to adjust to them. Rather than restricting and resisting rapid changes, seek to have balance and serenity when your life is likely to a spin. Do not wait for the things to settle so that you feel balanced. Instead, focus on remaining balanced so that the situation around you settles soon in your favor.

### **Birth date 5**

#### **TR19 - RIGHT FOCUS CHAKRA**

##### **AFFIRMATION**

I put my best foot forward with focus.

##### **SHORT EXPLANATION**

Reminder to put your best foot forward with total focus on your priority /goal / mission / vision. One of the reasons why you feel that you are not moving in the best possible manner could be your lack of focus. Are you putting your best foot forward with total focus on your priority / goal / mission / vision.

## **Birthdate 6**

### **FC2 - PROMISE CHAKRA**

#### **AFFIRMATION**

**I raise my consciousness beyond oaths, vows and promises and embrace the brilliance offered by them.**

#### **SHORT EXPLANATION**

**You deserve to do what you wish to do. However, there is a possibility that you (or your ancestors or past life personalities as per the past preprogramming) may have made promises or taken vows or oaths in the past, which could be adversely affecting you in the present. For e.g., oath of celibacy, oath of taking care of the widowed mother or a sick child. It would be prudent to recognise them and know their relevance as per your life plan. So, recognise and address your old vows, oaths or promises that you may have taken or made in the past and fulfil the soul level purpose embedded within them.**

## **Birthdate 7**

### **FLL 6 - LEFT DETACHED INTIMACY CHAKRA**

#### **AFFIRMATION**

**It is safe to continue with intimate relationships in a detached manner.**

#### **SHORT EXPLANATION**

**Grant yourself the permission to be persistently intimate in a relationship with an individual, people, place, situation, experience or material object of any kind, with due detachment. This may not be an appropriate time to curtail yourself. Continue putting your best foot forward towards intimacy with aware detachment.**

## **Birthdate 8**

### **TL16 - LEFT CONTRIBUTION IN RELATIONSHIPS CHAKRA**

#### **AFFIRMATION**

**I continue contributing wholeheartedly to all my relationships, partnerships and formal arrangements.**

#### **SHORT EXPLANATION**

**Relationship requires frequent deposits and contributions to keep it healthy and thriving. There are times when arguments, differences, disappointments and disapproval create severe withdrawal or any other adverse impact. Your regular contribution of love, gifts, attention, appreciation, financial aid, support, backing etc. would keep your relationships healthy. Keep contributing on an ongoing basis.**

## **Birthdate 9**

### **FL20 - LEFT NEUTRAL OBSERVATION TO THE INACCESSIBLE CHAKRA**

## **AFFIRMATION**

**I recognise and remain a detached observer of my shadow self.**

## **SHORT EXPLANATION**

It is possible that at times you may not like what you perceive in the deepest unpleasant aspects of your personality and ignore some of your attributes and attitude. What you perceive in your personality is after all a part of you. Disliking them and being uncomfortable with them cannot bring in any transformation. Worse would be to derecognise a part of you. However, you may choose to remain a neutral observer to what you can see or perceive in the shadow aspect of your personality or your shadow self.

## **Birthdate 10**

### **SR1 - RIGHT COMMITMENT CHAKRA**

## **AFFIRMATION**

**I invite others to keep their commitment as per my expectations.**

## **SHORT EXPLANATION**

Occasionally people do let you down or do not meet your expectations or cannot keep their commitment to you. It would not help if you wait for them to reach your standards of expectations, as that may be an unnerving and disappointing experience. Ask yourself "What is it that I can do instead?" Perhaps the answer can help you understand better. How would you shift your approach? How would you modify your demands and expectations so that people keep their commitments and meet your expectations? Recognise and resolve your beliefs or pre-conditioning which may be inviting a repeated pattern of let down. Prepare yourself and allow yourself to get the best from people around you with commitment and enthusiasm.

## **Birthdate 11**

### **FR19 - RIGHT NEUTRAL OBSERVATION TO INACCESSIBLE CHAKRA**

## **AFFIRMATION**

**I choose to remain a neutral observer to what I can see/perceive in my periphery.**

## **SHORT EXPLANATION**

Given a choice, what are you likely to choose - 'aware acceptance' or 'neutral observation'? So many activities could be going on in your peripheral space and not necessarily in your domain. Not all of them are acceptable or pleasant in nature. And yet, you cannot do much about them because you may not have a say in the matter. When you dislike them and become uncomfortable with them, it does not bring in any transformation in what you can see from the corner of your eyes. Perhaps the circumstances which are not in your domain or control zone, are best accepted for what they are with awareness and grace. Even if you cannot accept them with due awareness, it would be good

for you to choose to remain a neutral observer to what you can see and perceive from the corner of your eyes.

### **Birthdate 12**

#### **CR8 RIGHT COURAGE CHAKRA**

##### **AFFIRMATION**

I courageously open up to receive all that the universe has to offer me.

##### **SHORT EXPLANATION**

It's time to discover the courage within to receive what you have been avoiding so far. Ask yourself: "What have I been avoiding to receive?" Perhaps the answer will help you understand better. What would happen if you start receiving? Face the fears and you will discover the courage within.

### **Birthdate 13**

#### **TL20 - LEFT FOCUS CHAKRA**

##### **AFFIRMATION**

I constantly put my best foot forward with full focus.

##### **SHORT EXPLANATION**

You are reminded to continue putting your best foot forward by remaining totally focused on your goal/mission/vision. Even if you had begun very well in the past with total focus, you need to make sure that you persistently put your best foot forward by remaining totally focused on your goal / mission / vision. Focused persistence is the need of the hour.

### **Birthdate 14**

#### **FLR5 - RIGHT DETACHED INTIMACY CHAKRA**

##### **AFFIRMATION**

It is possible to be detached in an intimate or close relationship.

##### **SHORT EXPLANATION**

Have you experienced being intimate in a detached manner? Yes, it is possible to let yourself be emotionally, physically, sexually, socially or professionally intimate in a relationship with an individual/group of people, place, situation, experience or material object of any kind with due detachment. Put your best foot forward towards intimacy with due detachment.

### **Birthdate 15**

#### **FLR13 - HUMBLE OPENING UP CHAKRA**

##### **AFFIRMATION**

I humbly open up to the possibilities/places/people.

##### **SHORT EXPLANATION**

Open up to embrace all that you have been avoiding so far. It's time to open up to different possibilities, opportunities or people. Ensure that your

pride/ego/righteousness is not inhibiting you from opening up to certain people, possibilities and potential. Embrace all that you are and remain open to all that you may have been avoiding so far.

### **Birthdate 16**

#### **VL3 - GUARDIANSHIP ROLEPLAY CHAKRA**

##### **AFFIRMATION**

I take active charge of all that belongs to me.

##### **SHORT EXPLANATION**

Be the custodian of all that belongs to you and remain in charge. You have been trusted with a domain, people, property or knowledge. Take charge of it. Make sure it is taken care of and feels safe.

### **Birthdate 17**

#### **BL10 - LEFT MOTIVATION TO MOVE FORWARD CHAKRA**

##### **AFFIRMATION**

I motivate myself and others to move forward.

##### **SHORT EXPLANATION**

Stagnation is not encouraged in life. You have to be on the move all the time. Evolution is the norm. You move or evolve with inspiration, desperation or conspiracy. What do you choose for yourself? If you remain connected to your inner guidance, you move forward with inspiration. If you fail to recognise and follow your inner guidance, you may move due to desperation, need or circumstances. And finally the universe will conspire to ensure that you move. Poking and being poked are a certain and deliberate push you give to yourself or others to avoid the possibility of stagnation. A lot depends upon how you respond to the 'poke'.

### **Birthdate 18**

#### **VT10 - SPACE CREATION CHAKRA**

##### **AFFIRMATION**

I create space for what I wish to have in life.

##### **SHORT EXPLANATION**

Each one of us is gifted with a holding capacity to retain what is needed as per the life plan. When we hoard what is not relevant we tend to take away necessary space meant for what is useful and needed in life.

### **Birthdate 19**

#### **PR19 - RIGHT CAREER CHAKRA**

##### **AFFIRMATION**

I receive the best in my occupation.

### **SHORT EXPLANATION**

Career could be different for different people. A job, business, creativity, studies, managing home or looking after children could be a career too. Ask yourself - "What does career mean to me?" Perhaps, the answer can give you a better understanding. Apart from money, you receive several inputs and experiences in your career, provided you remain open to receive in your career. Self-introspect: "What is it that I need to receive in my given or chosen career and how can I receive that in a better manner?"

### **Birthdate 20**

#### **AC20 DEVOTION CHAKRA**

### **AFFIRMATION**

I serve with love and devotion.

### **SHORT EXPLANATION**

It is good to be responsible, but it is far better to do what you are doing with the feeling of devotion. As you flow with love and devotion, you will be able to do the right thing, at the right time, in the right manner, that which would be 'just appropriate' for the given moment.

### **Birthdate 21**

#### **FL36- LEFT RESOURCE CHAKRA**

### **AFFIRMATION**

I allow myself to effectively channelise available resources.

### **SHORT EXPLANATION**

You are a resourceful person and there is a lot that you can contribute to others as well as distribute within your own system. Recognise the true resources and channelise them where they are needed most. These resources could be love, affection, friendship, money, wisdom, knowledge, care, co-operation and so many more. Ask yourself a question: Are you allowing yourself to effectively apply, contribute and distribute all the resources that are available to you? If the answer is No, figure out, what is it that you need to shift within so that you become a wonderful channel of resources.

### **Birthdate 22**

#### **FR15 - RIGHT INTEGRITY CHAKRA**

### **AFFIRMATION**

I intend and invite integrity, fairness and honesty from the people around me.

### **SHORT EXPLANATION**

You deserve to enjoy loyalty, fidelity and commitment from everyone in your life. However, sometimes you may perceive various degrees of dishonesty or disintegrity in your space. When they are directed towards you, you may feel

cheated, betrayed, let down or simply hurt. It may be a normal response to hold on to those feelings. Think of exploring the possibilities of letting go of unhappy and undesirable effects of past betrayal or cheating. It's really safe. When you hold on to the emotions of being cheated or betrayed, you are inadvertently affirming to yourself and others that you are betrayable or cheatable. Your past perceptions often become your beliefs and your beliefs often manifest a situation to suit your beliefs and the patterns repeat. Let go of the ill effects of all that has happened in the past and simply open yourself to invite integrity, honesty and consistent commitment from people.

### **Birthdate 23**

#### **TL20 - LEFT FOCUS CHAKRA**

##### **AFFIRMATION**

**I constantly put my best foot forward with full focus.**

##### **SHORT EXPLANATION**

**You are reminded to continue putting your best foot forward by remaining totally focused on your goal/mission/vision. Even if you had begun very well in the past with total focus, you need to make sure that you persistently put your best foot forward by remaining totally focused on your goal / mission / vision. Focused persistence is the need of the hour.**

### **Birthdate 24**

#### **BLR5 - RIGHT EMOTIONAL HURT RELEASE CHAKRA**

##### **AFFIRMATION**

**I recognise and resolve my stored emotional hurts.**

##### **SHORT EXPLANATION**

**It would be easier for you to put your best foot forward if you let go of and release stored emotional hurts. Perhaps you have been storing some of the past emotional hurts in your calf muscles without your conscious knowledge and it is time to let them go so that you can put your best foot forward in your chosen direction.**

### **Birthdate 25**

#### **FLL 18 - CONSISTENT FLEXIBILITY IN INTIMATE RELATIONSHIP CHAKRA**

##### **AFFIRMATION**

**I accept the ongoing process of change in my intimate relationship.**

##### **SHORT EXPLANATION**

**Make sure that your resistance to the possibility of change is not preventing you from putting your best foot forward to enhance intimacy in a relationship. Embrace the change. You never know when things change for good. Routine and lack of fresh changes can create stagnation for you. Allow yourself an**

experience of consistent intimacy by preparing yourself for the associated possibility of change. The relationship could be with self, fellow beings, pets, nature, residence, objects, money, organisation etc. Your intimate and close relationships often change with changing times. However, if you get attached to the experiences of the past and expect the relationship to be same as it was in the past, you may invite frictions and conflicts as relationships keep changing and so do people who are in relationship with you. It is in your best interest to be adaptable and flexible.

### **Birthdate 26**

#### **VS1 - CELEBRATION CHAKRA**

##### **AFFIRMATION**

I celebrate life with people around me.

##### **SHORT EXPLANATION**

It's time for celebration. You do not need any particular reason for celebration. Your wish to celebrate life becomes a reason to have the experience of festivity all along. Celebration is a way of affirming that life is worth celebrating. Why wait for a special moment, a special day or achievement? Let celebration be a way of life.

### **Birthdate 27**

#### **VT4 - REFINED RESPONSE CHAKRA**

##### **AFFIRMATION**

I respond to the current situation in a refined way.

##### **SHORT EXPLANATION**

It is your response rather than the situation which could be your real difficulty. If you can explore the possibility of refined ways to respond to the current situation, you will have an easier way out, as the current situation is invited by your higher consciousness to teach you how to respond in a refined way.

### **Birthdate 28**

#### **CC10 ACCEPTANCE CHAKRA**

##### **AFFIRMATION**

I totally accept myself and all that is in and around me.

##### **SHORT EXPLANATION**

What you see around you could be your extension, manifestation and projection. When you are rejecting any attribute, perhaps you are rejecting a part of you that manifested that. Accepting the surrounding will bring in self-acceptance and eventually, total self-acceptance will bring in acceptance of all that is. When you accept all that is, you are accepting the creation and the Creator. Accept! Not because you have no choice left. Accept because you are an aware individual and can see through brilliance in every design and pattern of life.

**Birthdate 29**

**AR5 RIGHT UNIQUENESS CHAKRA**

**AFFIRMATION**

I invite people to feel happy in my success and happiness.

**SHORT EXPLANATION**

You are unique and you have unique privileges and opportunities. If you are totally convinced about your unique need for experiences, you will entertain no comparison from anyone at any level. Know that you are different and no one has to be like you. At the same time, you do not have to be like anyone else. Jealousy and resultant responses have no place in your life as jealousy and envy could only exist amongst people who share similar sets of experiences, positioning and opportunities.

**Birthdate 30**

**NC1 - EFFECTIVE PROPOSITION CHAKRA**

**AFFIRMATION**

I invite others to value my wise advice at the right time in a right manner.

**SHORT EXPLANATION**

You have wise ideas and advice as you have a foresight and can envisage the consequences of decisions and actions taken by others, well in advance. However, it bothers you, when people do not take your advice seriously - at the time they should and in a manner they should. Unfortunately, they value your advice quite late and that generates a considerable frustration (within you). Enhancing your communication and inviting people to get your wisdom at the right time in the right manner, would be helpful.

**Birthdate 31**

**PL14 - LEFT CONTRIBUTION CHAKRA**

**AFFIRMATION**

I remain open to contribute.

**SHORT EXPLANATION**

Remaining open to give, deliver, discharge or impart all that is due from you will enhance the flow of resources in your life. These resources could be in the form of money, love, care, recognition, services, attention etc. If required, recognise and resolve certain attributes which prevent you from effective contribution. The more you contribute the more you receive.

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