

Sacred LifeKeys™

EIGHT SIMPLE PATHWAYS

Back to Yourself



SELF-LOVE



SELF-COMPASSION



SELF-CONNECTION



INNER PEACE



TRUST



GRATITUDE



JOY



PURPOSE

*Simple practices. Sacred wisdom.
A more meaningful, connected life.*



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REIKI MASTER TEACHER

REIKIVERDEVALLEY.COM

REIKI ♥ ENERGY HEALING ♥ INTUITION ♥ SACRED WISDOM



Welcome

YOU ARE SO GLAD YOU ARE HERE.



Welcome to Sacred Life Keys.

This little guide is a gentle companion for your journey back to yourself. Within these pages you will find eight simple, beautiful keys—each one a doorway to a more loving, peaceful, and purposeful life.

Self-love is the first key and the foundation for all the others. When we learn to love and honor ourselves, everything in our lives begins to shift.

These practices are easy to use, yet deeply powerful. You can explore them on your own, or you can enhance them with Reiki to support your healing, growth, and inner transformation.

There is no right or wrong way to use this guide—only what supports you. Trust your intuition. Listen to your heart. And know that you are never alone on this path.

*You are worthy. You are enough.
You are deeply loved.*



WITH LOVE & GRATITUDE,

Julie Russell 

REIKI MASTER TEACHER



WHAT YOU WILL FIND HERE



SIMPLE PRACTICES

Easy breath, movement, and reflection practices to support your well-being.



MONTHLY KEYS

Eight beautiful keys—one for each month—to guide you back to yourself.



REIKI SUPPORT

Ways to enhance each practice with Reiki energy for deeper healing.



COMMUNITY

You are invited to join our monthly Sacred Life Keys Zoom gathering.



GENTLE REMINDERS

Loving reminders that help you return to what truly matters.



A gentle reminder...

You don't have to be perfect. You don't have to do it all.
Just one breath. One moment. One practice at a time.
You are enough, exactly as you are, right now.



♥ ONE KEY. ONE PRACTICE. ONE LIFE AT A TIME. ♥



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Return to these pages often for support, reflection, and inspiration.*



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THE SACRED LIFE KEYS

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*The Sacred Life Keys are gentle reminders
of what already lives within you.*





Reiki & *Sacred Life Keys*

Reiki beautifully complements the practices in the *Sacred Life Keys*, but these keys can be used with or without Reiki.

They are for everyone, everywhere, every day.



WHAT IS REIKI?

Reiki (ray-key) is a gentle, hands-on (or hands-off) energy healing practice that supports relaxation, balance, and natural healing on all levels—body, mind, and spirit.

It is universal life force energy that flows through and around us, bringing light, love, and harmony.

HOW TO USE REIKI WITH THE SACRED LIFE KEYS

- ♥ Offer Reiki to yourself before or after your key practice.
- ♥ Place your hands over your heart or any area that needs support while you reflect.
- ♥ Visualize Reiki light surrounding you as you breathe and practice.
- ♥ Ask for Reiki support for the intention of the key you are working with.
- ♥ Trust your intuition—Reiki knows what you need.



REIKI LIGHT ACTIVATION

Each month we offer a Reiki Light Activation to uplift, balance, and support your journey with the current Sacred Life Key.

This activation is sent with love and intention to all who are on our email list. You're invited to receive and enjoy!

WAYS REIKI CAN SUPPORT THE SACRED LIFE KEYS



Deepens your connection to yourself and each key.



Helps release stress, tension, and emotional blocks.



Enhances your practices, reflections, and intentions.



Supports your healing, growth, and transformation.

MONTHLY SACRED LIFE KEYS ZOOM GATHERING



Join our monthly Sacred Life Keys Zoom gathering—a sacred space to explore the key of the month, share, receive Reiki, and connect with a beautiful community.

All are welcome. Everyone belongs.

IF YOU HAVE BEEN ATTUNED TO REIKI



Continue to trust your connection. Reiki flows through you. Use your hands, your breath, and your loving intention.

*You are a channel of light.
You are never alone.*



YOU ARE ALWAYS SUPPORTED

Whether you use Reiki every day or are simply curious, know that you are always surrounded by loving energy. The Sacred Life Keys are here to guide you home to yourself.



REIKI. INTENTION. PRACTICE. TRANSFORMATION.

KEY 1

Self-Love

I AM WORTHY OF LOVE.

Self-love is the foundation of a beautiful life. When we love ourselves, we make choices that honor our well-being, set healthy boundaries, and nurture our body, mind, and spirit. Self-love is not selfish—it is essential.

When you love yourself, everything changes.

AFFIRMATION

*I am worthy of love.
I love and accept
myself exactly as I am.*

REFLECTION

Take a few moments to reflect. Journal about the questions below or simply sit with them.

- ♥ What does self-love mean to me?
- ♥ How do I currently show love to myself?
- ♥ What is one small way I can honor myself more today?

PRACTICE

Loving Kindness Meditation

Sit comfortably. Close your eyes and take a few deep breaths. Gently place your hands over your heart.

Repeat these words silently or out loud:

*May I be happy.
May I be healthy.
May I be safe.
May I love myself
just as I am.*

DAILY INSPIRATION



You are allowed to take up space.
You are allowed to rest.
You are allowed to say no.
You are allowed to choose you.
Every choice you make in love for yourself creates a more radiant life.

BREATH PRACTICE

Heart-Centered Breath

- 1 Place one hand on your heart.
- 2 Inhale deeply through your nose for a count of 4, feeling your heart expand.
- 3 Exhale slowly through your mouth for a count of 6, releasing any self-judgment.
- 4 Repeat for 5–10 breaths.

This breath helps you:

- ♥ Calm your nervous system
- ♥ Connect with your heart
- ♥ Cultivate self-love from within



REIKI & SELF-LOVE

Reiki energy can help you release old patterns of self-criticism and unworthiness. Place your hands over your heart or any area that needs love and imagine Reiki light filling you with warmth, acceptance, and compassion. Let this love expand throughout your entire being.



REIKI INTENTION

*I open my heart to love.
I am worthy.
I am enough.*



♥ REMEMBER: Self-love is a practice, not perfection. Be gentle. You are learning. ♥

KEY 2

Self-Compassion

I AM GENTLE WITH MYSELF.

Self-compassion means treating yourself with the same kindness, understanding, and care that you would offer a dear friend. It reminds you that you are human and that it's okay to be imperfect.

You are doing the best you can, and that is enough.

AFFIRMATION

*I choose to be kind to myself.
I honor my feelings.
I give myself the grace
I so freely give to others.*

REFLECTION

Take a few moments to reflect. Journal about the questions below or simply sit with them.

- ♥ Where am I hardest on myself?
- ♥ What would I say to a friend who was going through what I'm experiencing?
- ♥ What is one way I can offer myself more gentleness today?

PRACTICE

Self-Compassion Hand on Heart

Place one hand over your heart. Close your eyes and take three deep breaths.

Say these words to yourself silently or out loud:

*May I be kind to myself.
May I accept myself as I am.
May I forgive myself.
May I give myself grace.*

DAILY INSPIRATION



You are allowed to have hard days.
You are allowed to rest.
You are allowed to make mistakes.
You are allowed to put yourself first.
You are allowed to be human.
You are allowed to be you.

BREATH PRACTICE

Compassionate Breath



- 1 Inhale slowly through your nose for a count of 4, bringing in kindness.
- 2 Hold for a count of 2, feeling that kindness soften your heart.
- 3 Exhale slowly through your mouth for a count of 6, releasing self-criticism.
- 4 Repeat for 5–10 breaths.

THIS BREATH HELPS YOU:

- ♥ Soothe your nervous system
- ♥ Calm your emotions
- ♥ Open your heart
- ♥ Offer yourself compassion

REIKI & SELF-COMPASSION



Reiki energy wraps around you like a warm, loving blanket. Place your hands over your heart or any area that feels tender. Allow Reiki to soften any harshness, bring in forgiveness, and remind you that you are deeply loved—just as you are.

REIKI INTENTION

*I offer myself compassion.
I release self-judgment.
I am worthy of love
and kindness.*

♥ REMEMBER: Self-compassion is not weakness—it is one of your greatest strengths. ♥

KEY 3

Self-Connection

I AM CONNECTED TO MY TRUE SELF.

Self-connection is the art of coming home to you. It is about listening to your heart, honoring your needs, and staying true to who you are. When you are connected to yourself, you make choices that align with your truth and nourish your soul.

*You are not meant to lose yourself in the world.
You are meant to come home to yourself.*

AFFIRMATION

*I listen to my inner wisdom.
I honor my truth.
I trust myself.
I am whole, just as I am.*

REFLECTION

Take a few moments to reflect. Journal about the questions below or simply sit with them.

- ♥ What activities make me feel most like me?
- ♥ When do I feel most disconnected from myself?
- ♥ What is one way I can reconnect with my true self today?



BREATH PRACTICE

Listening Breath



♥ Inhale: I listen within.
Exhale: I hear my truth.

Repeat for 5–10 breaths.

This breath helps you:

- ♥ Quiet the mind
- ♥ Tune in to your inner voice
- ♥ Build trust in yourself

MOVEMENT PRACTICE

Coming Home to Yourself



- 1 Stand comfortably, feet on the floor.
 - 2 Place one hand on your heart and one on your belly.
 - 3 Gently sway side to side.
 - 4 Notice how your body feels.
 - 5 Ask yourself: "What do I need right now?"
 - 6 Pause and listen.
- Repeat as needed.

DAILY INSPIRATION



You are allowed to take up space.
You are allowed to be you.
You are allowed to change.
You are allowed to follow your own path.
The more you connect with yourself, the more peace you will feel.

REIKI & SELF-CONNECTION



Reiki energy helps quiet the noise of the mind and brings you back to your center. Place your hands over your heart or any area that feels heavy or disconnected. Allow Reiki to support you in returning to your inner wisdom, your truth, and the beautiful being that you are.

REIKI INTENTION

*I open to my inner wisdom.
I trust my intuition.
I am connected to my highest self.*



♥ REMEMBER: The most important relationship you will ever have is the one with yourself. ♥



KEY 4

Inner Peace

I CAN RETURN TO PEACE WITHIN.

Inner peace is not the absence of life's challenges.
It is the ability to meet them with a calm heart,
a steady breath, and trust in yourself.
Peace is always available to you. You don't have
to earn it. You only have to return to it.

*Peace is not something I find.
Peace is something I remember.*



AFFIRMATION



*I am safe within myself.
I choose peace in this moment.
I release what I cannot control.
I am calm. I am centered.
I am at peace.*



REFLECTION



Take a few moments to reflect.
Journal about the questions below
or simply sit with them.

- ♥ What disturbs my peace the most right now?
- ♥ What thoughts or worries am I ready to release?
- ♥ What helps me feel calm, safe, and grounded?
- ♥ What is one small choice I can make today that protects my peace?



BREATH PRACTICE



Calm Breath



♥ Inhale: I breathe in peace.
Exhale: I breathe out tension.

Repeat for 5–10 breaths.

This breath helps you:

- ♥ Slow down
- ♥ Release stress
- ♥ Calm your mind
- ♥ Return to center

MOVEMENT PRACTICE



Grounding Practice



- 1 Sit comfortably with your feet on the floor.
- 2 Place one hand on your heart and one on your belly.
- 3 Feel your breath moving in and out.
- 4 Notice where your body meets the ground.
- 5 Whisper: "I am here. I am safe."
- 6 Stay for a few breaths. Repeat as needed.

DAILY INSPIRATION



I am allowed to slow down.

I am allowed to rest.

I am allowed to choose what feels peaceful.

I am allowed to say no.

I am allowed to protect my energy.

Inner peace begins with honoring what I need.



REIKI & INNER PEACE



Reiki energy fills your body and mind with calm and balance. It helps quiet the noise, release tension, and bring you back to your natural state of peace. Place your hands over your heart or any area that feels heavy. Allow Reiki to restore harmony, soothe your spirit, and remind you that peace is already within you.

REIKI INTENTION



*I invite peace into my mind.
I invite peace into my body.
I invite peace into my heart.
I am at peace.*



REMEMBER: Peace is not found outside of you. It is your natural state.



KEY 5

Inner Trust

I TRUST MYSELF AND MY PATH.

Inner trust is believing in yourself, your intuition, and your ability to handle whatever life brings. It means letting go of the need for constant control and knowing you are always being guided. When you trust yourself, you move through life with confidence and ease.

*I release the need to control.
I choose to trust.*

AFFIRMATION

*I trust my intuition.
I trust my decisions.
I trust the process of life.
I am safe to let go.
I am supported.*

REFLECTION

Take a few moments to reflect. Journal about the questions below or simply sit with them.

- ♥ Where in my life do I struggle to trust myself?
- ♥ What would change if I fully trusted my intuition?
- ♥ What is one small step I can take today to build more inner trust?

BREATH PRACTICE

Trust Breath



♥ Inhale: I choose trust.
Exhale: I release control.

Repeat for 5–10 breaths.

This breath helps you:

- ♥ Release the need to control
- ♥ Calm your mind
- ♥ Strengthen faith in yourself
- ♥ Open to guidance

MOVEMENT PRACTICE

Open Hands Practice



- 1 Stand or sit tall.
- 2 Take a deep breath.
- 3 Open your palms and turn them upward.
- 4 Gently lift your hands slightly away from your body.
- 5 Whisper: "I trust the journey."
- 6 Receive. Surrender. Trust. Repeat as needed.

DAILY INSPIRATION



You are allowed to let go.
You are allowed to not have it all figured out.
You are allowed to take one step at a time.
You are allowed to trust your timing.
You are allowed to believe in yourself.

REIKI & INNER TRUST



Reiki energy helps quiet fear and uncertainty so you can return to your natural state of trust. Place your hands over your heart or any area that feels heavy or uncertain. Allow Reiki to support you in releasing control and reminding you that you are guided, loved, and never alone.

REIKI INTENTION

*I trust myself completely.
I release control.
I am guided, supported,
and protected.*



♥ REMEMBER: Trust is built one choice at a time. You are becoming more confident in you. ♥

ONE KEY. ONE PRACTICE. ONE LIFE AT A TIME.



KEY 6

Gratitude

I FOCUS ON THE GOOD.



Gratitude is the practice of noticing and appreciating the goodness in your life—big and small. It shifts your focus from what's lacking to what's present, opening your heart to abundance, joy, and deeper contentment.

*Gratitude turns what we have
into enough.*



AFFIRMATION

*I see the beauty around me.
I appreciate the blessings in my life.
I choose gratitude every day.
I am thankful for this moment.*



REFLECTION

Take a few moments to reflect.
Journal about the questions below
or simply sit with them.

- ♥ What are three things
I'm grateful for today?
- ♥ Who has made a positive
impact on my life?
- ♥ What small moments
brought me joy recently?



BREATH PRACTICE

Gratitude Breath



♥ Inhale: I am grateful.
Exhale: Thank you.

Repeat for 5–10 breaths.

This breath helps you:

- ♥ Shift your focus to the good
- ♥ Increase happiness
- ♥ Cultivate contentment
- ♥ Open your heart

MOVEMENT PRACTICE

Gratitude Stretch



- 1 Stand or sit tall.
- 2 Inhale: Reach your arms up high.
- 3 Exhale: Open your arms wide
and soften your shoulders.
- 4 Place your hands over your heart.
- 5 Whisper: "Thank you."
- 6 Smile and take one more breath
of gratitude.

DAILY INSPIRATION



You are allowed to notice
the good.
You are allowed to focus
on what's right.
You are allowed to
celebrate small wins.
You are allowed to be
thankful for today.
Gratitude grows
where attention goes.



REIKI & GRATITUDE

Reiki energy amplifies appreciation and helps you recognize the blessings that surround you. Place your hands over your heart or any area that feels warm. Allow Reiki to fill you with thankfulness and remind you that you are already supported, cherished, and blessed.

REIKI INTENTION

*I give thanks for this life.
I am open to receive more good.
I am blessed,
and I bless others.*



REMEMBER: Gratitude is a magnet for more good things.



KEY 7

Joy

I CHOOSE JOY EVERY DAY.

Joy is more than a feeling—
it's a choice and a way of being.
It lives in the little moments, the
laughter, the beauty, and the love
all around you. When you invite
joy in, you lift your energy, inspire
others, and create a life that feels
light, vibrant, and alive.

*Joy is my natural state.
I choose to see, feel,
and spread joy.*

AFFIRMATION

*I choose joy today.
I welcome fun and laughter.
I allow myself to feel good.
Joy flows through me
and brightens my life.*

REFLECTION

Take a few moments to reflect.
Journal about the questions below
or simply sit with them.

- ♥ What makes me feel genuinely joyful?
- ♥ When was the last time I laughed out loud?
- ♥ What brings lightness and play into my life?

BREATH PRACTICE

Joyful Breath



♥ Inhale: I welcome joy.
Exhale: I let it flow.

Repeat for 5–10 breaths.

This breath helps you:

- ♥ Raise your vibration
- ♥ Release heaviness
- ♥ Open your heart
- ♥ Invite more joy in

MOVEMENT PRACTICE

Joyful Movement



- 1 Play your favorite uplifting song.
- 2 Move your body freely.
- 3 Dance, stretch, sway, or spin.
- 4 Let go of how you look and just feel.
- 5 Smile and laugh—on purpose!
- 6 Notice the joy that rises.

DAILY INSPIRATION



You are allowed to have fun.
You are allowed to enjoy
this beautiful life.
You are allowed to
choose what feels good.
You are allowed to seek
out moments that
make your heart smile.
You are allowed to be joy.

REIKI & JOY



Reiki energy increases your life force energy and helps dissolve things that dim your light. Place your hands over your heart or anywhere that feels heavy. Allow Reiki to fill you with warmth, playfulness, and light. Let it remind you that joy is your birthright and is always available to you, right now.

REIKI INTENTION

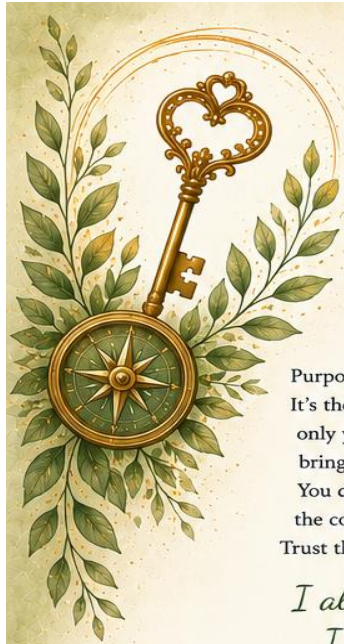
*I invite joy into my life.
I release what dims my light.
I choose happiness,
playfulness, and
wonder every day.*



REMEMBER: Joy is not something you find. Joy is something you create.
Choose it. Feel it. Share it. Repeat.



ONE KEY. ONE PRACTICE. ONE LIFE AT A TIME.



KEY 8

Purpose

I LIVE WITH MEANING
AND MAKE A DIFFERENCE.

Purpose is the reason your soul chose you. It's the unique gifts, passions, and wisdom only you can share. Living your purpose brings fulfillment, joy, and impact. You don't need the whole path—just the courage to take the next right step. Trust the timing. You are here for a reason.

*I align with my purpose.
I take inspired action.
I make a difference.*

AFFIRMATION

*I am here for a reason.
My gifts matter.
I trust my path.
I take inspired action.
I create a life of meaning
and make a difference.*

REFLECTION

Take a few moments to reflect. Journal about the questions below or simply sit with them.

- What lights me up?
- What comes naturally to me?
- What do I feel called to create or contribute?
- How do I want to be remembered?
- What is one small step I can take toward my purpose today?



BREATH PRACTICE

Purpose Breath



Inhale: I receive guidance.
Exhale: I take aligned action.

Repeat for 5–10 breaths.

This breath helps you:

- Tune into inner wisdom
- Trust divine timing
- Release doubt and fear
- Open to inspired action
- Feel supported on your path

MOVEMENT PRACTICE

Purposeful Flow



- Stand with feet rooted.
- Place hands on your heart.
- Inhale: Lift your arms up toward the sky.
- Exhale: Bring your hands down and out, offering your gifts to the world.
- Repeat 3–5 times.
- Whisper: "I am here to serve in my own unique way."

DAILY INSPIRATION



You are allowed to dream bigger.
You are allowed to use your gifts.
You are allowed to take up space.
You are allowed to make an impact.
You are allowed to be your authentic self.
You are allowed to follow your calling.

REIKI & PURPOSE



Reiki energy clears what no longer serves you and helps you align with your soul's purpose. It opens the flow of intuition, confidence, and inspired action. Allow Reiki to support you in stepping into your highest potential and living a life that serves you and the world.

REIKI INTENTION

*I trust my path.
I am guided and supported.
I use my gifts to uplift myself and others.
I walk my purpose with courage and joy.*



REMEMBER: Purpose is not found. It is remembered. You are already enough.



ONE KEY. ONE PRACTICE. ONE LIFE AT A TIME.

Simple Self-Reiki Practice

A GENTLE PRACTICE FOR ANY TIME, ANYWHERE.

Reiki energy is always available to you. This simple self-Reiki practice helps you relax, restore, and reconnect with your natural state of balance and well-being.

*You are your best healer.
Reiki is already within you.*

YOU CAN USE THIS PRACTICE:

- ♥ Anytime you need calm, clarity, or comfort
- ♥ When you feel stressed or overwhelmed
- ♥ When you want to support any of the Sacred Life Keys
- ♥ As part of your daily self-care

7 REIKI HAND POSITIONS

Stay in each position for 2–5 minutes or for as long as feels good.

-  **CROWN**
Place your hands on the top of your head.
-  **THIRD EYE**
Place your hands over your forehead and eyes.
-  **THROAT**
Place your hands on your throat.
-  **HEART**
Place your hands over your heart.
-  **SOLAR PLEXUS**
Place your hands on your upper abdomen.
-  **SACRAL**
Place your hands on your lower abdomen.
-  **ROOT**
Place your hands at the base of your pelvis.



TIPS FOR YOUR PRACTICE

-  **CREATE A SACRED SPACE**
Find a quiet, comfortable place where you won't be disturbed.
-  **BREATHE**
Take slow, deep breaths. Inhale peace. Exhale tension.
-  **THERE IS NO RUSH**
Move at your own pace. There is no right or wrong way.
-  **TRUST YOURSELF**
Your hands know where Reiki is needed most.
-  **CONSISTENCY HELPS**
Even a few minutes each day can create powerful shifts.

You are worthy of the love and healing you offer others.

REIKI SUPPORTS ALL OF YOU

Use this practice to support your body, mind, emotions, and spirit. Reiki meets you exactly where you are and gently guides you back to balance, clarity, and wholeness. You are never alone. Reiki is always with you.

You. Are. Enough.

REMEMBER

- ♥ Reiki is gentle.
- ♥ Reiki is intelligent.
- ♥ Reiki is always for your highest good.
- ♥ Reiki begins with you.

*One breath. One moment.
One choice to heal.*

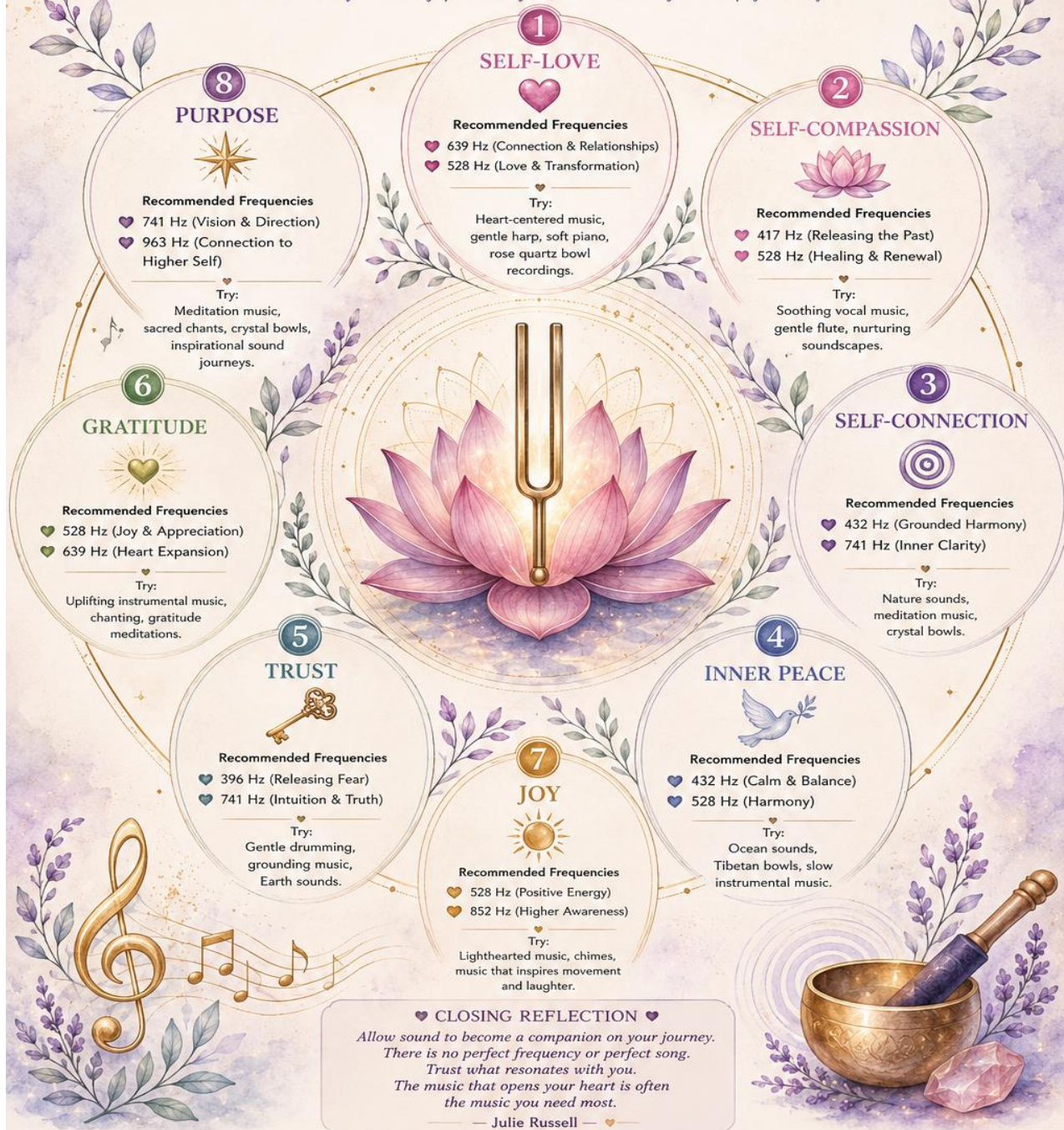
ONE KEY. ONE PRACTICE. ONE LIFE AT A TIME.

Sacred Sound Companion

♥ USING SOUND WITH THE SACRED LIFEKEYS™ ♥

Sound has been used for centuries to support relaxation, focus, emotional balance, and inner connection. As you work with each key, you may choose music, singing bowls, tuning forks, nature sounds, or frequency-based recordings that help you embody that quality.

Listen while journaling, practicing Reiki, meditating, or simply resting.



♥ Let the vibration of sound support your return home to yourself. ♥

Closing Reflection

YOU HOLD THE KEYS. YOU LIVE THE SACRED LIFE.

The Sacred Life Keys are not something you earn or achieve.
They are qualities that already live within you.
Each time you pause, breathe, listen, and return to yourself,
another key begins to turn.

You are becoming more you, every day.

REFLECTION



1. Which Sacred Life Key speaks to me most right now?

.....

.....

.....



2. Which Sacred Life Key would I like to strengthen or invite more into my life?

.....

.....

.....



3. What is one practice or intention I will carry forward from this guide?

.....

.....

.....

A FINAL WORD FROM YOUR HEART

May these keys remind you of the wisdom, strength, love, and light that have always been within you.
You are worthy of a life filled with peace, trust, gratitude, joy, and purpose.
You are the sweetest miracle.

Thank you for choosing you.



ONE KEY. ONE PRACTICE. ONE LIFE AT A TIME.

Sacred LifeKeys™

A Journey of Self-Discovery, Reflection, and Reiki

Thank you for exploring Sacred LifeKeys.

May these practices support you in
listening more deeply, living more
consciously, and honoring the wisdom
already within you.

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With Gratitude

Thank you for allowing me to walk beside you
on this journey.

May you continue to trust your inner wisdom,
honor your unique path, and remember that
healing, growth, and transformation often begin
with a single moment of awareness.

*“The wisdom you seek
is already awaiting you within.”*

Sacred Mirror Technique™

