

Start Your Journey

A Daily Prayer Practice for Healing & Self Love

Anthony Rios · The Healing Shaman

Repeat any or all of these prayers to affirm your commitment as you begin the journey of healing and self love.

Gratitude

Great Spirit, Great Creator — I give thanks for this day, and for the body that carries me through it. I give thanks for this mind, even in its struggle. I give thanks for the people who choose to walk beside me, and for the ancestors whose sacrifices made my life possible. I do not take this day for granted. I receive it as the gift it is.

Blessing

Great Spirits, helping and guiding spirits — I ask for your blessing not as someone who has earned it, but as someone who is willing to receive it. Bless me and the people I love. Guide me toward the work that is mine to do. I do not need a perfect path. I need your presence on the path I'm on.

Patience

Great Spirits and beings of divine light — I ask for patience with myself above all. Patience with the pace of my healing, the messiness of my growth, and the parts of me that are still learning. Help me remember that real transformation does not rush. Help me trust the process even when I cannot see it working.

Self Love

Great Spirits of the universe — I ask for your guidance as I practice something that is not always easy for me — loving myself as I am. I ask for the courage to treat myself as someone worth caring for. I choose self love as the foundation of my healing. Not because I have it all figured out. Because I am willing to begin.

1

Gratitude

Prayer · Practice · New Habit

The Prayer

Great Spirit, Great Creator — I give thanks for this day, and for the body that carries me through it. I give thanks for this mind, even in its struggle. I give thanks for the people who choose to walk beside me, and for the ancestors whose sacrifices made my life possible. I do not take this day for granted. I receive it as the gift it is.

Daily Practice

Before you start your day, pause. Place both hands over your heart. Speak this prayer out loud — not in your head — out loud. Feel the words in your chest.

New Habit to Begin

Name one specific thing you are grateful for that you normally overlook. Not the big things. The overlooked things. The running water. The breath that kept moving while you slept. The small mercies. Do this every morning for 21 days.

2

Blessing

Prayer · Practice · New Habit

The Prayer

Great Spirits, helping and guiding spirits — I ask for your blessing not as someone who has earned it, but as someone who is willing to receive it. Bless me and the people I love. Bless the healers and the ones still searching. Guide me toward the work that is mine to do. I do not need a perfect path. I need your presence on the path I'm on.

Daily Practice

At the start of each day, choose one person in your life and silently send them this blessing. Hold their face in your mind. Breathe. Wish them well with intention, not just words.

New Habit to Begin

Before you sleep, speak a blessing out loud over your home, your body, and your work. Even if it feels awkward at first. Especially if it feels awkward. That resistance is where the practice lives.

3

Patience

Prayer · Practice · New Habit

The Prayer

Great Spirits and beings of divine light — I ask for patience with myself above all. I ask for patience with the pace of my healing, the messiness of my growth, and the parts of me that are still learning. I ask this for the people around me too — the ones who test me and the ones I love. Help me remember that real transformation does not rush. Help me trust the process even when I cannot see it working.

Daily Practice

When you feel frustrated with yourself or your progress, stop. Put one hand on your chest and say out loud: I am still in the process. The process is working. Then take three slow breaths before you do anything else.

New Habit to Begin

Choose one area of your life where you have been impatient with yourself. Write it down. Once a week, read what you wrote and ask: What has actually changed since I wrote this? You will begin to see movement you were missing.

4

Self Love

Prayer · Practice · New Habit

The Prayer

Great Spirits of the universe — I ask for your guidance as I practice something that is not always easy for me — loving myself as I am. Not performing self-love. Not pretending I feel worthy when I don't. I ask for the courage to treat myself as someone worth caring for — in small moments, in hard moments, in ordinary moments. I choose self love as the foundation of my healing. Not because I have it all figured out. Because I am willing to begin.

Daily Practice

Look at yourself in the mirror each morning — even for ten seconds — and say: I am willing to love who I am becoming. You don't have to believe it fully yet. Willingness is enough to start.

New Habit to Begin

Identify one way you regularly abandon yourself — saying yes when you mean no, skipping rest, speaking harshly to yourself in your head. Choose one. For 30 days, practice one small act of self-honoring in its place. Not perfection. Just practice.

What's Next?

Self healing begins with you.

Repeat these prayers every day,

especially when you feel doubt or fear about change.

Begin to ask yourself what your life would look like
if you practiced self love each day.

You don't need to do this perfectly.

You just need to begin.

Ready to go deeper?

1

Join The Rainbow Path Community on Skool

A community for healers and empaths

2

Send your questions to

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