

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.

1st APRIL to 7th APRIL, 2018

For the best results, you could write these affirmations.

Birthdate 1

VC2 - BALANCE CHAKRA

AFFIRMATION

I remain aligned to my axis.

SHORT EXPLANATION

SHORT EXPLANATION

You are like the wheel who is permitted to explore the roads and the world around you. However, what is required is to remain aligned to the axis as you are an integral part of the major system where your movement needs to be in coordination with others' movements as well.

Birthdate 2

FL12 - LEFT ASSERTION CHAKRA - Reminder to be assertive about one's need to object or ask questions or show surprise.

The third cervical vertebra.

AFFIRMATION

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

SHORT EXPLANATION

Well, even if you choose to be bound by relationship ethics, invariably all in the relationship have a right to express their true feelings, ask questions, show surprise or objection. That includes you too.... If you start suppressing your presumed unfavourable responses to your loved ones, somewhere you are depriving yourself of the freedom to be yourself. If this trend continues, you will wonder why the relationship appears to be just on paper or just for namesake. Your loved ones will wonder why you are not available to them 100%? It's never too late to learn to constructively respond to others. You are not necessarily running them down all the time. There is also a possibility that you wish them good. You need to express yourself in a constructive and effective manner to create a win-win situation in your relationships. Suppressing your responses, to save the relationships might prove counterproductive eventually.

Birthdate 3

BLL8 - LEFT FAIR RE-DISTRIBUTION OF THE BRUNT CHAKRA- Reminder to continue putting your best foot forward by easing out the brunt.

AFFIRMATION

The more I delegate, the more easily I create lasting impressions.

SHORT EXPLANATION

You may have a constant feeling that you are an easy target for blame, criticism, offense as well as shouldering responsibilities & no one is sharing the burden. Figure out why that was happening. Why would you have the persistent need for these kind of situations? Find out why you would continue to allow yourself to constantly bear the brunt. Do you think that no one else is capable of being in your place? Are you withstanding all these due to the possibility of unpleasant consequences of standing up for yourself & taking a firm stand? Are you getting an ego kick out of a great level of endurance and tolerance? Are you feeling proud of being a highly capable person or a martyr? What if you start redistributing your part of the role play and delegate the pressures you are subjected to? How about re-discovering the security in your relationship and say 'No' when you feel like it? How about standing up for yourself and taking a stand? How about creating a situation where others continue to treat you like a precious one? You know that you constantly co-create your universe. You know that the world treats you the way you treat yourself. Remain gentle towards yourself. Remain assertive when you need to be assertive. Continue treating your own self as a precious one and gradually you will realize that the world around you will treat you in the same way. Continue to work with your self-esteem and communication skills. Do not give up because of the brunt you have been bearing. It is not the right time yet. There is always a constructive way ahead which is beneficial to all. Continue delegating all that you can. It is in the interest of all.

Birthdate 4

TR3 - RIGHT INTIMACY WITH THE INNER STRENGTH CHAKRA- Reminder to put your best foot forward towards intimacy with an awareness of your inner strength.

AFFIRMATION

I put my best forward towards intimacy with my inner strength.

SHORT EXPLANATION

You have a choice of making your experience of intimacy your strength or weakness because both strength and weakness are relative terms. What you perceive as your weakness could be your strength and what you perceive as your strength could be your weakness. It is up to you to relook at what you perceive in association with your intimacy and put your best forward to ensure that your intimacy becomes your

strength. You will discover the greatest strength if you put your best foot forward in alignment with the soul's plan and in the direction where your life is taking you. Align your intimate relationships and intend and invite them to support you in fulfilling your life purpose. Do not subconsciously use them as an excuse for not moving forward on your life plan. Do not involve them to be a part of your resistance drama. Resistance from others may appear to be your weakness but offers you an opportunity to strengthen your will and will power. However, choosing to move forward in a resistance-free manner, can help you utilise your strength more constructively in alignment with your life purpose.

Birthdate 5

FL10 - LEFT AWARENESS ASSIMILATION CHAKRA - Reminder to consolidate and apply your inner awareness for positive shift in your life.

AFFIRMATION

I integrate, consolidate and apply my inner awareness for a positive shift in my life.

SHORT EXPLANATION

It's amazing to have an awareness about yourself and inner realm through meditative and self-introspective practices. And it's still more amazing to be able to assimilate, integrate and apply that knowledge to bring about a positive shift in your life.

Birthdate 6

TL4 - LEFT INTIMACY WITH THE INNER STRENGTH CHAKRA- Reminder to continue putting your best foot forward towards intimacy with an awareness of your inner strength.

AFFIRMATION

I continue to put my best foot forward towards intimacy with my inner strength.

SHORT EXPLANATION

Even if you begin a relationship in the best possible manner, it is essential that you continue putting your best foot forward to make the best and give the best to your intimate relationships through your core strength. Let the perception or association of weakness or shortcoming with intimacy not inhibit you from being persistent. You have to neither allow yourself to feel weak because of your relationship or people in your relationships, nor do you have to allow your relationships to be your weakness at any point of time. Let your intimate relationships add to your core strength so that you continue putting your best foot forward on a chosen path. It is best that you do not think of refraining from or withdrawing at this juncture. It would be a good idea for you to think of constructive ways to continue enjoying intimacy in your intimate relationships through your core strength and also constantly allow your intimate relationships to contribute to your core strength.

Birthdate 7

MCB3 - BACK SACRAL CHAKRA- Reminder to impart pleasure and fun.

Near sacrum bone

AFFIRMATION

I spread happiness to my inner and outer world.

SHORT EXPLANATION

One of the ways in which you can enrich your relationship, is by adding a flavour of blissful joy in every interaction and gesture. May it be a simple handshake or a hug, may it be an elaborate meal preparation, may it be outings and picnics, may it be sharing of jokes and songs. Without joy and pleasure, your relationship may feel boring and mechanical. It is the right time to open up to the possibility of making them joyous. Others may not take the initiative as and when you choose. What if you started taking initiatives right now? You have an amazing potential to attract people and hold them close to you like a magnet. However, if, in the past you have been hurt by your relationships or relatives, you may wall up and even repel others without your conscious awareness. It is easy to attract others and it is equally easy to push them away from you. You can take a call and choose for yourself. Are you willing to allow your inner beauty and charm as a binding factor for your relationships? If yes, introspect and figure out what is preventing you from doing that? Which are the inhibiting beliefs and pre-conditionings? How can you rise beyond your fears and insecurities so that you spread joy and happiness in your relationships? It is certainly possible to enjoy a very close bond with all your relationships. However, you have to make an active choice,

Birthdate 8

TR13 - RIGHT CO-OPERATION CHAKRA- Reminder to put your best foot forward irrespective of domination, competition, non-cooperation.

AFFIRMATION

I put my best foot forward, manifesting cooperation and harmony in my universe.

SHORT EXPLANATION

The sense of competition arises essentially out of a feeling of lack. In the same manner, need for domination and one-upmanship comes from the fear of being dominated by others, due to your own shortcomings. Open up to seek the awareness of the Divine planning and have faith in the Divine ways of working. When you naturally cherish the unique position and a set of opportunities gifted to you, the need to compete and dominate will vanish. When you co-operate with the universal consciousness, you automatically invite cooperation from others.

Birthdate 9

FR9 - RIGHT AWARENESS ASSIMILATION CHAKRA - Reminder to consolidate and apply your outer awareness for positive shift in life.

AFFIRMATION

I integrate, consolidate and apply my outer awareness for a positive shift in my life.

SHORT EXPLANATION

It's good to be aware. However, you need to ensure that you assimilate, consolidate and apply that outer awareness (Awareness brought in by gurus, scriptures, books, preaching, etc.) and integrate it with your higher consciousness to bring in a positive shift in your life.

Birthdate 10

TL14 - LEFT CO-OPERATION CHAKRA- Reminder to continue putting your best foot forward irrespective of persistent domination, competition, non-cooperation, non-alliance.

Second Toe (Left)

AFFIRMATION

I continue to put my best foot forward, manifesting cooperation and harmony in my universe.

SHORT EXPLANATION

Sense of competition arises essentially out of a feeling of lack. In the same manner, need for domination and one-upmanship comes from the concern of being dominated by others due to your own shortcomings. Open up to seek the awareness of the Divine plan and have faith in the Divine ways of working. You will naturally cherish the unique position and set of opportunities gifted to you. When you cooperate with the universal consciousness, you automatically invite cooperation from others. The guidance for you is to continue putting your best foot forward in the chosen direction by intending and manifesting co-operation from one and all.

Birthdate 11

FC24 - DIPLOMACY CHAKRA - Reminder to be diplomatic.

Bridge of the Nose (Middle Part)

AFFIRMATION

I remain assertive and expressive in a diplomatic manner.

SHORT EXPLANATION

Explore the possibility of conveying all that you would like to express in a more diplomatic manner. Being diplomatic does not mean that you keep quiet and withhold your expression and communication. In fact speak or express yourself in a manner which is received well by the recipient. Diplomacy is an art. You can get better and better with time with a little practice and awareness. Take some time and contemplate before you express yourself.

Birthdate 12

TL12 -LEFT BEST FOOT FORWARD CHAKRA- Reminder to continue putting your best foot forward with persistence, perseverance and diligent follow up.
Great Toe (Left)

AFFIRMATION

I continue to put my best foot forward.

SHORT EXPLANATION

All souls are constantly guided on an ongoing basis. We are also gifted with free will. At times free will could disrupt your life plan, life learning and experiences; as well as that of others. Let your body be your best guide. There is nothing right or wrong about either persisting or quitting, as long as what you are doing is in consonance with your life plan. Your best guidance could be availed from your subconscious mind and body intelligence. Even if it may not appeal to your senses or logical mind, wholehearted perseverance will give you rich rewards in the long run.

Birthdate 13

SL9 - LEFT SINCERITY CHAKRA - Reminder to learn and grow in a fun loving & light hearted manner.

Behind the ear where spectacles end (Left Side)

AFFIRMATION

I learn and grow in a light-hearted, fun-loving manner.

SHORT EXPLANATION

From a metaphysical point of view, the soul is here to experience eternal bliss. Do not let the seriousness for the pursuit of worldly achievement deprive you of the enjoyment of the bliss that you are entitled to. If you are doing what you are doing in alignment with the higher consciousness, you will enjoy the blissful time, even if you seem to be working hard and working with a serious approach. However, if you are being serious due to human ego-based quest for human level achievement, perhaps, you are depriving yourself of beautiful moments of enjoying your life. Does that mean you should not be sincere? No, you can be sincere. However, there is a difference between being serious and sincere. You can learn to integrate fun with your sincere efforts. Be earnest to your soul-level commitment to experience joy and bliss.

Birthdate 14

FC25 - RIGHT APPRECIATION CHAKRA - Reminder to remain open to be appreciated and valued by others.

AFFIRMATION

I intend and invite one and all to appreciate me and value me for who I am.

SHORT EXPLANATION

You deserve to be valued and appreciated for who you are and all that you have done. However you may not be receiving appreciation in proportion to your expectations. Here is a tip for you - start appreciating yourself. If you value yourself, it will not matter to you if others really value you or not. On the contrary, others may not value you if you do not value yourself. So when would be a good time to start valuing yourself so that you start attracting appreciation from others?

Birthdate 15

TR11 - RIGHT BEST FOOT FORWARD CHAKRA- Reminder to put your best foot forward to begin any task.

Great Toe (Right)

AFFIRMATION

I put my best foot forward.

SHORT EXPLANATION

You give your best when you are convinced about your steps at all levels of your being. Meditate and find out if the direction you have taken is the right one. Take your own time but decide where your life is taking you. Get in touch with and trust your inner guidance. Address any conflicting thought processes and give your best to a given situation by directing your entire being to be in sync with the flow of life. If you have the slightest hesitation; address that first, so that you stop resisting and go with the flow of life and put your best foot forward in the chosen direction.

Birthdate 16

MCF10 - FRONT THIRD EYE CHAKRA- Reminder to align your vision with the universal vision.

Slightly above the center point between two eyebrows.

AFFIRMATION

I remain open to align my vision with the universal vision.

SHORT EXPLANATION

There is a carefully pre-chosen, co-created plan in place for you and for everyone. Remain open to align yourself to that plan and vision in order to be able to implement the same. When you remain aligned with your life purpose, you sail effortlessly on the given path and all resources are available to you effortlessly. Everything is taken care of and all is looked after. Besides, implementation of the higher vision and creative ideas become much easier even though some of the ideas seem illogical. Follow the intuitive guidance of the higher consciousness. Play your role well, correctly and creatively. And enjoy playing your part of the drama called life.

Birthdate 17

AC9 SELF HELP CHAKRA - Reminder to help yourself when you feel helpless.
Between Solar Plexus and Navel Chakra

AFFIRMATION

I help myself.

SHORT EXPLANATION

As and when you feel helpless in life, turn inwards and figure out how you can help yourself. Helplessness is the result of expecting outer sources to help you or your loved ones. Look at the possibility of exploring smarter ways of helping yourself. This could also mean that you help yourself with total acceptance of the situation with higher consciousness and discover the brilliance in the situation you are facing.

Birthdate 18

VT2 - DIRECTOR'S ROLE PLAY CHAKRA- Reminder that you are playing a role of a director or a guide to others as you are being guided and directed from a higher intelligence somewhere.
second thoracic vertebra.

AFFIRMATION

I remain guided as I guide others.

SHORT EXPLANATION

At times, when people are not ready to infer the subtle signals sent by the universe, people in the leadership, directorship or guiding position are guided to guide others. You know it when you land up using words and sentences, which are not your ideas and are being spoken through you. You know it when you give ideas which are not cooked up by your conscious mind logic. The higher brilliance need people like you with the right intent and humble nature to remain an open channel of higher guidance.

Birthdate 19

FL16 - LEFT INTEGRITY CHAKRA- Reminder to operate out of integrity and honesty.
Inner Angle / Corner of the Eye (Left Side)

AFFIRMATION

I safely make integrity and honesty the way of my life.

SHORT EXPLANATION

Courageously be your true self. When you are not being your true self, you may feel as if you are cheating, betraying or letting down yourself or someone in your environment. This could be as benign as

pretending to be laughing or joking when you are internally grieving. Recognise your true feelings and aspirations while remaining in integrity with yourself at all levels of your being. Explore the possibility of being in total integrity with your being and you will be able to live life in alliance with your true self and be who you are in the safest manner.

Birthdate 20

CR15 RIGHT HONOUR CHAKRA - Reminder to let go of emotional effect of past shame and shameful incidents and invite others to honour you, your family and your universe.
Outer Edge Sternum at 8th Costochondral Joint (Right Side)

AFFIRMATION

I invite others to treat me (my people/my belonging) with due honour.

SHORT EXPLANATION

Every act and every gesture is alright from the eyes of the Divine. It is our human attribute which defines honor and shame with strict boundaries. All acts, experiences, gestures and circumstances are OK in their right. We have a choice of feeling ashamed about them or honored about them. A lot depends upon the societal values and conditions. Honour your existence and all experiences, even if they do not fit in the norms set by the society. You are the creator of your universe; when you honour all that is there in your universe, you are honouring yourself. When you honour yourself, others will honour you too, irrespective of what has happened in the past.

Birthdate 21

TL4 - LEFT INTIMACY WITH THE INNER STRENGTH CHAKRA- Reminder to continue putting your best foot forward towards intimacy with an awareness of your inner strength.
Inner Ankle (Left)

AFFIRMATION

I continue to put my best foot forward towards intimacy with my inner strength.

SHORT EXPLANATION

Even if you begin a relationship in the best possible manner, it is essential that you continue putting your best foot forward to make the best and give the best to your intimate relationships through your core strength. Let the perception or association of weakness or shortcoming with intimacy not inhibit you from being persistent. You have to neither allow yourself to feel weak because of your relationship or people in your relationships, nor do you have to allow your relationships to be your weakness at any point of time. Let your intimate relationships add to your core strength so that you continue putting your best foot forward on a chosen path. It is best that you do not think of refraining from or withdrawing at this juncture. It would be a good idea for you to think of constructive ways to continue enjoying intimacy in your intimate relationships through your core strength and also constantly allow your intimate relationships to contribute to your core strength.

Birthdate 22



CR5 RIGHT COURAGEOUS LOVE CHAKRA - Reminder to courageously allow others to love you.

Beginning of the Clavicle (Right Side)

AFFIRMATION

I fearlessly allow others to love me.

SHORT EXPLANATION

Fear is the greatest restrictive factor for love. Though being loved is the most cherished experience of life and we all love to be loved and yet many of us subconsciously fear the experience of being loved because of the fear of consequences and add on issues which are anticipated based on past unpleasantness. Love can make you feel more vulnerable. If you embrace your vulnerability, you can embrace the experience of being loved very well. It would be a good idea to re-examine your unhealthy associations with love and the resultant beliefs.

Birthdate 23

PR3 -RIGHT BEING IN THE MOMENT CHAKRA- Reminder to be in the now and withdraw your energies and thoughts from the past.

Wrist (Right)

AFFIRMATION

I live in the now.

SHORT EXPLANATION

Does it really help to be too much in the past? Does it help if you let your energy drift into the past? It's time to be in the NOW and withdraw your thoughts from the past. Drifting and dissipating your energies as you think of pleasant or not so pleasant attributes of the past is actually taking you away from paying attention in the now. Complete the past, come to terms with what has already happened and gone. Be OK in the now and be present 100 percent in the now so that you can easily move on to your future.

Birthdate 24

FL26 - LEFT APPRECIATION CHAKRA - Reminder to value and appreciate self or others.

Side of the Nose (Left Side)

AFFIRMATION

Appreciation brings out the best in me and others around me.

SHORT EXPLANATION

When was the last time you truly appreciated yourself or others in your space? What could stop you from genuinely and wholeheartedly appreciating all that is within you and around you? Would you wait for others to value or appreciate you before you can do so yourself? In fact, people in your universe are mirroring you. When you start truly appreciating and valuing yourself, others around you will follow you and do the same.

Birthdate 25

PR13- RIGHT RECEIVING CHAKRA- Reminder to remain open to receive (love, appreciation, care, co-operation, money, opportunity etc).

Palm (Right)

AFFIRMATION

I remain open to receive.

SHORT EXPLANATION

Remaining open to receive all that is meant for you will enhance the flow of resources in your life. These resources could be in the form of money, love, care, recognition, opportunities etc. If you are feeling inhibited in any manner, if there are certain beliefs or past experiences or social conditioning which is not allowing you to be a good receiver, don't you think it's time you recognise these reasons and resolve them effectively, so that you remain open to receive all that you are meant to receive with ease and grace. It's time to remain open and be a good receiver in life.

Birthdate 26

FL22 - LEFT CATHARSIS CHAKRA - Reminder to shed stored tears due to internal grief.

Lower Eyelids (Left Side)

AFFIRMATION

I acknowledge and address my internal grief.

SHORT EXPLANATION

Have you experienced the disappointment with 'self' for losing out on something valuable? It could be the loss of prestige, loss of faith, loss of security, etc. where you held yourself extensively responsible for not acting in an appropriate manner? It could be grief of abandoning a part of your personality which was not acceptable by your main personality due to social conditionings. Shed the tears so that you create the space for that part of your personality which was abandoned in the past. Whatever happened, however atrocious it was, happened in the past. Simply recognise that you have been grieving. Recognise the grief. Acknowledge the need to grieve. Address suppressed tears, complete the catharsis and move on in life.

Birthdate 27

HL6 - LEFT HARMONY CHAKRA- Reminder to contribute with ease and grace amidst harmony and peace.

Biceps (Left)

AFFIRMATION

I contribute with ease and grace amidst harmony and peace.

SHORT EXPLANATION

Your struggle and fight, beyond a point, may seem counterproductive as there is a lot of wastage of time, effort and energy. You could have constructively utilised your resources to enhance your growth. Do you feel you need to relook at your patterns? Are all your struggles meaningful and serving you the right purpose? You always have a choice of intending, doing, giving, delivering or contributing in a struggle-free and harmonious manner and enjoy a fantastic growth spurt in various facets of your life.

Birthdate 28

FLR3 - RIGHT DETACHED OPENING UP CHAKRA- Reminder to open up in a detached manner.
Outer Thigh (Right)

AFFIRMATION

The more I open up to experiences the more detached I remain.

SHORT EXPLANATION

Of course, it is possible to remain open in a detached manner with due vigilance and awareness. The only way you could be truly detached is by being aware of the illusionary nature of life and not through escapism. Study the principles of metaphysics in depth and enhance your spiritual awareness to master true detachment irrespective of your initiative to open up.

Birthdate 29

AL14 LEFT COMPASSION CHAKRA - Reminder to have compassion.
Iliac Fossa (Left)

AFFIRMATION

I recognise my compassion for myself and others.

SHORT EXPLANATION

If you have been harbouring past, ancestral or past life cellular memories of being tortured troubled and tormented, probably you may have a victimised feeling, anger and underlying helplessness. With this past baggage, it is quite difficult to experience and display love and compassion towards others. However, it is time to look at this possibility. Is it necessary to perpetuate the unpleasantness, cruelty, abuse and/or severity that either you, your past life pre-programmed personality, parents and ancestors went through? So what if you or your ancestors or your community were subjected to these? What if you end this cycle by saying NO? How about being kind and gentle to all, including yourself? Let your relationship thrive on love and compassion rather than aggression. Look beyond the internal justification of your approach and explore the alternative which creates constructive results for you, for those who are in the relationship

with you and for the society in general.

Birthdate 30

FL16 - LEFT INTEGRITY CHAKRA- Reminder to operate out of integrity and honesty.
Inner Angle / Corner of the Eye (Left Side)

AFFIRMATION

I safely make integrity and honesty the way of my life.

SHORT EXPLANATION

We have been traditionally told to fake, lie and mask our feelings in order to maintain relationships. But all this faking, lies and attempts to be who you are not, eventually takes a toll on genuine relationships. Fears and concerns of losing out on relationships, fear of hurting people around you, fear of being manipulated by others in relationships, fear of feeling low with respect to others in the relationships, etc. usually make you pretend to be, who you are not. Yes, you may prolong these associations for years, but the true joy and fulfillment of a relationship would elude you till the time you gather the courage to be who you are and allow people to accept you the way you are. Normally, if you feel that people around you would reject you for being your genuine self, please check how much you are accepting your own self in totality. The day you start accepting and embracing your so called shadow side, the world around you will be totally fine. You may not have to wear a mask while relating to your loved ones. You can enjoy perfect integrity and harmony with your own self and with people around you.

Birthdate 31

CL12 OFFENSIVENESS CHAKRA - Reminder to have faith that it is safe to forgive .
Nipples (Left Side)

AFFIRMATION

I generously forgive one and all. I forgive myself.

SHORT EXPLANATION

Do you have a subtle desire to punish yourself or others? Have you checked the alternatives? What if you could achieve the desired results without the need to punish or offend. If you are already in the process of punishing yourself or others, wait. Take a fresh look. Surely there are better ways out. You deserve to treat and be treated in far more sophisticated ways. Let go any soul level need to be punished or punish others. Learn what needs to be learnt. Teach others in a compassionate manner. Intend what you want rather than getting upset over what has happened.
