

The Power & Method Of Affirmations



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What is an Affirmation?

- According to New Age philosophy, (www.examiner.com/topic/affirmations), affirmations are positive statements repeated throughout the day with the goal of keeping the mind focused on the things you want in your life. Each phrase is carefully selected to reflect your personal goals and dreams. The trick, of course, is to phrase our desires in the positive, instead of relying on the negative scripts you have developed over a lifetime.
- For many, turning those scripts around is a challenge, not because we are inherently negative, but because we are so ingrained in the negative, that positive phrasing seems strange.
- Scripts refer to that little voice in your head that follows you around all day telling you what you are doing is wrong. This is not referring to your conscience which lets you know when you have really done something wrong. This is talking about the voice that says, “I am not smart enough”, “I am stupid” or even “who would love a loser like me”. This is referring to the voice that whispers “look how fat you are” when you pass a mirror or “I’ll never learn”, when things don’t go your way.
- Affirmations allow you to stand up to that little voice and declare what you want from life. By turning those old scripts around, you create affirmations for your mind to focus on. Try **“I am capable”** **“I love learning new things”** and **“I deserve love and respect”** instead.
- Once your mind becomes accustomed to this new way of thinking, it will become easier to focus on the positive in everything you do. Your subconscious mind begins to respond to the words it hears and forms new patterns of thinking. It is these new patterns that allow you to make changes, powerful changes in your life.
- According to Scott Armstrong, affirmations are simple. They are you being in conscious control of your thoughts. They are short powerful statements. When you say them or think them or even hear them, they become the thoughts that create your reality. Affirmations then are your conscious thoughts.

- Research has shown that we have between 45,000 and 51,000 thoughts a day. That's about 150 to 300 thoughts per minute. Research has also shown that for most people 80% of those thoughts are negative!
- Now, we have been taught to think that most of these 51,000 thoughts are “sub-conscious” thoughts meaning that they are below our conscious awareness level. Affirmations actually make your sub-conscious thoughts conscious. Affirmations make you consciously aware of your thoughts. When you start to make conscious positive thoughts, you become more aware of the negative thought that is threatening to take over.
- When you are not aware of your thoughts, they tend to be negative. And not being aware of your thoughts, tends to cause a nasty downward spiral.
- Affirmations can change all of that. Affirmations make you conscious of your thoughts. To affirm means to say something positively. It means to declare firmly and assert something to be true. Affirmations are statements where you assert that what you want to be true, is true.
- According to Remez Sasson, Affirmations are positive statements that describe a desired situation, and which are repeated many times, in order to impress the sub-conscious mind and trigger it into positive action. In order to ensure the effectiveness of the affirmations, they have to be repeated with attention, conviction, interest and desire.
- Sasson gives the example; imagine you are swimming with friends in a swimming pool. They swim fifteen rounds, something you have never done before, and as you want to win their respect, you want to show them that you can make it too. You start swimming, and at the same time keep repeating in your mind, “I can do it, I can do it....” You keep thinking and believing that you are going to complete the fifteen rounds. What are you actually doing? You are repeating positive affirmations.
- Most people repeat in their minds negative words and statements concerning the situation and events in their lives, and consequently, create undesirable situations. Words and statements work both ways – to build or destroy. It is the way we use them that determines whether they are going to bring good or harmful results.

- Often people repeat negative statements in their minds, without even being aware of what they are doing. Do you keep telling yourself that you cannot do something, you are too lazy, lack inner strength or that you are going to fail? Your subconscious mind accepts as true what you keep saying and eventually attracts corresponding events and situations into your life, irrespective of whether they are good or bad for you, so why not choose only positive statements?
- Affirmations program the mind in the same way that “commands” and “scripts” program a computer. The repeated words help you to focus your mind on your aim, and automatically build corresponding mental images in the conscious mind, which affects the subconscious mind, in a similar manner to creative visualisation. The conscious mind, the mind you think with, starts this process and then the subconscious mind takes charge. By using the process consciously and intently, you can affect your subconscious mind and thereby, transform your habits, behaviour and mental attitude and reactions, and reshape your external life.
- Sometimes, results appear quickly, but often more time is required. Depending on your goal, sometimes you might attain immediate results, and at other times, it might take days, weeks, months or more. Getting results depends on several factors, such as the time, focus, faith and feelings you must invest in repeating your affirmations, the strength of your desire and how big or small your goal is.
- It is important to understand that repeating positive affirmations for a few minutes and then thinking negatively for the rest of the day, neutralises the effects of the positive words. You have to refuse to think negative thoughts, if you wish to attain positive results.
- According to Prasanna Vishwasrao – All our beliefs are stored in the subconscious mind. So, if you find that you are unable to make lots of money, or, you make money but are unable to hold onto it, it may be due to such beliefs held in the subconscious mind as “I do not deserve to be prosperous” or “money is bad”, etc. In order to change our beliefs it is essential that we operate at the level of the subconscious mind.

The subconscious mind is like your computer; it takes an input, processes it and gives an output

- ✚ It does not think by itself

- ✚ It does not distinguish between good and bad

How to use Affirmations?

- According to Prasanna Vishwasrao – in order to change your beliefs and create a new reality, you have to bombard your subconscious mind with thoughts of your desire. However, these thoughts have to be worded carefully, otherwise the results may not be as you truly wanted.

It is therefore important to adhere to the following principles:

- **Always Use The Present Tense**

Do not use the future tense. If you say “**I will** be prosperous” - your being prosperous will forever be in the future! The subconscious mind attempts to literally bring about whatever it is asked to do. Therefore, use present tense and say “**I am** prosperous” or “I choose to be prosperous”.

- **Be Positive**

Only positive statements work. The subconscious mind cannot deal with anything negative. So if you say “I **am not** poor”, the subconscious mind will completely ignore the word “**not**” and will interpret the statement as “**I am poor**” and deliver accordingly.

This is also known as the Law of “Focus and Growth”, meaning that whatever we focus on, grows. So when we say “**I am not poor**”, the focus is on **poor**, hence the subconscious mind will deliver to us an experience of “**poor**”. It is better and more effective to say “I am wealthy” or “I am prosperous” etc.

- **Affirmations can be spoken or written down!**

When using affirmations, they should be repeated throughout the day and in any event each affirmation should be repeated at least 40 times i.e. 20 times upon waking up and 20 times before falling asleep.

It is also effective to write them down at least 15 times a day. Writing is a quicker way of impressing upon the subconscious mind.

- **Repetition**

Affirmations should be repeated several times per day until they have become a reality. **Do not give up!** Repeat them emphatically and diligently until you receive your desired results.

Mirror Technique

In “The Magic of Believing” by Claude Bristol the mirror technique is described as a technique whereby you stand in front of a mirror, look into your eyes and repeat the affirmations. The deeper you look into your eyes, the deeper you will connect with your subconscious mind. It is suggested that this technique is repeated whenever you pass a mirror. It is suggested that you stop and repeat the affirmation a few times. By looking yourself in the eye as you state your affirmations, you are magnifying the importance of the statement to yourself.

- Do not have too many affirmations at any one time. Affirmations are best used in a gradual incremental manner. Choose between one and three affirmations that are most important to you. Rather than cluttering and overwhelming the mind, it is better to use affirmations in a spacious and graceful manner.
- Be “The Thought Police” when it comes to your affirmations.
 - 1) Be vigilant about thoughts, words and images that you do not want... As soon as you become aware of them, repel them immediately with a positive affirmation.
 - 2) Be very clear about what you do want.
 - 3) Consistently state and imagine what you want.

Affirmations can be used anywhere you want to use them.

Repeating affirmations first thing in the morning and last thing at night is recommended.

Affirmations can also be used with deep breathing whenever we find our lives have “paused” as a result of queues at the supermarket, traffic jams, waiting in a

telephone queue etc. They can also be used when out walking, running, practicing yoga, pilates etc.

Types of Affirmations

- “I AM” Affirmations

The words “I AM” are two of the most powerful words on the planet.

In the “I AM” discourses, the author explains that: “when you say and feel “I AM”, you release the spring of eternal, everlasting life to flow on its way unmolested. In other words, you open wide the door to its natural flow. When you say “I AM NOT”, you shut the door in the face of this Mighty Energy.... The student endeavouring to understand and apply these mighty, yet simple Laws, must stand guard over his thoughts and expressions – in word or otherwise, for every time you say “I AM NOT” “I CANNOT”, “I HAVE NOT”, you are, whether knowingly or unknowingly, throttling that “Great Presence” within you. That is just as tangible as if you placed your hands about the throat of an outer form, your thought governing the hand, you can release it at any time but when you make a declaration using the words “I AM NOT”, you set in motion mighty, limitless energy that continues to act, unless it is recalled and the imperfection consumed and transmuted.

This shows you the enormous power you have to qualify this mighty energy of God, and I tell you beloved students, dynamite is less dangerous, for that would but liberate you from the body, while these thoughts sent forth ignorantly and ungoverned, bind you upon the wheel of re-embodiment indefinitely. Thus, you can see how important it is for you to know what you are doing when you thoughtlessly use wrong expressions, because you are using the most divine principle of activity in the Universe – “I AM”. Do not misunderstand me – this is no idle, foreign, or oriental expression, but the highest principle of life used and expressed throughout every civilization that has ever existed – for the first expression, every self-conscious form of life gives is “I AM”. It is only afterwards, in its contact with outer, wrongly qualified activity, that it begins to accept anything less than “I AM”.

Now Dear Students, do you not see when you say “I AM sick”, you are just reversing this principle of life, which is naturally all perfection; thus, re-qualifying it by your wilful ignorance with something which it never naturally possessed?

Through long centuries of wilful misunderstanding, humanity has charged the very atmosphere about them with falsehood and unreality, for I need not say to you that when you say “I AM sick” it is an abject falsehood in respect to your divinity, which cannot be sick..... Stop using these wrong expressions.... For it is impossible for you to have freedom as long as you continue to do it..... STOP! I say to you, giving power to the outer conditions, persons, places or things and in the name of God, every time you find yourself starting to say “I AM sick”, “I AM broke”, “I AM NOT feeling well”, instantly reverse this fatal condition to your progress and declare silently with all the intensity of your being - “I AM” which is all health, opulence, perfection, happiness, peace, and the power to recognize perfection in yourself and everywhere else..... Do not let these false expressions continue to govern and limit you Do not continue to use these wrong expressions thinking that in some hocus-pocus way you may slide past reaping the result. **IT SIMPLY CANNOT BE DONE.”**

(An excerpt taken from The “I AM” Discourses – published by St Germain press)

Whatever you say after “I AM” is what you will become

It has also been suggested that emphasizing the letter **M** (in “**I AM**”) as in the mantra OM, provides a powerful connecting vibration.

- **Suggested “I AM” Affirmations**

- Listed below are a selection of “I AM” affirmations which you can use or adapt to suit your own needs as you feel appropriate.
The main thing is that the affirmations must resonate with you and you must believe that they are going to deliver your desired manifestations.

- **“I AM” affirmations for prosperity**

- Prosperity means to experience good fortune, riches and wealth. As you repeat these affirmations, they should resonate with your mind, body and soul.
- It is said that these “I AM” prospering affirmations are like good seeds of abundance planted in the garden of your life, so that they can grow into things that you desire.
- Read these “I AM” affirmations and then select the ones that resonate best with you or alter them as appropriate but make sure they begin with the words “I AM”. Select up to 3 and chant them all day whenever you get a chance, i.e. while you exercise, work and relax.

- Repetition is the key to getting what you desire so repeat these “I AM” affirmations daily and witness your life prospering more and more each day!

- I AM receiving prosperity
- I AM receiving prosperity now
- I AM receiving prosperity from the Universe
- I AM prosperity
- I AM being prospered
- I AM being prospered in everything
- I AM being prospered by everyone
- I AM divine prosperity
- I AM prospering in all of my ways
- I AM blessed with prosperity
- I AM blessed with abundance
- I AM enjoying prosperity
- I AM rich and prosperous in every way
- I AM a money magnet
- I AM the master of my money
- I AM aligned with the energy of money

- **“I AM” affirmations for good health and wellbeing**

- I AM blessed with vibrant health and energy
- I AM a beautiful, loving and joyful person
- I AM gorgeous and beautiful and everyone loves me
- I AM confident and intelligent
- I AM wise and compassionate
- I AM healthy always
- I AM fit & healthy
- I AM now receiving my true heart’s desire
- I AM healed and healthy
- I AM divine health
- I AM being blessed with good health
- I AM healthy in every way

- **I AM** good health
- **I AM** enjoying wonderful health
- **I AM** a good health magnet
- **I AM** aligned with the energy of optimum health
- **I AM** optimum health in action

- **“I AM” affirmations for family and community**

- **I AM** loved and supported by my family (and/or community)
- **I AM** an honoured member of my family (and/or community)
- **I AM** honoured and valued by my community
- **I AM** honoured and respected by my family
- **I AM** at peace with my family
- **I AM** at peace with my community
- **I AM** at peace with the Universe

- **“I AM” affirmations for love**

- I AM love
- I AM divine love
- I AM completely lovable
- I AM open, willing and available for love
- I AM free to love and be loved
- I AM receiving perfect love
- I AM enjoying perfect love
- I AM blessed in love
- I AM aligned with the energy of perfect love
- I AM attracting perfect partners
- I AM attracting perfect love
- I AM a love magnet
- I AM worthy of love
- I AM attracting a healthy relationship

Obviously “I AM” affirmations can be modified to suit the appropriate parts of your life.

A selection of other types of Affirmations

- Joy, happiness, Good Health and Self-esteem

- I believe in myself
- I love myself
- I express my feelings
- I am unique and brilliant
- My life is full of wonderful surprises
- My life is filled with joy and happiness
- My body heals quickly and easily
- Loving myself heals my life
- My body is full of good health and good energy
- I honour and respect myself
- I enjoy good health and harmony
- I attract good experiences
- I completely love and accept myself

- Affirmations for Abundance and Prosperity

- My income is constantly increasing
- Abundance is mine
- I accept prosperity in my life
- I accept abundance in my life
- I receive from everywhere and everyone
- I create and achieve my goals and dreams
- I automatically attract money in abundance
- I give thanks for my prosperity and abundance
- Good things happen to me everyday
- I am a creative money generator
- Money is rushing to me from everywhere

- I am successful, financially and spiritually
- I give generously to myself and to others
- My net worth increases daily
- I accept rich rewards and I deserve them
- I love what I do and that love brings me all the wealth I want

- **Affirmations for Love**

- I love and am loved - I am in the heart of everything
- I attract love so easily
- I love and accept myself completely
- I accept my inner beauty and feel it radiate from me
- I am surrounded by love
- I know that I deserve to be loved and accept it now
- I am worthy of love
- The love I give out returns to me multiplied
- I attract unconditional love
- Love flows to me easily
- Loving myself unconditionally brings healing and an abundance of love into my life

- Other positive Affirmations – by Remez Sasson

- I am healthy and happy
- I am getting more prosperous very day
- I have a lot of energy
- I am concentrating effectively
- I have the perfect job for me
- I am living in the house of my dreams
- I am in a good and loving relationship with my partner
- I radiate love and happiness
- I am calm and relaxed in every situation
- I study and comprehend fast
- My thoughts are under control
- Wealth is pouring into my life
- I am getting wealthier every day
- I am surrounded by love
- Everything is getting better every day

A final note about Affirmations

- It is always a good idea to begin your affirmations with an expression of gratitude to affirm that your desire is already on its way to you i.e. I give thanks for the prosperity that I am receiving, I give thanks for my good health, I give thanks for all the love in my life..... etc.
- Remember everyone already uses affirmations but most do so unconsciously and negatively. Using affirmations more consciously and positively will lead to “TRANSFORMATION” so do try to be very focused about this.
- Affirmations are a whole process of becoming more aware of our thoughts and words in everyday life, choosing to think and project happy positive thoughts. The more you consciously inject the spirit of your affirmations into your daily thoughts and words, the quicker they will work for you.

In order to supercharge the effectiveness of your affirmations – you may try the following:

1) Mirror Technique

Each time you pass a mirror, stop and look at yourself in the mirror and repeat your affirmations back to yourself at least 10 times.

2) Written Affirmations

A powerful way of impressing your affirmations onto your subconscious is to write them down many times i.e. 15 times.

3) Singing or Chanting Affirmations

One of the most effective ways to use affirmations is to sing or chant them. Either sing them or chant them to a rhythmic beat, increasing the speed of the rhythm with each repetition.

How quickly do affirmations work?

You will find that there are affirmations that you love repeating and affirmations that you may find it difficult to resonate with. The affirmations that you find easier to repeat, are the ones which will bring you the quickest results.

As for the affirmations that you find difficult to really resonate with these will take longer to produce results. The fact that you may find certain affirmations don't particularly gel well with you, is likely to be because you don't actually believe them to be true. The reason you may not find particular affirmations easy to believe is probably due to the self-limiting belief held about the particular issue you are dealing with. Nonetheless you should persevere and continue to repeat the affirmation and you should be determined to change the self-limiting belief held about the subject matter until what you are affirming about, it begins to ring true.

The simple fact is that the affirmations will start to make you feel better about yourself and about your life.

When used correctly, affirmations will manifest real change in your life. They will change the way you think, program your mind and remove the old negative beliefs that have sabotaged you throughout your life.

Affirmations will enable you to create your perfect reality

