

Affirmation techniques

Decide what area of your life you want to work on and then decide what you want. There are several important points to know about affirmations:

- Use the present or past tense. Do not use the future tense. You want your mind to know it has already happened
- Be POSITIVE. Use the most positive terms you can. (I enjoy financial abundance)
- Never use negatives in affirmations (I want less bills , is negative)
- Write them. Keep them short and very specific. Personalize them with your name.
- Feeling the feeling of the accomplishment of the affirmation is the most powerful
- Time. Always have a specific time daily set aside for your meditations, affirmations and visualizations

Affirmation Mirror work

Perhaps the most powerful way of using affirmations is to state them whilst looking in the mirror. Some of the most important messages you have received have been from people looking you straight in the eye. By looking yourself in the eye as you state your affirmation you magnify the importance of the message to yourself.

Written Affirmations

A great way of keeping your affirmation at the forefront of your mind is to write them down, leave notes or cards around so that you notice them throughout the day. The AffirmIt! program uses mobile technology to text powerful messages to you with the goal of keeping your mind focussed on your intention. Another idea is to write your affirmation down many times (10-20), this helps imprint it on your mind.

Say Affirmations with Passion

Say your affirmations with passion, the higher your emotional state as you say them, the more effective they are.

Sing or Chant Affirmations

One of the most effective ways to use affirmations is to sing them! The mind is much more accepting of affirmation messages when they are sung.

Affirmations for Daily Living

- I am at peace with the Universe
- I love and accept myself.
- I am unique and loving, loved, and free.
- I am safe and always feel protected.
- I acknowledge all of my feelings because I am in touch with my feelings.
- I am surrounded with loving, caring people in my life.
- I am loving and accepting of others and this creates lasting friendships for me.
- I trust my inner being to lead me in the right path.
- I do all I can every day to make a loving environment for all those around me, including myself.
- I am always connected with the Divine Love in the Universe.
- My inner vision is always clear and focused.

Affirmations for Health

- I have the power to control my health.
- I enjoy dynamic health.
- I have abundant energy, vitality and well-being.
- I am healthy in all aspects of my being.
- I love having healthy joints, strong and flexible.
- I am always able to maintain my ideal weight.
- I am filled with energy to do all the daily activities in my life.
- My mind is at peace.
- I love and care for my body and it cares for me.

Affirmations for Abundance

- I am a success in all that I do.
- Everything I touch returns riches to me.
- I am always productive.
- My work is always recognized positively.
- I respect my abilities and always work to my full potential.
- I am constantly adding to my income.
- I always spend money wisely.
- I always have enough money for all that I need.
- I am rewarded for all the work I do.

Affirmations for Peace and Harmony in your Life

- I am at peace with myself.
- I am always in harmony with the Universe.
- I am filled with the Love of the Universal Divine Truth.
- I am at peace with all those around me.
- I have provided a harmonious place for myself and those I love
- The more honest I am with those around me, the more love is returned to me.
- I express anger in appropriate ways so that peace and harmony are balanced at all times.
- I am at one with the inner child in me