

# 7 PART AFFIRMATION COURSE

**...to be all you can**

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## Introduction

Whatever your goals in life, AffirmWare's "**7 Part Self Help Affirmation Course**" could help you reach them.

Every one of its pages is packed with practical suggestions. Just some of the valuable things you'll learn are:

- How Self Help Affirmations Work
- The Self Help Affirmation Practice
- Writing Affirmations
- Visualizations
- Sample Self Help Affirmations
- Affirmations Not Working, Why?
- Removing Blockages To Self Help

The "**7 Part Self Help Affirmation Course**" covers these practical situations in clear no-nonsense English. And gives dozens of pointers to help you achieve you goals.

And if you're new to *Self Help*, Affirmations, the course takes you through a step-by-step "correct elements" checklist for ensuring maximum effectiveness.

The "**7 part Self Help Affirmation Course**" comes to you with no obligation; it's simply my way of giving back to the community.

Please enjoy your self-help journey, with light and love.

To your success,



Jeff Staniforth  
Founder, AffirmWare Pty Ltd

## Lesson 1

This is Lesson #1 of the "7 Part Affirmation Course" for Personal Growth, Self Improvement and Self Help.

This lesson includes...

1. [Introduction](#)
2. [Positive Outcomes](#)
3. [How Affirmations Work](#)
4. [Energy and The Universe](#)
5. [Sample Affirmation](#)
6. [Correct Elements](#)

### #1 Introduction

Your course content will be focusing on Affirmations, Visualizations, "How to Create Your Desired Reality" and "How to Get There From Here", Sound like fun? Affirmations are fun...especially when you don't have to make a "chore" out of them! Have fun; put affirmations to work in your life. Heads-up! Your experience with "The Affirmation Course" will be like no other.

Throughout this course we use the term God, to depict a spiritual source. Where we use the term God, you may substitute for either Krishna, Christ Consciousness, Buddha, Higher Self, I Am, Cosmic Intelligence, Nature, Spirit, or any other name you feel comfortable with.

### #2 Positive Outcomes You Can Expect:

- Acquire positive self talk, that will shape your reality
- An inspirational practice for lifting your spirits
- Gain the ability to connect with your inner guidance
- Improved health

### # 3 How Affirmations Work

Affirmations are based on the following principles:

- Your present reality is a direct result of your thinking
- Change your thinking, and your reality changes
- Affirmations change your thinking

## #4 Energy and the Universe



Before we get into the "how to" of affirmations, it will be helpful to understand how the universe operates as an energy system, in relation to affirmations and the thought process.

Metaphysicians and many people in the scientific world are now in some agreement over the composition of our universe, seeing it as a field of energy; a force field.

On one level we perceive the many manifestations of form and differentiate between them without seeing the underlying field common to them all. Seeing solidity of form (e.g. diamond, gold, etc.) at one ends of the spectrum, and thought and color towards the other. In fact they differ only in their rate of vibration, i.e., the frequency at which they exist.

The denser the material the lower its vibratory rate or frequency. Conversely, finer forms, i.e., colors and thoughts are examples of successively higher rates of vibration.

A thought or idea always precedes form. For example, a building first conceived in the mind of the architect, which is a manifestation at this frequency is more easily changed than at lower rates of vibration, i.e, a solid mass.

By consciously directing our thoughts we become an architect able to shape thought into the desired form. Affirmations provide us with powerful tools, which we can use in this process.

Thoughts and feelings have certain vibratory rates about them, which will attract thoughts of a similar wavelength. As an example; you might have been thinking about someone and shortly thereafter receive a phone call from that person. The energy of your thoughts has attracted a reciprocal wavelength.

By holding positive thoughts of a loving nature we will attract into life people and events to support our positive expectations. Affirmations are an excellent way to enhance this process.

This is clearly illustrated in the biblical advice "...as you sow, so shall you reap." When we make a conscious practice of this in a positive manner we will reap a harvest of like quality.

## #5 Sample Affirmations

This week's affirmations are in the area of:

### Relationships:

- I love myself as well as others.
- What I put out comes back.
- Love is coming to me easily and effortlessly.
- I have a clear image of what I want in a relationship.
- I am now ready for a relationship.
- I am attracting loving relationships into my life.
- I give and receive love.
- I am a radiant being filled with light and love.
- I deserve love,
- I now believe that relationships can be joyful and fun.
- I am open to receive loving relationships.
- I open up to others. I give and receive love.
- I risk myself in love. I allow myself to be vulnerable.
- The more I give to others, the more capacity I have to receive.
- I am ready to receive sexual fulfillment.
- As my self-love increases so does my love for (\_\_\_\_\_)
- I project love.
- My relationships with (\_\_\_\_\_) is blossoming.
- I transmit sexual and loving energy.

## #6 Correct Elements

To obtain maximum results from doing affirmations, it is best to observe certain guidelines; this "Correct Affirmation Elements" guide outlines a course that will ensure you achieve maximum results.

### Present Tense

Affirmations are more effective when they are stated in the present tense. For example; "I now have a wonderful job." Avoid affirming something in the future tense, e.g., "I am going to have a wonderful job" or the results will always be waiting to happen.

### Positive

Create affirmations in the most positive terms that you can; avoiding negative statements. Affirm what you do want, rather than what you do not want. For example; "I don't want to smoke." This is a negative statement. Rather affirm; "I now enjoy being a nonsmoker." This

statement is much more powerful as it is positive and reinforces your desired goal.

### **Short & Specific**

Short affirmations are easy to say, and have a far greater impact on the subconscious level, than those which are long and wordy. Keeping them specific and to the point adds power as the idea is uncluttered by extraneous elements.

### **Repetition**

The importance of repetition cannot be overemphasized. It imprints the affirmations into your subconscious mind.

### **Emotions**

Get involved, be passionate, and use your emotions. Think carefully about the meaning of the words as you repeat them rather than typing or saying them "parrot fashion."

### **Persistence**

Persistence achieves results much sooner than practicing affirmations periodically. Successive sessions will have a compounding effect.

### **Belief**

You don't necessarily have to believe your affirmations initially. Belief will grow with your forthcoming successes.

### **Impress Yourself**

Personalize your affirmations, they must feel right for you. The stronger the feeling an affirmation conveys, the deeper the impression it makes on your mind, and the sooner you will experience positive results.

## Lesson 2

This lesson includes...

1. [Affirmations and The Mind](#)
2. [Sample Affirmations](#)
3. [The Affirmation Practice](#)
4. [Writing Affirmations](#)
5. [The Essence](#)
6. [This or something better](#)

You have the power to create whatever you want in your life. This power is within you and can be released through the practice of affirmations.

Put affirmations to work in your life, NOW!

"What's this affirmation stuff?"

*Aha! Glad you asked!*

## #1 Affirmation and the Mind

One of the most important things we process is the mind. Look after the mind and there is nothing you can't accomplish. Affirmations are a powerful way of working with the mind to create what we desire.

The benefits you can expect from working with affirmations are based entirely on individual desires.

- How do I practice affirmations?
- write affirmations down on paper
- carrying out an inner dialog
- you can rehearse a future scenario
- sing or chant them
- record them on a tape player and use the playback feature
- have a partner repeat them to you

## #2 Sample Affirmations

This week's affirmation category is:

### Health

- My connection to the universe is pure love
- Every day, in every way, I am getting better and better.
- I have all the energy required for my needs.
- The light within me is healing my entire body.
- I am one with the universe. I am healing now.
- Divine light flows through every cell of my body.
- I am a radiant being filled with light and love.
- I radiate love to everyone I meet.
- I sleep relaxed and awake refreshed.
- My connection to the universe is my energy source.
- I give and receive love easily and effortlessly.
- I am bathed in radiant light.
- I have the power to control my health.
- I am in control of my health and well being.
- I have abundant energy, vitality and well being.
- I am healthy in all areas of my life.
- I am always able to maintain my ideal weight.
- I am calm, my mind is at peace.
- I love and care for my body.
- I am perfect just the way I am.

## #3 The Affirmation Practice

### Creating your affirmation

Establish in your mind the specific area in which you most want to improve or which goal you most desire attaining.

### Self-discipline

We advise setting aside a special time each day for your session. Either first thing in the morning or just prior to going to bed, whenever is convenient for you. Each session should last around 15 minutes.

The major benefit of the evening session is that you will continue your affirmation during your sleeping state. That is, the thought process established during your session will continue to operate on a subconscious level during sleep.

In the morning when you awaken refreshed; your mind is more receptive to positive thought patterns and better able to concentrate

and receive new stimuli. This will also establish a positive mental theme for the day.

There are many broad areas in which affirmations may be used. Some areas are self-esteem, love and relationships, creative self-expression, work/vocation, prosperity, health and spiritual development.

It is suggested that your affirmations encompass a cross section of the above areas to create a balance. Striving to attain prosperity only, could leave you in poor health with relationships suffering. This is an imbalance.

#### **Plan of action:**

Affirmations should also lead to a Plan of Action. This means don't just sit there-do something! Regardless of your goal, by taking the first steps towards it you are already one step closer to its attainment and with each step it gets closer.

#### **Helpful resource:**

**TEN STEPS to ACHIEVE EVERY GOALS** written by Gary Ryan Blair:

1. **Write It Down** - Goals are specific, measurable, and time-bounded. Write your goals so that they reflect all three components.
2. **List Your Personal Benefits** - Identify exactly "Why" you want to achieve this goal. List all ways you will benefit personally.
3. **Analyze Your Current Position** - Success is information dependent. You need integrity in your information. Identify exactly your specific strengths, weaknesses, and opportunities as it relates to achieving this goal.
4. **Identify Obstacles and Risks** - List everything that could possibly prevent you from achieving this goal.
5. **Identify Investments and Sacrifices** - List everything, including time, money, and sacrifices that you can anticipate.
6. **Knowledge Requirements** - Identify what additional knowledge you need to acquire or have access to.
7. **Support Team** - List the people, groups, and organizations you may need help from as well as the specific role each one plays.

8. **Develop Your Plan** - List in chronological order each activity and their corresponding target dates for completion. Use all the information gathered in the previous steps to develop your plan.
9. **Set a Deadline** - Determine on what date you will achieve this goal.
10. **Reward and Celebrate** - Identify your reward for the achievement of this goal. You deserve it!

Gary Ryan Blair is "The Goals Guy" a nationally recognized authority on goal setting and personal strategic planning. Through his speeches and books he teaches people how to set goals and design strategies for the creation of a meaningful life and legacy.

Gary has introduced a new program called 'My Goals'. To get info

When you've completed My Goals you'll have a complete life plan that includes:

- Your Personal Philosophy
- Legacy Statement
- Personal Mission Statement
- Identification of Core Values
- Personal Code of Ethics
- Lifetime Objectives
- Goals and 5-10 Year Goals
- Your Personal Board of Directors
- A Plan for Maintenance and Performance Check Up

To get complete details on his program, visit

If you want your BEST YEAR EVER, get this GREAT TOOL today! See why best-selling author Burke Hedges said, "It is the absolute best training on goal setting that I have ever heard."

TEN STEPS to ACHIEVE EVERY GOAL - Used with Permission  
by Gary Ryan Blair - gary@goalsguy.com

## #4 Writing Affirmation

### For your affirmation practice:

Take a sheet of paper and fold it down the middle. Title the left-hand column "My Affirmations" and the right-hand column "My Responses."

Begin by writing your affirmation in the left-hand column. As you write, put all your attention into the practice (focus, and think about the affirmation), we want to really impress upon the subconscious your intent to have this thing come about.

As you continue writing your affirmation, some resistance will most likely arise; record the details of this resistance in the right-hand column.

For example, if you have been affirming, "Money comes to me easily and effortlessly" you may find yourself repeating, "don't talk crap, look at my bank account," record this dialog in the "My Response" column.

Then return to writing your affirmation; continue in this way until you have completed at least 24 repetitions, or, 10-15 minutes has passed.

It is a good idea to acknowledge your subconscious for revealing these resistances to you; a simple THANK YOU voiced after recording these resistances would work fine. This will help to establish a relationship between your conscious and subconscious mind.

Don't be concerned with the content of your responses, initially, rather be in a free flowing creative state. We will discuss analyzing your responses in a future lesson.

### Our main objective in using affirmations is two fold:

- through the act of repetition, with feelings to implant the affirmation into the subconscious mind.
- to release resistance from the subconscious mind.

Note, it is quite natural to have resistance towards a new affirmation; we are affirming something that is not true (initially). If you already believed your affirmation to be true....it would already be in your life.

Sometimes at the start of an affirmation practice you may find yourself in total agreement with your affirmation. Just go along with whatever happens, have faith that it is working in a way that is right for you.

## #5 The Essence

### **You will always get results**

When practicing affirmation, the result may not come in the way you expect, but you will get results. As an example, Jenny has been affirming for a new car. Jenny has become discouraged with her affirmation practice because the car has now shown up. However, she does seem to be getting an unusual amount of friends coming to visit.

### **Look for the essence**

In our car example, if Jenny looked at the essence of why she wanted the new car, a whole new picture becomes available.

For Jenny, the essence of the new car was that she wanted to be able to visit friends. She was feeling lonely and believed having a new car would enable her to become more social.

The subconscious knowing this, decided to give Jenny what she really wanted, not what she thought she wanted. Always look for the essence of what you want, this is what you will get.

## #6 This or Something Better Now Manifests For Me in Totally Satisfying and Harmonious Ways for The Highest Good of All Concerned

Say the above statement to yourself after you finish writing each affirmation.

### **What is the meaning of this statement?**

This leaves the way open for something even better (than that what we have been affirming) since our Higher Self wants only our greatest good. It will come about in harmonious and satisfying ways and this will ONLY work for the good of all concerned. And remember, even with our human limitations the Universe is capable of infinite manifestations.

In our previous example of Jenny affirming a new car, her Higher Self might have gone one better and sent new friends into Jenny's life.

OR

If you have been affirming a new job, our sometimes limited thinking may have restricted our job searching activities to newspapers and network a select group of friends. Our Higher Self being far more expansive could send us potential job offers in an unlimited number of ways.

**This leads us to another principle of affirmations:**

Be open to the unexpected. When working with affirmations, all previous conventional methods of reaching your foals go out the window. Note, you still need to tune in and do the legwork.

We are working with a divine/invisible power and things WILL happen that you can't explain. This is what we mean when we say affirmations are FUN!

Get rid of how you think things will happen, this can't prevent you from receiving. Be open and have fun, welcome the unexpected, tune in and be spontaneous.

**"Let miracles happen!"**

## Lesson 3

This lesson includes...

1. [Getting The Most Out of Your Affirmations](#)
2. [Affirmation with a Partner](#)
3. [Creating a Life of Material and Spiritual Abundance](#)
4. [Sample Affirmations](#)
5. [Visualizations](#)
6. [Guide to Meditation - Effective Affirmations](#)

If you are like most people, you probably want to accelerate the process of going from wherever you are now, to where you desire to be. Well, Visualization is a great technique that can greatly improve your results.

Don't be content waiting for the ship to come in...swim out to meet it and then discover you are the Captain of the ship you've been waiting for all these years!

### #1 Getting the Most Out of Affirmations

When composing your affirmations include your own name in the first, and second person, i.e.,

- I, Jeff am happy and blissful just being alive
- Jeff, you look happy and blissful just being alive

### #2 Affirmations With a Partner

A delightful way to doing affirmations is to practice with a partner, take turns affirming to each other. It is okay to get a little carried away, giving your partner a round of applause now and again, say yes, yes, you can do it!

By presenting the affirmation in an original sometime humorous form, the subconscious files the event as a unique occurrence. It is best not to overdo this; you don't want it to be predictable.

#### **The Practice:**

Sit opposite each other, straight back chairs are ideal. Then take turns in affirming to each other. This practice is simple yet extremely powerful.

You might like to try repeating your partner's affirmation in a lyrical monotone, hypnotic style. The idea is to lull your partner into a relaxed state.

Having a new-age, relaxing piece of music in the background will aid in achieving this state, baroque music is also highly recommended.

To practice this technique by yourself, you may like to record your affirmations on tape and play them back.

### The power of the spoken word



We have impact-author's story. "I remember playing snooker with a friend, he was really quite good, and occasionally boasted of his ability. To make light of his obvious advantage over me I occasionally broke into song, "Robert's my hero," at the time it was all I could do to make light of the situation.

Anyway, this friend happened to be a graphic artist, and loved playing around with Photoshop, a graphical imaging software package.

I was visiting him one day when he was showing me some of his work. He had created this promotional piece featuring himself (no surprise to me) with the caption, you guessed it "Robert's my hero."

By the way, there would have been about eight years between the two incidents. This clearly demonstrates the effect the spoken word has over others.

## #3 Creating A Life of Material and Spiritual Abundance

When thinking about abundance, what do you think?

How do you feel about abundance?

If you are thinking "it's hard," or "I just don't feel abundant" or similar, you are working against the principles of abundance.

### Abundant principle affirmation:

"I now let go and let the Universe work through me"

OR

"I now surrender my financial affairs to God," (or other spiritual power). Substitute "financial affairs" for any are you would like to work with.

At those times when you are feeling abundant, you will feel a oneness with your environment, you will feel open and energized. When you tune into abundance, you are placing yourself in accordance with universal laws.

Being abundant is your birthright. It is a lot easier to succeed than it is to fail, you have to work hard to fail, whereas to succeed you only have to let go. If you knew how much energy you invest in creating failure you would drop it in an instant.

Be like nature, it is not always right to take action, sometimes we rest, sometimes we shine and sometimes we do take action. It's just a matter of taking action when it feels right, when the time is right you will feel compelled to take the appropriate action to bring about your desired outcome.

### **Abundant principle affirmation**

"I listen to and take action when it feels right"

When you resist abundance you are going against your natural state. For example, resisting a desire to become an artist or make that phone call, or follow a childhood dream are all ways in which you resist, we are literally cutting off your energy flow.

What can you learn from these abundant principles? You can learn to follow through on those activities that you love and give you a feeling of being open and energized. Just remember doing what you love will open up your energy and opening up your energy will allow abundance to come into your life.

### **Abundant principle affirmations:**

"I am an open channel receiving the abundant energy of a loving Universe"

OR

"I do what I love, the Universe amply supplies me"

The above affirmations will get you started in creating an abundant consciousness.

Whether you are thinking about prosperity, health issues or relationships, whatever. You can open yourself up to having more simply by choosing where to focus your attention. Use the principle of gratitude to focus on the good that is already happening in your life.

- Affirm thanks to family and friends
- Affirm thanks for your health, eyesight, and your feeling nature

- Affirm thanks for the food you eat, your digestive system, the clothes you wear and the environment where you live
- Affirm thanks to the transport systems, your car, your shoes and your feet

See how many things you can be grateful for today. This is a wonderful exercise and very powerful. Be mindful of what is happening here, what you focus on expands.



This simple exercise will also open up your expectancy for your greater good. You are literally saying to the Universe, I focus on what is good in my life, I expect the best and I am open to receive it.

#### **Abundant affirmation:**

"I now focus on what is good and working in my life, I expect the best"

Just as these abundance principles can work for you, if you think about what you don't want they can also work against you, by creating undesirable results. This is why you have to be mindful of what you are thinking. Don't beat yourself up if you notice yourself thinking negatively.

Firstly, you need to acknowledge your thoughts, negative, positive and neutral. We need to get rid of the notion that we have good and bad emotions, emotions just are. The problem lays in getting into habitually thinking patterns where we judge, compare and evaluate ourselves against others.

From year one, as newborn babies, most of us were taught that we were not OK. As time goes on we create personas to present to the world that everything is fine, but this is wrapped around our false "Not OK" self, the ego.

To help support this illusion, we are constantly judging ourselves and others to see if our persona is firmly in place. For some it appears to be stable on the outside, but once again trying to maintain this feeling of OK is both unnatural and takes an enormous amount of energy.

Under your persona, under that "I am not OK," you are perfect, this is your real self, that is the self we want to operate from when we talk about abundance.

Get past habitual negativity and ego judgmentally; this is just the false self trying to make sense of it all. It wants to be in control of structure that it is incapable of understanding.

We can still acknowledge this negative self-talk, but we don't have to buy into it, see it for what it is, put light on it, love it and understand it.

Be as a loving parent, dialog with your negativity as follows: Come along this way my love, this is best, a nicer way, remember that time when we laughed and laughed, that was so much fun. I am with you my love; you are cared for, I will look after you. You don't have to be a super woman, it is OK to be you." Work with love and will! Go higher.

We don't want to deny our negativity, we want to befriend it, be there for it and show it a better way.

When you can come home from your true self, negativity simply does not exist. Your vibration is such that you have transcended the dense matter and love is the prevailing energy.

Remember the Eagles' song "Hotel California" where they sing "this can be heaven or this can be hell?"

Hell is of a dense vibration and will produce negative thoughts; Heaven is of a high vibration and will produce positive loving thoughts.

You really do have a choice, start with an intention, a desire, help will come, "Seek and you shall find." Decide today to have more control over your thinking, your vibration. You are in control of your thinking with positive intention; you can raise your vibration.

Check in on your thinking during the day, be an observer. You might want to create a journal and document the type of thoughts you have. Check in hourly and ask yourself "what am I thinking?" How am I feeling? Do not judge, just observe and dialog.

You might like to ask yourself. Is this what I want to think? If this what I want to produce in my life? If not, change your thinking. No judging, just acknowledges your thoughts, dialog and choose whether this is your preferred thinking. Raise your vibration, go higher and you will not be experiencing these dense energies associated with negativity.

In closing, one thing that we often forget and it is so terribly important is to "ASK." So many times we have been less than positive, we endure, we put up with, then remember, "ASK," then simply repeat the following:

All I have to do to be one with my higher self is to think of my higher self and request that the connection be strengthened.

Then repeat: "I am now thinking of my higher self and desire that connection be strengthened, I ask this in faith and know that it is so."

Repeat this affirmation about 6 times; go on your way and a couple minutes later you will find yourself thinking how wonderful life is.

This affirmation works every time, but how often do we forget we're getting better (smile).

Have a wonderful day, how are you feeling? If you connected with the place where this information came from, you should be feeling uplifted and energized. Stop now and simply "ASK."

Then wait a few minutes, you will KNOW this works, you are loved, you are not alone, NEVER, the ego does not understand this, it can't.

It all begins by taking the first step...

## **#4 Sample Affirmations**

This week's affirmation category is

### **Abundance**

- I always succeed
- Everything I touch turns to riches
- I am always productive
- I respect my abilities, I have creative insight
- I am constantly adding to my income
- I always spend money wisely
- The Universe is looking after me
- I always have enough money for all my needs
- I am rewarded for all the work I do

## **#5 Visualization**

By visualizing your goal, your subconscious mind will work for you behind the scenes, to encourage the manifestation of situations, which will ultimately enable your goals to come true. A process of achieving your goals through the application of positive mental images will empower you to create a reality from your desires.

Each of us has five senses. We can use these senses to work for us in reaching our desired goals. By combining the elements of sight, smell, sound, taste and touch to visualize our objective, it becomes real to our imagination and in so doing becomes embedded in our subconscious as a part of our reality.

### **Imagine your goal:**

As an example; if you desire to own a yacht and cruise the islands, concentrate and tune in your senses. Feel the motion of the yacht beneath you, as you smell the sea air, hearing the flap of the sails and calls of seagulls from the tropical beach you see just ahead. Taste the salt spray on your face as you enjoy the pleasure of your surroundings.

The subconscious mind, being non-critical, will believe your visualizations as being real. We can use this faculty to consciously select images, which we give to our subconscious.

Conversely, as we mediate on our affirmations, the subconscious mind will raise to our awareness images and sensations of our successes; this is a clear indication that the affirmation/image has been accepted by our subconscious mind.

### Aid to visualization

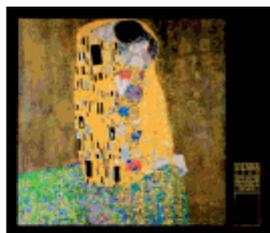
An excellent visualization technique is to employ the aid of posters, fine artwork and photos. Just browsing images that depict what you desire to have happen in your life is a great tool for conveying to the subconscious mind your desires.

You don't have to purchase any of these items, although the advantages of having some special and meaningful art images around the home would be beneficial. What we are suggesting is that you play around at browsing these archives. Pay attention to how you feel after just 5 minutes of browsing, we suspect your spirits will have lifted considerably.

After you have finished your browsing session, you might like to try recalling your favorite pieces, have fun with this as it can greatly improve your visualization skills. This practice will have a powerful uplifting effect on your being. Don't take our word for it, try it out.

We included the following link for you to browse the Internet's largest collection of posters, fine art and photo images. To find out more.

A few favorites pieces are:



- Meditative Rose (For Meditation), Salvador Dali
- The Kiss (For Relationships), Gustav Klimt



- Le Violiniste Bleu (For Musical Interests), Marc Chagall

t reserved

- Angel (For Spiritually)  
Carol Robinson

## #6 Guide to Meditation-Effective Affirmations

Through the use of meditation techniques, your mind will become more receptive to the underlying messages contained within your affirmations. As you relax both your mind and body, you become more responsive to the mental stimuli programmed within your affirmations and less conscious and critical of information as it filters down to your subconscious where it resides and becomes your reality.

It is recommended that prior to your affirmation sessions, you spend several minutes relaxing to clear your mind. Follow these three quick steps and the benefits of your affirmations will be improved greatly:

### Step 1.

Sit in a comfortable chair with your back straight, feet flat on the floor, hands resting lightly on your lap and your eyes closed.

### Step 2.

Concentrate on relaxing your body. A good technique for this is to send a relaxing message first to your feet; and work your way up through your calves, thighs, stomach, chest, shoulders, neck, arms, hands, etc., until you can feel each part of your body totally relaxed and comfortable. As you relax concentrate on your breathing, taking several deep, calming breaths. Each time you slowly exhale, you feel yourself becoming more and more relaxed.

### Step 3.

Now as you concentrate; count slowly to yourself from ten to one. Keep relaxing as you count downwards, relaxing more and more with each descending number. Spend around 1 to 15 minutes practicing this meditation technique prior to your affirmation session. With time, you'll find yourself being in a totally relaxed, receptive state in a matter of minutes.

\*\*\* Helpful Resource \*\*\*

As you may know, I'm always looking for tools that can help you (and me) improve the quality of life. Well, I'm writing today to encourage you to check out an \*extremely\* valuable resource.

It's not for everyone, but if you resonate with the approach and apply it, it can help you to produce some amazing results.

If you're interested in:

- Dramatically accelerating your mental, emotional, and spiritual growth
- Experiencing states of extremely deep meditation -- receiving all the benefits of a long-term meditation practice (but at a greatly accelerated pace)
- Naturally stimulating the production of several key "bio-markers" related to longevity, anti-aging, and well-being
- Finally getting to the bottom of (and healing) emotional traumas and self-imposed limitations
- Becoming someone who easily and naturally deals with life's ups and downs, while remaining more peacefully calm and centered

... You'll absolutely want to check out this resource, or take another look if you considered it before.

The program is backed by a ton of scientific evidence -- and the experience of over 35,000 people in 58 countries.

I have used it myself and highly suggest you give this program a try. Plus, Centerpointe **GUARANTEES** their program will work for you!

I don't recommend programs lightly and I don't do it very often, but I'm convinced this is something well worth looking into.

To find out more, and to receive a **FREE** demonstration cassette and a **FREE** special report, just click here: Visit their web site at:

## Lesson 4

This issue includes...

1. [Recap](#)
2. [Sample Affirmations](#)
3. [Releasing Fear and Doubt](#)
4. [Planting Seed Thoughts](#)
5. [Emotions](#)

## #1 Recap

Let's have a quick review of some of the topics covered so far:

- How Affirmations Work
- Energy and The Universe
- Correct Elements
- Getting The Most Out of Your Affirmations
- Visualizations
- Guide To Meditation-Effective Affirmations
- Affirmations and The Mind
- The Affirmation Practice
- Writing Affirmations
- The Essence

This is the beginning of lesson four and we have already covered a lot of material, give your self a well-earned thumbs up. Hip, Hip.

If you have any spare time after this lesson, it would be an excellent opportunity to review some of the above topics.

## #2 Sample Affirmations

This week's affirmation category is:

### Spirituality

- I am free to be myself
- I am a forgiving and loving person
- I am responsible for my own Spiritual Growth
- I am at one with the Universe
- I am worthy of love
- I am a loving person
- The more I love, the more that love is returned to me
- Love is eternal and ever lasting
- I nurture my inner child

- I am responsible for my life, I make loving decisions

### #3 Releasing Fears and Doubts

When we begin affirming something in our life to be true, our subconscious may react to the new suggestion by presenting us with a reason why this is not so. This is to be encouraged and seen as a clearing process in which we only have to let go of any fears and doubts. We need simply to observe all thoughts as they enter into our awareness, regardless of their content. A proportion of these thoughts will be of the everyday kind.



As the affirmation takes root and increasingly gains the acceptance of our subconscious, we experience an increased number of encouraging, positive, thoughts. This is a clear indication that the process is moving in the right direction.

#### **Doubts, Fears, Blockages**

### #4 Planting Seed Thoughts

Our mind can be likened to the image of a garden. We are planting seed thoughts in the conscious mind. With repetition they will sink down into the soil of our subconscious mind. Once there, just as the germination of a seed comes about through warmth from the sun, so nurturing our affirmation with conviction, i.e., faith, love, knowing, commences the process of growth.



At this stage using the imagination will let us see the blossoming of our desires, the oak in the acorn, the flower in the seed. With continued repetition of the affirmation, the growth of our seed-thoughts will move in the direction of form, just as the seedling reaches for the sun.

The law of the Mind is such that what we plant in our mind is precisely what we shall reap. Here it is essential to be specific because the subconscious has no choice but to obey the instruction we have given it. With affirmations this immense power is at our disposal, so we must use it wisely.

We have the choice then, to cultivate or ignore the garden of our mind. Either way we can expect the harvest to reflect our efforts in that direction.

## **#5 Emotions Are of Enormous Value in Implanting Affirmations**

Positive emotions are of enormous value in implanting the affirmation, directly and swiftly, as though backed with strong feeling more readily becomes reality. Our repeated affirmation needs to be done with a feeling of intense desire. So it is with passion and enthusiasm that we fuel our resolve and activate the affirmation.



## Lesson 5

Since you have already "opted in" for a better way of life, we're going to talk about some specific ways to get there from here!

We will also discuss what to do when affirmations don't work.

This issue includes...

1. [Sample Affirmations](#)
2. [Affirmations Not Working, Why?](#)
3. [Removing Blockages](#)
4. [Being Realistic](#)
5. [Subliminal Messages](#)

### #1 Sample Affirmation

This week's affirmation category is:

#### Daily Living

- I am at peace with myself
- I love and accept myself
- I am a unique and loving person
- I am always safe and protected
- I acknowledge all of my feelings I am lovable
- I am surrounded with loving, caring people
- I am loving and accepting of others
- I trust my inner messages, they lead me to the light
- I am always connected with Divine Love
- My inner vision is always clear and focused

**Okay now for the big one!**

### #2 My Affirmation Doesn't Seem to Be Working. Why?

While affirmations are undoubtedly very powerful, it sometimes happens that obstacles may be present that are preventing our progress. Many of our beliefs have been with us for a long time and additional work may be required before our affirmation is accepted. Repetition is a major factor in implanting the affirmation and in some cases it may take a little longer to get results.

We need to be precise with regard to what it is that we desire. If you want a better job, you must detail what constitutes a better job for you. Being vague and imprecise leaves the subconscious confused and

unsure of what to do. Writing down our goals PRECISELY! Provides the subconscious with clear instructions.

When we have inner resistance to that which we are affirming, this makes us doubt its validity. A belief is operating which is counter to that which we have been affirming. An essential part of working with affirmations is learning to transform these undesirable beliefs into positive, life-supporting beliefs.

The "My Response" column provides you with an excellent tool for dealing with such situations. If the affirmation is precisely worded, stated a sufficient number of times, feels comfortable, and is emotionally charged, then the only obstacle blocking its realization comes from our own unconscious.

### #3 Our Responses to the Affirmation Hold the Key Dissolving These Blockages

The responses should be allowed a free flowing passage. Just allow them to pop into your awareness, without straining or forcing them. You may experience anger, sadness or other emotions. This is normal and there is no need to be alarmed. In time these negative beliefs will disappear using this process.

If after working with your affirmation for 12 days, you don't see any positive results, you may like to analyze the details of your "My Response" column.

Look for repetitive patterns, i.e., "I don't deserve that" or "things like that don't happen to me." These types of statements have their origin in a lack of deserving. You may want to create the affirmation "I deserve to have good things happen to me" or "I deserve to be rich and happy."

#### \*\*\* Helpful Recourse \*\*\*

An excellent resource for dealing with emotional healing.

Amazing Holosync® audio technology from Centerpointe Research Institute creates deep meditation, boosts your intelligence and creativity, slows aging and creates remarkable emotional changes for you at the deepest level. Folks, take it from someone who has used this technology successfully, it works!

This is a great program; I use it daily and have noticed many positive changes. Experience there powerful FREE on-line demo. Go to:

## #4 Being Realistic

While we want to stretch and move forward, we still need to be realistic with regards to what we are affirming. The subconscious mind will only accept the dominant of two ideas.

For example, if you have been affirming "I am prosperous," and you are always experiencing lack, you may have a hard time convincing your subconscious mind that this is true, (even with all the techniques we have been using).

You may need to back off a little and affirm something more believable that the conscious and subconscious mind can agree on.

So, instead of affirming, "I am prosperous" you might like to try "I am becoming more prosperous every day"

OR

"I am prospering every day"

At the turn of the century Dr. Emile Coué became a pioneer in affirmation techniques, curing patients in Europe and North America. His simple yet powerful affirmation was "Every day, in every way, I am getting better and better."

By using this affirmation the patient would not focus on a specific ailment, rather they would develop a general expectancy of good in all areas of life.

The above affirmation is also time based, meaning you are progressing toward the things you desire.

Note, while it is best to affirm something is happening in the present, you may like to use this type of affirmation as a preliminary step in getting the conscious and subconscious mind to agree on what you are affirming.

## #5 Subliminal Messages, A Powerful Technique For Empowering Our Affirmation Session

### Overview

The Subliminal Messages used in this course have been designed to assist you in your affirmation practice. That is, they are not meant to create objects and/or goals in themselves, but rather aid in the manifestation process by asking for; faith, abundance, connection, love, guidance, creativity, and the release of blockages.

To use the subliminal messages practicing affirmations in the written form, we need to:

- Print the list of subliminal messages (see below) onto a sheet of paper.
- Read the list of subliminal messages out loud, twice a day, for a period of 5 days.
- Fold the sheet of paper in four and place it in a visible location near where you practice your affirmations. You don't have to be able to read the subliminal messages; we are only using the folded paper as a trigger, for subconscious recall.
- Meditating on these messages from time to time will assist in their effectiveness.

The subconscious mind can remember every detail that has ever happened to you since your birth. It knows the color of your first pair of shoes, it knows the details of the first book you read. It is a vast repository of every detail that has ever happened to you. Reading the list of Subliminal Messages for 5 days is more than enough to program them into your subconscious.

What we are doing with this technique is to first program the subconscious mind with the subliminal messages, and then, position these messages where you practice your affirmations.

During your affirmation practice, occasionally glance over at your subliminal messages. This action will then become a trigger for subconscious recall.

Now and again, you might like to reread your list for conscious recall.

**Subliminal messages:**

- I have faith that I am being guided to the next step
- My next step is now shown to me
- Life is revealing new opportunities to me
- I have a clear and open connection with my higher self
- My creativity is bringing only good into my life
- I always concentrate on the good in all my affairs
- I now have clear intuitive communication with my higher self
- I let miracles happen
- Divine love permeates me now
- I express my higher wisdom
- Limiting beliefs are melting away
- Happiness is my birthright, I claim it now

- I allow my feelings to be expressed, it is safe to express them
- All my needs are being met by my higher self
- I allow love to flow to me
- Only good now unfolds in my life
- I have an abundance of good in my life
- I live in a safe and loving environment
- The Universe guides me in everything I do
- I love and accept myself just the way I am
- I have an open connection with the Universe
- Everything is shown to me at the right time
- I am attracting all I need in this life
- I am divinely guided along my path
- Every phase of my life unfolds perfectly
- Every situation is my teacher
- I let go of anyone or anything that has caused me pain
- I let go of the past; I am free
- I forgive everyone. In forgiving others I heal myself
- I find all solutions within myself
- I am at peace with my surroundings
- I accept that we are all doing the best we can
- I have an open heart and I see the love in others
- I dissolve blockages
- I now experience life peacefully and tranquilly
- I am now at peace and in harmony
- I now experience life tranquilly
- I now release doubts and fears
- All creative blocks are melting away
- I dissolve any blockages that are standing in my way
- I love doing my affirmations
- Affirmations are fun and easy
- I am relaxed when doing my affirmations

Nurture and fertilize the affirmations you've planted with some enthusiasm, passion and love!

## Lesson 6

This issue includes...

1. [Technique-Keeping A Journal](#)
2. [Technique-Affirmation and Your Higher Self](#)
3. [Technique-Power Symbol](#)
4. [Sample Affirmations](#)
5. [Affirmations and Repetitions](#)
6. [Going With the Flow](#)
7. [Comfort Zone](#)

## #1 Technique-Keeping a Journal

Keeping a Journal is an ACTIVE way of working with your inner world. Here are some suggestions for beginning your journal.

- Incorporate your affirmation sessions into your journal.
- Make lists of everything, what you feel; appreciated for, successful at, you like about yourself, is important to you.
- Use any of the following in your journal: ideas, goals, plans, dreams, color, symbols, poetry. Also note any affirmations that come to you during the day.
- Try to spend some time every day on your journal, for you will find working on the inner plan very rewarding and of immediate value.
- Record any events you think are a direct result of your affirmation practice, i.e., manifestation, coincidences, serendipity, dreams, conversations.

## #2 Technique-You Will Find This to be a Powerful Way of Creating Your Affirmation!

Affirmations are more appropriate if they come from a higher source. To access this higher source we need to quiet the mind. Refer to the section title "Guide to Meditation-Effective Affirmations" from Lesson 3 of this course. Affirm to the higher source that it is your intention to obtain help in a particular area.

Stay with this for a few moments and take notes of any guidance received. This technique will get easier with practice, and possibly will be one of the most important you will ever develop.

### #3 Technique-Power Symbol



You may find it helpful to have a power symbol located close to where you practice your affirmations. This could be an image of God, a reminder of nature, or even some special passage from an inspirational book. Any image that has special meaning for you would work fine. Then, while practicing your affirmations, glance over at your power symbol from time to time.

### #4 Sample Affirmations

This week's affirmation category is:

#### **Peace and Harmony in your Life**

- I am at peace, I love myself
- I am in harmony with the Universe
- I am filled with the Love of the Universal
- I love to love and be loved
- I am at peace with myself
- I am at one with my inner child
- I now see myself successfully making sales
- I am confident and at ease
- What I imagine I can do I can do
- I am a self-motivated person
- I am an outgoing and friendly person
- I always say the right thing
- I am always in the right place at the right time
- I now put others at ease
- I come across as a sincere person
- My sales figures are increasing
- I am a very confident salesperson
- I approach selling with an optimistic attitude
- I can be the best in my field, I have what it takes

### #5 Repetition (Fundamental for Effectively Implanting Affirmations)

The importance of repetition cannot be over emphasized. It is a fundamental element in effectively implanting the affirmation.

We need not believe that the affirmation will work. What is important is continual repetition, with plenty of emotion.

With time this constant saturation of the mind will firmly implant the affirmation in the depths of our subconscious with laser-like intensity. It has a concentrating effect and will generate more and more energy, enabling it to manifest more readily in the chosen form. An idea held firmly in the conscious mind will receive the attention of the subconscious.

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The Subconscious is capable of carrying out any instruction. What we have in our lives right now is a direct result of the images we have been projecting onto our mental screen to date. The image that we project onto our mental screen will be brought into reality by the innate creative ability of our subconscious mind.

This imaging capability is solely the province of our conscious mind whose role is that of master. Our obedient servant or slave is the subconscious, who simply ensures that everything that we say, do and feel is consistent with the image it has received.

It is the subconscious, then, that is the most powerful force in our accepting without question our every instruction down to the tiniest detail, and will firmly implant the affirmation in the depths of our subconscious.

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It has a concentrating effect and will generate more and more energy, enabling it to manifest more readily in the chosen form. An idea held firmly in the conscious mind will receive the attention of the subconscious, then bringing it into manifestation.

The subconscious is completely capable of carrying out any instruction we have programmed it to do. It cannot distinguish between what is real and what is imaginary. We can take advantage of this by consciously selecting those images we wish to see manifesting in our lives. It has infinite resources at its disposal, and is capable of creating ANYTHING.

## #6 River (Go With the Flow, Surrender)

It helps if we see life as a journey down a river. During the trip we need to trust our inner guidance to see us safely past any obstacles, rather than attempting to hold on to the known and the familiar. Failing to do with the flow can cause us to miss many of



life's opportunities, which would otherwise be present.

Our willingness to surrender to the flow "inner guidance," lets us navigate our way past obstacles and choose the channel or tributaries we prefer.

## **#7 Comfort Zone (Stretch Your Boundaries)**

Our comfort zone conforms directly to the imagined image that we have of ourselves, i.e., our self-image. It is important to realize that it is only imaginary: an illusion.

The foundation of the illusion was laid down in our infancy and what is allowed to go unchallenged will continue to exert a powerful influence over us.

Awareness of this allows us to choose techniques, such as repeating an affirmation, to expand that self-image. In expanding it, those actions formerly performed outside of the comfort zone become easier and there is a noticeable reduction in "negative" stress. This will also stretch the boundary of the comfort zone itself, letting us experience many new possibilities where we can perform more efficiently as well as more effectively.

### **\*\*\* Helpful Resource \*\*\***

Discover the Fantastic Formula that Brings Wealth, Success and Happiness!

In just three minutes, with only 3 steps, you can achieve personal success and real happiness.

"Beyond the knowledge of business and its complexities, way beyond the expertise of advertising gurus and marketing mavens, there is a place where the seeds of success germinate. Find this place and personal success and real happiness will be yours." ---John Harricharan - award-winning author of the bestseller, 'When You Can Walk on Water, Take the Boat.'

"Three steps? It only takes three steps to solve problems, create wealth and feel happy? I didn't believe it either, until I tried it. Not only do the three steps work, but you can do them anywhere, anytime, for any situation---and in about three minutes! On top of that, this method never fails. I'm blown away. This is worth billions of dollars."

---Joe "Mr. Fire!" Vitale--author of 'There's a Customer Born Every Minute', 'Hypnotic Writing' and creator of the audio set, 'Outrageous Marketing' (Nightingale-Conant) Visit them at:

## Lesson 7

Before we proceed with this lesson, let's recap some of the things we've discussed in the previous lessons:

1. Technique-Keeping A Journal
2. Technique-Affirmation and Your Higher Self
3. Technique-Power Symbol
4. Sample Affirmations
5. Affirmations and Repetitions
6. Going With the Flow
7. Comfort Zone

This lesson includes...

1. [Sample Affirmations](#)
2. [Oneness](#)
3. [Special Interest Group](#)
4. [My Ideal Relationship With Money](#)
5. [Course Summary](#)
6. [Close](#)

## #1 Sample Affirmation

This week's affirmation category is:

### Education

- My learning abilities are increasing
- Learning is fun and easy
- I absorb all learning material
- I soak up information
- I am a creative genius
- I easily learn every subject I choose
- I now obtain excellent results in all examinations
- I am at ease in exams
- I have easy recall of all learned information
- I attract to me all I need
- I have easy access to subconscious information
- I set goals and achieve them
- All subconscious information is being revealed to me now

And some more...

### Affirmations for Sport

- My performance is getting better and better
- I now improve on what I have already accomplished
- I now perform at my optimum level
- I now do everything required to reach my best

- I now have a healthy diet
- I now eat all the right foods for optimum performance
- I have all the required energy
- I love my sports activities
- I am a winner, I think like a winner
- I have the ability to perform better and better
- I am the greatest
- What the mind can conceive the mind can achieve
- I set goals and achieve them easily
- I enjoy keeping fit, I am in great shape

## #2 Oneness

We have already discussed that the Universe is made up of energy (from Lesson 1); this energy is consciousness, a mass awareness. We are all made up of a piece of this consciousness; this represents our individual selves.

Let us see how we can apply this knowledge to aid us in our affirmation practice. Whether we are looking for a mate, a new job, car, whatever, our ability to attract things to us is greatly determined by how we relate to our world.



If we perceive our relationship to our world as separate, we will find it difficult to attract things to us; this is because our network of helpers is limited. You might have a belief that you are independent, self sufficient, and can do it by yourselves. At best you might have a hand full of friends we allow into our world. These individuals will probably feature prominently in a lot of our successes.

It is like we are affirming that we would like such and such a thing but it must appear as if by magic, or sheer hard work. And if we need help, it has to come through our select group; do you see how restrictive this belief can be?

From God's point of view, this makes it easier for you to receive because you are open to God's network of helpers. God finds it easy to give us what we want when he/she can work through others.

Do you see how much easier it is to receive when we believe in a complete, whole, loving, oneness Universe?

To strive to be connected to all things, here are some affirmations for creating oneness:

- I am one with all things: I allow others into my life

- I am one with all things; God is working through me now
- I am connected with all things; I allow good things into my life
- I am an open channel, I radiate love to all beings
- I now accept one oneness with all things
- God is working in me and through me now

Try to grasp the importance of this, as it is a major factor in achieving "Outstanding Success" in life.

Ask yourself now, how many people do you have on your team?

### **#3 Special Interest Group**

You might like to try this simple exercise for connecting with a special interest group.

Imagine yourself becoming relaxed...

See "GUIDE TO MEDITATION" Lesson 3

Now see yourself going higher, and higher, more and more relaxed

Imagine a grid work of light, going higher and higher...

Now follow this grid work of light...higher and higher...

Now, ask that all persons interested in your special interest make themselves known.

Now, where the lines on the grid work cross, see lights appear.

These lights represent your special interest group; each light is an individual soul member of your group.

Say thank you to these individuals for showing up...

If you would like, you can send your awareness out into to any of these points of lights and dialog on certain issues. Know that all these helpers will be assisting God to bring about what you have been affirming. Stay with this for as long as you feel comfortable.

Now, ask yourself again, how many people do you have on your team?

One of the lovely things about this practice is experiencing the different energies of your soul group. It really is most delightful.

"Practice random acts of kindness, and senseless acts of beauty."

You might like to tune into some of the worlds most respected business persons. Check out these delightful and empowering interviews with respected millionaires. Go to:

#### **#4 My Ideal Relationship With Money**

How is your relationship with money?

How do you feel about money?

What are some of the positive/negative beliefs you have about money?

How often do we ask such questions?

Not often enough for many folks.

Regrettable, for many acquiring prosperity is a hoping, wishing game, acquired by some, but not themselves.

It is our intention, with this "My Ideal Relationship With Money" section, to help you recreate your relationship with money. Contemplate on these affirmations (listed below) often. You may want to use them as the basis for your prosperity affirmation practice.

If any of the affirmations make you feel uncomfortable, these probably contain negative beliefs regarding money. Review your Seven-Part Affirmation Course for instruction on working more specially with these situations.

You might like to print out these affirmations and keep them in a place where you can view them often. Maybe the fridge, beside your bed, you decide.

Be conscious while working with these affirmations, that it is your intention to have a NEW!, loving, positive, spiritual relationship with money, you want money to be your friend. If any negative beliefs come up, thank them for being with you while affirming your NEW desired money relationship.

In the following affirmations we use the term God to define a spiritual source, if you are uncomfortable with this term, replace it for your spiritual equivalent.

#### **My Ideal Relation With Money-Affirmations:**

- I am now open to receive the abundant good that God has for me

- God is the source of all my good, I look only to him for my supply
- I vision only that which is for my highest good
- I speak only good, kind, loving and harmonious words
- I now release all fear, worry and doubt into the loving arms of God
- All that the father has is mine, I rejoice in it now
- I now let go and let God work in my financial affairs
- I think only loving positive and uplifting thoughts
- Money is positive, money is my friend
- I am now open to receive the abundant good that God has for me
- It is good to be wealthy
- God wants me to share in his good fortune
- I use my wealth wisely
- I now decree to God that I am ready to receive his abundance
- Financial success is mine, I accept it now
- I send out in thought only that which I desire to have returned
- The good I send out in thought, comes back to me multiplied
- I now have a clear and open connection with my higher self
- Money is coming to me easily and effortlessly
- I love the work I do, it is a part of God's divine plan
- I am now one with infinite intelligence
- I am an open channel expressing God's divine plan
- I am now one with infinite intelligence
- I am an open channel expressing God's will
- God is guiding me in everything I do
- I deserve to be rich, I accept it now
- God goes before me making everything right
- I now live in a loving harmonious universe
- God is abundant, I am one with God
- As a loving father, God wants me to enjoy his good wealth
- Success is mine, I accept it now
- I now decree to God my intention to share his wealth
- I use my money wisely for the good of all
- Money is circulating feely in my life
- Money comes to me in many ways, through God
- I am divinely guided in all that I do
- The Lord wants me to be prosperous, I say YES!
- I now give thanks to a loving, abundant God

## #5 Course Summary-Contact

This has been the final lesson in our Affirmation Course. Thank you for your attention. We hope you've found this course helpful.

Here is a summary of some of the key points we've covered:

- How Affirmations Work
- Energy and The Universe
- Correct Elements
- Affirmations And The Mind
- The Affirmation Practice-Writing Affirmations
- The Essence
- Getting The Most Out Of Your Affirmations
- Affirmation With A Partner
- Creating A Life Of Material and Spiritual Abundance
- Visualizations
- Guide To Meditation-Effective Affirmations
- Releasing Fear And Doubt-Planting Seed Thoughts  
Emotion
- Affirmations Not Working, Why?
- Removing Blockages
- Subliminal Messages
- Techniques "Keeping A Journal" - "Affirmation And Your  
Higher Self"
- More Techniques "Power Symbol"- "Affirmation Using A  
Mirror"
- Repetitions
- Going With The Flow
- Comfort Zone
- Oneness

We hope this course has given you a look into the world of the possible.

We invite you to browse through the Nightingale-Conant selection of inspirational products. The site contains advice from some of the worlds most respected inspirational speakers such as Wayne Dyer, Zig Ziglar, Deepak Chopra and Tony Robbins. A must see resource if you would like to expand your spiritual knowledge. To visit them:

## **#6 Close**

FREEDOM...and its happening in households near you!

Thank you for sharing your time...

It has been a Pleasure and a JOY!

THE END...

OR

Is it the beginning?