



THE REAL POWER OF AFFIRMATIONS



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In 5 Easy Ways](#)

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Introduction

Quite simply, an affirmation is a positive thought or statement in which you repeat to yourself and implant in your inner consciousness as a source of inspiration for your present and future actions. Once entrenched in your subconscious mind, it guides your thoughts and actions in a cherished direction.

You can use the power of affirmations to overcome certain undesirable traits and negative and habitual thought patterns in your mind or deal with some weakness in your personality affirmatively.

When wording your affirmation, you need to use words and phrases for your affirmations in a positive manner rather than a negative manner. As an example, if you wanted to quit smoking, you would not want an affirmation such as "Cigarette smoking makes me sick" because you will in turn cause yourself to get

sick. It is better to phrase affirmations like "I am a non-smoker" or "I am healthy and dislike the smell and taste of cigarette smoke" thereby instructing your subconscious to see a different you. When your subconscious sees yourself different, you will become different. Whatever the subconscious mind believes, the conscious mind becomes.

It is important to choose your words wisely. You do not want to use phrases like "I want" because no change will take place since your subconscious is already there. In other words, affirmations worded with "I want" simply are a statement of what "you want", this only affirms that you will always want whichever it is your affirmations are presenting.

You must see yourself as a different you by visualizing what it is you would like to accomplish. Use words like "I am" or "I have", this allows your subconscious to visualize and believe you are already what you wish to become instead of what you want to become.

Positive affirmations can enhance any area of your life, from improving health, skills, success, relationships and more to conquering bad habits like unhealthy eating habits, aggressive tempers and attitudes, biting nails, bed wetting, drug addictions, or lack of attention and motivation.

There are many resources available to help those who find creating affirmations to be difficult. Affirmations can be found on the Internet or in books. Remember to try and use any outside suggestions only as an example and maybe rephrase it in your own words.

Thoughts and phrases should come from words within your terms of speaking. If you wish to improve your health, you can find hundreds of examples on the Internet that reflect healthy aspects. Though if for instance you were to find some health affirmations worded in a manner that you would not typically speak, you need to re-write that affirmation into your own words so that you

comprehend what your affirmation means. Your subconscious will work faster with affirmations spoken in your terms of speaking faster than that of someone else's if you do not fully understand it.

An example of this could be the legal terminology that most attorneys use, most of us can read it and somewhat understand it, but the lawyers are the ones that can pick it apart and know exactly what it is exclaiming to in ways we probably never imagined. If your mind does not fully comprehend the meaning of the affirmations you are feeding it, your process will not take effect as fast.

Using positive affirmations, you can inculcate (drill into) your mind and body how to operate in an absolutely definite way. You can overcome the obstructions that stand in between you and the true person you are destined to be. You can send subtle thought forces into your consciousness and powerfully alter your thinking and behavior. Using positive affirmations, you can heal

yourself and 'build' a new self in astonishing ways. You can stay motivated and focused on your path to success. You can truly transform your personality and make yourself more acceptable and at peace with yourself. You can overcome many problems in your life, problems that exist because of some inherent deficiency or debility with your attitude, behavior or thinking processes.

Positive affirmations may not get you every thing you want in your life, very few of us get everything we want, but they can help you establish an environment in which you have greater opportunities to shape your life and modify the course of your actions.

They can help you overcome the feelings of frustration and vulnerability and make you feel confident, self reliant and responsible for your actions and thoughts. You can face the challenges of your life more confidently and with the conviction that you're not a mere puppet in the hands of some unknown providential destiny. You can virtually do

anything that's humanly possible and within the field of your reality. You can substantially change the way you think and act and relate to yourself, with others and the world around you.

Affirmations, truly, are simple. They're you being in conscious command of your thoughts. They are brief, mighty statements. If you say them or think them or even hear them, they get to be the thoughts that produce your reality. Affirmations, then, are your conscious thoughts. Get all the info you need here.



Affirmations Basics

Research has demonstrated that we have between 45,000 and 51,000 thoughts a day. That's about 150 to 300 thoughts a moment. Research has likewise demonstrated that for most individuals 80% of those thoughts are damaging.

Now, we have been taught to think that many of these 51,000 thoughts are “sub-conscious” thoughts meaning that they're below our conscious cognizance level. Affirmations in reality make your sub-conscious thoughts conscious.

Affirmations make you consciously cognizant of your thoughts. If you begin making conscious favorable thoughts, you in reality become more aware of the damaging thoughts that are constantly threatening to take over.

It's an interesting phenomenon, in truth. It in reality proves true what your mother always

cautioned: be careful of what you think as what you think is what you get. She was essentially telling you that you produce what you think about.

When you're not cognizant of your thoughts, they tend to be damaging. And not being aware of your thoughts tends to induce an awful spiral downward.

Remember that 80% figure of damaging thoughts? It gets worse. Whatever you're thinking about, 90% gets carried forward to the next day's 51,000 thoughts.

So, if you're thinking damaging thoughts, you'll cause yourself to think more damaging thoughts. This is not going to get you out of your mess.

Affirmations may change all of that! Affirmations make you conscious of your thoughts. To affirm means to state something positively. It means to announce firmly and assert something to be true. Affirmations are

statements where you assert that what you wish to be real is real.

Here are a few affirmations you are able to use:

- I'm a success in all that I do
- I feel pleased, I feel healthy, I feel fantastic
- Everything feels just so correct
- I'm a money mogul
- My mind is clear centered and energized

Over time they overwrite any limiting or damaging beliefs you might have about yourself or about not being able to do something, and substitute them with favorable thoughts and beliefs which instill self-confidence, belief, positivity, ambitiousness and much more.

Somebody who is perhaps a bit shy or unconfident would repeat affirmations about being confident. They would want to change themselves from being timid and introverted

to becoming self-assured and more outgoing perhaps, and so they'd utilize favorable affirmations and repeat them again and again. And eventually they'd begin to sink in - the repetitive, favorable self talk would begin to become a self fulfilling prophecy. You are able to use the power of positive repetition for yourself!

Utilizing favorable affirmations gives you back command of your mind and the information it gets. It puts you in the driver's seat of your brain and lets you flood it with favorable information which will change you for the better!

Introduction to Affirmative Prayer

Affirmative prayer is a sort of prayer or a metaphysical process that's centered on a favorable outcome instead of a negative situation. For instance, a individual who is experiencing some form of illness would focus the prayer on the wanted state of perfect health and affirm this desired intention "as if already occurred" instead of identifying the illness and then asking The Higher Power for help to do away with it.

William James described affirmative prayer as a component of the American metaphysical healing movement that he called the "mind-cure"; he depicted it as America's "only decidedly original contribution to the systemic philosophy of life.

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