

Affirmations

Steven Covey in "Seven Habits of Most Effective People" states that we can use our right brain power of visualization to write an affirmation that will help us become more congruent with our deeper values in our daily life. He states that a good affirmation has 5 basic ingredients:

It's personal, positive, present tense, visual, emotional.

According to Linda Ann Stewart www.cedarfire.com,

"An affirmation is a statement that confirms what you hold to be true, and though we generally use the term for positive declarations, these statements can be either positive or negative. When you tell yourself over and over that you're not worthy, it convinces your subconscious that this is what you want, and your subconscious creates the reality.

The first step is to become aware of what you're telling yourself. Write down these statements.

Then formulate a sentence that counters what you've been believing all these years. Use it

repetitively because that's how you were programmed in the first place.

Remain conscious of the background noise of your thoughts. And when the negative statement rises up, use your new phrase. Be patient. That original idea has been there a long time. It'll take time--so maintain consistence and persistence."

Sample Affirmations:

- * Creative Inspiration is the breath of life and is available at all times.
- * As I settle into my healing place I can inhale and imagine that I am breathing for the first time..
- * I Experience the miracle of breathing for the first time.
- * I open my mind, body and spirit to channel this precious energy.
- * Today I release judgment of myself and others...
- * In this moment I choose to release my past mistakes and regrets and I choose to focus my energy on living in the present.
- *Today I forgive myself.
- *In this moment I focus on forgiving _____.
- * I choose compassion and love.
- * Today, I choose to live with passion and purpose.

- * In this moment I let go with forgiveness.
- * I am open.
- * I am grateful.
- * I receive healing light throughout every cell of my body ..and move forward with my dreams.
- * I know that my thoughts can create my experience.
- * Today I choose to open to divine guidance.
- * I surrender to rest in the arms of love.
- * I celebrate this day.
- * My sleep will return to an easy, natural, serene time with God.

- *Each phase that lies ahead is part of the journey, with little celebrations along the way,

- *The finish line is not a solid line off in the distance rather a series of brush strokes painted along the way

- *Many, many people have conquered challenges like this,I can do this

- *I let go of all worry about what I should or should not do, and simply let myself know what is right for me to do moment by moment.