



INSPIRED

101 LIFE CHANGING
AFFIRMATIONS

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101 Life Changing Affirmations

If you believe the phrase you are what you think, then life truly stems from your thoughts. But we cannot rely purely on our thoughts; we must translate our thoughts into words and eventually into actions in order to manifest our intentions. This means we have to be very careful with our words, choosing to speak only those which work towards our benefit and cultivate our highest good.

Affirmations help purify our thoughts and restructure the dynamic of our brains so that we truly begin to think nothing is impossible. The word affirmation comes from the Latin affirmare, originally meaning "to make steady, strengthen."

Affirmations do indeed strengthen us by helping us believe in the potential of an action we desire to manifest. When we verbally affirm our dreams and ambitions, we are instantly empowered with a deep sense of reassurance that our wishful words will become reality.

Affirmations are proven methods of self-improvement because of their ability to rewire our brains. Much like exercise, they raise the level of feel-good hormones and push our brains to form new clusters of "positive thought" neurons sequence of thought-speech action, affirmations play an integral role by breaking patterns of negative thoughts, negative speech, and, in turn, negative actions.

The art of the spoken word is critical in crafting our futures. No words are empty words, as every syllable we speak engages energy towards or against us. If you constantly say "I can't," the energy of your words will repel the universal force against you. But if you say "I can!" the universe will endow you with the abilities to do just that. So speak away; relinquish your fears and purge your anger, predict your own future and live up to your potential with the 35 affirmations that will change your life:

Every one of the trillions of cells that make up your body remembers and stores the memory of every event, feeling, or thought you've ever experienced.

The body is a storehouse of memory! Many researchers refer to the "body-mind". Research shows that the brain is not the only receptacle of memory. We refer to muscle memory when we build up enough repetition to automatically complete functions of movement. It is awe inspiring to realize that every cell of our body records every event in our lives with no conscious effort on our part.

Blockages are like dams of stagnant energy in the form of memories that need to be moved and released. Lack and limitation in our lives are defined by the amount of nonsupportive beliefs stored within the unconscious body-mind. These non-supportive beliefs are like thoughts of not being good or clever enough, and chronic low-energy emotions such as anger, sadness, guilt, shame, fear and anxiety also feed into manifestations of lack and limitation in our lives.

In order to balance our energy and recover into our natural state of joy we need to review our thinking patterns, our core beliefs, and our eating and exercise habits. New awareness creates new neural pathways. We begin to thrive instead of just survive. Higher emotional vibrations consistently become our new reality.”

Affirmative Thought Will Rewire Your Thinking

“To come to a life full of power, we must change our words to our self. Affirmations are a means to change inner weakness with positive strength.

By repeating an affirmation over and over again, it becomes embedded in the subconscious mind and eventually it becomes your reality.”

~ Bernie Siegel

“Your reality, the situations around you and the events of your life are created by the energy of your inner being. That inner being is built of various factors, including every thought, feeling, and action of which you have ever been a part. Your inner being is strong or weak depending on how you feel about yourself and on how you understand the nature of energy and metaphysical reality.

Every thought or feeling that you have about your life, no matter how slight, works to create the events that are coming toward you. In fact, the future, metaphysically, is all around us and “events move toward us”. Through the laws of attraction, you draw situations that match exactly to your unconscious expectations. What you reap for your reality reflects your inner being.

Whatever you think and feel about your life today is the scaffolding that builds the events you will experience next week or next month. When the time comes, you will fill in the minor details, but the main features of the events already will have been created.

If you want to know how you are doing, ask yourself this question; "Am I experiencing great things in my life most of the time?" If the answer is yes, your inner self is healthy and its magnificence is being well used.

If, on the other hand, you are surrounded by lack, or there is negativity in your life, your inner being is deprived and embodies a certain amount of negativity. It is then time for you to "roll up your sleeves," and begin to work on the quality of your life. Affirmation is one of the tools you will use. There is no situation you cannot change. There is nothing that is beyond your capacity.

But first you have to accept total responsibility for your life. Every event, good or bad, is a part of who you are. The event is created solely by you, and there is no other, be it God or some outside force, creating it for you. You and only you are in charge.

If you imagine it, if in your mind you can truly touch, taste, feel, see and accept it as granted, it becomes part of your life.

Positive affirmations are designed to challenge those negative beliefs. Affirmations mitigate the end of the flow of old negative thoughts and words that seek to validate the limiting beliefs. Affirmations are more than just repetition of words. It is a whole process of becoming aware of your thoughts and words in everyday life, then choosing to think and project happy positive thoughts. The more you can consciously inject the spirit of your affirmations into your daily thoughts and words, the quicker they will work for you.

An affirmation, is, in effect a statement either of word, thought, feeling or action that underlines or confirms a belief pattern you hold. There are negative and positive affirmations.

You can use "Positive Affirmations", which are usually short positive statements targeted at a specific subconscious set of beliefs, to challenge and undermine negative beliefs and to replace them with positive self-nurturing beliefs. It is a kind of "brainwashing". Only you get to choose which negative beliefs to wash away. The way these statements are constructed is extremely important.

Affirmation and denial operate for the purpose of erasing the wrong thought patterns and for establishing correct ones. Opposite affirmation tends to establish new thought patterns that work as automatically as the negative ones did when practiced with frequency and consistency.

The whole theory of affirmation and denial in mind transformation is built upon the understanding that the Mind-Principle accepts the inward meaning and feeling of the words that our conscious mind utters. The Mind-Principle is like a mirror, therefore, the argument or agreement must bring out evidence that causes our whole inward being to accept the affirmation we make, whether it be a declaring of supply, health, happiness or success.

We don't affirm the words we say, we affirm how we feel about those words. If your positive words feel like a lie, you are affirming the opposite of what you are intending to affirm.

For affirmations to have power, they have to be congruent with your other existing beliefs.

One of the most important keys to remember in the affirmation process is to pay attention to how you physically feel when you speak an affirmation. The feeling our body returns to us when we say an affirmation, validates for us acceptance or rejection of the affirmation: our feelings are responses that spell out to us if we believe it or not the words we have spoken.

No matter how hard you mentally want to believe you are wealthy, if you do not feel wealth when you affirm, "I am wealthy," you are really intending lack. This concept made a huge difference in the way I practiced affirmations. Once I learned to watch the feeling associated with my words, I saw what I was really intending, and practiced adjusting my words until my feelings rang of truth within me when I listened to the affirmations I was speaking.

To make an affirmation that feels untrue more believable, you can put the words: "choose," "potential" or "willing" in the affirmation to make it true for you. "I can control my finances" would become "I am willing to control my finances" or "I choose to control my finances".

Behind every want is a feeling we desire to feel. Since the goal of affirmations is to evoke a feeling, it is vital that we identify the feeling we are really after. For each intention you wish to manifest, go deeper behind the surface situation to pinpoint exactly how you want to feel. We are feeling beings; our outer circumstances are only reflecting what we feel inside. Feeling can go both ways: you can feel something as a result of reality or you can mold your reality as a result of feeling. Measure the use of your affirmations by how uplifted you are feeling and continue to align your words on a path of creating higher energy for yourself.

Each moment of your life is a programmed addition to the contents already laid down. You are affirming either a negative thought pattern or a positive one. There is nothing in between. Release and let go of focusing on your weaknesses. Place your energy and emphasis on your strength and feed the capacities in you that you want to nurture.

The thought-form has to become a natural habit that says “There is a way, and I will definitely find it.” But if you persevere and are patient with yourself, eventually the power of positive expectancy prevails.

Think of this.....

If you create a thousand thoughts a day and you multiply that by the days in your life, you can see that the “feeling” base that you have created is substantial. It will only change given time. It takes tenacity of spirit to create triumphs. And yet, if you look at the lives of the great men and women, the great achievers, you will see that each, without exception faced and transcended tribulation, illness, bankruptcy, or failure before they reached a pinnacle of human endeavor.

There are a number of different techniques you can use to make your affirmations as powerful as possible. The goal with affirmations is to feel the truth in the statement you are affirming.

Affirmations are reminders of the beliefs and values you want to live your life from. The more consistently you live from a place of affirmation, new habits and behaviors that ill support your goals become effortless for you. You achieve your desires with more grace and ease.

It is important to remember of course, that everything we say and think is a positive affirmation. We will succeed no matter what, at positive or negative endeavors. Using positive affirmation statements forces us to keep focused on our inner goals and reminds us to think consciously about our words and thoughts ... and to modify them to reflect the positive. With conscious awareness, anticipating positive outcomes in our lives helps us to avoid succeeding at unconsciously manifesting undesirable results in our lives.

By choosing to think and say positive affirmations as true, the subconscious is forced into one of two reactions avoidance or reappraisal. The bigger the issue, the bigger the gap between the positive affirmation and the perceived inner truth, the more likely that one is going to experience resistance. This is where the subconscious finds it easier to stay with its perceived inner truth and avoid the challenge using any means at its disposal to avoid examining the issue. You will recognize this reaction by a strong negative feeling inside as you state the positive affirmations.

Equally true is the fact that when you experience a sense of joy and wellbeing, your mind is instinctively responding to something it believes to be true. When you get this emotion, you know your affirmations are working!

Continually repeating affirmations with conviction and passion will chip away at even the strongest resistance.

However there are a number of additional techniques you can use that will supercharge your affirmations and magnify their effectiveness many fold. Once the resistance is broken, your subconscious is able to re-examine the core belief and patterns you have been working on. The effect can be startling and things can change very quickly as the dysfunctional beliefs get identified and replaced by your own new inner truth.

Depending on how deep into your consciousness these beliefs lay, every other learned pattern and belief that relied on the original belief as a premise, becomes unfounded. The subconscious has to re-examine them all, and this can lead to a period of introspection.

If you find yourself experiencing serious resistance or have identified an area of trauma in your life, I strongly urge you to seek professional support. The journey you are embarking on will release you from the past, but having proper support around you as you go through the process will make it so much easier.

Because affirmations actually reprogram your thought patterns, they change the way you think and feel about things, and because you have replaced dysfunctional beliefs with your own new positive beliefs, positive change comes easily and naturally. This miracle will start to reflect in your external world and in physical reality. You will start to experience seismic changes for the better in many aspects of your life.”

Most people repeat in their minds negative words and statements concerning the situations and events in their lives, and consequently, create undesirable situations. Words work at 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.

Your subconscious mind accepts as true what you keep saying. It attracts corresponding events and situations into your life. So why not choose only positive statements, in order to get positive results?

It would be a good idea to pay attention to the words you repeat in your mind, to discover whether you are using negative statements, such as:

- *I cannot do this.*

- *I am too lazy.*
- *I lack inner strength.*
- *I am going to fail.*

If you discover that these, or similar words, run through your mind, you should do something to change them.

Your words and thoughts program the mind in the same way that commands and scripts program a computer.

Repeated positive statements help you focus your mind on your aim. They also create corresponding mental images in the conscious mind, which affect the subconscious mind accordingly. In this way, you program your subconscious in accordance with your will. This process is similar to the way creative visualization works.

The conscious mind, the mind you think with, starts this process, and then the subconscious mind takes charge.

By using this process consciously and intently, you influence your subconscious mind, and in turn, it transforms your habits, behavior, attitude, and reactions, and even reshape your external life.

Things might happen immediately, in a few hours, in a few days, or take weeks or longer. This depends on your focus, faith, strength of desire, the feelings you put into the words, and on how big or small is your goal is.

It is important to understand that repeating positive affirmations for a few minutes, and then thinking negatively the rest of the day, neutralizes the effects of the positive words. If you want to get positive results you have to refuse to think negative thoughts.

Your negative thoughts are not who you are. Your negative thoughts are not the truth.

Have you approved of yourself lately? Or are you so busy criticizing yourself that you can't find "anything" to approve of?

That's because your negative thoughts have taken up all the space in your mind, leaving so little for positive, affirmative thoughts and beliefs.

It's very simple: You can't live a positive happy life with a negative mind.

So if you want to be happy, if you want to free yourself of a trapped life, if you are sick of living with scarcity and never having enough – enough love, enough happiness, enough

money, enough good relationships – then isn't it worth your time and effort to try a positive mind?

Retrain your thinking to work for you – not against you

The exposure level to positive affirmations is directly related to the level of success you have with them. So the higher your exposure, the more your success.

If you are exposing yourself to positive affirmations once a week or once a month, you will barely -if at all – notice the results. Why? Because your brain does not receive nearly enough momentum to shift direction.

The power is not in the numbers alone but in the frequency. So when you do something every single day, you will get results. Good, consistent and growing results.

How does the power of positive affirmations heal real life problems?

If your mind is churning negative upon negative thoughts, you are not solving a single problem. You are creating a hundred more problems that were not there in the first place.

Your mind needs to be in a state of relaxation and harmony in order to think clearly and to support you in the direction of life you're going. You get into a state of calm and relaxation by using positive thoughts.

Positive affirmations – when used the right way – are the ultimate easiest, fastest and most efficient way to generate those positive thoughts. You have personal power to make it happen. The question is ...

You have personal power that can turn your life around right now or keep you stuck in your rut.

The question is: What will do you about it? You either choose to use it or throw it away unopened. So the way to heal is from the inside out. If you get this concept, you will have everything you want in life. .But that's a big leap of faith, so start small and prove yourself right.

Affirmations By subject Matter

The Cure Is... team has selected the most powerful subjects for you to concentrate your affirmation practice.

These subjects will form the strongest foundation from which to build the most powerful, full and vibrant life you can imagine.

The most important thing to remember is that even if you are not feeling or believing in yourself, science has proven that the more you repeat these words, the greater the likelihood of causing a material shift.

The more often you practice, the quicker the results. It is critical you recite them slowly and think about what each word means. Please do not rush through them, these are life changing affirmations.

Prior to each subject, there is an explanation about the importance of the subject matter. Please read this a few times and ponder the meaning. The greater your understanding of the concept, the greater the affirmations will penetrate you and your subconscious. As you take the information to heart and repeat it over and over, you will change.

Please follow these instructions:

- 1) Read about the subject matter with an open mind and heart until you get it. Do not read the affirmations until you feel you understand the concept behind the affirmations to follow.*
- 2) Read the affirmations that follow very slow the first time. Grasp the significance of the words.*
- 3) Go back and re-read the same affirmations two more times and then select (2) that resonate the most and written them in your words. If they are in your words, they will absorb in your subconscious much faster.*
- 4) Complete this process with each section. You may want to do one section per day.*
- 5) Repeat each section at least twice before selecting your affirmations to rewrite. Then move on.*

- 6) *When you have completed all subjects (there are 10 affirmations in each section) and you have selected your top two in each, cut and paste them onto a document to use as your daily affirmation program. There are eight different subjects and selecting two from each will provide you with an affirmation practice of 16 affirmations*
- 7) *These affirmations are the most comprehensive and deeply powerful we know, they will only work if you understand the subject and repeat over and over.*

Subjects To Master

Power of Thought

Power of Positivity/Good

Faith

Empowerment

Love

Forgiveness

Health

Gratitude

Power of Thought

“There are no limitations in what I can do except the limitations of my own mind.”

~ Darwin Kingsley

Through the power of your mind you are continually creating the conditions of your life. You are always making use of this innate creative power, whether consciously or unconsciously, the thoughts, attitudes, and beliefs you hold are shaping your tomorrow. The desire for a richer life has always been at the heart of human striving.

The only insurmountable obstacles are the ones you create in your own mind – and these can only exert power over you if you let them. Uncertainty will always be a part of your existence, but perseverance and mindfulness will never fail to see you through to the other side of hardship where joy can thrive. Try and remember that no matter what life places at your feet, there is absolutely no situation that cannot be resolved with time, love, and friendship.

You possess the opportunity in each moment to use the power of choice in bold and imaginative ways. Through your ability to tap a power for good within yourself, you can find solutions to problems relating to health, finances, relationships, and other aspects of life. You can be free of loneliness, guilt and resentment. You can find peace and purpose.

So, lack or limitation of any kind is merely the result of a restricting belief we have accepted and does not reflect our true nature.

Remember that your mind deals with the realm of causes and that you have the power to introduce new causes, which will in turn result in new effects. “Thought is the instrument of the Mind.” New thoughts create new conditions. This means we are to think independently of any given or experienced effect. We are to actively look for the great possibilities that we had not considered or experienced before now.

Affirmations on Power Of Thought

1. *I hold the power to create whatever I desire. My ability to manifest the changes I desire depends on the depth and passion of my beliefs and on the focus of my attention.*
2. *As I focus on positive empowering thoughts, I can do anything I choose to do. I believe in myself.*
3. *I know my thoughts create my reality. I now release all limiting thoughts of fear and replace them with positive, expansive thoughts of possibility.*
4. *I clear my mind of set or preconceived beliefs. I now open to new possibilities as anything is possible when I remove my limiting beliefs.*
5. *I now let go of every anxious thought. I surrender all doubt and fear into the great heart of love and possibility.*
6. *There is no limitation to what I can do except for the limitation of my own mind.*
7. *I can reprogram my mind when I erase thoughts of disbelief. As I erase these thoughts, my life thrives. I have unlimited potential.*
8. *All that I experience is a result of what I think. I choose only positive, empowering thoughts.*
9. *I change my mental habits to belief from disbelief. I expect, I do not doubt, and in so doing, I bring everything into the realm of possibility.*
10. *Words are the lens to focus my mind. I choose expansive words. I can do anything I choose when I change my language to myself.*

Power of Positivity and Goodness

“If you want your life to be a magnificent story, then begin by realizing that you are the author and every day you have the opportunity to write a new page.”

~ Mark Houlahan

Sometimes we find it difficult to see the good in people, places, or situations that aren't to our liking. We focus on the things we don't like in our lives as a way of fueling our efforts to create change.

We need to look deeply into all things in our lives to see the inherent goodness at the heart of everything. Cultivate gratitude for the simplest things in your life and great things will be a mainstay of your life.

When you focus on what is right in your life and the world, you bring forward the Law of Positivity, which governs your affairs. As you do, only great things will happen to you.

What you focus on, you will become. As you focus on only seeing what is good and right, amazing things will happen to you. Things that were once not to your liking will fall away naturally. There is always a positive; it is all that you need to choose to perceive for your experience.

Through your ability to tap a power for good within yourself, you can find solutions to problems relating to health, finances, relationships, and other aspects of life. You can be free of loneliness, guilt and resentment. You can find peace and purpose.

It is by giving oneself to every person, every project, and every association with zest, love and friendliness that one sees the larger possibility in all things; beauty instead of ugliness, and love instead of hate. Focus on the creativity hidden within each of us.

As you focus on the good in all situations, only positive results will occur in your life!

Affirmations on Power of Thought

- 1. I focus my thinking on seeing what is good and right, and as I do my life is filled with great experiences.*
- 2. I become more and more powerful as I focus my attention on positivity and seeing the good in all.*
- 3. I am a positive, happy person; negativity has no place in my life. No matter what goes before me, I find what is right, not what is wrong.*
- 4. Even when I experience other people who are not positive, I stay in my positive energy as it helps make the situation better.*
- 5. It is my right to be happy, I experience happiness as I focus on the power of good.*
- 6. I embrace the power of goodness as one of my core principles. I accept the presence of love and let go of every belief that hate has any power. I affirm peace and deny confusion. I affirm happiness and declare that sadness has no place in my world. No matter what goes before me, I find what is right, not what is wrong.*
- 7. My ability to achieve whatever I want is directly related to my ability to embrace the power of good.*
- 8. Today I go forward in positivity knowing that I am a friend to all. I believe that the power of good is protecting and guiding me. It is my sincere desire to share everything I have with others and to expect the greatest good for all.*
- 9. I expect more goodness than I have ever experienced as I practice being a positive believer in the power of good.*

Affirmation of Positivity

“Today I go forth in positivity. I believe that power of goodness is protecting me and universal intelligence is guiding me. It is my sincere desire to share everything I have with others and to expect the greatest good for everyone. I expect more goodness than I have ever experienced. I am keeping my mind open to my intuition, the instinctive knowledge that is omnipresent Wisdom that ordains, governs and controls everything.

Today I affirm the power of Goodness. I accept the presence of love and repudiate every belief that hate has any power. I affirm peace and deny confusion. I affirm happiness and declare that sadness has no place in my consciousness. There is nothing in my past that can hurt me or limit my future. “

Faith

"I trust so much in the power of the heart and the soul; I know that the answer to what we need to do next is in our own hearts. All we have to do is listen, then take that one step further and trust what we hear. We will be taught what we need to learn."

~ Melody Beattie

Confidence in your natural knowing, trusting the teacher within you, the source of your universal intelligence coupled with love alone will cast out our limiting thoughts and beliefs, which is our fear. It is up to each and every one of us to decide whether to live in fear or in faith. When you decide to live in faith and practice it, fear will become less and less part of your life..

*Believe instead of disbelief, it is that easy because there is a power within you that has no limits. You are blessed with the power of choice!" **Bernie Siegel***

If you could strip your mind of fear, superstition and all sense of separation from this natural knowing that resides with you and everyone else, you would probably be surprised at the results that would follow. In using Spiritual Law, the one having the greatest faith obtains the best results.

Fear, doubt, anxiety and disbelief all serve to repel abundance from us. They block the current of life energy from moving to and through us. Faith, love and gratitude for the gifts of our lives keep energy and abundance flowing. The more we trust in our wellbeing, the more it will be realized. The healthier you become!

Affirmations of Faith

- 1. I have a deep inward sense, a conviction, and complete faith that there is a Power of Good governing everything. I know when I listen to my quiet voice and focus my energy on the power of good, there is nothing I cannot do or experience.*
- 2. I lay aside every doubt or fear and enter into the limitless nature of my natural abilities.*
- 3. Right now I move from fear to faith. I let go of all doubt, distrust, worry and fear. I change the direction of my life by focusing my thoughts on my innate intelligence that lies within me.*
- 4. I have supreme faith in my natural intelligence, my power. All I have to do is listen to my quiet voice, my gut feelings and all my fears melt away.*
- 5. I have faith in my own affirmations. I know that there is a Power flowing through me, taking the form of my belief, acting upon my acceptance, answering my requests, and fulfilling my affirmation. Therefore, I am calling upon myself for a deeper faith, a broader conviction, a higher acceptance, a more complete realization.*

6. *I have faith in my ability to choose my thoughts and control my mind to serve me in any way I choose.*
7. *I have unyielding faith that as I accept my own natural genius bestowed to me at birth, I can handle all of life's challenges as everything I need to know exists within me now.*
8. *I dedicate myself to faith, my unyielding belief in my potential. I know that I am a creative being on the pathway of an endless self-expression and that universal intelligence is my host.*
9. *I have faith, a conviction, and an assurance that cannot be moved, for I am established in the law of positivity. Love envelops everything I contact and every person I meet.*
10. *I now let go of every anxious thought. I now surrender any doubt or fear into the great heart of love. I now receive confidence and inspiration from the source of all life. I believe that Love is guiding me. I believe that there is a Power that goes before me and makes me calm in knowing I have all the answers within.*

Your Empowerment

"We are unlimited beings. We have no ceiling. The capabilities and talents and the power that is within every single individual that is on the planet, is unlimited."

~ Dr. Michael Beckwith

"After millions of years of trials and testing, Life creates its record of experiences. This evolution, this history, it's your natural intelligence. Some refer to it as the God within, universal intelligence or Spirit. Others think of it as their intuition, inner voice, or even a gut feeling. It doesn't matter what you call it, so long as you know you can access this natural intelligence at any time. Tapping into this intelligence, your consciousness, your natural knowing, this is where your true power exists!

This creative Power is always reacting to us as we act in it. It is always creating in our bodies and in our affairs.

Consequently we all need learn to live in a state of joyous and enthusiastic expectancy. What you can or cannot do, what you consider possible or impossible is rarely a function of your true capacity. It is more likely a function of your beliefs about who you are.”

Each of us has much more hidden inside us than we have had a chance to explore. Unless you create an environment that enables you to discover the limits of your potential, you will never know what you have inside of you. “Never underestimate the power of dreams and influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us.” ~ Wilma Randolph

Affirmations of Empowerment

- 1. I now affirm and accept that my natural intelligence governs my affairs. It is within me and around me at all times, directing, guiding, governing, controlling and leading me happily to the fulfillment of all good purposes.*
- 2. I am listening to my innate intelligence and permitting it to direct my path. Thoughts and ideas come to me and I shall listen and follow them in my everyday life. I wish to do only that which is constructive and life-giving; therefore I know that everything I do will prosper.*
- 3. I believe that universal Intelligence guides in all my activities. I know that right now everything necessary for my success is already within me.*
- 4. I listen to my inner voice, my gut feelings, and my universal intelligence. There is nothing I cannot do unless I restrict my power through a limiting thought.*
- 5. I have the courage to follow my heart and intuition. Somehow I already know what I want to become.*
- 6. I never underestimate the power of dreams and influence of the human spirit. We are all the same in this notion. The potential for greatness lives within me and all people.*
- 7. I believe that I already know the answer to any particular problem; therefore, I am letting go of the problem and I am listening to the answer as though it were sure. Something in me does know exactly what to do.*

8. *I rely on my Inner power to work with me in creating the kind of life I deeply desire. I know that within myself I can find the guidance I need. When I sit in stillness, I hear everything I need to know.*
9. *As I listen to my inner guide, my life has unlimited potential. I accept myself as a happy, healthy, strong and successful person right here and now.*

Gratitude

“It’s only when we truly know and understand that we have a limited time on earth – and that we have no way of knowing when our time is up – that we will begin to live each day to the fullest, as if it were the only one we had.”

~ Elisabeth Kubler-Ross

If the only affirmative thought you ever say in your entire life is thank you, it will be enough. Gratitude for the gift of life is the primary wellspring of all religions, the hallmark of the mystic, the source of all true art....It is a privilege to be alive in this time when we can choose to take part in the self-healing of our world.

“You simply will not be the same two months from now after consciously giving thanks each and every day for the abundance that exists in your life. You will set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given to you.” ~

Sarah Ban Breathnach

“Gratitude goes hand in hand with love, and where one is, the other must be found.”

~ A Course in Miracles

Affirmations Of Gratitude

1. *I am grateful for everything I experience in this lifetime. I overcome, I grow, and I prosper all the time. My abundant experiences and difficulties, all make me better, stronger, and more alive.*
2. *I am grateful for the great health, love, and experiences both good and bad that my life has created for me.*
3. *I am so grateful for all of my life experiences as they have all made me a better person.*
4. *I am grateful to simply breathe as breathing is a gift of life.*
5. *I appreciate everything I have and I show my sincerest gratitude to myself and to my loved ones.*
6. *I see all there is to be grateful for in life, even the smallest things such as food, breath and shelter. Through gratitude my world expands.*
7. *The more I practice being grateful, the more great life experiences come to me.*
8. *I am grateful that I can think, that I have free will to use those thoughts and to change my life as I choose.*
9. *I am grateful for my family even for those that challenge me as I know it is part of my spiritual growth.*
10. *I focus my thoughts on positivity and thankfulness, always, now and forever.*
11. *I am sincerely grateful and this attracts tremendous positivity into my life.*
12. *I am thankful for being alive. It is such a gift to have my life.*
13. *I am grateful knowing I have direct control over my well-being and am the master of my destiny.*

Power Of Love

"There is no difficulty that enough love will not conquer; no disease that enough love will not heal; no door that enough love will not open."

~ Emmet Fox

"Love is the principle of Life, for it is the nature of everyone to give. It is essential for us to see beyond the littleness of our lives to something bigger and more meaningful. The challenge for you is to be great enough to rise in love, and in charity, through understanding and compassion.

*Love converts weakness into strength, fear into faith. Love is the all-conquering power of Spirit. **Ernest Holmes***

It is crucial to understand that the foundation for love to exist, starts with you as love does not require anyone else but you! Love is something you create, within yourself. Love is a feeling that whatever you are experiencing is so in harmony with you that it releases the most important healing chemistry of your body.

Love is fueled through your gratitude. When you practice being appreciative for the simple things in life, your love will expand and you will set in motion an ancient spiritual law, the more you are grateful for, the more will be given to you.

*"Love is the most powerful force known to humankind. It has cured the incurable; it has enabled the unimaginable, imaginable! Love heals everything, every imperfection of mind or body or environment. Love alone may overcome hatred, anger, envy and criticism. Love is the greatest healer known". **Ernest Holmes***

Start by cultivating your Love by accepting yourself, even with the parts of you that you wish to improve, and allow for who you are today even with the mistakes of your past. Self-acceptance goes hand in hand with self-love.

When we look beyond the faults of others, know that they are just as you are, perfectly imperfect. As you learn to love yourself, completely, even with what you perceive are "flaws" ...Love will surround you, all the time.

This is a universal law. Please LOVE You!

Affirmations of Love

1. *I focus on what is good and right, love always surrounds me.*
2. *All the Love there is right here, right now is with me. I now cease all selfopposition. I hear only the voice of Love, the power of good, speaking to me. I hear nothing but the words of Wisdom, guiding and inspiring me.*
3. *Desiring to be loved, I allow myself to love greatly, to feel warmly inclined toward all people, and to be helpful on their behalf. I give as I wish to receive. As I love and cooperate with other people, so do they love me and give me their cooperation. My loving thoughts attract caring friends to me.*
4. *I feel that love is flowing through me to heal me and to help every person I meet. I trust the guidance of Love because I believe it is the power of Good in the universe.*
5. *My life unfolds perfectly as I allow my love to flow uninterrupted.*
6. *I believe that love is at the center of everything, therefore I accept Love as the healing power of life. I permit love to reach out from me to every person I meet.*
7. *I empty my mind and heart of all but Love. I let Love express in me and through me. I let Love flow out into my world of thought and action. I am Love. The Love in me shines forth as harmony, peace, joy, freedom and wisdom.*
8. *I practice gratitude all day and every day. As I do my love expands greatly and my life flows with ease.*
9. *My love is limitless when I do not judge and compare myself and others.*
10. *I love myself just as I am today. I am perfectly imperfect.*

Affirmation of Self Love

I am a special, unique person.

I accept and love myself unconditionally.

I appreciate myself and acknowledge all the things I am doing well.

I nurture myself, I take care of me.

I believe in myself.

I am wise. I give myself good advice.

I am patient with myself.

I follow my inner guidance.

I nurture my inner child.

I can be calm, balanced, and in my center whenever I choose.

I am relaxed and at peace with the world and myself.

All of my feelings are a part of me and I love and accept all of them.

I am a wonderful human being, doing the best I know how.

I deserve to be treated with kindness and love, and I am.

I love and accept myself, always.

Forgiveness

“Life appears to me too short to be spent in nursing animosity or registering wrong.”

~ Charlotte Bronte

One of the most important facets to superior health, wellbeing and even healing from life threatening disease is to release your past unresolved emotional issues which show up in the physical body. Forgiveness is the act of giving to ourselves a lighter load to carry.

Forgiveness is the highest form of letting go of resentment and ego. Like love, forgiveness benefits the giver and the receiver. When a person is angry with someone who has inflicted pain or harm, they often think they are holding that person accountable.

On the contrary, what you are really doing is hurting yourself. If you criticize, judge or condemn, these attitudes occupy your thinking. They will not only reflect themselves outwardly, they will also reflect themselves inwardly

Almost invariably our negative reactions to life, our unhappiness, and perhaps many of our physical disorders are based on unhappy experiences that are buried, but buried alive, in our memory, within our cells! But truly, yesterday can have no reality to us other than our choosing to react to it. We do not have to hold on, it is a choice

We are all human, and we have all made mistakes. The starting point for creating a better future for ourselves is to free our minds from the mistakes of yesterday and to feel that they need no longer be held against us, they no longer need to be a liability. We no longer have a need to right a perceived wrong. No need to hold onto the old emotions that no longer serve us well.

Affirmation of Forgiveness and Letting Go

- 1. I dismiss all tendencies to be angry, fearful, or resentful. In exchange I am filled with faith, love and trust.*
- 2. I forgive myself for not caring for myself. I am a unique person who has much to offer.*
- 3. I forgive myself for not listening to my universal intelligence, my quiet voice. The more I listen, the healthier and healthier and stronger I become.*

4. *There is nothing unhappy or negative in my consciousness. I have no fear of yesterday nor do I anticipate tomorrow with anything other than enthusiastic expectation.*
5. *I learn to forget yesterday. After I have gone over it and learned from my mistakes, I correct those mistakes and forgive myself for anything I have done.*
6. *I forgive those that have harmed me. As I forgive those that have wronged me, the pain that I held onto disappears.*
7. *I let go of all anger and resentment. I realize that holding onto these emotions greatly affects my health.*
8. *I forgive myself for the mistakes of the past, today is a new day and my slate is clean.*
9. *I surrender all past mistakes unto the keeping of this ever-present and perfect Life. I affirm that Love is guiding me into a real and deep cooperation with life and into a sincere affection for everyone.*
10. *I forgive my parents for any wrongs that were created during my life; I know they were doing the best they can/could with the skills they inherited from their parents.*

Prayer of Forgiveness

I forgive all those who I feel may have harmed me, either knowingly or unknowingly.

I forgive my parents and those closest to me who may have treated me in ways I didn't like.

I forgive everyone who I may believe has acted wrongly.

I especially forgive myself for anything I may ever have done that doesn't measure up to my values and beliefs.

I lovingly let go of judgments that are holding me back from enjoying life to its fullest.

As I learn to forgive, I open myself to a life of pure joy and happiness.

I find the greatest result when I lovingly forgive and accept myself as I am.

*As I eliminate anger and resentment, the warmth of Love circulates through my mind,
my body and my world.*

The energy that I would have used in being angry, I now release in love.

I dismiss all tendencies to be angry, fearful, or resentful.

In exchange I am filled with faith, love and trust.

Your Health

“When health is absent, art cannot become manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied.”

~ Herophilus, Physician of Alexandria

*“The body has its own way of knowing, a knowing that has little to do with logic,
and much to do with truth, little to do with control, and much to do with
acceptance, little to do with division and analysis, and much to do with union.” ~*

Marilyn Sewell

“Health is your birthright; not being healthy is not natural. Just as your heart beats, your eyes blink, and broken bones heal on their own, your human body tirelessly strives for wellness. The secret is to understand how to facilitate the progress rather than impede it.

At birth, even if born weak and sick, our bodies are preprogrammed to be healthy and well. We have evolved over millions of years as the strongest being known to the universe, this has not happened through our body’s inability to heal.

We each have a mind-body which has as its first priority to repair and rebalance itself, and every moment it works as hard as it can to accomplish its tasks. The good news is: with the passionate intention to become vibrantly healthy and happy, and the supplying of the prime requisites of health, healing can happen.

The mind-body (self) is a magnificently designed self-healing organism which, in virtually all cases, will do all of the healing and repair work at hand when supplied with the requisites of health.

Our self-healing abilities are awesomely powerful and always waiting to be fully unleashed. The body's self-healing force is tenacious, striving at every moment to carry out all of the work to fully and quickly heal itself.

However, when we are out of touch with our self-healing power and healing is not proceeding, we need to find out what is in the way.

Self-healing power comes from one place, from within, and your self-healing powers are most fully expressed when you understand the source of self-healing intelligence. It goes by many names, Source, God, Life Force, Vital Force, innate intelligence, universal intelligence, even gut feelings.

No matter what we call it, the power is always with us, waiting to do its work to completion. The goal is to learn how to tune our attention inward and follow the wisdom which is always sending us healthful messages.” –Adapted from 365 Science of Mind: A Year of Daily Wisdom by Ernest Holmes

Affirmations of Health

- 1. As I practice good nutrition, exercise and power of thought, my body gets stronger each and every day.*
- 2. The more I focus on love and gratitude, the healthier I become.*
- 3. As I focus on my breathing and allowing the natural rhythm of my breath, my body is revitalized and powerful.*
- 4. Exercise changes my body chemistry and makes me stronger and healthier, the more I incorporate exercise into my daily life, the more powerful I become.*
- 5. As I take care of myself , great health follows.*
- 6. My body is fully capable of healing myself from any challenge. The innate healing power of my body is unlimited.*
- 7. As I listen to my innate intelligence, I can hear what my body needs and my health flourishes.*
- 8. I follow my principles of nutrition and get healthier and stronger every day.*

9. *Health is my birthright no matter what I may be experiencing; I have the power within me now to be powerfully healthy.*
10. *I am healthy. I am strong. I can do anything with great health.*

Clearing Blockages

I take action on my inner guidance.

I make decisions easily.

I find winning solutions.

I now experience a new level of clarity, well-being and self-confidence.

I release any feelings of self-pity and blame. I know I can create any reality I choose.

I know exactly what to do to create the results I want.

I now take charge of my life.

We hope you enjoyed these affirmations. It is our hope that you incorporate a daily practice and experience a new and more powerful life.

With love,

The Cure Is...Family