



# The Power of Affirmations

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Affirmations are positive statements that describe a desired situation, and which are repeated many times, in order to impress the subconscious mind and trigger it into positive action. In order to ensure the effectiveness of the affirmations, they have **to be repeated with attention, conviction, interest and desire.** See the vibrational energy scale and do them when you are in a higher energy state or do something to get into higher energy. See the handout *Releasing doubt and uncertainty.*

Imagine that you are swimming with your friends in a swimming pool. They swim fifteen rounds, something you have never done before, and as you want to win their respect, you want to show them that you can make it too. You start swimming, and at the same time keep repeating in your mind, "I can do it, I can do it...". You keep thinking and believing that you are going to [complete](#) the fifteen rounds. What are you actually doing? You are repeating positive affirmations. Instead of using the word "I" replace it with your name.

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

Often, people repeat negative statements in their minds, without even being aware of what they are doing. They are broadcasting to the universe! Do you keep thinking and telling yourself that you cannot do something, you are too lazy, lack inner strength, or that you are going to fail? Your subconscious mind accepts as true what you keep saying, and eventually attracts corresponding events and situations into your life, irrespective whether they are good or bad for you, so why not choose only positive statements?

**Affirmations program** the mind in the same way that commands\_ and scripts program a computer. The repeated words help you to focus your mind on your aim, and automatically build corresponding mental images in the conscious mind, which affect the subconscious mind, in a similar manner to creative visualization. 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 can affect your subconscious mind, and thereby, transform your habits, behavior, mental attitude, and reactions, and even reshape your external life.

Sometimes, results appear quickly, but often more time is required. Depending on your goal, sometimes, you might attain immediate results, and at other times, it might take days, weeks, months or more. Getting results depends on several factors, such as the time, focus, faith and **feelings you invest in repeating your affirmations,** on the strength of your desire, and on how big or small is your goal.

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. You have to refuse to think negative thoughts, if you wish to attain positive results.

# How to Repeat Affirmations

It is advisable to repeat affirmations that are not too long, as they are easier to remember. Repeat them every time your mind is not engaged in something important, such as while traveling in a bus or a train, waiting in line, walking, etc., but do not affirm while driving or crossing a street. You may also repeat them in special sessions of 5-10 minutes each, several times a day.

Relax any physical, emotional or mental tension while affirming. The stronger the concentration, the more faith you have in what you are doing, the more feelings you put into the act, the stronger and faster will be the results.

Choose only positive words, describing what you really want. If you desire to lose weight, do not tell yourself "I am not fat" or "I am losing weight." These are negative statements, bringing into the mind mental images of what you do not want. Say instead, "I am getting slim" or "I have reached my right weight". Such words evoke positive images in the mind.

Always affirm in the present tense, not the future tense. Saying, "I will be rich", means that you intend to be rich one day, in the indefinite future, but not now. It is more effective to say, and also feel, "I am rich now", and the subconscious mind will work at overtime to make this happen now, in the present.

The power of affirmations can help you to transform your life. By stating what you want to be true in your life, you mentally and emotionally see and feel it as true, irrespective of your current circumstances, and thereby attract it into your life.

## Positive Affirmations

I am healthy and happy.

- Wealth is pouring into my life.
- I am sailing on the river of wealth.
- I am getting wealthier each day.
- My body is healthy and functioning in a very good way.
- I have a lot of energy.
- I study and comprehend fast.
- My mind is calm.
- I am calm and relaxed in every situation.
- My thoughts are under my control.
- I radiate love and happiness.
- I am surrounded by love.
- I have the perfect job for me.
- I am living in the house of my dreams.

- I have good and loving relations with my wife/husband.
- I have a wonderful and satisfying job.
- I have the means to travel abroad, whenever I want to.
- I am successful in whatever I do.
- Everything is getting better every day.
- I have enough time to exercise
- I have enough time to spend time with my family
- I have found balance in my mind, body and spirit

Source: [www.successconsciousness.com](http://www.successconsciousness.com)