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What are affirmations?

Affirmations are a stated desire of a condition or thing. Constant repetition, thought or writing down of an affirmation will bring about what it is you desire.

How do affirmations work?

Our subconscious does not know the difference between a truth or a lie. What it hears, it believes. What you think, it believes. What you read, it believes. It takes every "I" statement in and applies it to your own conscious belief system. The subconscious doesn't care if it's coming from you or not - all it realizes is the statement being presented.

Therefore, if you spend time around someone who is constantly saying "I am so miserable", your subconscious mind listens to that statement and applies it to YOU, even if it's not YOU saying it! Alternatively, if you are around others who boast of happiness and abundance and good health, your subconscious will soak those statements up as well, applying them to you. This is why you hear the statement "Surround yourself with positive people and you will be positive." This is why you hear, "Avoid negative people, as they will bring you down." Everything spoken is absorbed by your subconscious as if it belongs to you, even if it really doesn't.

Obviously, you cannot control others or what they present to you. However, by using affirmations, you can take control of your own life by *planting the seeds which you wish to be planted in your garden*. You have the choice to grow your own belief system, create your own desired results, and be the person you wish to be. *Affirmations can make this happen*. Your dominant thoughts produce the conditions of your surroundings. What you are thinking and feeling most of the time will become what you experience. Your life will become what you affirm, through the use of repetitive, constant affirmations designed to create what you truly desire.

How to Affirm Something

Affirm what you desire by stating it as if it were already here - now. Don't say, "I'm going to become wealthy." This places the condition you desire somewhere off in the future. Instead, state, "I am wealthy", even if you're not. Remember, the subconscious does not know the difference between a truth and a lie. Constant repetition of the affirmation will bring the situation to the present...perhaps not right away, but in due time.

Always affirm something in the positive. Don't focus on the negative. Don't even mention it. When affirming, act as if the desired good has arrived. Focusing on the fact you have a headache will only intensify it. Instead, state "I feel fine."

You can write your affirmations down or you can speak them. Many people do a combination of both until such time as they have their statements memorized. Speaking it allows the subconscious mind to take the affirmation to heart right away and begin the response process. Reading written words or thinking the affirmation silently is a bit slower process, because your mind must assimilate the words and translate them into inner speech. Sometimes, however, it is not convenient to speak the words. In that case, writing or thinking them will have to suffice - and it will still work, but slower.

Repetition of your affirmations is of great importance. Say them as many as 100 times in one sitting or write them down as many times as you can in one session. This will take time. Saying 100 affirmations one day is not going to immediately bring your desired result the next day. For instance, take the example of losing weight. It didn't take you one day to reach the weight you are at now, and it's not going to change overnight just by stating "I am thin and beautiful." It will take time for your subconscious to hear the words and then pass them onto your body, gently encouraging its positive response. I recommend focusing on one affirmation for a period of at least 30 days in order to give your subconscious time to register the changes and accept the new positive, affirmative belief system you're installing.

Make all of your words loving. If you approach your body, your life, your health and situations with love, then all of those areas will respond lovingly back to you. At the time of this writing, I have been offering my overweight body words and thoughts of love and appreciation on a daily basis for a period of two and a half months. Since I began this process, I have lost thirteen (13) pounds. I have done nothing else - I have not been dieting, I have not entered into an exercise routine. All I have done is offer my body words of love, appreciation and encouragement. I am now working toward my goal of prosperity through the use of affirmations as well.

Don't be surprised if some negative emotions emerge. Don't be surprised to hear a little voice fiercely whispering "You are not beautiful! This is crazy!" because it will happen! *Just keep saying the affirmations, firmly and gently.* This will cause your ego to take a seat in your inner classroom and to cease its unnecessary and cruel comments. You're not forgetting your ego - you are simply taking control of your life and putting your ego in its place.

Your ego is your protector. Your subconscious is your director. When your ego is dictating to your subconscious, it is controlling you and the happenings in your life. When you begin to become the one feeding your subconscious mind, your ego will try to do its job of protecting the subconscious by arguing and rejecting this new food you're giving to your inner self. Like any new foods, it might take the taste buds and your body time to adjust. *Do not allow ego to take over.* Keeping feeding your subconscious small, repetitive portions of this new inner food and your ego will eventually become silent or become a willing partner once it realizes it is safe.

How to Use This Book

On each page there is a picture to focus on as well as a suggested affirmation. I've tried to include different affirmations designed to create different results in your life. Look through them and pick one which you feel applies to you. Focus on the photo and the words. Say the words aloud as you focus on the photo. Memorize the affirmation and take it into your daily life, constantly running it through your mind. Change the affirmation if you'd like, or even write your own, using mine as examples. Nothing is set in stone here. What I have provided is a guided beginning for you - but all of you who read this book should feel free to create your own affirmations which correspond more specifically to your desires.

The photos are included for those of you who are more visual people. The colors in the photo have been specifically chosen to correspond with the desired result of that particular affirmation. Perhaps you cannot recall the exact words of the affirmation during your day, however, you might be able to visualize the picture in your mind, in essence, associating that picture with the corresponding affirmation in your subconscious.

After you have spoken, written, or thought your affirmation several times, release it into air around you with no attachments. Be willing to trust your desired result will arrive at exactly the time it's supposed to. Release and trust that it will happen.

Special notation:

In some of the affirmations, I address *God*, as that is the term I choose for my higher power. However, some of you might have another name or word which is right for you, therefore, I suggest you substitute what you are most comfortable with as the name of your higher power. I believe everything we do and everything that we are is supplied by a power higher than ourselves, so I in turn recognize my higher power, God, as being the abundant source of my supply, health, and happiness in my life.

I truly hope you enjoy this short, electronic book and that you find it helpful in guiding you in affirming your own desires and wishes. Please feel free to write me with your experiences at <petals@petalsoflife.com>.

Michele Janine Johnson is a certified past life therapist and psychic counselor. She performs past life readings, psychic intuitive healing services, angel readings and face readings in her quest toward helping others to heal themselves.

She is also the author of **One Love, An Unbelievable Journey**, a *healing fiction* novel, **Manifest Your Life!**, and **Alternatives: An Internet Guide**. She is the owner of **Petals of Life Publishing** and **Best-Books.Com**, an author driven promotional review service.



I forgive everyone who can possibly need forgiveness in my life. I forgive all things - past, present and future. I am free and all others are free. All things are cleared up between us - now and forever.



I release all situations which are unnecessary and no longer a part of my divine plan for my life, my mind, and my heart. I give them all to God, as I myself can do nothing. I am in a peaceful relationship with all people and situations now.



I have a large, steady, permanent and dependable financial income now.



Deep in the center of my life, there is an infinite supply of love. I now allow this love to come forth and flow to the surface. It fills my heart, my body, my mind and my consciousness and radiates from me in all directions. My supply of love is endless.



Thanks to God working through me, every day and in every day I am growing richer and richer.



I accept and give generously, appreciating all that surrounds me, all that encompasses me, and all that fills my entire divine being.



Each cell of my body is filled with divine love and intelligence. I listen to my body when it speaks to me and know that its advice is valid and important. I choose to be healthy, young, and vibrant.



I know the path which God has laid before me is necessary and important and I follow willingly, with an open mind, heart and soul. I receive my lessons graciously, seeking for the wisdom and knowledge in every happening of my life. I choose wisely, following my intuition and inner voice with every step, knowing I will be led in the right direction for me.



I am forever gracious for the gift of beauty the universe has bestowed upon me. I see and appreciate the beauty in myself and others daily.



I am surrounded and protected by the light of God's love. Everything is moving perfectly and in sync in my life. I am happier than I've ever been as I feel the excitement and joy of being alive encompass my heart and soul.



I have within me the power to receive, maintain, and create new growth and abundance in my life.



My life experiences flow abundantly and easily into the pool of my being, gently teaching me about the greatness in myself and those around me.



Today I am grateful for another day of life and thankful for the warmth of good health which fills my body generously. I look forward to living each day to the fullest. I continuously thank God for his infinite supply of breath and for allowing me the space to create the best me I can be.



Thanks to God working through me, I am beautiful, healthy and happy and my life is richly blessed with love, money, and the gifts of new experiences.



I speak only pure words of love and kindness to others and those words return to me with clarity and understanding. My life is clean of all debris and my heart welcomes the crisp, exhilarating breath of God as I move through this day.



Intelligence fills my mind, lighting a path of joy, compassion and understanding. All that I ask for is given to me, abundantly, and free of attachment. I give to others generously, and accept their gifts with a smile.



I ask for God's direction and I am prospered. Others around me ask for God's direction and are likewise prospered. There is plenty of success and prosperity for all. My supply is unlimited.



I focus on what is before me, not allowing my thoughts to wander to the past or the future, but to instead remain in the present moment. My attention remains on the matters at hand, encouraging me to wisely handle situations, choose directions, and see what is present in the here and now.



In everything, there is gold. Everything I touch turns to gold. Every breath I take turns into gold dust. Every word I speak turns golden. My entire world is filled with the golden hue of happiness, health and prosperity.



I am able to see all which is before me clearly and respond in a loving, reasonable, and peaceful manner to every situation, be it large or small. I am capable because I am filled with love, understanding and compassion for myself and my entire world.



Each of my days begins bright and cheerful as I allow my breath to enter my soul in a few moments of quiet contemplation. I am in awe of my world, of myself and all that I am, and of my creator and all which is possible.



In every cloud I know there is a silver lining of hope. I look for this lining and reach for its light to shine down upon me in times of difficulty. I pray for understanding and I receive it. I let go of attachments which are unnecessary, giving freedom to myself and those whom I love and care for.



In becoming quiet, I reach the deepest part of myself and can hear the answers within, though they may come as silently as a bird in the wind. I accept the answers I am given, knowing they are right for me and will bring me divine peace.



I am strong and my gifts are plentiful. My body vibrates with strength and beauty as I move about my day. My heart delivers the gift of life, my mind delivers the gift of knowledge, and my soul entertains my life with love.



Everything I do works perfectly to create my desired results and my world is one of satisfaction and peace.



I am powerful. I can accomplish all that I set out to do. My world is a colorful, brilliant place to be and it brings me to joy to participate in every activity of my life.



Love surrounds me and envelopes me in its warmth. I find love easily in everything I see, hear, and do. I give pure love in return to all persons and happenings of my life.



Every one of my days is a new beginning. I look at each one with fresh and clear eyes, willing to accept what is delivered to me graciously. Abundance, light, and love surround me and fill my heart.



I am a beautiful, bright and loving person. All of my ideas are unique and appreciated by others. I respond honestly and appreciatively to those around me, knowing that I am at all times being true to myself.



My health is perfect. My heart is happy. My mind is bright. My world is a beautiful, sweet place to be. All is perfect, whole and complete.