

MAKING MAGIC

Why your affirmations don't work

Affirmations can be truly powerful. There's a reason so many people talk about them and practise them. If you've tried affirmations before and they haven't worked for you, it could be that you're making one of these three mistakes.

You don't believe yourself

If you start with an affirmation that is too far away from what you currently believe it will feel like a wish or fantasy.

For example, you may want to experience more abundance so you create an affirmation like "I am abundant in all areas of my life".

That seems like a good, positive, present tense statement to practise until you have wired and fired neurons together and formed a new belief that you are abundant.

The problem is if you currently have an ingrained belief that you're not abundant it's hard to get past the feeling of lack which seems 100% true to you.

Your affirmation doesn't feel grounded in any reality. It doesn't feel at all true to you. Your belief in your affirmation is at 0%.

These are opposing mental energies and opposing emotional energies. Two different thoughts. Two different feelings.

If you don't believe what you are telling yourself you are fighting a losing battle. Your brain will look for evidence for the thought it already fully believes.

The ingrained belief wins 100% of the time.

FEEL IT TO SEE IT



You are too vague

You may be creating an affirmation that is either too narrow or too broad or too imprecise.

For example, if you want to believe "I am abundant in all areas of my life" you have to know what abundance means to you. Are you thinking about time, money, health, relationships, years, objects, choices, decisions, obligations, tasks, stress etc. Are you thinking of an abundance of curated items for your home or a home so full of objects it feels cluttered? Are you thinking about having an abundance of choices or making an abundant number of decisions?

There are lots of areas of life and lots of forms of abundance. Some may feel good to you and others may not.

Your definition matters.

You are emotionally disconnected

You may not be emotionally connecting to your affirmation. For example, if you want to believe "I am abundant in all areas of my life" you have to identify how that thought feels in your body and be aware of the various dimensions of that emotion for you. You need to connect to that emotion on purpose internally before your affirmation becomes a belief and starts presenting evidence to you externally.

Feel it to see it.





Making Magic

Affirmations have a mystical, woo-woo reputation these days. Their branding makes it seem like you need to have a magical, unicorn energy for them to work. Yet at their core affirmations are simply a technique to reinforce a new thought pattern. Mix in a little trauma sensitivity, neuroscience and creativity and your affirmation will give you a real edge with your personal transformation.

Here's three ways to power-up your affirmations.

Create bridging affirmations

Instead of an opposing thought create an affirmation to act as a bridge between what you believe now and what you would like to believe.

This is where a gentle tortoise approach will win the race over the hare.

Back to our original example we had a belief about our lack of abundance that wasn't serving and we believed it 100%. We had an affirmation about abundance that we wanted to believe a 100%, but in reality we believed 0%. To reverse that we need to create some bridging affirmations.

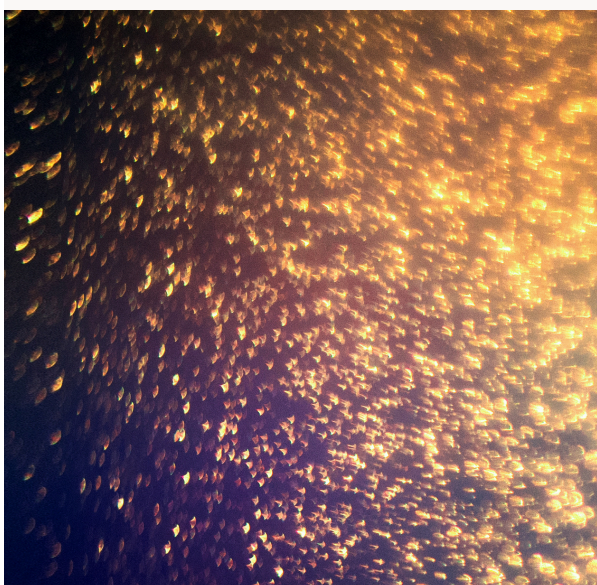
For example, to get to your goal affirmation "I am abundant in all areas of my life", you could try practising these bridging affirmations:

"I am becoming more abundant in some areas of my life"

"It's possible I am more abundant than I know"

"I am noticing the abundance I already have"

"I am feeling more abundant each day"



POWER UP YOUR AFFIRMATIONS

It can take a little curiosity to try on different affirmations to get a sense of how believable they are to you. Aim for somewhere between 60% - 85% true. Practise that affirmation every time your thoughts turn to lack. Once your bridging affirmation starts to feel 95-100% true it's time to create your next bridging affirmation. Keep repeating until you are over the bridge and you're ready to practise "I am abundant in all areas of my life".

Be more specific

Get specific and more focused on what your affirmation means to you and why you want it by honing your unique definition in your mind.

For example, you may decide that you want an abundance of adventure and experiences with loved ones, an abundance of unstructured time and choices about how to spend your time, an abundance of good health and vitality, an abundance of nurturing friendships, an abundance of laughter, joy, kindness and love, an abundance of nature, an abundance of creativity, an abundance of giving and receiving opportunities, and an abundance of wealth.

When you imagine your own bespoke version of abundance happening in your life in this very moment how would you feel? Perhaps immense gratitude or freedom or fulfilment or excitement or contentment? Daydream and see what emotion comes up for you.

Now that you know exactly what your goal affirmation means to you, you have a crystal clear picture in your mind's eye, and you can feel its impact in your body, you have absolute clarity. You now have the choice to keep the same wording for your goal affirmation, or you could choose to refine it. You'll know whether it needs to change or not. For example, I would refine mine to something like "I am grateful for all the abundance in my life and how it reflects my values".



Create an emotional connection

Create a strong emotional connection with your affirmation by becoming aware of how you feel when you practise your bridging affirmations and your goal affirmation.

For example, if you are practising your bridging affirmation “I am becoming more abundant each day” what emotion does that affirmation produce?

Once you have worked out how you feel when you think or say your affirmation, you can explore how that emotion feels in your body by building a sensory map. Ask yourself:

- Where is the sensation located in your physical body?
- Does it feel warmer or cooler?
- Does it feel expansive or contracted?
- Does it feel heavy or light?
- Does it feel soft or hard?
- Does it feel solid or flexible?
- Does it feel strong or weak?
- Does it feel grounded or elevated?
- Does it feel centred or diffuse?
- Are there any other sensations you feel in your body?
- Does it have a colour?
- Does it have a sound?
- Does it remind you of a song, picture, animal, food or landscape?

BELIEVE IT
FEEL IT
SEE IT

For example, when I think: I am becoming more abundant each day I feel calm and peaceful. The best word to describe my emotion is tranquil. My sensory map for tranquil looks like this: I feel tranquility in in my throat, I don't notice a temperature. Tranquility feels expansive, light, soft, flexible, strong, grounded, diffuse and gentle. It has a pale, golden yellow colour and I associate the sound of Om with it and the colours and image of soft morning light with dew on the flowers and grass.

Now that you have your sensory map you can anchor a strong connection to it by creating a digital vision board in the form of a short iMovie or Canva video on your phone using images, songs, music, nature or sounds that evoke the emotion and typing your affirmation onto the screen.

Play the video before going for a walk or a drive or doing chores. Play the song while you walk, drive or do your chores. Notice all the times you find yourself feeling your affirmation emotion during the day.

Over to you

These are the three common mistakes I see and three solutions. Get curious. Get whimsical. Get bold. Get adventurous. Get creative and play with some affirmations for yourself.

You might be a powerful witch after all.