

MY POSITIVE AFFIRMATIONS

("What would I like to believe")

An affirmation is a positive statement that reverses a negative belief. If you are responsible for your beliefs, and if your beliefs truly determine how you feel, then you must have the ability to *create* beliefs that alter how you feel. To be responsible for your beliefs means that you are the ruler of your mind.

Below is a sample of positive affirmations that can be applied to any situation where you are not fully at peace. You are already very adept at affirming certain negative and limiting beliefs; so can you become adept at affirming certain positive beliefs. Practicing affirmations make them real in your life and reverses a negative inner state. In truth you can make up any affirmation that you choose that leads to pain and misery or to peace of mind.

To create an affirmation, always make up sentences that are *here and now* statements. Good affirmations are really "I am" statements that connect into your core existence. Good affirmations are not "pretenses" or Pollyannaish in nature. They are not pie in the sky fantasies. Good affirmations express reality and lead to peace of mind.

Take one or two of the affirmations below that seem to fit for you or for your situation. For the next few days, consciously *practice* them by silently telling yourself these words for about a minute 3 times a day, preferably in the morning, during the middle of the day and in the evening. Make it a kind of meditation by repeating the words slowly and thoughtfully. Try to remember to tell yourself these words as often as you can throughout the day in any situation where you find yourself without being compulsive about it. As you practice these affirmations they will recede into the background of your existence and become more and more an expression of "who you are".

<input type="checkbox"/> I radiate acceptance	<input type="checkbox"/> I forgive myself and I set myself free
<input type="checkbox"/> I am the perfect age	<input type="checkbox"/> This shall pass and I will benefit from this
<input type="checkbox"/> I am the author of my life	<input type="checkbox"/> I dissolve my barriers
<input type="checkbox"/> I see beauty around me	<input type="checkbox"/> I pay my way easily
<input type="checkbox"/> I love my business	<input type="checkbox"/> I am a shining light
<input type="checkbox"/> I am growing up	<input type="checkbox"/> I am changing how I think about things
<input type="checkbox"/> I choose to live my highest potential	<input type="checkbox"/> I love my children and know they love me
<input type="checkbox"/> I communicate with awareness	<input type="checkbox"/> I open my heart to everyone
<input type="checkbox"/> I am incomparable	<input type="checkbox"/> I use my mind; my mind does not use me
<input type="checkbox"/> I create my own security with trust	<input type="checkbox"/> I am creating my life
<input type="checkbox"/> I praise myself for this	<input type="checkbox"/> I am at peace with my life...and my death
<input type="checkbox"/> I am decisive	<input type="checkbox"/> I am open to new experiences
<input type="checkbox"/> I digest life with ease	<input type="checkbox"/> My illness is my teacher
<input type="checkbox"/> I trust my inner guidance	<input type="checkbox"/> I flow with life easily and effortlessly
<input type="checkbox"/> I am safe in my bed	<input type="checkbox"/> I love my car
<input type="checkbox"/> I rejoice this passing year	<input type="checkbox"/> I choose these positive thoughts
<input type="checkbox"/> I am filled with positive energy	<input type="checkbox"/> This is meant for my good
<input type="checkbox"/> I rejoice in other's prosperity	<input type="checkbox"/> Life is free and easy
<input type="checkbox"/> I am who I am	<input type="checkbox"/> I belong wherever I go
<input type="checkbox"/> I am safe	<input type="checkbox"/> I am part of the universal intelligence
<input type="checkbox"/> I am financially secure	<input type="checkbox"/> My feelings and my thoughts are one
<input type="checkbox"/> I love myself unconditionally	<input type="checkbox"/> I am drawn to nutritious food
<input type="checkbox"/> I forgive myself for this	<input type="checkbox"/> I am choosing my thoughts
<input type="checkbox"/> God is my source	<input type="checkbox"/> I give generously and receive graciously
<input type="checkbox"/> I communicate clearly with intention	<input type="checkbox"/> I am at peace with my grief
<input type="checkbox"/> I accept myself as I am	<input type="checkbox"/> I approve of myself
<input type="checkbox"/> I am healthy and vibrant	<input type="checkbox"/> I am growing toward my highest good
<input type="checkbox"/> This holy instant is all there is	<input type="checkbox"/> I am at home in my heart
<input type="checkbox"/> I am funny	<input type="checkbox"/> I clean my surroundings with ease and intention
<input type="checkbox"/> There is enough for me	<input type="checkbox"/> My thoughts influence my health
<input type="checkbox"/> My income is growing	<input type="checkbox"/> I am continually improving the quality of my life
<input type="checkbox"/> I am a light	<input type="checkbox"/> I learn my lessons with grace and humility
<input type="checkbox"/> This moment is new and wonderful	<input type="checkbox"/> I radiate love
<input type="checkbox"/> I am safe and serene	<input type="checkbox"/> I communicate with love
<input type="checkbox"/> I am a magnet for money	<input type="checkbox"/> I manifest money with ease
<input type="checkbox"/> I am the ruler of my mind	<input type="checkbox"/> I hear the good in all things
<input type="checkbox"/> I am nourishing my body with food	<input type="checkbox"/> I am living now
<input type="checkbox"/> Everything I need is here and now	<input type="checkbox"/> I love my body and all its parts
<input type="checkbox"/> I see my parent as a child of God	<input type="checkbox"/> I am patient
<input type="checkbox"/> I am peaceful	<input type="checkbox"/> I am whole and complete
<input type="checkbox"/> My life is working perfectly	<input type="checkbox"/> The people I see are seeking their highest good
<input type="checkbox"/> I love my world	<input type="checkbox"/> I am powerful. I make things happen.
<input type="checkbox"/> Love is inherent in differences	<input type="checkbox"/> I am the solution
<input type="checkbox"/> My needs are fulfilled	<input type="checkbox"/> I am growing toward unconditional love
<input type="checkbox"/> I let love in	<input type="checkbox"/> I am already perfect
<input type="checkbox"/> I am one with God	<input type="checkbox"/> I choose to let go
<input type="checkbox"/> I am responsible	<input type="checkbox"/> I am sexual
<input type="checkbox"/> I choose sex or not	<input type="checkbox"/> I am aware of my thoughts

<input type="checkbox"/> I am growing every moment	<input type="checkbox"/> I am successful
<input type="checkbox"/> I ask for and choose the help I need	<input type="checkbox"/> I am supported by life and everyone around me
<input type="checkbox"/> I am well	<input type="checkbox"/> I am right where I am supposed to be.
<input type="checkbox"/> I am safe	<input type="checkbox"/> I run my thoughts. My thoughts do not run me.
<input type="checkbox"/> I am changing every moment	<input type="checkbox"/> I travel the world in peace and safety
<input type="checkbox"/> I trust the outcome of all things	<input type="checkbox"/> Love is here
<input type="checkbox"/> I am growing in my understanding	<input type="checkbox"/> I am unique
<input type="checkbox"/> I see clearly now	<input type="checkbox"/> I trust my inner guidance
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>