



## Mindful Intention

Express your intention in words. Affirming phrases, or affirmations, help make us mindful of our goals. Affirmations are short sentences that can motivate, inspire and encourage us. They can help us replace negative thoughts with positive thoughts. When repeated frequently, they can leave an imprint on the subconscious mind. This can help us to change habits, behaviors and points of view.

It's important that we pay attention to the words we use and the things we say to ourselves. If we frequently say to ourselves, that could never happen to me, it won't because you have made that negative statement your affirmation. Repeating positive phrases to ourselves replaces the negative thought pattern with positive thinking.

Just as we use physical exercise to train our bodies, we use positive statements to train our minds. Why not incorporate an affirmation with your Qigong practice? As Qigong is considered a moving meditation, you can use your practice time to focus on your affirmation to help bring about a change in your thinking and a change in your life.

A few guidelines:

Devote special times of day to repeat your affirmations – first thing in the morning, last thing at night and then throughout the day to center yourself. Keep in mind that the more frequently you repeat your affirmation, the more effective it will be.

When creating your affirmation, always use the present tense – *I am perfect, whole and complete.*

If you can, say your affirmation out loud – it will have more impact.

Write your affirmation and post it in key locations so that you can see it and be reminded of it during the day.

Keep a journal and write your affirmation every day to reinforce the thought.

Do not allow any negative thought to enter your mind. Believe and feel that your desire has already been fulfilled.

The following are some affirmations to help you get started. Use one of these or change them however you like to make them your own.

### Happiness

I attract positive people and situations to my life all day long.

I have everything I need to make today a wonderful day.

I am happy and calm in every situation.

Only happy thoughts fill my mind.

Happiness flows through me all day long.

Today, I am happy, peaceful and radiant.

Something wonderful is going to happen today.



### Health

My body is infused with the energy of health.  
Healing energies are filling my body and mind.  
Every cell in my body is filled with healing energy.  
I feel healthy, strong and energetic.  
Divine healing flows through my body.  
My body is healthy and robust.  
I am perfect, whole and complete.

### Abundance

Abundance flows through me; I am blessed beyond measure.  
I welcome prosperity and abundance into my life.  
Plenty of money flows through my life.  
Many prosperity channels are opening for me now.  
Abundance comes to me easily and effortlessly.  
I am a money magnet.  
I live my dream; my heart's desire is now coming true.

### Success

It is simple and easy for me to achieve success.  
Success is flowing through me now.  
I now create the life I want.  
Limitless possibilities come to me now.  
I radiate confidence.  
I easily accomplish my goals.

### Self-Worth

I am worthy of all the good things life has to offer.  
I am confident in my talents and gifts.  
I have complete confidence in myself and my path.  
I am a strong and confident person.  
I attract miracles into my life.



### Right Employment

The perfect job is waiting for me and I am ready to find it.  
I am attracting the perfect job for me.  
I am ready for my perfect new job.  
Opportunities flow to me now.  
The doors of opportunity fly open to me now.  
The perfect job is now on its way to me.  
I now attract my dream job.

### Right Relationships

I am worthy of love.  
I am open to receiving love.  
Love is all around me.  
I make space in my life for an amazing relationship.  
I am filled with loving kindness.  
Loving and supportive people fill my life.

### Gratitude

Living from an attitude of gratitude, I am magnetic.  
With gratitude, I transform my life.  
I am grateful for my strength and resilience.  
With each inhalation, I inhale gratitude.  
I am grateful for all the possibilities this day holds.  
Thank you for this day.  
I am grateful for the love and support that surrounds me.

### Divine Order

Divine Order creates harmony in my life.  
I tackle my tasks and reach my goals with ease and grace.  
I have enough time to do all I need to do.  
My life is unfolding in perfect order.  
I place this situation in the hands of the Infinite.  
The Universe guides me to perfect choices.



### Guidance

The wisdom of the Universe guides me to perfect choices.

I am open and receptive to guidance from above.

I am divinely directed.

I am grateful for the guidance and support my intuition provides.

Spirit directs me to the perfect opportunities.

### Safety

My inner vision is always clear and focused.

I trust the Universe to guide and protect me.

Protection follows and surrounds me.

I am safe and fully protected at all times.

I release all fear and anxiety knowing the perfect outcome.

I am always guided and protected.