

Contrast and Clarity

-Make 2 columns at the top of the page and draw a line down the middle.

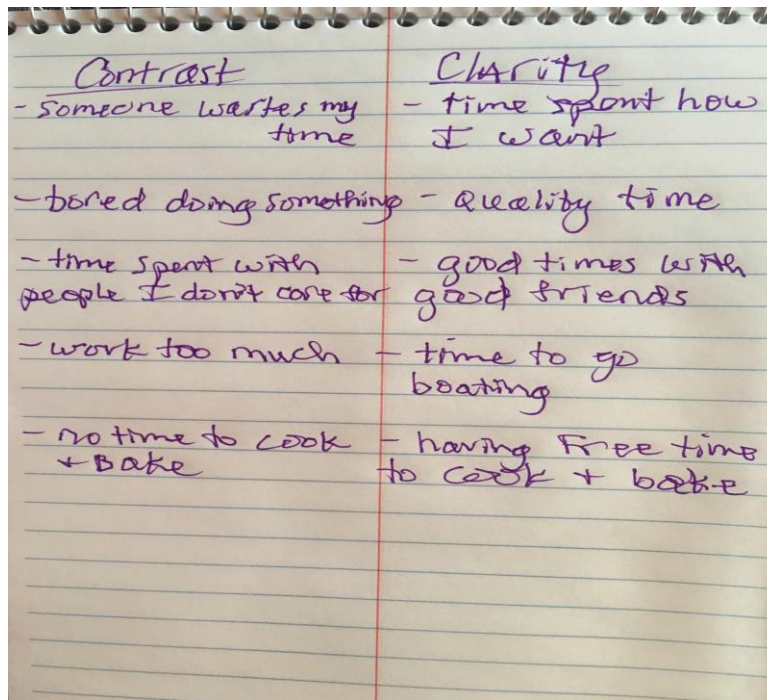
-Label the columns:

CONTRAST & CLARITY

-Under Contrast label list all of the negative things that you do not like about something in your life.

-under the Clarity label write down a Positive, opposite word that comes to mind across from the negative word in the first column.

See example:



-On a new sheet of paper label at the top:

Desires with feelings

(You will say these desires with feeling silently in your mind)

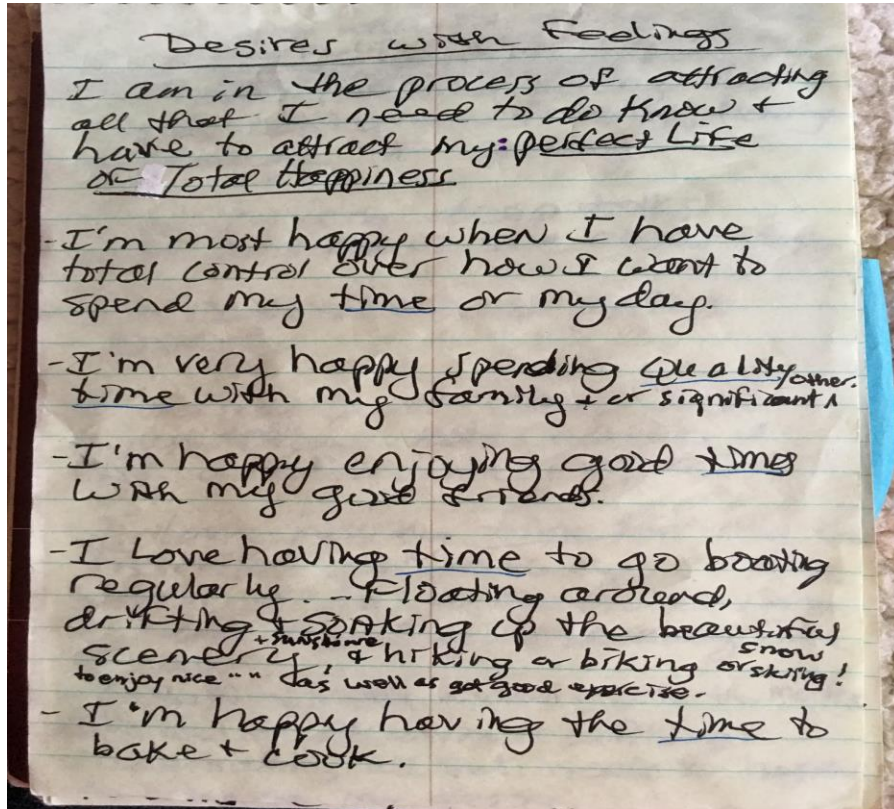
-Now write:

I am in the process of attracting all that I need to do, know and have to attract.... (fill in the blank)

Example: My Perfect Life of Total Happiness

-now create a list of positive affirmations in full sentence form in the present moment out of each Positive Clarity item listed on the previous page. Only use positive words in the sentences.

See example:



-Now, write at the bottom of your positive affirmations list the following:

'The Law of Attraction is unfolding and orchestrating all that needs to happen to bring me my desires.'

-Please find time to review your positive affirmations list that you created at least once a day maybe prior to meditation or perhaps at bed time before going to sleep.

~Namaste

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