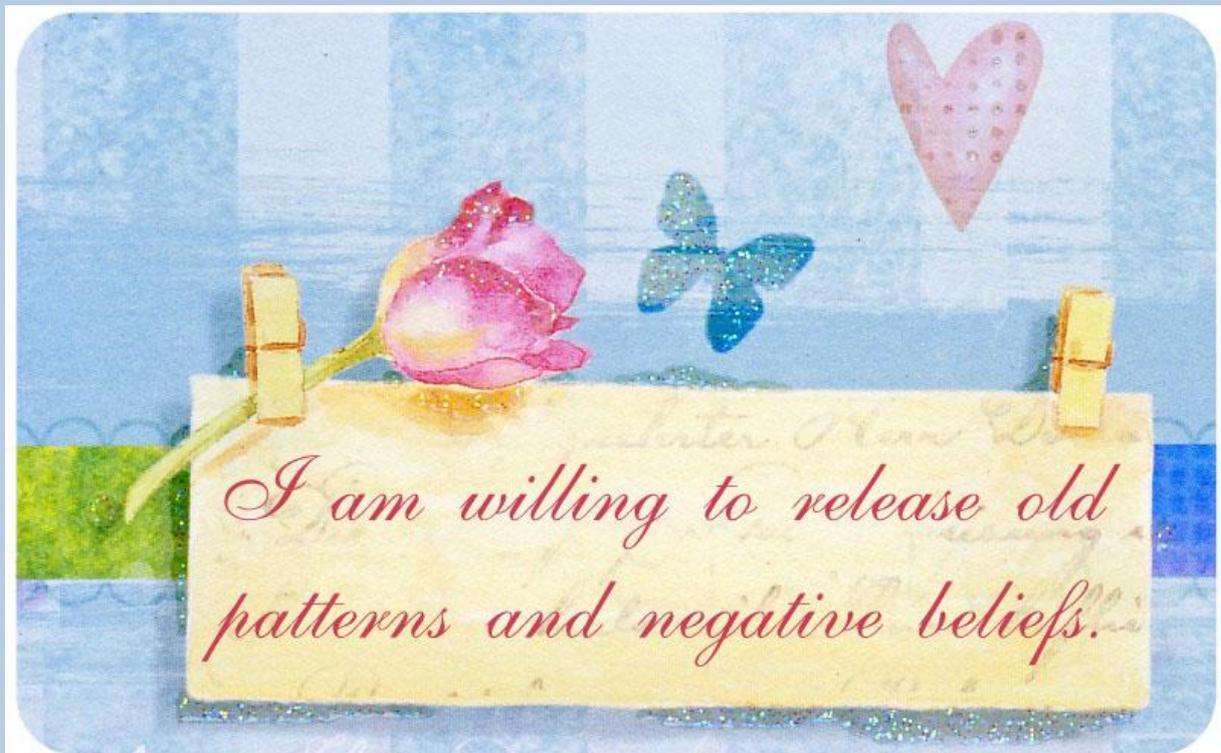


AFFIRMATIONS

Viviana Geurten



A Guide to Create the Life You Desire

"Your thoughts and beliefs of the past have created this moment, and all the moments up to this moment. What you are now choosing to believe and think and say will create the next moment and the next day and the next month and the next year." Louise Hay

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What are Affirmations?

The definition of "affirmation" according to the dictionary

1. the act or an instance of affirming; **state of being affirmed**.
2. the assertion that **something exists or is true**.
3. something that is affirmed; a statement or proposition that is **declared to be true**.
4. confirmation or ratification of **the truth** or validity of a prior judgment, decision, etc.

"Nothing can prevent your picture from coming into concrete form except the same power which gave it birth—yourself." —Genevieve Behrend

Every thought you think every word you say is an **affirmation**. All of our self-talk or inner dialogue is a **stream of affirmations**. We are continually affirming **subconsciously** with our words and thoughts and this **flow of affirmations is creating our life experience** in every moment.

Our beliefs are just learned thought patterns that we have developed since childhood, many of these work well for us, but others may now be working against us, they are dysfunctional and may be sabotaging us from achieving what we believe we want.

Every affirmation we think or say is a **reflection of our inner truth or beliefs**. It is important to realize that many of these "inner truths" may not actually be true for us now or may be based on invalid or inappropriate impressions we **constructed as children**, which if examined as an adult can be exposed as inappropriate.

Our **subconscious** uses the **behaviour patterns** we have learned to **automatically respond** and react to many everyday events in our life. This is essential to our **survival**, we need to be able to respond quickly to events around us which would be impossible if we had to re-examine every aspect of things every time something simple happens. Our learned responses and thought patterns enable us to **automatically respond** to circumstances quickly and easily.

Problems arise however, if at an early stage some of the **foundation beliefs** on which many of the others are built were formed from a skewed perspective, maybe the strategy was appropriate for a perceived difficult circumstance, however often such beliefs are totally **inappropriate for succeeding** in the real world as **adults**.

You can use "**Positive Affirmations**", which are usually **short positive statements targeted at a specific subconscious set of beliefs, to challenge and undermine negative beliefs and to replace them with positive self-nurturing beliefs**. It is a kind of "brainwashing" only you get to choose which negative beliefs to wash away. The way these statements are constructed is extremely important. It is important to remember of course that everything we say and think is a positive affirmation, **using positive affirmation statements forces** us to keep **focussed** on our **inner goals** and reminds us to **think consciously** about our words and thoughts and to modify them to reflect our positive affirmation.

Why affirmations work

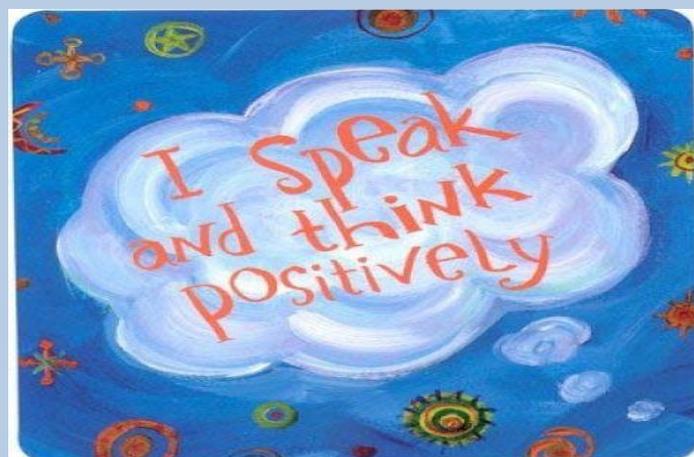
Positive affirmations are designed to challenge negative beliefs and start to stem the flow of negative thoughts and words that seek to validate them. **Affirmations** are more than just repeating words. **It is a whole process of becoming aware of your thoughts and words in everyday life, choosing to think and project happy positive thoughts.** The more you can consciously inject the spirit of your affirmations into your daily thoughts and words, the quicker they will work for you.

By choosing to think and say positive affirmations as true, the **subconscious** is forced into one of two reactions - **avoidance or reappraisal**. The bigger the issue the bigger the gap between the positive affirmation and the perceived inner truth and the more likely that one is going to experience resistance. This is where the subconscious finds it easier to stay with its perceived inner truth and avoid the challenge using any means at its disposal to avoid examining the issue. **You will recognise this reaction by a strong negative feeling inside as you state the positive affirmations. Equally if your experience a sense of joy and well being, your mind is instinctively responding to something it believes to be true.** When you get this emotion, you know your affirmations are working!

Continually repeating affirmations with conviction and passion will chip away at even the strongest resistance. However there are a number of additional techniques you can use that will super-charge your affirmations and magnify their effectiveness many fold.

Once the resistance is broken, your **subconscious** is able to re-examine the core belief and patterns you have been working on. The effect can be startling and things can change very quickly as the dysfunctional beliefs get identified and replaced by your own new **inner truth**.

Depending on how deep into your **consciousness** these **beliefs** lay, every other learned pattern and belief that relied on the original belief as a premise, becomes unfounded. The subconscious has to re-examine them all, this can lead to a period of introspection. If you find yourself experiencing **serious resistance** or have identified an area of trauma in your life, seek **professional support**, the journey you are embarking on will release you from the past but having proper support around you as you go through the process will make it so much easier.



How quickly do affirmations work

Positive affirmations can help develop a **powerful and positive attitude to life**; which is an essential element in **life success** and **good health**. With this power you can turn failure around into success and take success and drive it to a whole new level. Your positive attitude is the fuel for your success.

From day one, there will be affirmations you love and enjoy saying, these affirmations are likely to be **very effective** for you and you are likely to start experience changes almost **immediately**. Others will **feel very negative**, almost like a big lie, **this indicates resistance** and these areas may take longer to impact. How quickly you can resolve an issue like this is like asking how long is a piece of string. *It depends on the issue, how deeply the belief is held and how determined you are to bring about change in that area of your life, the latter being perhaps the most important of all.*

If you are truly **ready** and want to make changes, the quicker those changes will come for you. People have made cognitive changes in their beliefs almost instantaneously, once you are prepared to embrace and accept a change and you believe it to be right for you from your very heart, then that change will happen. So it is not really a question of time, more a question of how accepting of change you can be.

To **believe** in something requires a certain amount of **faith, focus** and **strength**. Faith really is believing in something that you can't quite see yet but know will come true in the end. So **reframe** your thoughts of knowing you are not healthy to just really digging deep and **acting** as if you are healthy and keep affirming this **several times** during the **day**: "I am healthy, I feel fantastic, I am healed," and watch for the results. It takes **practice**, especially if you are used to feeling negative or being around negative people but keep at it.

*The **law of attraction** teaches us that **like attracts like**.
It is to realize how powerful you are, in your words, thoughts, and actions.*

"Whatever the mind can conceive, it can achieve." W. Clement Stone

Developing a positive mindset is one of the most powerful life strategies there is. Using powerful positive thinking techniques, **visualizations** and **positive affirmations**, it is possible to achieve whatever you want. At a personal level it will transform your life, your health and renew the joy and passion for life.

"Positive Affirmations can manifest your dreams"

Re-programme your thinking, let go of the negative patterns that have been sabotaging you and adopt powerful success techniques to bring you what you want.

"Let the Universe bring you what you need"

The universe is infinitely abundant, just place your Cosmic order with the universe and allow it to manifest what you want. **Our beliefs define our reality.**

"What we believe about ourselves and life become true for us"

If we expect and believe that life is a struggle for us and that people treat us badly then that is what our experience will be. Likewise if we love ourselves and believe that we deserve all good in our lives and have a right to loving healthy relationships, that is what we will experience. **Learn** to get what you really want and **love** the things you already have.

Stop 'poverty thinking'. The world is infinitely abundant and your prosperity is there for the taking. Learn how to reach out and accept it into your life. ***Our Thoughts are Creative***

"What we think creates our reality"

To make changes in our lives we must clear out old negative thoughts of not being good enough or deserving, and nourish ourselves with new positive and loving thoughts

***"People we attract are a mirror of our own inner beliefs
about ourselves and the world"***

Take charge of your romantic life, supercharge your existing relationship or **attract** your **perfect new partner**. Stop accepting less than you deserve in your relationships and start sending your attraction quotient through the roof!

Love and Accept yourself

"Self approval and self acceptance are the keys to positive change"

Self criticism breaks the spirit and undermines an individuals ability to make positive change or attract goodness into their life. Just **accept yourself** as you are right now, today. This allows the body, mind and spirit to relax and stop worrying. Once we let go, we can start to allow the good things in.

"Unblock the emotional barriers to your success now"

Isn't it time you tried something new, that is designed to to eliminate the **mental blocks** that keep sabotaging you ? Getting your **mental attitude** straight is going to supercharge it's effectiveness!

"Forgiveness is the key to your own release"

Holding onto old anger, hurt and upset causes dis-ease within the body. If you do not forgive, You remain the victim. Sometimes the hardest person to forgive is ourselves for things we feel we have or have not done. Forgive yourself and others, let it go, release the hurt and anger.

"Love is the most powerful healing force of all"

Real healing love comes from within. Loving the self brings about healing on all levels and in all things. When you love yourself you do not hurt yourself and you will not hurt others. **You cannot truly love another if you do not love yourself.**

How to create your own affirmations ?

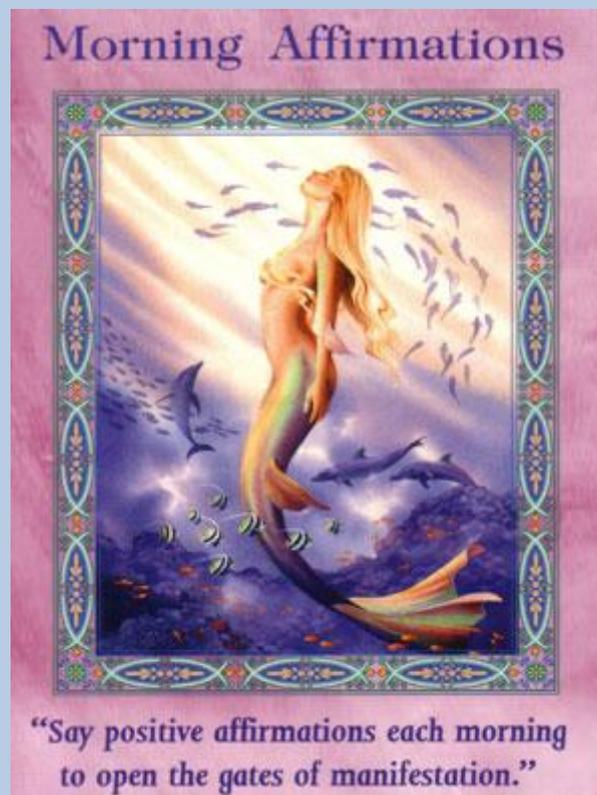
Start by taking some time to think about **areas in your life** you would like to improve and how you might want your life to be. It is worth taking some time over this process. Write the most important ones down in a list.

Now look at each item on the list and write out a **few positive statements** for each. They must be **positive** and in the **present tense**, **focus** on what you **do** want, **not** on what you don't want. It is important to use "**I am**" at the start of any affirmation as you are sending out a message to the universe that you already believe you are happy.

Creating your own affirmations is the perfect way to get the right affirmations for you.

How about starting with something simple such as, "**I am happy.**" Think it, mutter it under your breath, shout it out, pretend, walk around as if you are happy, think about the things you would be doing right now if you felt energized and happy. If these things are going for a walk, getting your hair done, meeting with friends, or just going for a drive, pick one of those things and do it. **You will be surprised how your affirmation of "I am happy" begins to create the feeling of and situations of being happy and before you know it, you will be happy.** It is **saying** something **repeatedly** to yourself, making a suggestion to yourself, and the only way these words can really be effective is to **believe** and accept them.

*Affirmations create change within your live.
They reprogram your subconscious.
Repeat an affirmation 3x and use often.
Feel the liberation it gives you.*



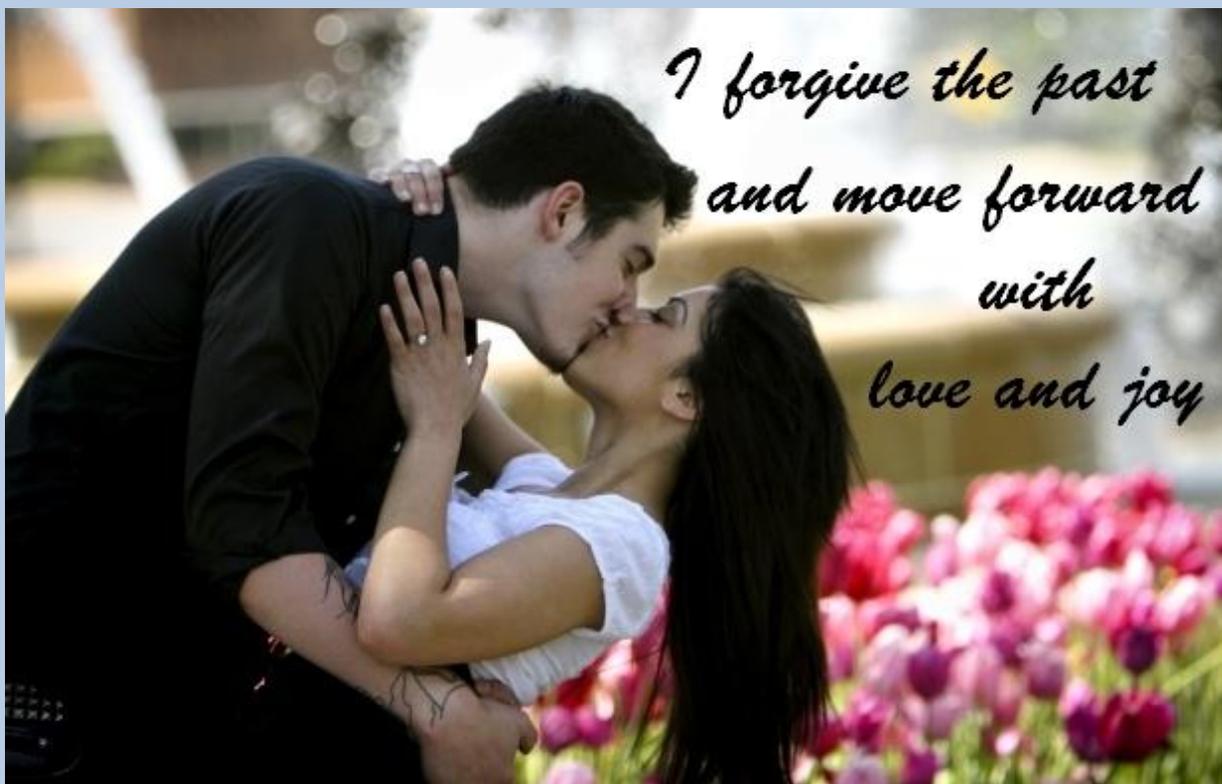
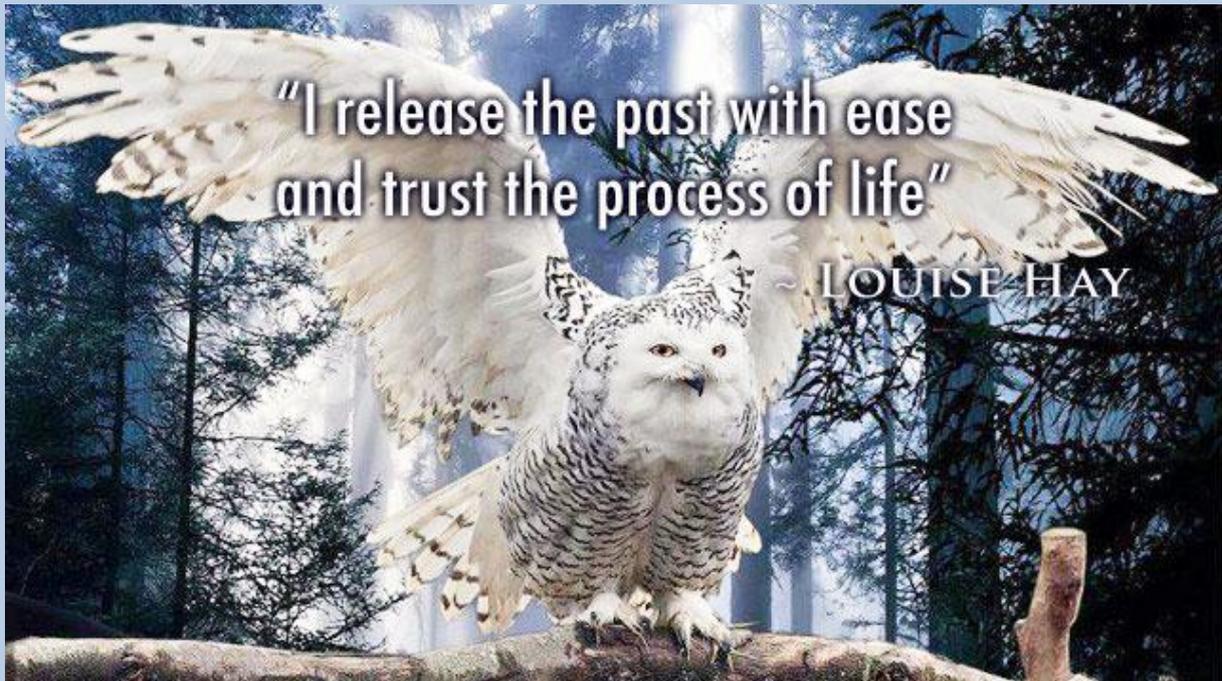
Powerful Affirmations for Releasing the past

Choose the affirmations that resonates with you. **Write** it down, 10-15 times or more.

Feel the words in your body. Then **repeat** the affirmation at least for 10 times.

During the day repeat them or sing it in your mind for **30 days**.

- I am willing to begin where I am right now to clean the rooms of my mental house.
- I am willing to set myself free. All is well in my world.
- I release my past. Letting go is safe. I am free to move on into the future.. all is safe
- I have learned from my past and am now free from it. I choose to release the past and live in the now. I completely release the past and live in the now
- I choose to let go of the past, and embrace the present moment.
- I clear my grief with cleansing tears.
- I discard all excuses for letting life happen to me.
- I eagerly release all hurt, anger and resentment from my life.
- I easily and readily forgive myself and others.
- I easily let go of all disempowering beliefs.
- I easily let go of all negative memories.
- I easily relax and let go of all the negatives in my life.
- I easily release anything that keeps me from experiencing joy in my life.
- Every day I am letting go of everything that has been holding me back.
- Every day I ensure that I move away from the past.
- In the Infinity of life where I am all is perfect whole and complete.



Powerful Affirmations for Health

Choose the affirmations that resonates with you. **Write** it down, 10-15 times or more.

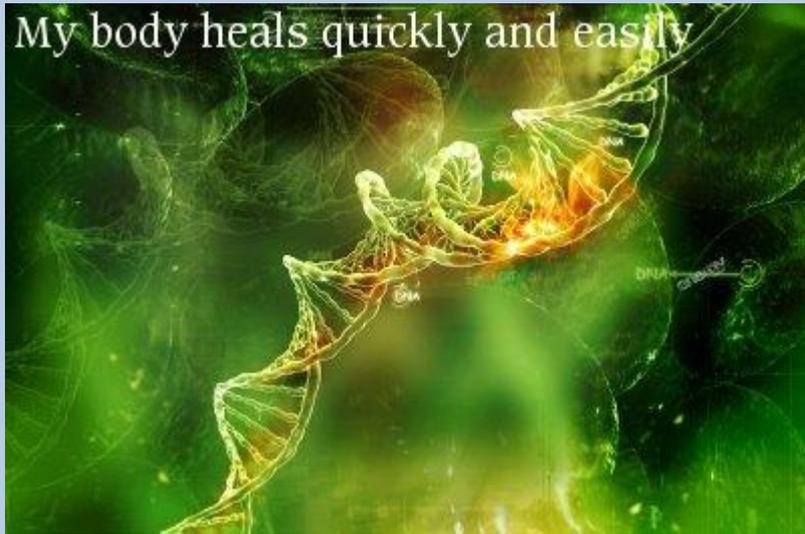
Feel the words in your body. Then repeat the affirmation at least for 10 times.

During the day **repeat** them or sing it in your mind for 30 days.

- I am full of energy and vitality and my mind is calm and peaceful.
- Good health is my birth right. I bless my body daily and take good care of it.
- I am always happy, hale and hearty. Happy in spirit, hale in body and hearty in disposition.
- I am of a strong heart and steel body. I am vigorous, energetic and full of vitality.
- Every Cell in my body vibrates with energy and health
- Loving myself heals my life. I nourish my mind, body and soul
- My body heals quickly and easily
- I am healthy and whole.
- I listen to my bodies messages with love.
- Every cell in my body is health conscious. I am a health freak.
- I treat my body as a temple. It is holy, it is clean and it is full of goodness.
- I breathe deeply, exercise regularly and feed only good nutritious food to my body.
- I release all ill feelings in me about people, incidents and anything else. I forgive everyone associated with me.
- I express my deep gratitude to God and everybody in my life. I am aware that I am incomplete without you all and thank you all for coming into my life.

My health is my
number one priority.
I truly love my body.

My body heals quickly and easily



*"I feel positive in
EVERY cell of my
body."*

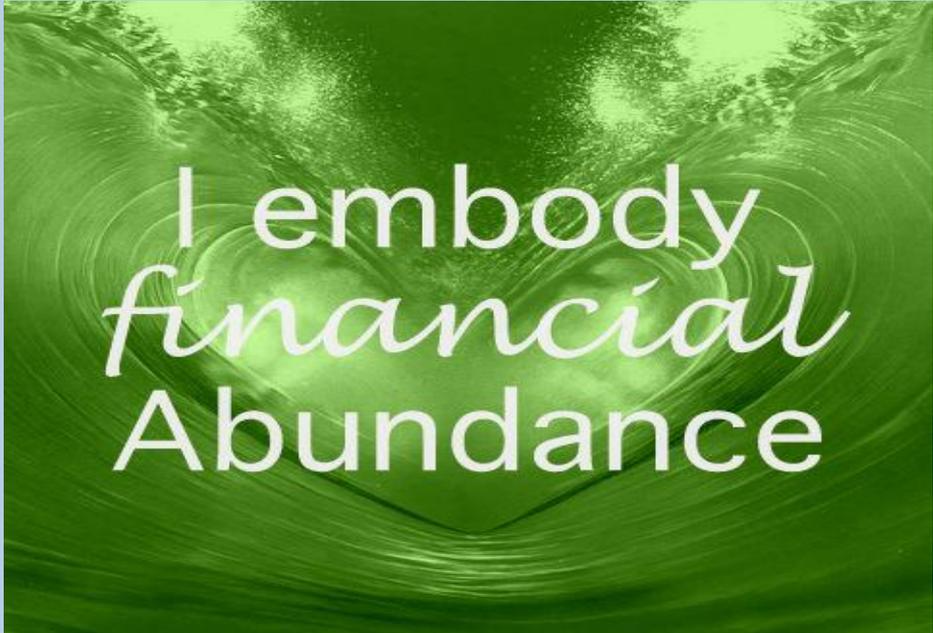
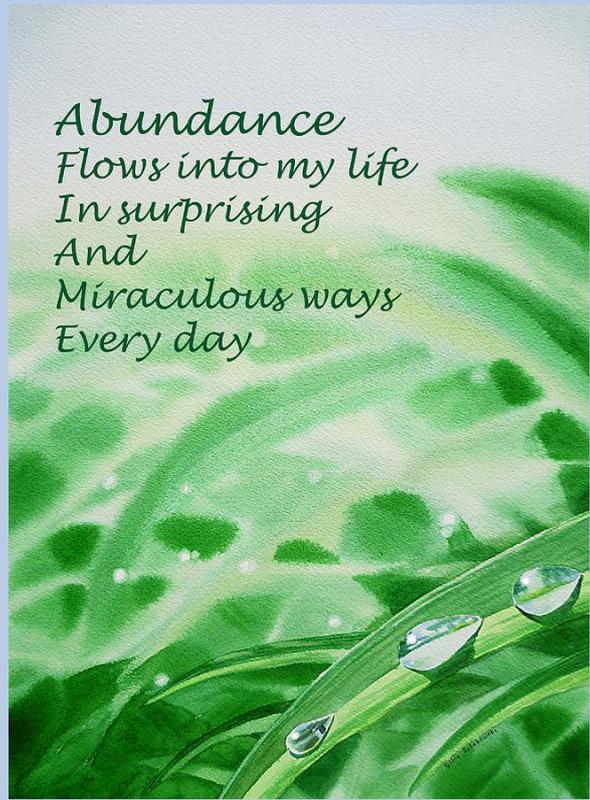
Powerful Affirmations for Abundance

Choose the affirmations that resonates with you. **Write** it down, 10-15 times or more.

Feel the words in your body. Then repeat the affirmation at least for 10 times.

During the day **repeat** them or sing it in your mind for 30 days.

- I am creating more experiences that generate feelings of joy.
- I am creating more and more of what I want effortlessly.
- I am experiencing my life as simple and easy.
- I am assisted by the powers and spirits of heaven.
- I am comfortable moving forward with my life.
- I prosper wherever I turn and I know that I deserve prosperity of all kinds
- The more grateful I am, the more reasons I find to be grateful
- I pay my bills with love as I know abundance flows freely through me.
- I am experiencing that I have all the time I need.
- I am successful whatever I do.
- My Income is Increasing.
- I am living a peaceful life full of luxury.
- I am a succesfull enterpreneur.
- I always work with wonderful clients.
- I am open and receptive to new avenues of income.
- I am divinely guided in all that I do.



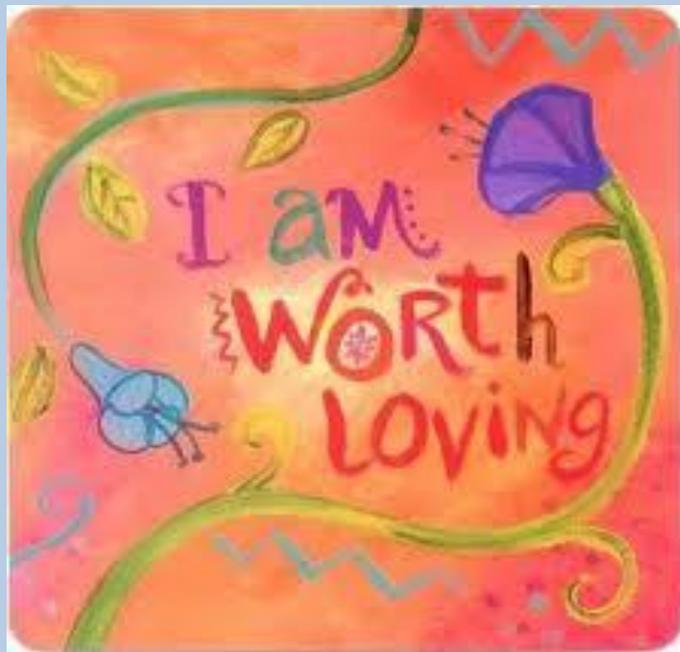
Powerful Affirmations for Love

Choose the affirmations that resonates with you. Write it down, 10-15 times or more.

Feel the words in your body. Then repeat the affirmation at least for 10 times.

During the day repeat them or sing it in your mind for 30 days.

- I am patient, loving, caring, and understanding.
- I am surrounded by patient, loving, caring, and understanding individuals. In all situations, I remain balanced.
- I am balanced and as a result, my relationships are balanced.
- I know that I deserve Love and accept it now.
- I give out Love and it is returned to me multiplied.
- I rejoice in the Love I encounter everyday.
- I have a wonderful partner and we are both happy and at peace.
- I release any desperation and allow love to find me.
- I attract only healthy loverelationships.
- Love finds me, I trust on the Universe.
- I am a lover to be Loved.
- I am loved who I am.
- I am born to learn to love myself more, and to share that love with people around me.
- I have a wonderful partner, and we are both happy and at peace.
- I am now divinely irresistible to my perfect mate.
- I am love and and love happens to me.



Powerful Affirmations for Self Esteem

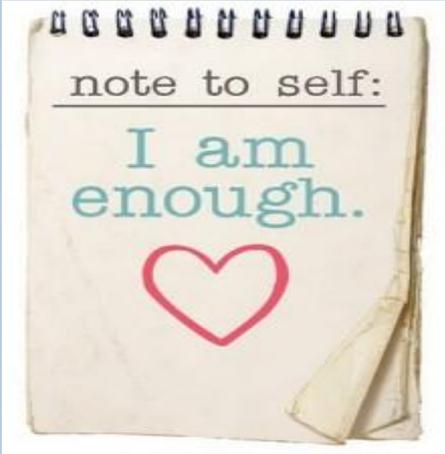
Choose the affirmations that resonates with you. **Write** it down, 10-15 times or more.

Feel the words in your body. Then repeat the affirmation at least for 10 times.

During the day **repeat** them or sing it in your mind for 30 days.

- I am my own unique self - special, creative and wonderful.
- I now choose to begin to see myself as the Universe sees me, perfect whole and complete.
- I am in the right place at the right time, doing the right thing.
- I am acting from my Higher Self.
I look in the mirror joyously and say "I love you. I really love you."
- I am wonderful, and I feel great. I am grateful.
- The greatest gift I can give myself is unconditional love.
- When I believe in myself, so do others.
- I express my needs and feelings.
- I love myself exactly as I am. I no longer wait to be perfect in order to love myself.
- I am a radiant being, full of vitality, enjoying life to the fullest.
- I am beautiful, and everybody loves me. I am greeted by love wherever I go.
- I am becoming more and more self-assured, calm and confident.
- I love life and life loves me.
- I am a beautiful being of light.
- I choose to be at peace with myself.

I give myself permission
to be all I can be, and
I deserve the very best in life.
I love and appreciate myself and others.



Powerful Affirmations for Joy and Happiness

Choose the affirmations that resonates with you. **Write** it down, 10-15 times or more.

Feel the words in your body. Then repeat the affirmation at least for 10 times.

During the day **repeat** them or sing it in your mind for 30 days.

- I am free of all negativity in my life - I live each day with enthusiasm.
- I am always content with doing my best.
- Life is a joy filled with delightful surprises.
- My life is a joy filled with love, fun and friendship all I need do is stop all criticism, forgive, relax and be open.
- I choose love, joy and freedom, open my heart and allow wonderful things to flow into my life.
- I am always calm and happy.
- I choose to be happy and flexible.
- I am overcome with gratitude for the bliss that fills my life.
- I accept the good that is flowing into my life.
- I am full of joy.
- I am happy to be me.
- I am open to doing new and different things that give me pleasure.
- I am optimistic about my promising future.
- I am a good, kind person, and I like myself.
- I feel more joy every single day.



I Am Walking
On The Path
Of Love, Health,
Wealth and Happiness
With Joy, Faith
and Belief.

Thank you.

Namaste

Viviana Geurten

Source: internet

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