

The background of the cover features a full moon in a dark blue, starry sky at the top. Below the moon, a bright blue sky with white, fluffy clouds is visible. In the center, a single tree with vibrant orange and red autumn foliage stands on a small patch of ground. To the right of the tree, a large, multi-tiered, domed building, possibly a temple or a monument, is visible on a hillside. The foreground is a lush, green field that curves gently across the bottom of the image.

# THE POWER OF AFFIRMATIONS

Sharon Elaine

*Cultivate Life!*  
→ MAGAZINE



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**Trans4mind**

# The Power of Affirmations

Sharon Elaine

**Who's controlling your thoughts? Most of your thoughts, though created by you, often go unchecked and unnoticed until something goes awry in your physical world. When things go wrong, it seems easier to hear the negative thoughts which generously float to the surface of your mind, wanting to be heard and obeyed.**

It's tempting to then find yourself overly focused on other people's thoughts and beliefs. What others think and believe becomes your primary focus. Within that moment you have lost control and have given other people power over your thoughts, your emotions, and your life.

You witness this phenomenon in others when you hear someone exclaim: "But I had nothing to do with creating this, it's someone else's fault entirely". You may also hear (or have said) "But I have to feel this way, they did this to me, and I'm just the victim".

With positive affirmation usage, you will no longer be anyone's victim, nor will you find the need to push the responsibility for your thoughts, emotions and experiences onto others. You truly take control of your life.

Say the following affirmations to yourself:

- As I take this deep breath, I realign with my best self
- This day is mine and I choose to live it with excitement and joy
- I have power over my life and my thoughts, and I choose wisely today
- I have all the time I need today to make this day superior
- I'm free to create my day as I wish, and I choose to create peace and prosperity

It takes only a moment to decide to think positively. Make the simple decision with me now to have a joyful and positive day. Consciously choosing to think and act in a more positive manner is a powerful tool you can use to change your day for the better.

There are many methods for how to use positive affirmations. You may:

1. Write or type them out
2. Say them aloud
3. Say them silently to yourself
4. Say them into a mirror

Do what works best for you. It's a good idea to repeat each one at least three times, though more is preferable.

You can do affirmations for any subject that comes to mind. If you are having financial worries, complete affirmations both on the idea of finances and on the idea of worrying, for they are separate reasons why you are not feeling in optimal energy.

- I've now left all worries behind
- When I think of my relationship with money, I smile
- Money and I are now good friends

If you have health issues, focus on the overall feeling of health. Remember: your job is to focus on what you want, not on what you don't, so don't spend too much time lingering on what you think you need to fix. Instead, spend your time constructively by focusing on what you wish to bring into your life experience.

Affirmations need what I call the **Three P's**. They need to be:

- Personal
- Positive, and in the
- Present tense

### **Personal**

Affirmations must be personal. It must be about you, not about others. Therefore, it would not be a proper affirmation to say "Jimmy no longer bothers me". This phrase is incorrect for a couple of reasons. First, the focus is on someone else (Jimmy), and second, the word "no" is within the phrase.

The mind skips past the word "no", so if you continued to repeat this phrase, you just might notice Jimmy bothering you more than ever before. What you might use is: "I am free from feeling bothered by Jimmy", or, "I let Jimmy be Jimmy, and I choose to live my own positive path", or even "I am a positive influence on Jimmy and we are friendlier than ever before".

### **Positive**

As I briefly mentioned above, it's not effective to repeat an affirmation with negative wording. If you state what you don't want, you will get more of what you don't want. If you are ill, focus your affirmations on health. If you are without a romantic relationship, focus your affirmations on already having the ideal mate in your life, and so on.

## **Present tense**

This may be the most important affirmation rule of all, for creating an affirmation in a future tense is the surest way to never experience the results you desire within the present moment.

Notice what's incorrect with these affirmations (and feel the sensations in your body when you read them):

I hope to someday be rich and happy

I no longer have an illness

I want to have the perfect job

I wish I had a healthier body

My desire is to be rich some day

You may have noticed that none of these affirmations give you a truly positive feeling when you read them. That's because all of these examples point to some elusive time in the future. If you keep repeating them to yourself, you will continue wishing for something to happen tomorrow. And I'm sure you've heard the expression that "Tomorrow never comes".

Wording your affirmations in the present tense seems uncomfortable for some, and not entirely truthful. If your bank account shows a balance of zero and you are repeating the affirmation "I have thousands of dollars in the bank", it may feel like a lie.

However, your mind follows your internal orders to create your reality. When you see and feel money in your bank account, and solidify that vision with affirmations of the same, you will find that same bank account with money in it before you know it. Reality catches up to mirror your own thoughts and beliefs. It may make you more comfortable to use "I choose to have thousands of dollars in the bank".

I might also add a fourth “P”, to stand for Passion, for saying your affirmations with passion brings about change quicker and easier than saying them as if you don’t believe what you are saying.

Affirmations are easy for some to create, and difficult for others. This is why I wrote a book of over 5,000 categorized affirmations for those who did not wish to create their own.

Here are several affirmations, of various subjects, to get you started.

- Today is the day I begin to accept more happiness
- With every breath, I allow more love into my life
- Every time I exhale I feel more and more peaceful
- I choose to be more confident now
- I make good choices all day today
- I look at myself with renewed respect today
- I’m so happy to see more money now in my life
- I feel more comfortable being rich now
- This week I happily accept three new clients who are perfect for me
- Successful and loving people come into my life today
- Each day I make choices which enrich my life experience

So, are we able to instantly create anything we want in life with just the use of positive affirmations? How limited or powerful are affirmations anyway?

Are you looking for a magic wand, which will instantly give you everything you desire? While affirmation usage is a valuable tool to help you fine-tune your energy and mental focus, it takes varying amounts of time to manifest your desired creations. However, once you embrace the habit of using positive affirmations, your thoughts

become positively focused, and you are on the path to effectively creating the life you desire.

Close your eyes for a moment and listen until a few words or phrases come to the forefront of your mind. Don't censor them, just let them come. Most people are surprised at some of the garbage which floats to the front of their mind, when they take the time to focus there. If you allow these garbage thoughts to continue, you will continue to create what you don't want. It's a bit of a magic wand, set in reverse.

Most people are unaware of the majority of their thoughts and the power and energy they contain. They get so used to hearing (and ignoring) their own inner ramblings that they remain unaware of the harm some of their repetitive thoughts cause.

These seemingly innocuous thoughts then begin to manifest as negative experiences in physical reality. As most people don't remember programming their minds to carry out negative instructions, they begin to look outside themselves for people to blame instead of taking responsibility themselves and doing something about it.

The user of affirmations unleashes a powerful tool which helps create positive experiences. Once your mind habitually begins to focus on optimistic, uplifting thoughts and beliefs, what happens to those garbage thoughts? They go to the dump, where they belong.

Here's a quick exercise that you can perform with any phrase of your choosing. Today, we'll use the following statement.



Say this sentence aloud:

***I'm always kind, loving, successful and happy.***

Then quickly listen to the answer your mind gives you. Write it down if you like. Don't be alarmed if you hear opposing ideas and beliefs coming from your internal chatter. Often one will hear "no way that is true", or "not with these fat thighs" or some other reminder of your internal dichotomy. When you hear such negative chatter, you are experiencing a few of your lingering internal negative affirmations.

The question then becomes, are your thoughts representative of what you want to be reinforcing? Is your internal voice helping you to create what you desire? This is easy to ascertain. Just take a look at your life. Is there is anything you'd like to change? If so, then you've been repeating negative affirmations to yourself long enough to create unwanted experiences in your reality.

What can you gain from beginning a regular affirmation practice?

—You'll begin to master the power you have within yourself and will naturally become a healthier, more successful and peaceful individual.

—You'll start to pull into your reality your most successful and loving business and personal relationships.

—You'll look within yourself on a more regular basis and begin to trust yourself, and like what you see.

—You'll look around you and smile at what you helped bring into your life, with the positive focus that affirmation usage brings.

I'm often asked if affirmations must be done as a formal practice, or if they are also useful in normal, everyday situations. My answer is

that affirmations are helpful whenever you use them. Many people begin and end their day with affirmations, which is a wise practice, and yet you may certainly use affirmations in the midst of daily situations when you need a little help.

Let me give you an example where the use of positive affirmations altered an uncomfortable and annoying situation into a positive, enjoyable one.

My son and I were at the movies, when a group of teenagers descended upon the theatre, and began to be noisy and chaotic. Everyone in the theatre attempted to ignore them. Then, groups of people began to move to other seats in the theatre, to get away from them.

I started to get really irritated. At one point, I even used my Mommy voice and yelled to them: “quiet!”, which was like poking a hungry lion. It seemed to make them more determined to ruin the movie for all of us. Even asking the manager to quiet them down only worked for a moment, and then they were back at it, with a vengeance.

I took a moment to check inside to see what thoughts were lurking there. Sure enough, I was thinking thoughts such as “Those stupid kids, now the movie is ruined” “I’m going to have to ask for my money back, what rotten luck”, and “They are making me so angry”.

I knew it was up to me to alter the course of my thoughts, my energy, and the present moment. I took a deep breath, then another. During the third deep breath, I began to repeat positive affirmations to myself of what I wished to experience.

I began with “I’m so glad those kids have quieted down and are now enjoying the movie with the rest of us”. Then onto “I remember being a kid and how much energy that gives you, I’m glad they’re having fun and feeling joyful and are now being more quiet”, and most important of all “I’m in charge of my own emotions, and choose to feel peaceful, loving and joyful right now while I enjoy the rest of the movie”.

I instantly felt better, and more in control. Did the teenagers stop making noise right away? It’s hard to say, as I forgot to focus on them so I didn’t even notice. For you see, it’s the focusing that holds the power. When you continue to focus on what you don’t want, and let your thoughts run away with negative ideas and scenarios, you are more apt to bring that experience into your reality.

Today, try a few of these techniques when in heavy traffic, while waiting in line at the grocery store, or when dealing with other difficult or annoying situations.

Affirmations are easy for some to create, and difficult for others. This is why I wrote a book of over 5,000 categorized affirmations for those who did not wish to create their own.

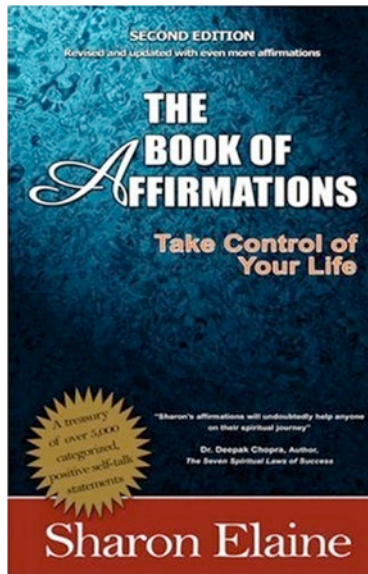
Some affirmations for you to use today:

Peace and happiness surrounds me in all that I do today

Today is the very best day to be happy

Money and prosperity are coming to me from all directions now

Within this moment, I am truly free.



**Over 5,000 categorized, positive self-talk statements.**

With *The Book of Affirmations* the reader can make a powerful, positive difference in their life with only a few minutes of positive self-talk a day. We do have power over our thoughts.

This book shows that the future is ours to create whatever life we want for ourselves. Change our mind and we change our reality!

*The Book of Affirmations* is personally recommended by Dr. Deepak Chopra: "Sharon's affirmations will undoubtedly help anyone on their spiritual journey."

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