

AFFIRMATIONS THERAPY PRINCIPLES

- 1) In our present lifetime, we grow, develop and change as we keep on examining our beliefs one at a time !
- 2) It is easier to work with one belief for one week until it becomes our life lesson !
- 3) Reading, writing, colouring, recording, imagining, declaring, visualizing and finally praying about our belief to our guardian angel clears obstacles with much more speed and it becomes easier to work on ourselves !
- 4) To achieve more faster results, we can choose to experiment with different energy tools, vibrational processes and transformative activities !
- 5) And finally for today, handling the moment of truth (Threshold = Growth point = Tipping point) determines whether you evolve to the next higher levels or you stay the same !

BASIC GUIDELINES FOR AFFIRMATIONS THERAPY

(1) Always concentrate on what you require and avoid focussing your attention on what you do not want or require in any aspect of your life

(2) In all daily conversations, replace the following words immediately.

I want = I choose / I require

I need = I require / I accept

(3) Begin most of your affirmations with I AM.

(4) Become very very clear and specific and precise in your talks about what you are looking for.

(5) For experiencing the realization of your true affirmations, respect your time because it is the most important resource.

(6) Avoid these 3 words in all your affirmations.

Not - No – Never

(7) Affirmations are always in the present tense and are meant only for the person practicing them at that moment.

ONE EXAMPLE OF EACH AFFIRMATION

ANGELIC AFFIRMATIONS

(1) Today my guardian angel provides me the essential support for experiencing the best possible day !

AKASHIC AFFIRMATIONS

(1) I always access my akashic records easily for resolving the issue that I am facing at a given point in my life !

KARMIC AFFIRMATIONS

(1) I am finding it very simple and beneficial to dissolve the existing karmic lesson one at a time !

HEALTH AFFIRMATIONS

(1) Every organ in my body makes me realize intuitively how healthy I am !

MONEY AFFIRMATIONS

(1) My breath signifies the malleability of the energy of money in my life !

RELEASE AFFIRMATIONS

(1) My subconscious mind releases every memory and experience that is not required in my life during the twilight state of my sleep !

ONE EXAMPLE OF EACH AFFIRMATION

7MORNING CONFIDENCE AFFIRMATIONS

(1) Today I (WILL BE AT) (AM DOING) my best!

MIDDAY CONFIDENCE BOOSTERS

(1) I am in full control of my thoughts, feelings, and actions!

BEDTIME CONFIDENCE REFLECTIONS

(1) I can happily reflect on today's achievements and celebrate my victories !

CONSTANT AFFIRMATIONS

(1) I am an effective manager!

ACQUISITION AFFIRMATIONS

(1) I have more than enough funds in my bank account!

EMERGENCY AFFIRMATIONS

(1) I am safe and surrounded by love **NOW** !

7 MORNING CONFIDENCE AFFIRMATIONS

- 1) Today I (**WILL BE AT**) (**AM DOING**)my best !
- 2) I embrace my true worth and radiate confidence !
- 3) I am capable, resilient, and ready to face my day !
- 4) I believe in myself and know there are wonderful things ahead !
- 5) I am energetic, motivated, and excited about today !
- 6) Every challenge is a chance to grow and strengthen my confidence today !
- 7) I (**WILL MAKE**)(**AM MAKING**)smart choices that support my highest goodtoday!

MIDDAY CONFIDENCE BOOSTERS

- 1) I am in full control of my thoughts, feelings, and actions !
- 2) I am confident, self-assured, and capable !
- 3) My confidence is a magnet for success and rewarding experiences !
- 4) I am radiating confidence in all my communications and actions !
- 5) I am making great progress towards all of my goals !
- 6) I am carrying myself with confidence and poise !
- 7) I am centered, calm, focused, and unstoppable !

BEDTIME CONFIDENCE REFLECTIONS

- 1) I can happily reflect on today's achievements and celebrate my victories !
- 2) I am grateful for today's challenges and lessons !
- 3) I release all doubts and limitations before I sleep tonight !
- 4) I can rest easy knowing that I did my best today !
- 5) I am proud of myself and of what I accomplished today !
- 6) I look forward to tomorrow with hope, confidence, and optimism !
- 7) Tomorrow is going to be a great day !

ACQUISITION AFFIRMATIONS

- 1) I have more than enough funds in my bank account !
- 2) I have a brand-new electric car within two months !
- 3) I am living in a wonderful home of my choice !
- 4) I am becoming financially independent in this year (2024) !
- 5) I believe in the best universal timing for all of the above !

CONSTANT AFFIRMATIONS

- 1) I am an effective manager !
- 2) I have an excellent sales record !
- 3) I am a great father !
- 4) My family life is peaceful, harmonious, and fulfilling for us all !
- 5) My commute to work is perfectly uncongested, safe, and stress-free !

EMERGENCY AFFIRMATIONS

- 1) I am safe and surrounded by love **NOW** !
- 2) I am promoted at my job review **NEXT** Tuesday !
- 3) My guardian angels are helping me in this situation now !
- 4) My body is responding to this treatment immediately !
- 5) Through divine help I receive the necessary funds required for this urgent situation !



100 ^{Success & Abundance} Affirmations



100 Success & Abundance Affirmations

1 I have everything that I need for an abundant life

2 I am open to receiving opportunities into my life which bring me abundance

3 I act wealthy, therefore I am wealthy

4 I am free to experience all the greatness in the world

5 I choose to donate to charities because money is abundant

6 I am worthy of being wealthy

7 I have a successful wealth mindset

8 I am grateful for the abundance in my life

9 I am wise in my relationship with money

10 I intuitively seek abundant opportunities and sources of wealth

11 I have the means to make wise decisions

12 I am grateful to easily pay my bills

13 I am so eternally grateful for all that I have

14 Money is constantly flowing into my life

15 Financial success is mine

16 I always have enough money to fulfill my needs

17 I am thankful for the comfort and joy that money provides me

18 My life is prosperous

19 I am a walking reflection of happiness and success

20 My determination and drive allow me to succeed in life

21 I set high goals and I achieve them

22 My voice is powerful and I use it to inspire the world

23 I create my own unlimited prosperity

24 I am financially abundant

25 I am happy and joyful when I think about my financial situation

26 I have a positive mindset about wealth and money

100 Success & Abundance Affirmations

27 I am inspired by my ability to make more money

28 Everywhere I look, I see an opportunity to bring more wealth into my life

29 Financial success comes easily and freely to me
I visualize my current income,

30 then I double it in my mind and I smile

31 The greater my income, the greater my ability to inspire the world

32 I feel truly wealthy

33 Every day and in every way, I'm becoming more and more successful

34 I am full of energy and vitality

35 I am infinitely wealthy and exceptionally generous

36 I am traveling and exploring the world

37 I inspire others through my life's experiences and journey

38 I am living life on my own terms

39 I say Thank You to all the wonderful blessings in my life

40 I have enough wealth to provide for myself and for my loved ones

41 My abundant life is full of beauty and wisdom

42 I wake up each morning with a grateful heart and an open mind

43 I pursue my passions and I let my creativity spark

44 I love where I am in life

45 Each day I'm developing new and positive habits

46 My ability to conquer my challenges is limitless

47 My potential to succeed is infinite

48 I have the power to change my life by changing my thoughts

49 Money flows to me in surprising and unexpected ways

50 I love and respect money

51 I am financially free

52 I am a money magnet

100 Success & Abundance Affirmations

53 I can feel my abundance growing daily

54 I am worthy of everything I desire

55 I am in love with my life

56 I can do anything I set my mind to and am worthy of all the Universe has to offer

57 I am open and ready to receive abundance

58 I attract positive circumstances and positive people into my life

59 My day is full of abundant opportunities and success

60 I attract abundance into my life

61 The Universe constantly supplies money for me and I always have enough money to fulfill my needs

62 I appreciate all that I have

63 Every day in every way I am becoming more and more prosperous

64 My dreams are manifesting before my eyes

65 My life is filled with joy and abundance

66 I am a magnet to prosperity

67 I visualize my ideal life and I watch it manifest

68 I have the power to create my reality

69 I always have whatever I need

70 The Universe takes good care of me

71 I am in a state of fulfillment

72 I love money and money loves me

73 I allow my income to constantly expand and I always live in comfort and joy

74 I have the power to attract money

75 I receive money happily

76 I am grateful that each day I am learning and growing

77 I have stretched myself to new and wonderful horizons

78 I can accomplish anything I set my mind to

100 Success & Abundance Affirmations

79 I celebrate each and every one of my accomplishments, no matter how big or small

80 I feel grateful and lucky for all the abundance that flows into my life

81 I can achieve my dreams

82 Success is a state of mind; so I think of myself as a success

83 My passions ignite the fire inside of me

84 I am on a clear, meaningful path

85 I am fearless in the pursuit of what sets my soul on fire

86 I have the courage to follow my heart and pursue my passion

87 I am attracting positive experiences into my life that give me great joy

88 I am presented with new opportunities for success

89 I am proud of my past, present and future accomplishments

90 My arms are wide open to receive abundance

91 Attracting money is easy

92 The universe always serves my highest interest

93 Opportunities and advantages come with each door that I open

94 I am an example of success and triumph

95 I have abundant faith in my ability to succeed

96 I deserve whatever good comes my way today

97 Successful people are being attracted to me

98 Abundance surrounds me

99 I am showered with an abundance of prosperity and wealth

100 I have unlimited potential

