



# Art of Sacred Living

## The Power of Affirmations

One of the most amazing and beautiful things about the mind is that it's pliable. Contrary to what was once believed, your brain is NOT fully formed in early childhood. Modern brain science now proves that our brains are completely malleable, this is known as neuroplasticity. Basically, what this means is that every single thought (and you have about 80,000 a day), either reinforces an existing neuro pathway or creates a new one, this is why affirmations work. Even if you don't believe what you're affirming to begin with, your brain is creating brand new neuro pathways that will ultimately make the affirmation(s) a reality.

Create a few that that will support you as you begin to transform your random thoughts and take control of your mind. Write them on sticky notes and place around your house, in your car, at work, or wherever you'll see them regularly. Say them out loud throughout the day, especially right when you wake up in the morning and right before you go to sleep.

### What are affirmations?

To affirm means "to make firm." An affirmation is a strong positive statement that something is already so. It is a way of "making firm" that which we are visualizing. Affirmations are an important tool we can use to consciously reprogram our subconscious minds.

### Why are they important?

Most of us are aware of the fact that we have a nearly continuous inner "dialogue" going on in our minds. The mind is busy "talking" to itself, keeping up an endless commentary about life, the world, our feelings, our problems, and other people.

Our mental commentary influences and colors our feelings and perceptions about what's going on in our lives, and it's these thought forms that ultimately attract and create everything that happens to us.

By creating affirmations and putting them to regular use we can begin to recondition our thoughts and in turn our minds, and thus our experience of reality.

### How to create effective affirmations

Keeping in mind that an affirmation is a strong positive statement that something *is already so*, choose something you'd like to create, a way you'd like to feel, or a goal or intention you have.

For example, as I work on my business I can sometime struggle with being confident in my abilities. I want to create an affirmation that will reprogram my thinking to believe that I am in fact very capable, and I also want to be successful in a way that embodies ease.



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**Affirmation** – I am successful doing what I love to do and I do it in an easy and relaxed manner, in a healthy and positive way.

Choose the feeling or goal you want to work with and write out a strong positive statement in the present tense that supports what you would ideally like to create or how you would like to feel. It doesn't matter if it seems realistic at this time, you're reprogramming your thinking and the saying fake it until you make it applies perfectly here. If you tell yourself something enough times you will come to believe it.

Here are some of my favorite empowerment affirmations. Choose from this list or create your own.

I love doing my work, and am richly rewarded creatively and financially

In an easy and relaxed manner all the money I want and need is coming to me now

I am dynamically self-expressive

I am healthy and beautiful

My life is blossoming in total perfection

I now enjoy everything I do

Everything I need is coming to me easily and effortlessly

I am always in the right place at the right time

I am now creating the life of my dreams

I am a powerful, loving, and creative being

I love and accept myself completely as I am

I am talented, intelligent, and creative

I am willing to be happy and successful

I am now accept all the abundance and good that the universe has to offer me

I express myself freely, fully, and easily

I am now open to hearing my higher self

I am kind and loving, and I have a great deal to share with others

I express myself freely, fully, and easily

I have a lot to offer and everyone recognizes it

I am a powerful, loving, and creative being

I trust my inner knowing in all situations

I am learning to trust my intuition

I listen to my gut feelings

I trust my process

I am in touch with the power of my own Light



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Divine Light and Divine Love Are flowing through me

I am grateful

I am manifesting my divine potential in every aspect of my life

Today I love myself and accept myself exactly as I am

Today I see the gift I receive from every person I meet

Today I am attracting beauty, joy, and abundance into my life

Today I expect the best, what I desire is possible

As I grow, everyone grows

Every day in every way I'm getting better and better