

Affirmations to Manifest an Awakened, Empowered and Abundant Life!



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*"Whatever you can do or dream you can,
begin it! Boldness has genius, magic and
power in it. Begin it now!" ~Goethe*

Introduction

This 90 Day Affirmation Program contains over 300 of the most inspiring, empowering, and abundance creating thoughts that will transform your life. Each affirmation has been carefully selected from a list of thousands, and when used sincerely will help to awaken the manifesting powers “sleeping” within you. By experiencing this program while maintaining an open mind and heart, you will soon find yourself manifesting your desires more quickly and effortlessly than you could ever have believed possible.

The only reason you are not the absolute master of your reality today is that for many years you have been habitually over-identifying with a variety of negative and positive thoughts. Gradually, you have become attached to certain positive ideas desperately needing them to manifest, and resistant to certain negative thoughts fearing that they will come true. It is this constant battle of attachment and resistance to thoughts that has caused you to become over-identified with the ego and forget your original infinite divine nature. By participating in this over-identification game you forgot that you are an infinite being connected to a super conscious, extremely intelligent, all powerful, loving, omni-present source of acceptance, abundance, creativity and love. The good news is that all this past programming inside you is also what will enable you to have the profound freeing experience of liberating yourself from this over-identification prison and truly experiencing yourself as the spiritually awakened, empowered and abundant being you truly are.

How This Affirmation Program Works

At approximately age 7 each of us began developing an Ego (identity) so we could participate in and survive as an individual in this world. This identification program consisted of all the positive and negative thoughts, beliefs, ideas, and opinions others had about you, themselves and everybody else in this world. You adopted their words as a way to give direction, meaning, and purpose to your life as a child.

Now, if you look deep enough inside, you will find that there are still certain beliefs, thoughts, feelings, and words that keep repeating themselves inside you, much like a broken record. Day after day, they continue to regurgitate up, re-creating the same ego and over-identification thought pattern about yourself, others, and this world. Just like a song might get stuck in your head, these certain thoughts tend to recycle and repeat deep within your subconscious mind, causing you to FEEL a certain way about yourself, others, and the world.

We have found that the only reason these repetitive thought patterns continue to resurface is that they are making a daring attempt to be released from your body and mind. They are resurfacing so that YOU are forced to bring more awareness and consciousness to them, and eventually let them go from your life forever. The purpose of this releasing process is so that you can understand your infinite nature and be free from these walls of limiting beliefs about yourself in this ego prison.

It is important to know that each negative thought that returns to your mind is attempting to “awaken” you to this freedom. The divine intelligent Universe does nothing by accident, and if a negative thought continues to repeat in your life it is because it wants to inspire you to instigate some form of movement towards its opposite position. For example, repetitive

thoughts about yourself being powerless, broke, lonely, depressed, or a failure are painful to feel, and when you truly feel them they can act like electrified springboards which will catapult you to dive deeper inside. They are shocking so that you may 'wake up' and discover the real strength, abundance, joy, and inner peace that naturally exists at the very core of your innermost being.

How Affirmations Will Transform Your Life

Every time you have any thought or feeling you are really sending a "request" or "command" to the Universe about what you want to create. The quality or vibration of your thoughts and feelings acts like a blueprint, which the Universe uses to generate circumstances in your life. Generally, positive thoughts and feelings yield positive circumstances, while negative thoughts and feelings manifest negative circumstances. The more a thought or feeling is repeated, the more it tends to influence your mind and life circumstance. Since whatever you hold your attention upon is what grows and manifests, you certainly want to be conscious of the thoughts and feelings you allow your mind and body to experience. This is where the power of affirmations comes in.

If you examine the word "affirmation" you can see the word "firm" is contained within it. The repetitive positive message is being made energetically FIRM inside your body and mind. It is strengthening each time it is summoned and its energy grows each time it is emotionally felt. By FEELING these positive affirmation statements every day, you will find that you can let go of anything that may be stopping you from truly relaxing and enjoying your life. As each affirmation is repeated daily, it deepens and softens into your body and mind. This softening will cause it to

simultaneously transform your reality and manifest it into your physical world. As this alchemical process unfolds itself, you will find yourself moving from being the victim of life's circumstances, to being the gentle master over every situation in your life.

Affirmations are the most powerful, effective, and efficient way to re-program your internal software and hardware from past negative thinking/feeling patterns into positive patterns. This reprogramming allows you to maintain a more positive ego/identity which simply makes your life more easy, relaxing, and flowing. Rather than continuing to tolerate and be defined by negative voices that are constantly being regurgitated inside your head, thoughts and feelings of abundance, joy, and freedom will automatically bubble up inside your mind throughout each day. The more often you consciously repeat and affirm who you want to be sincerely from your heart, the more frequently those same thoughts tend to resurface naturally on their own accord.

Planting Your Affirmation Seeds

Affirmations are energetically born, nurtured and developed over time inside us. They are like tiny powerful seeds that need water, sun, and healthy soil to grow in. The more you can care for your inner plantation, the more they will blossom and create a profound harvest throughout your life. However, you do not need to wait another moment to start planting your seeds and ridding your garden of its nasty weeds. Ultimately, you can shift into a positive attitude instantly right now, and re-discover a source of unending energy inside you. This will sprout up feelings of abundance, freedom and joy anytime you want throughout your day. This shift in your energy is simply a conscious change in what you are focusing on. For

example, if you took the next 5 minutes to truly think, feel and believe that you just got a call from the lottery department and won \$7 million, you would notice that you instantly shifted into creating new ideas that contain abundant feelings about your reality. If you could maintain these feelings of great abundance, in time they would manifest into your physical world as this massive amount of money. This is how your thoughts create your life, and the seeds you plant now will manifest your future.

The greatest power in doing affirmations is that they help you to relax about everything in life. This enables you to let go, trust life on a deeper level and allow it to carry you effortlessly towards your most enlightened destiny. Each affirmation will intrinsically create a higher state of awareness and widen your perception of yourself. It also serves you as a vehicle to discipline your frivolous mind chatter. This new mental focus is similar to doing push-ups and sit-ups, exercising your mind so that it doesn't wander aimlessly and get lost in another garbage bin of trashy thoughts about yourself from regurgitated past programming. Practicing this inner focusing power gives your life direction and meaning, which allows you to feel free to relax much deeper inside your bodymind. This profound inner relaxation is the key to finding our life's real mission, divine purpose and enlightened destiny.

Harvesting Your Garden

We have found that within just 40 days of daily practice of this affirmation program you will feel a dramatic shift in your life. However, we suggest that you continue to re-plant, water, and nourish your new affirmative seeds for at least 90 days. This length of time will create extremely deep roots, implanting these positive suggestions to the very core of your being and

reframing your entire lifetime of subconscious programming. After 90 days you will discover that there is an amazing new world inside you. You'll find yourself being naturally optimistic, healing, empowering, and automatically open to manifesting divine abundance in your outer world.

Of course you are free to start harvesting your garden at any time. Don't wait to start feeling the expansive feelings that naturally occur from practicing any affirmation. The amazing power of affirmations ONLY happens when you are FEELING the thought registering inside your body. It is extremely vital and vastly important that you make the time to honestly stop and FEEL each positive statement as you think it. This will make each plant in your inner garden absolutely rich, juicy, and full of life. These feelings actually send chemicals which impact your body's cells and your brain's physical memory with this new positive program. You will actually start to physically become a new human being!

The more frequently you can truly FEEL that new expansive sensation, the more powerful that affirmation becomes each time it is repeated. The more often you continue to repeat it, the more your bodymind naturally wants to repeat it, and the more cells in your brain will shift into this new energetic programming. By practicing this "feeling" technique you will eventually uninstall old negative programming and reinstall new positive programming. As these affirmations are continuously felt they move from your mind's "software" to be digested into your body's "hardware". When they reach this deeper level they will eliminate the negative thinking patterns from your life forever.

We have found that the greatest benefit from doing affirmations is not thinking positively all the time, but rather that it creates a state of heightened self-awareness. You will be more aware of the thoughts you are choosing to think each moment of your day. This higher consciousness

is what allows you to be open to fully experiencing the experience within each experience in life. Irregardless of whether an experience may appear to be “good” or “bad”, you still remain open, at peace and fully present. This program is not about “fixing” yourself so that you only have “good” experiences. These affirmations are here to re-train your brain so that you can relax deeper, step out of your ego trip and spiritually wake up to see, understand and experience your already divine infinite nature. Once you recognize this divine infinite essence inside you, you become totally free from all thoughts, and can let any thought pass through your mind and remain unaffected by it. This amazing awareness allows you to be so open to life that you stop defending and protecting your ego from attack, and can invite in any thought, feeling, person or experience that comes your way. You truly become an unstoppable force of love and inspiration for this world.

Being less defensive also allows you to actually enjoy every moment of your life. Your heart will become a natural river of joy, experiencing the dualities of existence, and open to “going with the flow” of where life decides to take you. By being unconditionally open to the vast array of experiences life will deliver, you will find yourself surrendering into a more solid connection to your true infinite Source and inner well being.

How to Overcome Resistance and Phonyess

It is important to remember that the Universe is always listening. It is paying detailed attention to exactly what you are focusing on and feeling. As you begin repeating these magical statements, you may feel a little phony inside. You might feel like you are not sincere about what you are saying or that you are trying to feel different, and that deep down you are

still feeling the same stuckness. This is to be expected. You are creating entirely new thoughts and feelings for yourself, many of which are completely contrary to the old entrenched past programming. The good news is that feeling phony indicates that you are opening yourself up to a different way of thinking and new possibilities in consciousness. Since the body cannot tell the difference between imagination and reality, we recommend that you “fake it until you make it” and “pretend it until you transcend it”. Soon you will rewire your brain and body with new positive neurons that will feel completely real and true.

A great analogy is that you are a new train on an old rusted train track. The train represents your current energy and thinking patterns while the old train track is that narrowed path your mind tends to take and visit the towns of stuckness, lack-ville and poverty city. Your train may have agreed to visit this unconscious place full of struggle, fear and problems. It may have been running down this same track for 10 years or more! With these affirmations you are working on skipping over to the new train track that is headed toward freedom-town, empowerment city, healing-ville, and the land of abundance! To get there you will need to change engineers and completely reverse the direction of your train.

Switching tracks is a monumental achievement since you are up against the massive momentum from your mind’s old direction and destination. Your train has been going in a specific direction, with speed and energy throughout your entire life. It’s not until you accept the direction you are heading in right now on these tracks that you can stop your train and completely switch tracks. This major stop and reversal is how you will start manifesting the life you truly want. When your negative thoughts/feelings of struggle, poverty, and powerlessness are resisted, rejected and even denied, you are still fighting with your old train track and the negativity

simply reinforces itself. It's as if you were putting toxic uranium in your fuel tank! The answer is to find your NEW golden train track and make the conscious choice to switch onto it every time. Repeating your positive affirmations with FEELING will replace all the old train tracks throughout your mind, body, and life. Occasionally you may get to visit the old track some days, yet the encounter will be brief and result in creating more inner strength, effortlessness, conscious manifesting, and personal empowerment in your life. After 90 days of vigilant reprogramming of your bodymind, you will switch to the new golden track permanently.

If you are on this affirmation program for weeks and still seem to be feeling phony while you repeat an affirmation, you have got a very rusted train track to deal with. Each time the doubt arises in you, it's indicating that you have reached your core belief system of which the new affirmation is challenging it. It is important to know that by investigating your core beliefs you are accessing the power to eliminate its contracted pattern from your life completely. The following transformational techniques will assist you in re-routing your inner railroad.

First, notice the negative voice inside you who is causing you to experience this pain and suffering. Common saboteurs include a high and mighty voice, a judgmental voice, a pessimist, or any other heavy vibrational energy. It is important that you do not resist or try to fight off this saboteur; remember it only grows stronger if you battle with it. Simply address this saboteur—out loud works the best—with a validating comment like, “I can sense you are being resistant and stubborn.” Then, state an empowering phrase that affirms what you are devoted to. For example, you could say, “I am committed to being an unstoppable force of inner peace in this world.” Make sure that you use the word “and” as a way of connecting the validating and empowering phrases. For instance, “I can sense you are

being resistant and stubborn, and I am committed to being an unstoppable force of inner peace in this world.” Continue to repeat this validating comment to your saboteur with confidence and inner peace until it realizes you are much more powerful than it. This technique will support you in overcoming ANY negative inner saboteur that you may encounter no matter how huge it may be. With dedication and practice, you will soon experience the incredible and undeniable power of being the master of your mind and life.

If you find a very rusty train track that will not budge no matter what you do, you may need to explore the following radical approach. First, you locate where this negative stuck feeling exists in your body and dive directly into it. Surrender to it and let yourself be completely submerged in it. Stay in the feeling. It may take several minutes (or longer) to get past your resistance to allowing yourself to explore this negative feeling. Be extremely patient and persistent. Somehow these rusty train tracks have learned how to protect themselves and are very resistant to being explored. Start to relax deeper than it, and surrender into the very CORE of the negative feeling. If you are just experiencing resistance to feeling your feelings then FEEL your resistance! Sink into the center of it, and notice what is at its very innermost core. Eventually you will find yourself experiencing something totally unique and new. Embracing your worst negative feelings inside may be temporarily terrifying, yet as you drop through them you will notice a new train track is hidden beneath them! It may surprise you yet at the very innermost core of each negative thought, feeling and experience is the Divine Essence.

The greatest thing is that you don't have to search very far to find your greatest fears or emotional wounds. The Universe brings them to you to be transformed everyday! However, you may have gotten into the habit of

remaining complacent, not facing it and decide it's safer to just focus on getting through the day. If you want to be free from your biggest inner demons and broken-down train tracks forever, choose to face them! Dive directly into the very core of these negative feelings until you are completely empty and exhausted. This is the golden key that will uproot every last stake keeping your rusted train tracks in place. By welcoming and allowing for each negative feeling to arise, you become the master of it. When you can freely explore the core of ANY feeling, you become separate from it and are proving that you truly are the master! This is the only way to finding total freedom from those deep tracks of past pain and emotional wounding. When you reach a place of true emptiness or stillness inside, you are freed from that rusty old train track and the abundant fields of this amazing Universe are spaciouly opened for you to enjoy!

Directions

1. As you read through the list of affirmations below, notice which affirmations tend to stick out for you more than the others. See which affirmations relax you more deeply than the others. Copy these on a separate piece of paper the moment you recognize them. While reading through the list, you may naturally start formulating your own affirmations. Write these down the instant that they arise. Designing inspired affirmations of your own creation can often be more beneficial than using ones that are given to you.

2. Pick three to five affirmations that you most want to manifest in your life. You can use any of the statements you read in this book, a hybrid combination of one from this book and one of your own, or a completely new affirmation of your own creation. It's best to print them out

on paper with large font so that you can see from 5 feet away. Make them known to the Universe! Keep a copy posted by your bed, and one taped to your bathroom mirror.

3. Every morning when you look into the mirror, gaze into your eyes, and say your affirmations out loud. We have found the following method to have tremendous results. Say each affirmation out loud four times in the mirror. You want to say the first words that come out of your mouth very loudly, putting your whole heart into it. Feel as if you are announcing it to the entire Universe. Then, repeat the affirmation in a more confident voice, letting it come from deep down inside your belly. Then say it again, this time as if you were sharing something very normal, typical, and commonplace about yourself with a friend who knows you well. On the fourth round, whisper the affirmation to yourself softly and gently. Say the affirmation so secretly, quietly and powerfully that you really stop and listen to it. Speak with complete confidence and assurance each time. Say and feel these words as if they were already true today. With each repetition, let that feeling of truth grow and expand within you. Strengthening your ability to feel the absolute truth of the affirmations is the key to reprogramming your thought patterns deeply and completely.

4. Really FEEL the affirmation each time you say it. Explore what it is like to feel every level and depth of your affirmations. Allow yourself to settle into your affirmations. Let them grow inside you and FEEL like they are a living part of you. Awaken them emotionally each time you repeat each one.

5. Randomly repeat the affirmations many times throughout your day. This will imprint the affirmation into different levels of your subconscious mind and "scratch" any hidden negative thought patterns. When driving, walking, eating lunch, or using the bathroom, take a few moments to say

one or more of your affirmations to yourself. This simple practice will dramatically increase the speed and power in which the affirmations transform your thinking.

6. Say your affirmations in a respectful and sacred way. But don't take yourself too seriously. Your life is an adventure to be lived joyfully, not a problem to be solved. Have fun with your reprogramming. Be patient and compassionate with yourself. You are here to play, share your light, and truly enjoy your life on Earth!

7. Program your affirmations into your bodymind at a deep cellular level. As you state your affirmations out loud, you can also choose to tap the left and right sides of your knees or chest. This will deepen the programming of these affirmations into your bodymind. Specifically, tap your fingers in a slow rhythmical manner, alternating the left and right side. This tapping technique activates the right and the left hemispheres of the brain, allowing the affirmations to penetrate to a deeper level of your psyche and physical cells. If any negative thoughts appear, keep tapping! This technique can also release the experience of negative feelings trapped in the body.

8. When you find yourself completely stuck in a negative thought pattern or mood, sit quietly in a room alone and fully experience the negativity you feel. Sit, be still, and welcome the negative feelings and let them move through you. Ask the negative feeling, "What is the divine lesson you are here to teach me about myself?" Be open to an answer. When the answer comes and the negativity passes, create a personal "breakthrough affirmation" that states who you are now that this negativity has passed. Frequently, people create their most powerful affirmation statements as a result of this exercise.

As you practice your affirmations over the next 40 days, you will experience a heightened state of consciousness. You will start to notice the signals you are sending to the Universe. As those signals become more positive through the power of affirmations, your life will turn increasingly magical. With persistence, patience, and a true desire to change your thinking, you will re-program your mind and become the architect of your own extraordinary life.

As you read through the following affirmations, allow your mind and body to soften so it may fully integrate and digest each statement. Notice how your body responds to the affirmation and its meaning. Do not try to change anything about your reaction, just be curious about it.

The Affirmations to Manifest an Awakened, Empowered and Abundant Life!

1. I am at peace with the world, with myself, and everyone in it.

I accept everyone exactly as they are and myself as I am.

I appreciate everyone for being a teacher in my life.

I can always find inner peace in any situation and with any person.

I easily choose peace in the most difficult situations.

Everything in the Universe is always working in perfect harmony.

I love my life and gratefully accept everything that has been given to me.

Everyone is exactly the way they should be right now.

The Universe is always in divine perfection.

I am thankful for being at peace with the world, with myself, and everyone in it.

I am 100% committed to being at peace with the world as it is, and everyone in it as they are.

2. My thoughts create my life.

I understand that my thoughts control and create my experiences in life.

I am free to think any thought that makes me fulfilled and happy.

I am easily able to choose which thoughts I want to think.

I am the master of thoughts and thus the master of my destiny.

My thoughts are now flowing in a positive direction.

It is natural and easy for me to think positively.

I attract only positive situations because I always can see the positive.

I easily follow my heart when making challenging decisions.

Positive creative ideas are coming to me from everybody all day long.

I always gently allow my thoughts to flow in a positive direction.

3. I am the master of my mind.

I am the ever-present silent witness behind my thoughts.

All day long I am awake, aware, and fully conscious.

I am fully aware of what is happening in my mind right now.

I have an amazing mind that can imagine and create anything.

I have an excellent memory and can easily remember details.

I easily create the life I want by directing my mind to gently hold the positive end result and outcome I desire.

I am the master of my response in every situation I encounter.

I can experience myself as timeless, eternal, and limitless pure potentiality.

I am the one who decides what and when the next creative thought will be.

I am thankful for being the master of my mind.

Who I am is the master of my mind.

4. I am the master of my emotions.

I am safe to experience all negative emotions.

I can explore my negative feelings with curiosity and openness.

I am the master of each negative feeling I allow myself to experience.

An abundance of positive feelings are flowing into my body now.

I now choose to be open, free, and joyful about my life.

It is safe to express myself emotionally.

It is easy for me to experience my positive emotions at any time and be at peace with the negative emotions.

I give myself permission to experience any negative emotions that comes my way.

I remain curious about negative emotions so I can master them.

I now am comfortably living in my emotional body and can feel totally safe in here.

I can release any emotion that may get stuck in my being.

I am emotionally at peace with my past, present and future.

I am thankful for being the master of my emotions.

I am 100% committed to being the master of my emotions.

5. I am a strong, secure, and confident being.

I remain strong and confident in the most challenging situations.

I easily and naturally express myself as the secure and confident person that I am.

I can communicate effectively with zest, great energy, and pizzazz!

I have a natural exuberance and enthusiasm for life.

I naturally speak with confidence.

I am solid in myself because I know myself.

I am deeply rooted in my being.

I am a happy and secure just being alive.

I experience myself as powerful and abundant with the power of love.

I am thankful to experience myself as a secure and confident person.

I am 100% committed to being a secure and confident person in every situation that arises.

6. I am a powerful spiritual being living in a human body.

I am an infinite soul and eternal being that will never die.

My essential nature is easily discovered in this present moment of now.

I allow myself to have a spiritual experience with everyone I meet, and in any place I am at.

The highest energies in the Universe are available to me now.

I can manifest any experience I want.

I know I am not my body, my mind, nor my thoughts, I am the Source of consciousness.

I am always connected to the highest conscious beings in the Universe.

A powerful loving consciousness is what I am.

I see and feel the infinite spirit in all people and places.

As a spiritual being I accept that I have total freedom, love, and access to unlimited power and potentiality.

I am a spiritual being who has mastered my mind and body.

I am grateful for being a spiritual being alive in a human body.

I am 100% committed to knowing and experiencing myself as a spiritual being living in a human body.

7. I am easily able to manifest anything my heart desires.

I am a powerful manifesting being.

I can create anything I can dream.

Whatever my mind can conceive, I can achieve.

All my desires are easily manifested.

The Universe supports me in manifesting everything I want.

I can easily manifest my desires and have FUN doing it.

I am always in touch with my natural ability to manifest.

All my intentions are manifested easily.

My life is, "The Ultimate Magical Fantasy Ride".

Every desire I have is magically fulfilled.

I am thankful for being able to manifest anything I want.

I am 100% committed to knowing that I can manifest anything my heart desires!

8. Everything I need, I can have!

I deserve to have what my heart desires.

Everything that I want, I deserve to have and can manifest.

I am a worthy person who can allow my desires to manifest easily.

I deserve to have an intimate loving relationship.

I deserve to have my ideal career.

I deserve to have an amazing financial income.

I deserve to have a perfectly fit and healthy body.

I joyfully exercise my will power, and the Universe supports me in it.

I feel fulfilled with who I am right now.

I am a manifesting magnet and love doing everything I do.

I am thankful for everything I have and don't have.

I am 100% committed to allowing the Universe to fulfill my needs daily.

9. I am safe whatever I'm doing, and wherever I go.

The Universe always keeps me safe and secure.

The feeling of safety is always accessible somewhere in my body.

Whenever I leave my home, I know I will safely return.

Every time I travel somewhere I will arrive safely and peacefully.
I trust life and know that it is highly intelligent and will take care of me.
I am safe with every big and small risk I choose to take.
I enjoy this spiritual adventure called life. I know I will always be safe.
I am thankful for being safe in my body, mind, and in this world.
I am 100% committed to allowing myself to feel safe, open, and trusting
with life everyday.

10. My intuition is always accurate.

My intuition is always on.
I can always trust and follow my gut instincts.
I easily hear and follow my intuition.
I am aligned with my highest intuitive wisdom.
I am naturally intuitive; I don't need to do anything to be intuitive.
I have a clear mind and always make the right decisions.
It's easy for me to quiet my mind to hear what my heart is telling me.
I am the source of higher intelligence and knowing.
It's easy to listen to my higher self and follow it in difficult times.
I am thankful that I have intuition and that it's always 100% correct.
I am 100% committed to being open and receptive to my intuition

11. I am radiating with amazing health, and life energy.

I am super healthy!
I am constantly creating perfect fitness and health.
I am experiencing incredible physical vitality and exercise daily!
I am totally motivated to exercise every morning and I DO IT!
I easily keep my body in perfect physical shape.
I always eat healthy foods and have boundless energy.
I am happy about my life and my body shows it.

I now exercise in a healthy, loving, and meditative way.

I am thankful for having a perfectly fit healthy body and mind.

I am 100% committed to keeping my body and mind healthy by meditating, exercising, and eating healthy foods daily.

12. I'm a powerful channel of healing energy.

The healing source is abundant in me.

My body is a super powerful healing energy source.

I am a divine flowing channel of healing energy and lightness.

I naturally and effortlessly heal anyone that comes my way

I generously give healing energy to myself and other people everyday.

Everyone has relaxing healing experiences by just being with me.

People easily allow me to be a source of natural healing energy.

Abundant healing is always happening in my life regardless of beliefs, attitude, age, sex or creed.

I am receiving the guidance I need for my deepest healing right now.

My body and mind is a flowing channel for the divine healing light.

I am thankful for this infinite healing source flowing inside of me now.

I am 100% committed to healing myself and help others (when asked) to find the infinite source of energy to heal themselves.

13. I have an amazing, empowering relationship with myself.

I truly love myself.

I can always find a relaxing confident place inside myself.

I feel good about who I am and what I'm doing with my life now.

I accept, appreciate, and approve of myself exactly as I am.

I feel great about loving and accepting myself as I am.

I have a fantastic relationship with who I'm going to be tomorrow.

The Universe is a safe and sacred place for me to get to know myself in.

I can accept and love all those little parts of myself that need extra attention.

I am grateful for this divine opportunity to get to know myself deeply and experience an empowering loving relationship with myself.

I am 100% committed to having an amazing, loving, and empowering relationship with myself!

14. I am open to feeling connected with everyone.

I naturally communicate from my heart-space at all times with all beings.

I am a powerful loving being who is giving gentle warm wisdom to all beings on Earth.

People want to be connected to me.

I see a loving powerful being within everyone I talk to.

I always communicate effectively and easily with others.

I am comfortable looking into any human being's eyes.

I now can approach any person I meet with a genuine smile and an open heart.

I feel a positive attitude inside all beings.

I feel safe and protected at all times when I'm with people.

I am thankful for my ability to connect with everyone I talk with.

I am 100% committed to feeling confidently connected with each person I talk with.

15. I have only generous authentic loving relationships in my life.

I am surrounded by people who love me.

I easily allow positive loving relationships into my life.

I communicate in a peaceful and authentic way with everybody.

My relationships are always satisfying and fulfilling for me.

Everyone I know appreciates and loves me.

I see others as beautiful and divinely perfect.
I feel warm-fuzzy energy coming from inside me and flow to everyone.
My personal relationships are intimate, honest, loving, and freeing.
Everyone around me is generous, loving, and honest with me.
My friends are real and give me wonderful feedback.
I open up easily to new people.
I am always growing and enriching my circle of friends and family.
I am open to loving all different kinds of people.
I feel safe sharing myself fully with someone I don't know.
People that I've never met are saying good things about me.
I am thankful for the positive relationships that I have in my life.
I am 100% committed to creating only authentic loving relationships in my future.

16. I easily speak my truth in challenging situations.

I can always voice my truth and be safe.
It frees my soul to be able to speak my greatest truth.
I can easily speak my truth and know that I am heard.
It's safe to share my truth with challenging people in any situation.
I am safe to share positive thoughts about myself with other people.
I easily tell people "I love you" when I feel that love in my heart.
It is O.K. for me to live my entire life from my heart.
My voice is rich, alive, and always sharing new positive thoughts that bring peace and joy to others' lives.
I am thankful for being able to easily speak my truth in challenging and confrontational situations.
I am 100% committed to speaking my truth in every circumstance and situation.

17. I am independent of the opinions of other people.

I am at peace with who people think they are, and the outrageous opinions they may have.

I am free from others' criticism of me.

I respect where others are at in their lives, knowing we all have different lessons to learn.

I am safe from others' judgments and opinions of me!

I am independent of what anyone thinks of me.

I have released my need to interfere with others' lives and try to change them.

I am O.K. with allowing people to have their judgments, desires, and opinions.

I am free from having to manage everyone's life!

If negative issues arise, I can easily ignore them.

I am totally in control of my response to others at all times.

I am thankful for being independent of the good opinion of other people.

I am 100% committed to speaking my truth, listening to others' opinions, and not taking them personally.

18. I love my work and people love to work with me.

I enjoy the people I work with and learn from them daily.

I am truly satisfied with the work I'm currently doing.

I am excited on Monday mornings to go to work.

I love getting to know the people I work with.

I love helping people and letting them help me.

I am excited that I get to contribute to others' lives and get paid for it.

I am glad to receive the money for the divine service I provide.

I send love and feelings of abundance to every being I work with.

I am thankful for having this job.

I am 100% committed to loving what I do and doing what I love.

19. I have plenty of money to feel financially secure and at ease.

I am a powerful abundant being with plenty of money.

Divine abundance is my natural state of being.

Infinite riches are flowing to me easily and effortlessly.

Thousands of dollars are freely entering my bank account right now.

I am now making all the money I want with joy and ease.

I can generate an abundance of money doing exactly what I love doing.

I make the right decisions that produce the greatest financial return.

I always make plenty of money to enjoy my rich life now.

I feel rich inside and grateful for the money I have right now.

Everybody is supporting me in creating financial abundance.

Every investment I make brings me joy and a great financial return.

I am blessed with great abundance; it is my divine natural state of being.

I purchase what makes my heart sing and it just makes me richer.

I am spiritually guided towards what makes my life richer.

Every dollar I spend returns to me in 10 times the amount.

I am thankful for a healthy relationship with money; money is my friend.

I am 100% committed to being at peace with money

20. I am financially free!

My income greatly surpasses my expenses.

I have a successful ability to consistently generate an abundant income.

All the money I need is flowing into my bank account right now.

My passive income streams naturally exceed my expenses each month.

I have an increasing income that easily exceeds my expenses.

I am generous and have plenty of money to share with the world.

It is fun and easy to make a lot of money.

I am becoming more and more financially free everyday in everyway.

I am very grateful for being financially free.

I am 100% committed to always being financial free.

21. I am a trustworthy person and I trust the Universe deeply.

I trust life, and life trusts me.

People naturally trust me.

I am comfortable being a trustworthy person.

I now have an abundance of trust for life.

I am experiencing trust in myself and in every choice that I make.

I trust my highest self completely.

I am deeply relaxed and trust this now moment of my life.

I am thankful for trusting the Universe and for being a trustworthy person.

I am 100% committed to experiencing more trust for the Universe each and everyday.

22. I am totally free from my past and my future.

I am a free eternal spirit who is not attached to the past or future.

I am able to let go of anything.

I find it fun to let go and let the Universe be in charge.

I free myself from every past burden I was holding on to.

I quickly release any negativity that comes my way.

I trust life will take care of me in each new moment.

I am quick to forgive myself and love who I was being yesterday.

I give myself permission to feel totally free anytime I need to.

I love and approve of myself exactly as I am.

I am thankful for being free from my past and future.

I am 100% committed to remaining free from the past and the future.

23. I am always on the path towards Enlightenment.

I am the healing source of love, power, and enlightened thoughts.

I find everyone very enlightening to be with.

I am ascending to higher states of consciousness everyday.

I am now receiving all the Love and Freedom that I need.

I am always guided towards the Light.

My feet never leave the path towards enlightenment.

I am totally vibrant, joyful, and fully alive here and now.

I experience myself as an empowering, compassionate, and enlightening being in each moment.

I am grateful for being enlightened by the divine beings that are always coming my way.

I am 100% committed to my spiritual path and creating a more enlightened state of being in my life.

24. I am a creative being who is connected to the Infinite Intelligence.

I easily access my creativity in the most challenging situations.

I immediately connect with the higher spiritual being in everyone I meet.

I am naturally creative and love creating new ideas and things.

I am the divine source of creativity.

I experience a wholeness and higher wisdom in my thinking.

I am an inspirational creative source for all people.

I am intimately connected to the highest source of intelligence right now.

I am thankful that divine creativity continues to flow through me daily.

I am 100% committed to knowing this divine connection with the Infinite Creative Intelligence within me now.

25. I sleep deeply and rest completely every night.

It is easy for me to fall asleep.

I enjoy the experience of sleeping and going to bed.

I feel safe, relaxed, and deeply at peace when I go to bed.

I love going to bed at a reasonable hour.

It feels so wonderful to lay my body down and rest inside.

I am divinely protected all throughout the night.

There is a higher source that stays with me through the night.

I gently awaken in the mornings, very slowly and lovingly.

I feel refreshed and full of life after last night's sleep!

I wake up with an amazing zest and enthusiasm for my life!

In my dreams, I meet loving beings of the highest intelligence and consciousness.

I can easily remember my dreams when I awake.

Each dream is filled with gifts of divine love for me and is overflowing with the highest joy, life, and bliss.

I am thankful for having a deep restful sleep each night.

I am 100% committed to getting a full night's sleep each night.

Your Personal Affirmation Exercise

After reading through the list above, choose the 3- 5 affirmations that resonate deeply with you, or create your own personal affirmations that work for you! Clearly write or print these out so that you can easily read them everyday. The next page below is for you to do this on right now. Feel free to download our affirmations signs to print out at this link:

<http://www.EnlightenedBeings.com/pdf/affirmation-signs.pdf>

If you decide to create your own affirmations, state how you want it to happen to you, as if it was happening in the present moment. It is the most powerful to begin your affirmations with the words "I am..." followed by your desired state of being. Give yourself permission to let yourself shine and radiate! Remember, there is always an empowered and abundant manifesting being already inside you. Let your most unstoppable self blossom and become an empowering guide for others. This will spread infinite blessings throughout your life. Enjoy!

My Affirmations for Manifesting an Awakened, Empowered and Abundant Life!

1. _____
2. _____
3. _____
4. _____
5. _____

*Ten thousand more enlightening
experiences are headed your way...*



With Love,
Jafree

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