



# AFFIRMATIONS

By Julie Shows

**Affirmations are positive declarations that something is already so.** It can be general or specific. It is a constructive thought that you deliberately choose to place in your consciousness to produce a desired result.

**Affirmations are a seed for new beginnings.** Always state your affirmations in a ferociously positive way and start with the word “I”. Create the affirmation that works for you. The power of affirmations are that you own them. Make them yours.

**Affirmations can be used in many powerful ways:**

- Read* your affirmations at least 10 times per day.
- Write* your affirmations 10 to 20 times in succession.
- Write* your affirmations while saying them out loud.
- Say* your affirmations out loud while standing in front of a mirror.
- Write* your affirmations in the first, second and third person
- For example, “I, Jane am healthy.” “You, Jane are healthy.” “She, Jane is healthy.”
- Write* your affirmations and put them where you will see them. (On your bathroom mirror, on your dashboard, on your computer, on each page of your organizer.)
- Save* your affirmation on your screen saver.
- Record* your affirmations and listen to them on tape. While you are driving to work, when you get up in the morning, as you fall asleep at night.
- Make* bookmarks with your affirmations on them
- Meditate* on your affirmations
- Take* turns saying and accepting affirmations with a friend.
- Make* flash cards with your affirmations on them and carry them with you.
- Design* or buy clothing with affirmations on them.
- Express* your affirmations through painting or art.
- Sing* or chant your affirmations

Doubts, resistance and physical discomfort are a natural side-effect of the affirmation process. If you notice negative feelings while you are creating an affirmation, do not fight them. Accept them, acknowledge them and allow their expression. Sometimes these feelings are signals of deep conflicts that may require more clearing.



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If negative feelings persist, try the following exercise:

Write down the affirmation on a piece of paper and then write the response that comes to mind. Then rewrite the affirmation and the next thought that comes to mind.

For example:

I, Jane, love my life!.....Sure bet!  
I, Jane, love my life!.....But not my job.  
I, Jane, love my life!.....No, I don't!  
I, Jane, love my life!.....Not right now!  
I, Jane, love my life!.....If I win the lottery!  
I, Jane, love my life!.....I just wish it wasn't so hard.  
I, Jane, love my life!.....(No response)  
I, Jane, love my life!.....I see the possibilities.

Continue writing the affirmation and your reactions until no negative feelings appear. Do this for several days or until you feel that you've discharged the negative energy. Now you can return to working with the original affirmation. This process may seem time consuming, but one day you will look around and realize that the affirmation you have been working on is in your life.

Trust the process, have fun with it. Start today to create the life you dream about.