


How To Use Affirmations Correctly  
And Attract The Right Things In Life



# ADVANCED AFFIRMATIONS AND ATTRACTION

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# Foreword

Every thought you think every word you say is an affirmation all of our self-talk or inner dialogue is a stream of affirmations. We are continually affirming subconsciously with our words and thoughts and this flow of affirmations is creating our life experience in every moment.

Our beliefs are just learned thought patterns that we have developed since childhood, many of these work well for us, but others may now be working against us, they are dysfunctional and may be sabotaging us from achieving what we believe we want.

Every affirmation we think or say is a reflection of our inner truth or beliefs. It is important to realize that many of these "inner truths" may not actually be true for us now or may be based on invalid or inappropriate impressions we constructed as children, which if examined as an adult can be exposed as inappropriate.

Our subconscious uses the behavior patterns we have learned to automatically respond and react to many everyday events in our life.

This is essential to our survival, we need to be able to respond quickly to events around us which would be impossible if we had to re-examine every aspect of things every time something simple happens.

Our learned responses and thought patterns enable us to automatically respond to circumstances quickly and easily. Problems arise however, if at an early stage some of the foundation beliefs on which many of the others are built were formed from a skewed perspective, maybe the strategy was appropriate for a perceived difficult circumstance, however often such beliefs are totally inappropriate for succeeding in the real world as adults.



*Advanced Affirmation And Attraction*

*How To Use Affirmations Correctly And Attract The Right Things In Life*

# Chapter 1:

## *Exploring the Source of Happiness*

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Each individual on this planet is striving to be happy. This is the state of being that we all know from the time of our birth. It's a state of being that we recognize as our true self -who we deeply are.

Now, for most of us, this happiness does not last. It gets replaced by a striving force to survive, which feels more like the opposite of being happy. The reason we're doing this is

Surprisingly simple - because we're told to do so.

- Our heritage tells us what to believe and feel
- Our government tells us what to believe and feel
- Our society tells us what to believe and feel



### **Source of Happiness**

This world-view instructs us that we humans operate similarly to a mechanical clock. This view instructs that everything is ruled by cause and effect, and almost everything can be replaced when it is damaged. Additionally, we're taught the concept of the survival of the fittest.

Collectively, these two ideas condition us to accept that individuals, like animals, must function in a state of mechanical perfection or be replaced by more perfectly functioning components in the system.

These old concepts have led to a society that is completely self-centered, ego-driven, irresponsible and environmentally destructive. They've led us to a cult of happiness seekers who get their adrenaline rush by buying more useless stuff on a day-to-day basis - all in a subconscious attempt to keep the illusion of flawlessness.

We have been conditioned to consume the world in an effort to attain this illusory perfection, and it shows in our daily lives. Plainly put, we work at places we do not like in order to buy stuff we do not need.

We have forgotten that the source of happiness lies within the center of our spiritual being, and we have replaced it by seeking it in the material world. We have things backwards.

Where does it initially come from: Desire? Wanting something? Bettering ourselves? Take a good look at your life right now. Where do you live? What does your furniture look like? What sort of car do you drive? How much money is in your bank account? Look in the mirror - how do you look? Everything has been manifested one way or the other, by you. You may not be aware of how far-reaching your ability to manifest truly is in all its aspects. Are all my thoughts responsible for this? Yes! Whatever you see in the physical universe has been created in one way or the other by your thoughts. Your thoughts are the drafts of what later becomes physical form.

Everything starts with a thought, which is a thought. That's why it's crucial to pay attention to your thoughts. If you worry about getting all those bills paid you'll create more of the same thing, simply because you've entertained it.

Your thoughts are nothing more than frequencies or vibrations that resonate with similar vibrations already existing. Fascinating, isn't it? You would like to be able to control your views, given that they create your reality. If you are able to control your thoughts, you are able to control what you would like to create and manifest in your life.

If you cannot control your thoughts, things will manifest that seem random and unconnected to you - and they are - they're actually manifested from others. Your consciousness is like a radio station.

You can send signals and programs and you can receive signals and programs. Sometimes you may want to receive and sometimes you may want to send.

To know when to send and when to receive is one of the greatest success factors in life. It's the balance of knowing when to create and when to experience. You cannot constantly create for you would miss out on the other part of the experience. On the other hand, if you only experience things, you'll never get to manifest anything.

Another way of putting it would be responsive responsibility - the ability to consciously respond. In every moment, you have a choice about what you want to do, and what you want to decide. If you don't exercise this power, nothing happens in your life - at least not what you want. This brings us to the next topic.

Happiness is the state of being of our true self, which we have deeply recognized from birth. We lose sight of the source of our happiness through a variety of cultural, social, educational, environmental and relational conditioning. When we respond to life from our true selves rather than from our conditioned selves, we are able to manifest what we want.





## Chapter 2:

### *Find Your Unique Strengths, Gifts, and Talents*

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Discovering your strengths and talents is like first building the basement for your house. It's your foundation. It's like the soil from which a strong and beautiful tree can grow. It provides you with your unique potential. It's a unique gift that came with you when you were born. You are being asked here to nourish it until it's strong enough to guide you in your life.



## **Talents**

Do not waste your time chasing somebody else's dream or goal or anything that is not given to you that you can't claim first as your own. Use the talents you came in with or the ones you developed along the way.

You may become very good at something but you'll never find true, lasting happiness with it if you cannot own it completely. You'll always have to compensate with something else so as not to feel the void in your life - a void that is only filled by your own inherent strengths and talents.

If you do not know your talents and strengths, make getting to know them your major project in life. Use any tools you feel comfortable with. Try to find a way to dig deeper into yourself. This is your life - and you are worth it!

Recognize your unique blend of talents and gifts is the first step in discovering who you truly are. Think of your childhood dreams for clues about your early conditioning. Ask your friends to help you identify your gifts. Keep a journal of questions and answers and refer to it often as a way of focusing on the specific characteristics of yourself and the dreams you hold dear. Learn to use any tool that helps you find a way to dig deeper into yourself.

### **Finding The Courage to Step Out of Normality**

If you've found your talents and strengths, you know you're unique. It gives you confidence and a sense of stability. That does not mean that you go around telling individuals how different you are. It's just a recognition of what you brought into this lifetime. Make a commitment to follow these gifts and talents; let them guide you. Do not let anyone tell you what you should do. Do not let anyone tell you that you're not good enough to fulfill your dreams. Identify as much as possible with your dreams, as they're the surest guides in your life. They'll show you where to go. There's no guarantee at all that everything will be fine and easy when you follow your dreams. It could be the opposite.

You may find yourself alone in the world with the feeling that everybody else is doing the right thing but you. Your gifts, talents and strengths are your ultimate potential, but they can also be your pitfalls. You'll need to

cultivate them over time. In the beginning, they are also your weaknesses and you'll be tested by them. The more you withstand them, the stronger they grow inside you, until they become your life force.

Discovering your own unique blend of dreams and personal talents helps break loose layers of conditioning and initiates deep changes in your life. Realize that all change, whether positive or negative, is necessary and will in the end support you in ways that sustains your growth. Inner understanding is infinitely more significant than external accumulation. Be nonjudgmental - don't impose artificial standards on yourself or on others.

### Attention - The Infinite Source of Your Potential

Attention is probably the most crucial gift you possess. It's the act of taking possession by the mind, in clear and vivid form, of one of several simultaneously possible objects or trains of thought. It implies withdrawal from some things in order to deal effectively with other people. Our very perception of reality is tied closely to where we focus our attention. Only what we pay attention to seems real to us, where as whatever we ignore - no matter how important it may be - seems to fade into insignificance.

Each of us chooses, by our way of attending to things, the universe we inhabit and the people we encounter. But for most of us, this "choice" is unconscious, so it is not really a choice at all. When we think about who we are, we cannot possibly remember all the things we have experienced, all the behaviors and qualities we have exhibited. What comes to mind when we ask, "Who am I?" Those things consist of what we have been paying attention to over the years. The same goes for our impressions of others. The reality that appears to us is not so much what's out there; as it's those aspects of the world we have focused on.

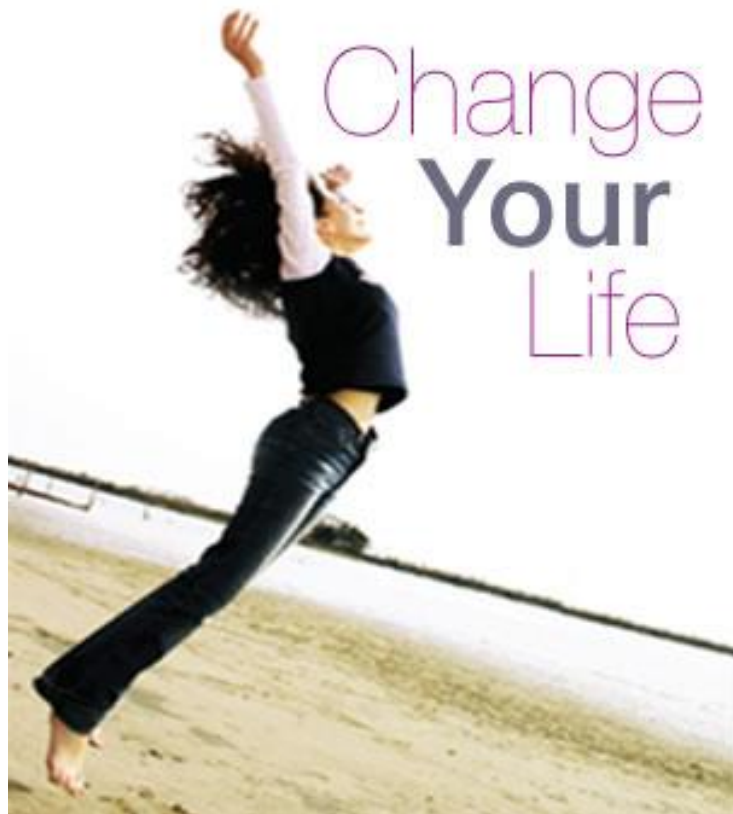
What we look at may not be what we attend to. It's possible to look in one direction but actually notice changes in another direction. Overt attention is the act of directing our eyes or ears towards a stimulus source. Covert attention is the act of mentally focusing on a particular stimulus. Basically, you are able to direct your attention towards the outside world or towards the world within. You are able to observe - attend to - your thoughts!

Mastering and controlling your attention gives you the freedom to choose what happens in your life. There are numerous things happening at the same

time all over the world, however, as long as your attention isn't directed to any of it - nothing really happens for you.

This is very important to understand. The more you are able to control your attention the more you attract only the things in your life that you really want. If you don't pay attention to the crime scene on your television, it doesn't create this reality for you. If you do not pay attention to negative things in your life, it won't create that reality.

This does not mean you should ignore the parts of the world that don't produce peace and happiness for you; it merely means not to give them too much attention. Do not get absorbed in them – decide when enough is enough and move on to something you want your attention to be focused on, for instance, the important goals and dreams of your life. Life isn't what you see on TV nor what you hear and read in the news!



# Chapter 3:

## *Power Methods to Write and Use Affirmations*

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Use active verbs in your affirmations. Getting, doing, having, learning, loving, and earning are all words that immediately show an image of action to your inner self. The more clearly you are able to see the action in your mind the more powerful the impact of the affirmation will be.

Affirm the positive not the negative. There's an old song that says, - Accentuate the positive, eliminate the negative, and do not mess with Mr. In-between. Always choose words to reflect the positive results you desire.

For example: "each day I happily choose food that supports my healthy body" is much more powerful than "I am losing weight".



## **Power Methods to Write and Use Affirmations**

Notice that both positive affirmations center on choice and health. The basic self (subconscious mind) loves to have a choice. The other two affirmations center on deprivation of no smoking, losing weight. A fear of being deprived can launch the exact behavior you wish to discontinue. How many times have you decided to go on a diet only to begin craving forbidden foods the instant you made the decision?

Keep your affirmations short and sweet.

Affirmations that are simple to remember and repeat will have the most impact. It is more effective to use three short statements that are easily spoken.

Attach strong emotion to your affirmations. When making your affirmations use words that evoke strong feelings in you. When you're saying your affirmations, even silently to yourself, say them with strong emotion. Here is an example: See it when you say it. Stand tall, stride around the room, and throw your arms out wide.

If you're in a place where you're saying your affirmations silently then see yourself taking these physical actions in your mind's eye while you're repeating your affirmations.

Practice the physical part of saying your affirmations whenever you get the chance. This way you'll have a solid anchor of yourself going through these movements for those times when you need to visualize the movement and you silently say the affirmation.

Use present tense words. I'm now receiving, I'm doing, I now have, choosing these phrases send the message to your basic self that your desired result exists right now.

It's the responsibility of your basic self to fulfill your directives as quickly as possible. If you put your affirmations in the future tense, as in I will or I'm going to then your basic self has no clear directive to act now. Your desired goal will continue to stay in the future because that's the information you're putting out.

Say what you mean. If your affirmation is - I'm a powerful communicator, be sure that you've clearly defined to yourself exactly what actions a powerful communicator does.

Remember that words are symbols for our thoughts. Each word or combination of words carries the energy of an image (thought) specific to you. Word your affirmations to get the exact results you desire. Invest in a good thesaurus. The more words you have at your command the more precise you can be in wording your affirmation.

Many teachers and motivational speakers use this technique.

Here is how it works. Choose a time and place when you're able to be uninterrupted for a while. Start saying your affirmations aloud using lots of movement and great emotional energy.

This can be as easy as touching your forehead with your index finger, clenching your fist, touching your thumb and pinky finger together or any physical activity you are able to assign as your specific anchor action. Avoid choosing a noise action like snapping your fingers or tapping your foot because there may be times when you'll want to use your anchor unobtrusively. In addition, whichever action you choose, use it specifically as an anchor for your affirmations. If you have a habit of scratching your ear while concentrating then that may not be as effective for you as a new behavior assigned to your affirmations.

As you begin each affirmation, do the action. Put all of your energy and emotion into this. Go over the top, as if you are on stage. Say the affirmation, do the action. Say the affirmation, do the action. Do this for an hour or more if you are able to. Your voice may get hoarse, that is okay. You're building your desired lifestyle.

Every time you do the action at the peak of your emotional energy while saying your affirmation, you're creating a direct link between this action and your affirmation energy. You'll be able to bring up the power of your affirmation any time in the future just by doing this action.

You are able to be in an elevator surrounded by other people and start using your anchor motion. By the time you reach your floor you'll be pumped, as if



you had just spent 30 minutes shouting out your affirmations. The more you use the anchor the firmer that connection will be.

Make your affirmations true and realistic. Your affirmations are your personal directive. Choose the words and phrases that are true for you. Other people may make suggestions and even give you already written affirmations. Use what is meaningful to you and discard the rest. Affirmations created by others may never be as powerful for you as the affirmations you create and believe for yourself.



There are no 'shoulds' in personal affirmations. You are responsible for the results that you create in your life by the actions that you choose. Listen to the input that others may offer you and then make your own decisions. Action follows thought. What you decide to think, what you constantly affirm, will determine your action.

A very important guideline for creating affirmations is that your affirmations apply only to you. You may affirm that you are a more loving husband; you may affirm that you have a nurturing relationship with your wife, but if you try to affirm that your wife is a

more loving wife, then you are moving into the realm of psychic manipulation.

Affirmations are based on your personal words and thoughts and apply to your life, not to others.



## Chapter 4:

### *Create the Life You Desire*

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Affirmations are one of the single most powerful tools for creating abundance and the great thing about it is that this process is readily available to anybody for absolutely no charge. Whether you realize it or not you use affirmations to create the experiences of your life right now. Everything that happens, positive or negative, is drawn to you by your thoughts, words, and actions. Affirmations are the expression of your thought, words and actions. This is the Law of Attraction and it's a universal law. All mankind is bound by this law, whether they believe in it or not.



## **Create the Life That You Desire**

A very easy definition of an affirmation is that it's a statement asserting the existence or truth of something. For instance, if you say to yourself - I do not enter contests. I'm not lucky, I never win. Then you've created this statement as an affirmation. You're asserting that you're not a winner. This might be a statement of fact or it may not. Maybe the fact is that you sometimes win things, or experience luck and sometimes you do not. What is more significant here is your assertion that you don't win. If you hold that thought and image consistently you'll behave in ways consistent with that belief. It then becomes a self-fulfilling prophecy for me.

Perhaps the most powerful affirmation of all time comes to us from Rene Descartes: -I think therefore I Am“

Each of us produces our own particular reality in life by the words we speak and the thoughts we think. When you realize the power of words and thoughts, you'll demonstrate dynamic life changing results for yourself using positive affirmations as one of your instruments. The spiritual mind knows that everyone and its thousands of day-to-day secret thoughts or affirmations are real things, so if the thought of health, strength and recuperation is constantly held to in the mind, such thought ... will express itself in the body, making maturity never ceasing, vigor never ending, and the keenness of every physical sense ever increasing. Words that you use when talking to yourself or other people are affirmations. Your mental slap to the forehead saying - How could you be so stupid? When you miss your exit on the freeway does nothing to lift your spirit or make your world brighter. If you begin to use small happy affirmations, you perhaps might be pleasantly surprised to note how much better your day goes. We all can benefit from acquiring thought and speech patterns by replacing the negative with positive, powerful and enlightening images. Positive affirmations are the very best tool to achieve this change.

Try an experiment. Identify the source of negative messages you receive from other people and eliminate that source for an entire month. It may seem odd at first to discontinue watching the evening news or stop listening to music with negative lyrics, yet you will find that if you give yourself permission to do this for just one month you'll eliminate much stress and discomfort from your life.

The exciting news is that if you're not happy with your life today you have the power to consciously change it right away. This may be a new concept to you, or may not. If you have difficulty believing that your life experience is created by the power of your thoughts, take the challenge. It costs nothing to experiment with positive affirmations to determine the impact they may have on your life. You have nothing to lose by experimenting with affirmations. You only have the world to gain!

It doesn't matter what your experience has been to date of family, culture, environment, or even how old you are. Anyone can benefit from the effective use of positive affirmations. The past does not predict the future. You're not locked in to your current life experience. Affirmations are valuable tools, used to move our reality in positive directions. Use positive, self-directed affirmations to create the self-fulfilling prophecies that you desire for your life. You can make it so in any area of your life you choose.

## Chapter 5:

### *Attitude is the Most Important Thing*

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It is the basic principle of looking at a half full or half-empty glass. It's your viewpoint of life that determines your attitude. If you think everything has to be given to you for free, you're setting yourself up for big disappointment.

You'll spend a lot of time being angry because

You will soon discover that nothing comes to you for free. Centering on who you are and what you have will shift your attitude and make you more humble. Recognize what you do have in life. Go out in nature and recognize the beauty of life. Pick a flower, watch and feel the grace of it.



## **Attitude**

This is a story about a woman that's experienced individual's attitudes that would have made all the difference. A reporter was sent to a cafe to interview three different men doing exactly the same job – hammering stones. Asking about how they liked their job, the first one answers, I really hate it. I barely make the money to survive.

I'm doing the same stupid thing over and over. My back hurts, I'm getting old, and I absolutely see no sense in what I'm doing. The second man responds to the same question, saying, “It is not bad, I have a decent house and a nice car. I love my family; yet, I'm not fulfilled with what I'm doing.”

The third man replies, “I love my job. I'm utterly thrilled and I appreciate everyday I can be here. I think my work is fantastic as all these stones I am hammering will later be part of the material to build a wonderful cathedral. A place where many individuals can worship God and a place where numerous individuals will find the strength to overcome struggles and difficulties in their lives.

I can't imagine doing something different – I feel happy every moment.” Remember – all these individuals are doing the same exact work. It's only their attitude that makes a completely different individual out of them.

Not only are these individuals all different, they each will be affecting the others around them by their attitudes. It is the basic principle of looking at a half full or half-empty glass. It's your viewpoint of life that determines your attitude. If you think everything has to be given to you for free, you're setting yourself up for big disappointment. You'll spend a lot of time being angry because you will soon discover that nothing comes to you for free. Centering on who you are and what you have will shift your attitude and make you more humble. Recognize what you do have in life. Go out in nature and recognize the beauty of life. Pick a flower, watch and feel the grace of it.

## **Chapter 6:**

### ***Stepping Out of Your Comfort Zone***

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Living within the confines of routine life results in feelings of being uncertain, frustrated, and low, largely because of the monotony that's involved. There's also a big sense of depression owing to the fact that you can't clearly see any opportunities or possibilities of advancement or betterment of your current state. If such chances do come your way, you're hesitant to pursue them because you become doubtful that they'll work to your advantage. Such thoughts make way for several other people that are of no productive consequence. Thoughts that life would have been better off if you were born into a rich family, or if you had attended a better school, do nothing to remedy your situation.



## Stepping Out

There's a lack of self-belief and as a consequence when you stop asserting yourself – you give yourself up to fate and begin allowing things to just happen for you. Such a life is spent seeking the approval of peers; there's no personal initiative to step outside the little circle of thought and venturing to the unexplored. For these reasons, your life becomes full of anxiety, a passive and defensive attitude, doubt, fear, and diminished self-esteem. Clearly, this isn't a lifestyle you will enjoy.

Break out of your Comfort Zone. Positive thought affirmations are ideal for individuals who wish to step out of their zones of comfort. They work by asserting a faith and optimism in the self. Self-belief is created and this inspires individuals to create changes that they wish to see in their lives. This is strictly through self-control and effort. Naturally, the first step has to be the erasure of your negative inner talk, which has a big effect in shaping the thoughts, which confine you to the small circle that's your comfort zone.

### Stepping out into the Positive

Positive affirmations will start a new thought process that will create new life. You'll be able to brush off the doubts and fears that confine you to self-inflicted limitations. Positive affirmations will enable you to visualize the outcomes that you want to manifest in your life.

As you create your affirmations ensure that they are positive. Let the affirmations convince you. Let them be brief but emotionally and mentally intense. They must be in the first person because they're only meant for you. With this said and done, start repeating the affirmations fervently. Using visualization and creating mental images of success will serve you well. The positive affirmations are for the purpose of reprogramming the subconscious. Repeating the affirmations every day is required if the reprogramming is to work. Ensure that you're calm and collected when you're doing this. If this proves impossible, invest in a gadget that can repeat the affirmations in your sleep. This has proved to be the most effective technique by far. Realize that affirmations complement your efforts. Half-hearted efforts to get out of your comfort zone will not pay off. The effort has to be wholehearted.

## Creating a time frame

There's a difference between creating in your own universe and creating in the physical world. When you create inside yourself there's no time involved – your awareness is timeless! For instance, if you would like to change your attitude toward your boss, you do not need to set a time frame. You are able to merely create the intention: “I appreciate my boss,” or, “I value my boss’s viewpoints and beliefs”. It will work instantly if there's no other belief or intention in its way.

When you deal with the physical world, setting a time frame becomes important. The physical world works within time and space. If you build a new house, first you have a plan, and then you move dirt, assemble wood, install plumbing and move furniture until the house is complete. It takes time and effort.

So if you make your intention but you leave out the time frame – your intention becomes doubtful. For instance: “I'm working in my dream job”. Well, you'd probably say right away: “I am not!” It sounds more like an affirmation than an intention. Include the time frame, and this example turns into: “I'm working in my dream job, six months from now”.

Pay attention to any reactions you have when you formulate your intention. Your mind may interfere and tell you: “No way, I'll never get this,” or “this is impossible”. If you encounter these instant judgments, formulate your intentions differently, so that they feel more do-able.

Occasionally you may want to break a big intention into smaller pieces. For instance: “In two weeks I am a millionaire”, is an intention that may not work for most Individuals. Nonetheless, an intention like: “each day I will have more money to spend”, may get you there sooner than you think.



## Chapter 7:

### *Create a Time Frame*

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## Chapter 8:

### *The Art of Affirmations and Manifestations*

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Learning the art of attraction and manifestation will help us achieve what we want in life, by focusing in on what we want. Basically, the law of attraction states that we draw into ourselves anything we focus on. Studies have shown that where relationships are concerned, 'like attracts like' and what we focus on becomes manifested into our reality. This is what the law of attraction is. We create our own reality. We actually do this already because our reality is shaped by our thoughts and beliefs based on what we were taught and believed since childhood. Think of the old adage, 'Life is what you make it.'



## **Stay On Track**

Let's bring everything together you have learned so far. Know that fulfilling your dreams is the purpose of your life. It's exercising your strengths and talents to contribute to the greater good of all. Know that fulfilling your dreams is your destiny. Never ever give anyone permission to take this powerful force away from you. Decide what you want in life. This may change during your life, so evaluate your goals and dreams every few years. Align with your long-term goals and adjust your short-term goals.

Know your strengths, talents and gifts. Also, know your weak areas, exercise your strengths and get help from others for your weak areas. Have you thought about a mentor? Understand that you have unlimited attention. Decide where you want to put your attention. Limit the areas where you waste your attention. Increase the areas where you want results.

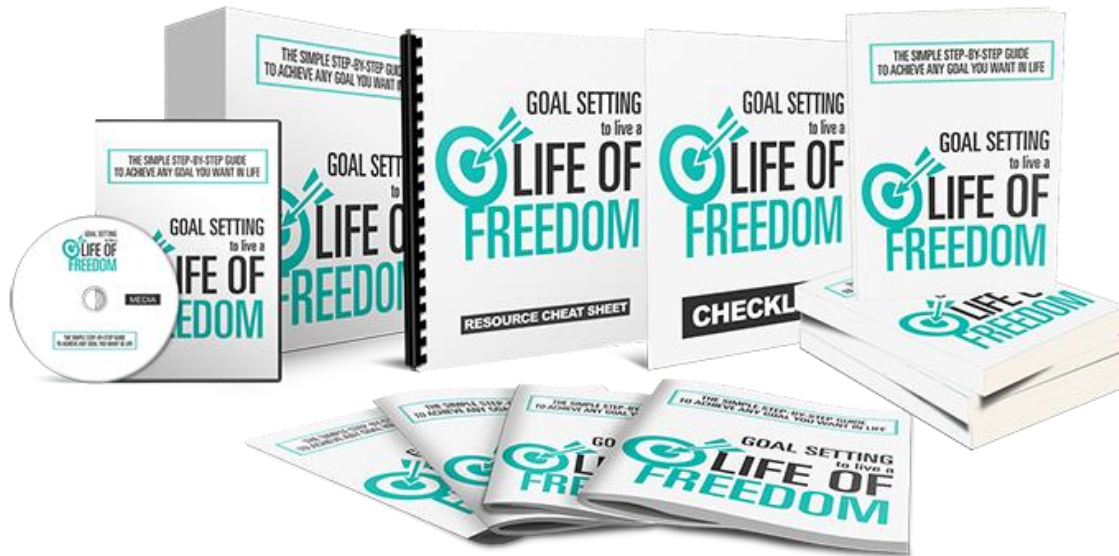
Use your imagination as a virtual playing field. Imagine what it feels like to have reached your goals. Imagine what it feels like when you live your dreams. Contemplate your beliefs. Your beliefs create reality. Replace non-supporting beliefs with beliefs that support your goals and dreams.

# Wrapping Up

Use a vision board to manifest your dreams. Buy a large corkboard and start pinning up your dreams. Use words and pictures that show exactly what you want in life. Put this board in a place where you are able to see it each day. Spend some time each day and let any imaginative thoughts and feelings flow through you. Your subconscious will immediately begin to work on turning your dreams into reality. Acting on these possibilities will finally bring your dreams to life!



# RECOMMENDED RESOURCE



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