

Use the Power of Affirmations to Enhance Your Life!

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By Edward Green

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Probably all successful people use mental suggestions in some form. Very likely that's why they attained success. Few, however, have taken the time to develop their own comprehensive personal set of powerful affirmations to enable them to enhance their lives even more.

In my opinion, one of the very best short affirmations ever created is: 'Every Day in Every Way I'm Getting Better, Better, and Better.' Virtually anyone can use it to their benefit. It's powerful, easy to recall, and can only bring you good.

However, if you've wanted to do more with your affirmations, and are ready to graduate to using longer, more intensive ones... affirmations you can take and make 'yours'... let me invite you to read over this Article's subset of the extensive ones which I've developed, and give them a try. They're not the usual ones you'll find, and hopefully will give you some really good thoughts toward developing your own.

Should you want to read my complete set of affirmations... (the ones here make-up only 1/4 of the total I've recorded), e-mail your request to my autoresponder: affirm@ggalaxy.com and then look for my entire set to be 'in your e-mail-box' within a few seconds. In the reply to your request, you'll also learn a terrific way for you to use affirmations.

Use the Power of Affirmations to Enhance Your Life!

Here now are some powerful affirmations for you. Use them in any form you wish. Enjoy them... enjoy your life!

Desire to Enhance My Life and the Lives of Those for Whom I Care Creates the Incentive I Need, and Makes My Fondest Dreams Come True. I Start Each Day with Enthusiasm. I Think Healthy Thoughts and Have Healthy Emotions. I'm Healthy and Strong, Filled with Energy and Vitality. Every Cell in My Body Vibrates with Health, Healing, Vitality, and Love.

I'm a Success. I'm Unique, Valuable, and Highly Intelligent. Ideas Come to Me Enabling Me to Achieve Whatever I Want in Life. I Trust My Inner Guidance, and I Make Decisions with

Confidence. I Let Myself Play and Have Fun. I'm Comfortable in My Interactions With Others. I Allow Myself to Grieve and Heal. I Allow Support in My Life.

I Persistently Act and Move Toward My Goals. I'm Positive and Prosperous-Minded. I Feel Self-Confidence and Control. I Control My Mind and Body at All Times. I Create Powerful Visions, Devise Fun Ways to Eliminate Overwhelm, Overcome Procrastination, and Do Whatever is Necessary to Get Everything Done.

My Will, Self-Esteem and Spontaneity Get Better and Better Every Day. I Love Challenges and Learn from Every Situation in My Life. I Use My Time Efficiently. It's Fun and Easy to Take Action Toward My Goals.

Each Day I Draw-in More and More Spiral Energy, Vibrate with Energy, Enjoy Life, and Radiate Health and Happiness. I Feel Strong, Excited, Passionate, and Powerful.

I Contribute to the World in a Meaningful Way and I'm Paid Back a Thousand-fold. I Manage My Money and All My Other Resources Wisely. I Radiate Warmth and Friendship to All. My Happiness Comes from Within. I Release My Past and Welcome the Present. I'm Healing All My Emotional Wounds and Moving Toward Greater Peace and Happiness Every Day. I Give and Receive Love.

I Have a Wonderful, Fulfilling Relationship with God. I Can Trust the Guidance of the Holy Spirit. I Feel My Connection to God in Everything I Do. God Guides My Life.

God is My Strength. God Gives Meaning to My World. I Surrender My Life to God.

Of course, you'll want to tailor the final paragraph to reflect your own religious preference, but I think you could use all the other affirmations almost verbatim if you wanted... or just use them to 'springboard' from.

My very best wishes for your success with them!

Edward Green is president of TM&A Creative Marketing Inc. and long time Jay Abraham Protege'. You'll want to visit this website, GREEN'S GALAXY [<http://ggalaxy.com>] to get Insiders' Marketing/Sales/Persuasion Tips, and more. FREE Success Tools Able to Enhance Your Business and Your Life!

The Power of Affirmations

By Nancy O'Brien

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The Power of Affirmations

In every moment we are affirming something.

The question is, are my affirmations conscious or unconscious? Am I keenly aware of what I am affirming to be true? Is my mental process a conscious one or do my thoughts run mostly on default? What do you think comes back to us when we affirm repeatedly that life is a wondrous and bountiful adventure?

What comes back when we affirm that life is a struggle?

Our thoughts form the reality we experience. Our outer world reflects the totality of our beliefs, which are simply our habits of thought.

Becoming intimate with your own habit of thought is critical to consciously creating your life experience in alignment with your Highest Self.

Your full potential is accessible through the power of focused intent.

When creating affirmations it's important to keep in mind the following:

- * Using the phrase I AM (God's name) is a powerful affirmation on its own and is a potent precursor to any affirmation that resonates for you simply because it affirms that something is already so.
- * Avoid phrases like "I will" or "I want" which affirm a current state of lack.
- * Focus on what you truly desire not what you "think" should be.
- * Focus on yourself and your state of being, not on anything outside of you.
- * Put yourself fully in the experience of the affirmation and create a virtual reality with all your physical senses. You want to feel, touch, taste, smell and hear the full experience.
- * Have FUN!

Nancy O'Brien is a transformational life coach who guides people worldwide in creating joy-filled lives

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