



Challenge, Action, Kindness, Energy

AFFIRMATIONS

Most of the day, the mind is busy chattering away to itself about this and that; a continuous stream making observations and registering feelings. Every statement that you make is registered and lodged in your "internal computer". This mind-chatter cements your experience and you become a result of your thinking. Like attracts like, so just as positive thought patterns create positive living and negative thought patterns create negative living.

This endless mind-chatter is determined by past experience and can become very limiting. In relaxation and meditation the mind-chatter can appear to be highlighted as you are more aware of your thoughts. It's only when you become aware of this mind-chatter through being still that you begin to realise the kind of world that you are creating for yourself. It's at this point that you can choose to take a positive step to change the current reality and what happens in your future.

An affirmation is a brief, powerful statement of something good and positive which is stated in the present tense even though it may not be so at the time. It's chosen for its beneficial impact and to change a limiting thought. The idea is to replace habitual negative thought patterns by feeding the mind positively. Affirmations can be used to relax, energise, comfort, enthuse and inspire.

"Every day in every way I am feeling better and better and better."

This affirmation was created by French physician Emile Coue who encouraged many of his patients back to health through suggesting they repeat this to themselves many times a day and especially first thing in the morning.

Try making up your own affirmations to suit your own needs. Always state what you DO want rather than DON'T want. The brain doesn't recognise the 'don't' so will simply reinforce the rest of the affirmation, e.g. 'I don't want to be ill' becomes 'I want to be ill'.

What makes a good affirmation?

Keep it:

- Simple
- Clear
- Brief
- Positive

You must:

- Believe it
- Repeat it regularly
- Have good intent
- Believe you deserve it

Some examples:

- I am accepting this change
- I forgive and release myself from....
- I am worthy of the very best in life
- I am making healthy choices for me
- I am attracting happiness and wealth
- Peace is within me, peace is around me

You can say your affirmations aloud, quietly to yourself, silently, sing them, write them, shout them as you exercise, on your own or with others.

They are most effective first thing in the morning and just at the end of your relaxation, meditation or quiet time. This is when the mind is particularly receptive. Repeat the statements several times a day with belief and expectation. Perhaps just stop and notice the type of conversation that your mind is having with itself; notice any negativity and jump in with your affirmations.

Most of all: HAVE FUN with it