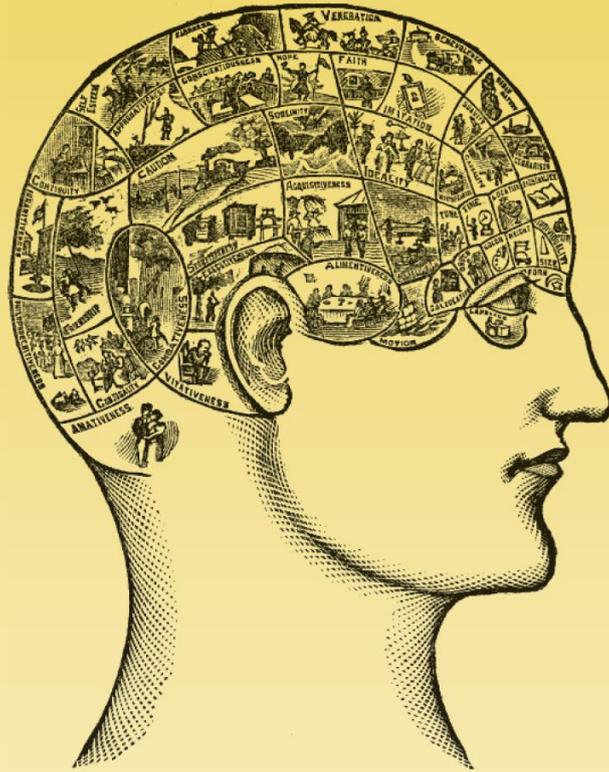


Tony J Selimi



POSITIVE AFFIRMATIONS

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Affirmations For Beginners

What are affirmations? Affirmations are statements that are repeated either consciously or subconsciously. They can be negative or positive. An example of a positive affirmation could be "I know I can do this", and an example of a negative affirmation could be "why can't I ever get a break".

How do affirmations work?

Affirmations programme the mind the same way a script programmes a computer. Repetitive words give the mind something to focus on and it automatically triggers the subconscious mind to start looking for ways to make those repetitive words reality.

Tips when using affirmations

Affirmations are more successful when you are specific and when you attach a positive emotion to them.

Use affirmations that are in the present tense. Try to use as many of the senses as possible when you do your affirmations. For instance, I write mine down in my journal at least once a day. I also have them in places that I will see them and I read them through to myself both in my mind and out loud. I meditate on my affirmations and visualise myself being/doing or having whatever it is I am affirming.

Belief can play a very big part with affirmations for some people. For some, constant repetition of a statement that contradicts their current beliefs can sometimes hinder their progress. I would suggest if you have trouble seeing yourself as "A money magnet" or something similar, try a different approach. One statement that worked for me was "I am the possibility of (insert affirmation here). For me, possibilities are endless, it's a belief I have that is real and I feel it. So when I tried to say to myself "I am focused and productive" my mind was screaming back at me, "No you're not". After a while I gave up on it. However, when I changed it to "I am the possibility of focused and productive thoughts" I was able to actually get my subconscious to start finding ways of making this a reality.

The point is to make it realistic for you. However, some people can fake it till they make it so use whichever form fits you best.

How To Think Your Way To Success

"When you change the way you look at things, the things you look at change."

We are what we believe we are, and we can do what we believe we can do. Yes, I know that sounds all touchy-feely and new age, but you don't have to be a metrosexual to climb on board the belief bandwagon. There is an interesting connection between our conscious mind and our subconscious. Our subconscious is tasked with the responsibility of making what we consciously believe is true, actually come true; at least to the best of our subconscious mind's ability to make it true. So, if you think you can do something, you can. And, if you think you can't, you can't. It sounds simple, right? Well - it is simple, sort of.

Back up at the top of this article is a quote from motivational and self-help author Dr. Wayne Dyer. I picked the quote because it embodies the entire concept of overcoming self-limiting beliefs. Think about it.

When you CHANGE the way you look at things, the things you look at CHANGE. Let's examine that **statement**. Prior to that fateful day, on May 6th, 1954, everyone in the sports world believed it was impossible to run a mile in under 4 minutes. And because everyone believed it, it became true. But there was one athlete who didn't believe it.

Roger Bannister believed that he COULD break the 4 minute mile. And, when he changed the way he

looked at that barrier, the barrier changed. Even more amazing is that after Bannister crossed the 1 mile finish line in 3:59, nearly every professional runner had broken the 4 minute mile within the following year. Why? Because they believed it was possible once Bannister proved it to them. But you don't need a Roger Bannister to overcome your own self-limiting beliefs. All you need to do is believe in yourself and the goals that you want to accomplish. Believe it or not, it's as simple as turning a "can't" into a "can" and then visualizing your success.

If you want something, start acting as if you already have it. This **programs** your subconscious to go about the task of making whatever it is actually come true. The best way to accomplish this is through the use of affirmations. Affirmations are positive **statements** that you **speak** out loud when you need encouragement. They are always formatted to accentuate the positive as if the desired results have already been achieved.

So, if you are being held back by the self-limiting belief that you'll never be successful, **for example**, you could start saying these affirmations: "I deserve the success that has come into my life." "Every day I achieve more and more success." "It is my right to enjoy the success I am achieving".

If you repeat your affirmations several times in the morning, whenever you have spare time during the day, and again before you go to bed, you will be **conditioning** your self-conscious mind to start the process of making you successful by removing the mental barriers that are holding you back. Before you know it, your personal "4 minute mile" barrier, whatever that may be, will disappear.

How to Use Affirmation Properly

The phrase which affirms one's existence as a being is, "I am, therefore I exist". This phrase looks simple but it clearly expresses all the things about the being by saying them. This phrase shows the confidence which is not usually found amongst the rest of the beings.

One question which arises here is, "Why do humans need affirmation?" or "Is the life relative to one's affirmation?"

You can strengthen your subconscious using the powerful technique of Affirmation. Just make your subconscious disciplined to trust one's affirmation then the latter is transformed into an encouraging action for the alert mind. This powerful technique which we term affirmation is a fantastic thing that makes beings motivated to do any task. They try for more things through affirmation. Affirmation makes people trust in themselves and the confidence it brings helps them in putting their thoughts into action.

Affirmation is nothing but a blend of visual and verbal techniques of an ideal condition of mind. Beings can achieve any goal through strong and powerful affirmations! A strong affirmation is much more powerful as compared to a weak affirmation.

Affirmation is simply a statement made by a person, about anything or about a condition of a being. You can make yourself healthy in mind, spirit and body through powerful affirmations.

A good and strong affirmation is always in present tense like "I am a happy person now". Using present tense in affirmations is much more helpful than using future tense. Affirmation is not supposed to work against you so it should always be encouraging. Look, how pleasant it is saying that I am happy rather than saying I am not sad.

Affirmation should not consist of long lines rather it should be small and concise. A very descriptive affirmation can work against you rather than making a positive and constructive mindset. Creating short affirmations is great as they can be repeated again and again with full ease. It can be used as a song that can be repeated time and time again.

You need to repeat your affirmations, if you want them to be effective. Repetition always pressures positively the subconscious of beings and helps them out greatly in acting out their affirmation. The creator of the affirmations should be extremely familiar with the words they are using as this is necessary in actualizing the affirmations. You can create affirmations in simple words that you think are familiar to you.

Only creating an affirmation and repeating it over and over cannot be effective. The key point is to live one's affirmation and to be open-minded to practically do the things that would aid the affirmation become a truth. You can actualize the affirmation only if you are feeling it and applying it to your life. Affirmation does not only make a being better, it can also boost another person's worth. If you are affirming your fellow's existence, you are indirectly aiding them improve their value.

Are Your Affirmations Positive? How to Do Them Right

Making daily affirmations positive is a sneaky art, but once you get the simple "twist" that makes your affirmation list become positive, you're well on your way to success. This article gives you tips for creating phrases that really are in line with what you desire, as well as gives examples and encourages a well-rounded approach to practicing your list of affirmations.

WHAT IS AN AFFIRMATION?

Let's take just a second to make sure that we are all on the same page when it comes to writing positive affirmations. The goal, of course, is to learn how to write affirmations that work. Before you begin writing positive affirmations, though, you've got to be completely sure of what you want to "affirm" to yourself since that is at the core of your daily affirmations or positive phrases that you are using to "program new thoughts into your mind." So, what is an affirmation? It's a positive phrase that you repeat often enough to "affirm" a new idea into your mind.

WRITING POSITIVE AFFIRMATIONS:

The "sneaky" trick when writing positive affirmations, however, is in creating the phrases in the exact direction of what you want to "affirm" to your mind. I'll explain that one quickly...

To write affirmations that work, you want to make sure they are short affirmations and that they focus directly on the "object of your desire." However, if the "object of your desire" is to lose weight, for example, most people mistakenly write daily affirmations that focus on "losing weight." Ah hah! That's where most people make their mistake because affirmation examples that focus on "losing weight" focus on the subject of "weight."

This concept may be hard to "figure out" in the beginning, but it gets easier as you go along. Weight loss affirmations, for example, should focus on "becoming slim and beautiful" because THAT is what you want to "affirm" to yourself.

EXAMPLES:

Since weight loss affirmations are so popular and so tangible, I'll give you a few short affirmations that drive my point home. Although this affirmation list may sound unusual, I think you'll see that there is more to doing weight loss affirmations than just focusing on the subject of "weight."

"I am slim and beautiful." "My body is healthy, happy and slim." "My metabolism works perfectly." "I enjoy telling myself that I am beautiful." "I see my body in perfect balance." "Everyone around me accepts me as beautiful." "I accept that I am beautiful just as I am now."

LIST OF AFFIRMATIONS:

Creating affirmations that are positive is important by focusing on exactly what you want to "affirm" to yourself, but there is one other ingredient for success in making your affirmation list for daily affirmations work and that is to make sure you are using positive affirmations that encompass many facets of your life. This concept is just as important as making affirmations positive because you'll want to be "hitting your target" from all angles. To do this, you'll want to include positive phrases that keep you motivated, confident and energized to make the changes you want in your life.

Combining the art of making affirmations positive and making your daily affirmations encompass many parts of your life are two key ingredients for making affirmations that work.

Positive Affirmations Can Counteract Negative Thoughts

Affirmations are short sentences stating something, and are often used to improve behavioural issues and blocks that may be stopping you from accomplishing your goals, or preventing you from being happy. But even if you don't believe in them, affirmations are already on your life, often in the form of negative affirmations. Every time you tell yourself that you can't do something or that you are too old/heavy/ugly/slow to do something you want to do, you are using a negative affirmation to reinforce that belief. Positive affirmations are created to counteract those negative thoughts.

Positive affirmations are created to target particular behaviours that you know are negative, and help you achieve your goals by convincing yourself that you can actually do it. You cannot win a race if you never start running or if you just give up mid-way because somehow, you knew you were going to lose anyway. It's easy to see negative behaviour patterns on others, such as that workmate that never gets a promotion because he never asks for it, but it's much more difficult to see them on yourself.

By identifying those goals that are dearest for you, you can then see what kind of negative behaviour patterns are stopping you on your tracks, and create an opposing positive affirmation to replace them on your mind.

Many negative thoughts originate from seemingly innocent comments made to you during your life that spiral out of control, or from well-meaning adults trying to excuse a mistake without making you feel bad. Take for example those people who never manage a diet, because they think that obesity is just their body build. Believing that you are just overweight because that's how life is and your mum always said that you just had to live with being round is not only damaging, but it's stopping you from actually succeeding on a diet.

Unless there's an underlying medical issue, eating chocolate because a little voice on your head tells you that dieting is not going to work for you because your metabolism is slow is not leading you anywhere. Turn around your negative thoughts into a positive affirmation that you can repeat happily and regularly to yourself, until it becomes part of you.

This way you can actually invite change into your life, and change those things that are preventing you from being happy, or limiting your ability to enjoy yourself. There will be always a certain degree of resistance, as your subconscious doesn't want to change deeply seated behaviour patterns that at some point were useful, but if you persevere you'll soon start noticing that resistance fade and positive changes taking effect on your life. This, in turn, makes it easier for you to believe in the power of positive affirmations and your innate capacity for change.

If you aren't sure about the power of positive affirmations and a positive attitude to change your life you only need to try. Create an affirmation about a single goal that is important for you, and write it down,

sing it or repeat it for yourself several times a day. Once the initial feelings of resistance fade you'll find yourself thinking differently, and that's the first step towards actually enabling change on your life.

Daily Positive Affirmations: Changing Your Life For The Better

If you want to improve your relationship, business success, and health, engaging yourself to daily positive affirmations can certainly help. Several people know that there are factors to consider to achieving the best results in life. Several people find comfort in using positive affirmations to improve their life and allow great results to transpire more frequently.

If you are Mentally Healthy you Are Physically Healthy

It is an automatic reaction for people to seek revenge when they're hurt. Revenge drives many people to obsess about the pain they feel and consumes that individual with a desire to make other people experience the same anguish. These negative emotions result to chemical responses in the human body. One of the best contributors to serious heart disease, strokes and other life threatening condition is stress. Even comparative small effects like migraines, tension in muscles and backs, or the inability to focus can create roadblocks to personal change.

Forgive, Forget and Move On People will surely forgive but they don't forget. It is very common for some people to say that they have forgiven someone else but the truth is that often they are just saying the words. Real forgiveness means letting go of anger and resentment. Humans need to focus on shedding anger and releasing resentment. It does not mean that people need to forget the destructive action of other people but it does mean purging yourself of the emotions that may be destroying your ability to adopt and maintain a positive attitude that lie within you.

Be Thankful of those Things you Have

Have you really forgiven yourself? Once you give yourself permission to forgive others it will be easier to forgive yourself. Most people know where they have stumbled in life or come up short in a work, family, or personal relationship. It is impossible to alter the past so it makes sense to forgive yourself and others. Compose a list of all the things that you are thankful.

This will force you to acknowledge that even though each life could be better in some way, there are always people who would trade for your circumstances. Practice to read your list aloud and you will surely feel the tension getting out from you. Positive affirmations are the foundation of each day that will enable achievements that you deserve.

Speak your daily positive affirmations out loud to your own reflection, repeat them while commuting to work, and take time to write them out or type them several times a day. At the end of the day repeat your positive messages to the image in the mirror. Spend the rest of your day figuring out how you can make tomorrow a lot better.

Affirmations For Abundance And Prosperity

There are many positive products and ways to help inspire us to be more prosperous. Affirmations are one of the best ways to help us tune into our prosperity. I would like to emphasize the words "tune into" here. Tuning into our abundance means aligning our vibrations with things like financial abundance, great relationships, good health and work that we love. All of these things exist for you right now.

Think of the many radio stations. All of them are playing even though you may be tuned into one station.

Your prosperity is “playing” around you right now whether you are tuned into it or not. You may be tuned into lack, dis-ease, unhappy relationships or unfulfilling work. Regardless, prosperity in all of those areas exists for you this very moment. You bring prosperity to you by tuning into it.

Tuning into our prosperity is really about tapping into the Flow, the limitless abundance of the Universe. To bring prosperity to us is to align ourselves with the God Force that exists within us. This is our true power to co-Create with Source Energy anything that we desire. When we are in the Flow and we desire something, the Universe is bringing it to us in its own way. Being in the Flow is being receptive to receiving. It is the mastering the art of allowing and shaping and moulding the Universe from within ourselves.

Affirmations for abundance can help us tune into prosperity that exists around us, waiting for us to claim it as ours. This is really important for you to get. Affirmations help us align our inner vibrations with prosperity which will then, like a magnet, draw from the Universe the very prosperity we so desire. It starts with us getting very clear about what we want. We then believe and expect we will receive the thing that we want, we do our part with the action piece and then wait with joyful anticipation as the Universe will bring prosperity to us. It is helpful to think of an affirmation as a Law of Attraction affirmation. Affirmations help us to synchronize our consciousness with the good that we deserve, creating a clear channel for the Universe to respond in a like manner.

For affirmations to be effective, they must be stated in a way that you believe them. They must be stated in present tense, they must be repeated at least 21 times per sitting, and it is very beneficial to state them out loud. I recommend that you state your affirmations two or three times per day. They are best done in the morning when you get up, mid-day and right before you go to bed. When you do an affirmation this way, you are turning it into an effective Law of Attraction affirmation. This means that the Universe is doing its part to line up the people, places and things to bring prosperity to you.

It is worth repeating that you must believe your affirmations. I remember when I started to use affirmations for abundance, one of them was “I am now in the process of receiving £30,000 per month.” Now, at that point in time I had not been making anything close to £30,000 per month so there was a big part of me that really did not believe I could make the money pretty quickly. It is always good to focus on your short-term goals with your affirmations. It is your short-term goals that will lead you to your long-term goals.

Here are some examples of effective affirmations for abundance, health and relationships: I am now in the process of receiving £X dollars per month. I deserve to be wealthy because I create my wealth. I am now in the process of receiving work that is emotionally, physically, and financially rewarding for me. I am now in the process of attracting the perfect relationship for myself. Opportunities flow to me with ease.

I am getting healthier and healthier by the minute. You can use the above Law of Attraction affirmations or create your own affirmations for abundance. The important thing is to be consistent with them. Doing them a couple of days will likely not do the trick. Remember, you are changing your internal belief system and patterns of thought that have existed within you for many years. Patience and persistence are the keys. Using affirmations for abundance, Law of Attraction affirmations and positive products such as Prosperity Wristbands will help you tune into your prosperity that already exists and is waiting for you to claim it.

Positive Affirmations: How Do They Work

In many cases, the biggest roadblock on the path of success is actually you. Self-defeating beliefs, such as “I am not good enough for this” or “I cannot do, I'm too clumsy” can really harm your chances, because they stop you from actually achieving your goals. Positive affirmations are short, positive statements that target those beliefs and help you reprogram your mind so they stop being an obstacle for your success.

It may sound a bit silly to just repeat a phrase to yourself again, and again, in front of the mirror, but you are actually mimicking one of the reasons why negative thought patterns emerge: When you are told by your peers or elders that something is not possible for you, or that you are lacking on some aspect or other, your mind ends up accepting it as truth. That feeling of resistance is often your subconscious trying to avoid having to change a behaviour pattern. Of course there's a limit, and repeating in front of the mirror "I will learn to fly" won't make you grow wings. But convincing yourself that losing weight or getting a promotion is possible is the first step towards actually achieving that.

Many thought patterns are learned during childhood, when the mind is still in a very malleable status, and most of them are incredibly useful. For example, as a child learning about the importance of a job well done and working hard can be key to a successful professional career as an adult. They remove the need to think: your subconscious uses those behaviour patterns to respond to every day patterns on your life, leaving your brain free to evaluate more complex situations. For example, if there's a fire your first thought will be to get away from it, your brain doesn't really need to think about that because your mind knows that fire is dangerous.

However, sometimes those beliefs are actually self-harming, formed on the wrong premises or in answer to a difficult set of circumstances that is no longer useful, appropriate or necessary and it's actually doing more harm than good. Positive affirmations aim to deal with this kind of subconscious beliefs that are hampering your progress and making you unhappy. By way of those short, positive statements you can learn how to bring positive and long-lasting change to your life, and that's why most self-help and coaching methods use them at some point or the other.

Positive affirmations also help you focus on your current goals, with a positive perspective. Being focused is necessary to achieve success. Using this kind of language tools you will be able to replace negative and undermining beliefs with others that are positive and self-nurturing and encourage a positive spiral of change. They help you let go of the past and take control of your life, so you can actually take action and make those much needed changes. It all starts with a positive attitude and snowballs from there.

How to Write Your Own Affirmations

Affirmations are everywhere, and they have the strong ability to lift your spirits to get through hard times. This is because we're all highly suggestible, even if we think we're not!

Affirmations help us to keep a positive attitude about life. It's only natural that we'll get more out of these positive sayings if we formulate them ourselves. Writing our own affirmations makes them personal to us, which can then help us to get through our own individual situations.

When you start writing your own affirmations, keep these tips in mind:

1. Make them personal. When you write affirmations, it's important to remember to use "I" in them. They are personal to you after all.

* Example: "I am having an exceptional day today!"

2. Use the present tense. Affirmations are built in order to change our feelings now, which is why you want to stay positive and strong in this moment. When you use the past tense, you get nostalgic. When you use the future tense, you get hopeful. The present tense helps you feel the difference right now.

* Example: "I am feeling relaxed."

3. Be down to earth. This just means to use your own style and try not to make your affirmations too formal or wishy-washy. You want to capture your own voice.

* Bad Example: "Presently I feel the urge to enjoy my existence." * Good Example: "I enjoy my life."

4. Be short. Affirmations are meant to be short, simple and sweet. Stay on target and make your affirmation a one-liner. If it's too wordy, try breaking it up into a few affirmations. The trick is to stick with one simple idea at a time.

* Example: "I am in perfect health."

5. Make it positive. Affirmations are positive statements, so avoid negative words like "not." You're using affirmations to make a life improvement and positive statements motivate you to make this improvement.

* Example: "I am at peace with my mind."

6. Make it believable. You don't want your affirmation to sound like something out of this world. If it's not believable, you won't take it seriously and your subconscious will just dismiss it.

* Example: "I am choosing to be happy today."

Believe in the Power of Affirmations

When you say your affirmations, believe them to be true. Affirmations are truly powerful sets of words as long as you believe what you're telling yourself.

Affirmations alone have been known to help people cure addictions. Women even use them during childbirth to help them stay calm and collected during natural delivery.

First, set your eyes on your goal and then write your affirmations to get yourself there.

Write Them Down

Practice always makes perfect. Write down the affirmations you're feeling. Then go over the list above and make sure that your affirmations follow the rules. Once they do, start using your affirmations and feel the difference. Say your affirmations to yourself daily. Take deep breaths and keep your eyes on your goal.

Also if need be, tweak your affirmations. These positive sayings aren't written in stone, so as you change, your affirmations can change, too.

It's best to keep your affirmations in a place where you can see them. You can simply keep a list in your pocket or you can post them around the house. Paste them on the bathroom mirror, on your computer, or wherever you know you'll see them each day.

Affirmations can make all the difference in reaching your goals. Give them a try and enjoy the benefits these positive statements can make in your life.

Affirmations For Success

Success is defined as the achievement of a desired goal or effect. Often, success is associated with wealth, influence, relationships, or many other things that make people happy. That is a bit of a wordy, convoluted definition. Ultimately, however, success is different for every person. The one thing that is constant, however, is that you have control over how successful you are. Using affirmations for success, you can control your own level of success, based on your own definitions. Affirmations for success are the cornerstone for creating a personal list of positive affirmations that fit your own needs.

Affirmations for success are affirmations you will repeat to yourself on a daily basis, preparing your mind to accept the reality of your success. These can be past, present, or even future thoughts you want to instill in yourself. Using phrases such as "I am a success at work", "Everything I do is leading me to success", or "Success flows to me like a river", you will be well on your way toward your list of positive affirmations. This list will contain sayings that reinforce the idea that you are a positive thinker and can achieve anything you set your mind to. The power of positive thinking is often underrated by those who don't believe. All you have to do in order to believe is look around you. Those who are successful, by their own terms, all have one thing in common. They are happy, with a positive attitude. That positive attitude is what sets them apart. Those people have all used their own affirmations for success to achieve their goals and become successful in their own right.

On the other side of that coin, you may see someone who has a lot of money, power, or other mark of success that seems miserable, or just not happy. They succeeded without their own affirmations for

success, didn't they? The answer to that is "No!" Obviously, they aren't happy with the way things have turned out for them. That means that they haven't achieved what they consider success. Remember that while success has a global definition, its true meaning is personal. Success to you is only what you decide it is. Therefore, you may see these people as successful, but they are not successful to themselves. When they look at you, with your positive thinking, they will realize that you are the one who is successful. To the positive thinker, success is measured in how happy and positive an individual is. That is why it is important to develop your own set of affirmations for success.

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About the Author

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Tony J Selimi has created his own methodology and is known as Teacher of Inner Wisdom, Chakra Healer and an Intuitive Personal Coach that helps you gain Confidence, overcome your Fears and align yourself and your life purpose with your heart desire. He has over 15 years of experience working with a range of individuals and businesses, from entrepreneurial start-ups and family-owned companies to big corporations in the city of London, Europe and USA. During this process, he gained confidence and an understanding of himself as to how he could function in the most healthy, happy and effective way.

Founder of [The Velvet Journey](#) and [HealOneSelf](#) with a mission to share this knowledge, training, skill sets, and experience in a holistic approach which can allow each person to achieve excellence in their own field, identify and implement business objectives, and management of those objectives. My aim is to allow the individual to expand and develop to such extent that they in turn will inspire their own teams that they work with and achieve their aims and objectives, whatever they may be. His objective is to inspire, live healthy, happy and a balanced life. I am in process of writing my first book and in becoming a key person of influence in my industry.

His next workshop on 20/21st April "Fear 2 Freedom" will take you on a journey of inner discovery and releasing those Fears that have been holding you back from living the life you want. For further information and how to book please visit: <http://www.thevelvetjourney.com/index.html>

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