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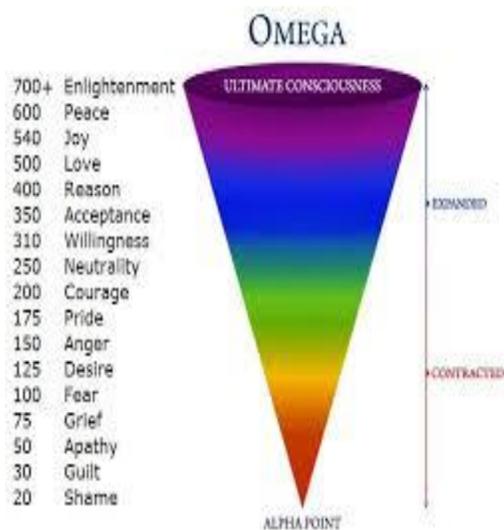
Affirmations and How to Use Them

The power of the spoken word should never be underestimated. Think about the movie Aladdin, when we are looking to deliberately attract and manifest positive change in our lives, words are essential. Words are largely responsible for the people that we are today; the words that we use to describe ourselves, as well as the words of others, have a serious impact on the people that we grow up to be.

Be it positive or negative, a single spoken word or sentence can plant a seed within the brain, which if watered with enough attention over a period of time, will grow to become reality. It is important to remember that the subconscious mind cannot tell the difference between a fact and something that you have imagined. Therefore, if you have spent a lifetime using words such as shy/lazy/fat/unsuccessful to describe yourself, whether they are a true description or not, this is what will come to manifest in your life. So as you can see, in order to emit an entirely different (and more positive) frequency to the universe, you need to begin using your words differently.

What are Affirmations?

An affirmation is a repeated and spoken statement, preferably spoken in first person and using the present tense. When we use affirmations, we are trying to align our emotions and frequency with our intent. So the below image, affirmations bring you out of the lower frequency emotions.



This is why it is important that when using affirmations, we speak as though we have already achieved our goals – as this helps to promote within us the positive emotions and thoughts that we want the universe to manifest more of. For example, someone that is hoping to lose weight might choose to say the following affirmation whilst looking in the bathroom mirror every morning. “I love having a slim and happy body.” Because the law of attraction of attraction works on the basis that the universe responds to our thoughts and energies, when we use affirmations we are raising our emotional frequency with increased positivity – aligning our thoughts and energies with our ‘intent’.

Affirmations are such an effective tool for deliberate attraction as they assist to speed up the manifestation process when we are looking to attract something into our lives. Repetition is key when using affirmations. This is because the more we tell ourselves something ‘I am a magnet for all the love that life has to offer’—the deeper the message is ingrained and accepted into our subconscious, manifesting it in our lives.

Your 3-Step Guide to Using Affirmations

1. **Write Down Your Affirmations.** Write affirmations that are goal oriented, in present tense as though they have already been achieved. Please see the affirmations contained in this recording.

My heart is balanced in giving and receiving love.

I am grateful for all of my blessings.

My life is free from hurt, anger, and lack.

Love guides all my relationships.

All things are unfolding as they are supposed to.

When I bring myself to sadness, It is healing

In my sadness, I love myself.

I will feel my sadness but not wallow in it.

I honor the love more than the loss.

I can find happiness in any situation.

I love life, and life loves me.

I have lived and loved.

I am healed.

2. Believe In It. In order to attract positive change into your life, you need to be emitting the most positive frequency possible. So, feel good whilst you repeat your affirmations to yourself. Really listen to your words and allow the positivity in what you are saying to wash over you.
3. Repeat Often. The more you repeat your affirmations, the deeper they will become ingrained in your subconscious. Repetition creates belief. The only way to ingrain these thoughts into your subconscious includes hypnosis, listening to them while you are sleep, or using energy psychology. So tell yourself something enough times and it will become a reality.

Tips and Hints for Using Affirmations

Leave the affirmations around the house or workplace. Write your affirmations on post-it notes and stick them to your bathroom mirror, your fridge, and your wardrobe door –absolutely anywhere you can think of! You can even have them as your pc screensaver at work.

Use affirmations that are believable to you. When you use affirmations that are unbelievable to you, this will cause you to doubt what you are saying. This doubt will push what you desire further away and create more of the same negative energy that you do not desire. Therefore, if you are struggling to believe in the words of your affirmations, put the words ‘I am in the process of...’ or ‘I have decided...’ at the beginning of your affirmations. This will make your affirmations truer for you, raising your frequency to one of positivity. i.e. ‘I am in the process of attracting more money.’

Try saying ‘thank-you’ at the beginning of your affirmations. Saying ‘thank you’ is a great way of acting as if you have what you desire.

- Practice affirmations first thing in the morning and last thing at night. This is when your brain waves are most susceptible to new information. You can preset your vibrations daily through focused energy work in the morning and evenings before you go to sleep.

- Use affirmations during meditation. If you practice meditation, try incorporating your affirmations into your meditation sessions. A meditative mind is one of relaxation and calm- the perfect state for affirmations.

- Concentrate on no more than a few affirmations at a time. This will help you to keep focus on what it is that you want, helping to make your affirmations more successful.

Reveal Your Hearts Wisdom

This tool helps you move on from anything significant and gain insight into where you are 'at' emotionally.

Tool:

- **Set aside some quiet time to write a letter that no one will read, but will help you to reveal your hearts messages and wisdom.**
- **Write at the top of the page the question you want an answer to, such as “How do really I feel about Sam?” or “How do I feel about my job”**
- **Write down all the things you wish you could say, what you wished you could've said, etc – basically getting it all out.**
 - **Include all the memories – positive and negative – you can remember.**
 - **Try not to analyze what you are writing – just let it flow from the heart. Write without judgment – just put down whatever comes to your mind – we will analyze it later.**
- **When you have finished, leave it for a few hours before reading it, or better still sleep on it.**
- **As you read over what you have written, highlight or underline anything that strikes you as interesting, unusual or significant.**
 - **These are the messages and the wisdom your heart is bringing through to you. Think about what these messages are, and what wisdom your heart is revealing to you.**
- **When the time is right, ask yourself what you would like to do with the letter? Put it in a keepsafe box, place in a bottle and let it go in the ocean, burn it, bury it or even send it.**

Your Rights!

1. Respect myself – who I am and what I do.
2. Recognize my own needs as an individual- that is separate from what is expected of me in particular roles, such as “son”, “daughter” girlfriend, boyfriend, brother, sister, student.
3. Make clear “I” statements about how I feel and what I think. For example. “I feel very uncomfortable with your decision”.
4. Allow myself to make mistakes.
5. Change my mind, if I choose.
6. Ask for “thinking it over time”. For example, when peoples ask you to do something, you have the right to say “I would like to think it over and I will let you know my decision by the end of the week”.
7. Allow myself to enjoy my successes that is by being pleased with what I have done and sharing it with others.
8. Ask for what I want, rather than hoping someone will notice what I want.
9. Recognized that I am not responsible for the behavior of other adults.
10. Respect other people and their right to be assertive and expect the same in return.

Which option(s)/goals do you want to pursue? 1) Turn that into an action step(s): what will you do by when? What is your goal(s)? 2) What step(s) could you take this week that would move you toward your goal? 3) What is your level of commitment to this goal(s) on a scale from 1 to 10? 4) Are there any obstacles we need to address to make sure this step gets done? 4) Please list goal associated affirmations... Examples – I choose to have fun and make life a playful experience. I exercise regularly, and I love it. I can let go of worry of what I cannot control.

Signature.
