
FRONT COVER:

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Foreword

Affirmations, truly, are simple. They're you being in conscious command of your thoughts. They are brief, mighty statements. If you say them or think them or even hear them, they get to be the thoughts that produce your reality. Affirmations, then, are your conscious thoughts. Get all the info you need here.



Affirmation Basics

A Basic Guide To Affirmations And Their Uses

Chapter 1:

Intro

Synopsis

Research has demonstrated that we have between 45,000 and 51,000 thoughts a day. That's about 150 to 300 thoughts a moment. Research has likewise demonstrated that for most individuals 80% of those thoughts are damaging.



The Basics

Now, we have been taught to think that many of these 51,000 thoughts are “sub-conscious” thoughts meaning that they're below our conscious cognizance level. Affirmations in reality make your sub-conscious thoughts conscious.

Affirmations make you consciously cognizant of your thoughts. If you begin making conscious favorable thoughts, you in reality become more aware of the damaging thoughts that are constantly threatening to take over.

It's an interesting phenomenon, in truth. It in reality proves true what your mother always cautioned: be careful of what you think as what you think is what you get. She was essentially telling you that you produce what you think about.

When you're not cognizant of your thoughts, they tend to be damaging. And not being aware of your thoughts tends to induce an awful spiral downward.

Remember that 80% figure of damaging thoughts? It gets worse. Whatever you're thinking about, 90% gets carried forward to the next day's 51,000 thoughts.

So, if you're thinking damaging thoughts, you'll cause yourself to think more damaging thoughts. This is not going to get you out of your mess.

Affirmations may change all of that! Affirmations make you conscious of your thoughts. To affirm means to state something positively. It means to announce firmly and assert something to be true. Affirmations are statements where you assert that what you wish to be real is real.

- Here are a few affirmations you are able to use:
- I'm a success in all that I do
- I feel pleased, I feel healthy, I feel fantastic
- Everything feels just so correct
- I'm a money mogul
- My mind is clear centered and energized

Over time they overwrite any limiting or damaging beliefs you might have about yourself or about not being able to do something, and substitute them with favorable thoughts and beliefs which instill self-confidence, belief, positivity, ambitiousness and much more.

Somebody who is perhaps a bit shy or un-confident would repeat affirmations about being confident. They would want to change themselves from being timid and introverted to becoming self-assured and more outgoing perhaps, and so they'd utilize favorable

affirmations and repeat them again and again. And eventually they'd begin to sink in - the repetitive, favorable self talk would begin to become a self fulfilling prophecy. You are able to use the power of positive repetition for yourself!

Utilizing favorable affirmations gives you back command of your mind and the information it gets. It puts you in the driver's seat of your brain and lets you flood it with favorable information which will change you for the better!



Chapter 2:

Intro To Affirmative Prayer

Synopsis

Affirmative prayer is a sort of prayer or a metaphysical process that's centered on a favorable outcome instead of a negative situation. For instance, a individual who is experiencing some form of illness would focus the prayer on the wanted state of perfect health and affirm this desired intention "as if already occurred" instead of identifying the illness and then asking The Higher Power for help to do away with it.



About Prayer

William James described affirmative prayer as a component of the American metaphysical healing movement that he called the "mind-cure"; he depicted it as America's "only decidedly original contribution to the systemic philosophy of life.

What sets affirmative prayer apart from secular affirmations of the autosuggestion sort taught in previous times, is that affirmative prayer addresses the practitioner to The Higher Power, the Divine, the Creative Mind, accentuating the seemingly practical aspects of religion.

A few members of the self-help and self-improvement movements advocate affirmative prayer in addition to or rather than secular affirmations. The choice is for the most part an individual one, based on the beliefs of the person.

Five Steps of Affirmative Prayer

1. Acknowledgement: Remind yourself of the nature of life/The Higher Power/spirit. This is the chief ingredient in affirmative prayer: acknowledgement. You moldiness know what the nature of The Higher Power is before going further. If, for instance, you used to believe that The Higher Power was an angry, vengeful Higher Power, now is the time to remind yourself of the bigger truth. Remind yourself of the lawful and loving nature of The Higher Power.

2. Uniting: Remind yourself that you come from life/spirit/The Higher Power. If The Higher Power exists and is everything good and fantastic, but you're on the outside looking in, why even bother to pray? Remind yourself that The Higher Power is the source and Creator of everything, including you, including your wants. This is a different crucial ingredient in affirmative prayer.

3. Actualization: understand life already is the thing or experience you want. If you are able to want it, imagine it, picture it, it must exist in the brain. Otherwise, where did you get the thought? Remember, the beginning premise of this is, there exists a central Unity. There's no place other than brain to get your idea. For a really effective prayer, you want to continue contemplating that you deserve happiness", that's when the realization comes. When you open your eyes, your desire might not be sitting on the floor in front of you, but don't be duped... Your brain is already at work making it happen.

If doubts come up... Don't simply ignore. Face them! Speak the truth about what you're fearing will or won't happen...for instance, if you feel that you might never afford a new automobile, you could say, "I have this desire and along with it everything I need to let the power flow through me, manifesting my desire. The Higher Power IS supply; The Higher Power IS wealth, so there's nothing to fear... As The Higher Power is right where I am".

4. Grace: understand what you desire is yours. It's crucial to be thankful, because it acknowledges already having gotten the thing you want. The Higher Power doesn't need your gratitude, but, to be fully aligned with the laws of the universe, you have to feel the feeling of gratitude. This is the "already having gotten" attitude which adds fuel to the fire of your affirmative prayer. This is why you have to understand how you'd feel if you had what you wish today.

5. Relinquish: and so it is. Relinquishing is an essential step. When you're done, your brain ought to be at peace, clear, fearless, and watchful for signs of your desire showing up without getting obsessive about it! Allow the Law to work through you and make your desire a physical truth!

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Chapter 3:

Intro To Cosmic Ordering

Synopsis

Cosmic Ordering isn't a fresh idea.

All religions give us this seed of wisdom – ‘ask and you shall receive, seek and you shall find.’

Does it matter why it works? Don't let that stop you! What have you got to lose? In all ancient cultures the founding to become an excellent Magician involved embracing the understanding that the power of magic lies in the obvious. It's the simple things which produce miracles.

The Fundamentals

Your cosmic order will only be accomplished if you really feel you deserve it. The old adage that if you don't love yourself how may anybody else love you is right. Love yourself and trust you deserve it and the universe ought to put your order at the top.

A central point to remember is that we'll only get 'what we trust is conceivable' if you don't trust your order is possible, it has less chance of occurring. To trust you'll sprout wings and fly is course not going to occur, as your inner consciousness won't believe it's possible. Some individuals could never believe they'll win the lottery, yet do it ever week without fail. Someplace inside them there's a block and therefore it will never become truth.

My belief is that if you trust you deserve it and, crucially, believe it's conceivable, then it may happen. But, it's crucial to listen to your inner guide. There's no point ordering things you don't trust may happen as, by centering on your orders not happening, you're in effect wiping out your order!

So begin by ordering things you do think may happen and, when you get the hang of it, aim higher.

The law of attraction – like draws in like. If you could change your frequency you could change your life. Why is it that we duplicate

patterns and draw the same sort of friends or lovers? Some individuals think that we give out a vibration that magnetically draws in others on a like vibration.

Our vibration is neutral – it doesn't understand what is good or bad for us so if we believe all men are traitorous, all jobs lead nowhere or we'll constantly be poor, we may attract those experiences. The media is forever flooding us with fear and bad news altogether out of proportion to reality. How may we make a shift to get our minds to trust in the positive?

Consciously practice being non-judgmental and compassionate. Be cognizant of your inner dialogue. If somebody succeeds or wins what is your response? Embrace the uniqueness in other people and viewpoints. Don't take things personally.

It's crucial to be aware of the energy you put out, as it is like a calling signal or lighthouse drawing in the same vibration back. If you get jealous or mad, if you're petty or judgmental, it's likely that you'll call in others who mimic this energy. We frequently have different rules for ourselves than other people.

If you've managed to embrace step one and two and know that you're worth it and believe that it's possible and go to the next step.

The world is your oyster so it's crucial to discover what it is you really want as that other old cliché 'be careful what you ask for' has never been more relevant!

Being in nature is an excellent way of becoming clear about your desires. In the stillness of nature, whenever I walk, is when I get my best ideas. Practice and enjoy knowing your ability to cosmically order grows with each success.



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