
FRONT COVER:

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Foreword

Affirmations are like software programs that may literally “re-wire” your brain’s programming. In reality, this analogy is a lot more accurate than a lot of individuals think. Calling affirmations software sounds like a metaphor, but there's more truth than simply on the metaphor level.

Delving Into Affirmations.

Chapter 1:

Affirmation Basics

Once repeated again and again, under the correct circumstances, affirmations in reality produce fresh pathways in the brain. These fresh pathways alter the way we think, act and react to stimuli around us.

But is sheer brute force repeating the sole way to get affirmations to work and do this job of producing fresh pathways?

1. Recordings. Listen to Recordings of someone speaking with exuberance affirmations, and then you are able to listen to them over and over.
2. Recordings to music. Music lets the brain to produce different states. Peaceful music helps you reach an alpha state if you wish to produce a new belief system, or something powerful with a strong beat helps you create power inside yourself.
3. Write up your affirmations at least twenty times a day. The kinesthetic movements of your hands engage a different portion of your brain.

Do you remember that brutal elementary school teacher who made you write up, "I will not talk in class," 1000s of times? In reality, perhaps you shouldn't remember her since I'm attempting to produce a positive connection to writing and self alteration, but you get the

point that writing up affirmations truly engages the brain (by the bye, did you talk in class after that?)

4. Utilize subliminal technology. This requires a purchase, but there are programs that can record your affirmations at sub audible levels. Go online and you are able to find many great tools for subliminal sound recordings, subliminal software that plays on your PC or subliminal video messaging systems.

5. Listen to recordings of affirmations. I knew a therapist who regularly did this for her patients and the results seemed to occur much faster than if they recorded their own voices.

6. Utilize your affirmations as hypnotic suggestions. Learn self-suggestion and then read the affirmations to yourself in a state of hypnosis or play your recorded voice. Self-suggestion isn't hard to learn. You can pick up a book, CD or DVD and be practicing it tonight. The reason hypnosis works so well is that it puts your brain into a receptive state that makes you much more suggestible. This cuts out on all the filters and disbelief your conscious imposes to challenge fresh ideas.

Affirmations are mighty tools to change your life. Experiment with other ways to utilize them and will soon find yourself putting less food on your plate, casting aside your cigarettes, making more sales or whatever change you're seeking to make in your life.

Chapter 2:

How To Make Best Use Of Your Affirmation Recordings

Affirmation recordings create an audio representation of your affirmations. Visual affirmations are displayed utilizing a screen saver like tool; the only difference is that you don't see the messages flashing on the screen as it occurs too fast for your conscious mind to react to it. Your unconscious mind, on the other hand, has no issue whatsoever with the speed and takes it in just like anything else it's registering at the time.

When your affirmation is audio, the situation is different. In that case, affirmations utilizing audio messages are commonly sound files. Your powerful unconscious mind is able to process the data and stores it.

The characteristic of affirmations in general is that it bypasses your conscious mind's barriers, sending off the message directly to your unconscious mind. Your unconscious merely takes these positive affirmations as a matter of fact and stores it along with everything else. Both audio and visual affirmations utilizing messages work the same way, but depending upon your personal case, you may have different levels of success with one or the other.

We still have a lot to find out on how the brain works but we already recognize that most of the processing takes place outside our awareness. Affirmation recordings tap into this almost limitless potential and feeds you with an abundant flow of favorable statements. Eventually those positive affirmations will become a part of your truth as the unconscious assumes the data to be true.

Utilizing affirmation recordings may be tricky. In the same way as you had better take care what you put in your body, you should do the same with what you put into your mind, particularly your unconscious mind.

Make certain your affirmation is positive, that it's something that you truly and honestly desire and wish to believe in. If your affirmations were to be true today, would there be any side effects? Make certain you're aiming at the right target because you'll most likely hit it!

Wrapping Up

Affirmation recordings come with a pre-recorded set of positive affirmations. Even though you might be tempted to fire them off immediately, do yourself a favor, take a step back, and understand how to use them correctly. Utilize your affirmation recordings wisely and often.