



# AFFIRMATIONS

.....rewiring your brain

**“Primary cause of our happiness is never the situation or result, but our thought (expectation) about it.”**

When we separate our thought from the situation (which is always neutral), we harness the power to see “What is.... As is.” And when we “see” rather than “think”, we feel soft inside. This softness is LIFE.

## 1. WHAT ARE AFFIRMATIONS?

**AFFIRMATIONS** are; “The set of positive and imaginary words written or spoken in present continuous tense to affect conscious & subconscious mind describing GOALS with an intention to be right as results.”

Affirmations represent or resemble the Sanskrit word “**MANTRA**” (words with specific meaning) and faithful recitation or repetition of it creates miracles in life. We can create different affirmations for each area; **write it down in our personal diary or record in our voice and read or listen to it minimum twice daily to manifest them faster in our life.** Even some people keep them writing as MANTRAS with complete faith and it gives magnificent results.

## 2. WHAT EXACTLY HAPPENS WHEN WE GIVE AFFIRMATIONS AT ALPHA STATE?

This is proven scientifically; that whatever repeated messages brain absorbs through listening, reading or seeing; NEURON in brain circuits get fired and it starts manifesting through;

- Flashing new ideas & insights
- Discovering opportunities to meet new people / circumstances
- Creating absolute new horizons to work with which we have never thought of
- Getting into a new place
- Getting some news or finding a book which takes you to your destiny

So; all great **LEADERS** remain absolute conscious about these prime times and keep sowing their seeds of mental actions. One needs to be very alive about internal Emotions, Feelings and Thoughts while we go to sleep at night and immediately after waking up in the morning. Best practice is to stay away from T.V; newspapers; negative gossip or discussion; internal arguments and depressive thoughts / feelings at both these times, and replaces them with own powerful affirmations.

### 3. WHY SHOULD WE USE AFFIRMATIONS? (BENEFITS)

- Rewires your brain for positivity & possibility
- Boosts self-confidence & will power
- Improves thinking & decision-making skills
- Heightens awareness
- Attracts people & situations in tune with affirmations
- Increases energy & enthusiasm
- Improves overall health
- Keeps you inspired & focused
- Transforms behaviour & environment
- Helps achieving goals

### 4. HOW TO USE AFFIRMATIONS?

You can use your **AFFIRMATIONS** daily as follows;

- Write in journal
- Read & keep reading
- Chant
- Listen after recording in your own voice

### 5. AFFIRMATIONS IN EACH AREA:

#### Health & Wellness Affirmations

- 1) I am having strong, healthy & sculpted body.
- 2) I am regularly walking & exercising to make my body fit & energetic.
- 3) I do sit-ups, push-ups, and strength training every day.
- 1) I am taking a healthy breakfast every morning.
- 2) I eat healthy, nutritious and digestible meals every day.
- 3) I drink a glass of fresh water every ninety minutes.
- 4) I take few deep & relaxing breaths every hour.
- 5) I take small breaks at regular intervals & fuel my body with stretches and snacks.
- 6) I am having abundant energy & vitality.
- 7) I am enjoying my optimal health.
- 8) I have the power to control my health.
- 9) I am always able to maintain my ideal weight.
- 10) I am filled with energy to do all the daily actions in my life.

**Mind & Learning Affirmations**

- 1 I am having tremendous healing power.
- 2 My mind is my best friend and working for my well-being.
- 3 My mind remains focused and alert in anything I do.
- 4 I am learning all new things enthusiastically.
- 5 I am feeling grateful for all the things I have.
- 6 I am developing new & positive habits every day.
- 7 I am master of my thoughts, emotions and actions.
- 8 I am learning through reading, teaching and observing.
- 9 I am feeling accountable for anything and everything happens to me.
- 10 I always nurture myself with good thoughts, people and surroundings.

**Spiritual & Ethical Affirmations**

- 1 I am living in present moment awareness.
- 2 My meditation helps me experience my "Being".
- 3 I am practicing gratefulness and forgiveness.
- 4 I express unconditional love and empathy.
- 5 I truly believe that we all are one.
- 6 I accept the people and situations as they are.
- 7 All my thoughts, words and actions are divinely guided.
- 8 I am a spiritual being having a human experience.
- 9 I am a divine expression of loving God.
- 10 God is always working through me.

**Family & Social Relationship Affirmations**

- 1 I am in fulfilling and nurturing relationship.
- 2 I am caring and loving with my family and friends.
- 3 I share trust, truth and commitment in any relationship and receive the same.
- 4 I am giving my quality time to my loved ones daily and as and when they need.
- 5 I am participating in win - win relationships.
- 6 I express truth and commitment in every relationship.
- 7 I contribute value additions to every person I meet.
- 8 I am feeling and behaving responsible to elders, ladies and children.
- 9 I respect everyone's suggestions and viewpoints.
- 10 I collaborate and cooperate with likeminded people.

**Career & Money Affirmations**

- 1 I am learning new skills and nurture my talents related to my work regularly.
- 2 I am adding values to my work, associates and all other beneficiaries through my performance.
- 3 I love my work and execute it with diligence and passion.
- 4 I constantly learn and teach the best of my business.
- 5 I am meeting new business opportunities effortlessly.
- 6 I am constantly creating avenues and opportunities to grow my business.
- 7 I am creating wealth by collaboration and cooperation.
- 8 I achieve my financial goals with sound and honest business practices.
- 9 I have all the skills, intelligence, contacts, and perspective to create an incredible masterpiece of business.
- 10 I am brilliant and savvy business person.

**Hobby & Hidden treasures Affirmations**

- 1 I am pursuing my hobbies with lot of fun, ease and love.
- 2 My hobbies keep me fresh, alive and creative.
- 3 I am connecting with my soul through my hobbies time to time.
- 4 I take time to take care of my inner self.
- 5 I take time to be grateful for all the things in my life.
- 6 I become more aware of my inherent gifts every day.
- 7 Everyday I understand and appreciate myself better.
- 8 Everyday I discover more of myself which makes me exceptional.
- 9 Every moment I spend in stillness, draws me more closely to my true self.
- 10 I love to be myself.