

Affirmations as a Tool

We can choose to speak to ourselves in order to reprogram what we consciously or unconsciously tell ourselves, which is rarely very good.

The better thoughts, feelings, and words we create each day, the better we feel and the higher we vibrate.

Words are also frequencies, so it's important to speak high-vibrational words.

Create sentences that support what you want to strengthen within yourself.

Here are some general statements everyone can say to their advantage:

“I am who I am and that is enough”

“I am worthy of receiving everything I desire and want!”

A very acknowledged mantra for forgiving oneself in all areas is;

**“I am sorry
Please forgive me
Thank you
I love you”**

Additionally, we can play around with these sentences a lot.

We KNOW that what each of us believes is the foundation for EVERYTHING we attract.

We can change our beliefs through repetitions. So the more we say a specific sentence, the more we will believe in it, and the more we believe in it, the faster we will attract it.

So be creative...

Perhaps we want to become younger, slimmer, look different, change appearance, etc.

“My physical body becomes younger and younger every day”

Or

“My radiance becomes more and more powerful”

Or

“I am perfect, slim, healthy, and just as I should be”

“I become stronger and more mobile every day”

Etc.

Affirmations are small composite sentences you can say to yourself again and again to introduce new thought patterns and habits into your subconscious thoughts, to replace some of the negative unconscious thoughts that you often carry around - and to reprogram new thoughts that fit your future desires or goals in life.

By saying the sentences aloud or hearing them again and again, over time, you can acquire these new thought patterns, and your networks and neurons in the brain will begin to create new pathways - and you will operate on new vibrations and therefore attract other things, events, and people than you used to.

A good way to start is to practice with a video like this, which is a bit "all-round" for all desires.

Then you can start making the sentences that fit your life and your dreams - and you can both read them aloud several times a day and record them, and listen again and again.

Affirmations are a tool to turn your focus and thoughts in the direction you want in life, so you take control of your thoughts and your life yourself and do not let yourself be controlled by the surroundings, the bank account, the boss, the partner, the system, etc.

<https://youtu.be/INS70QJh4Go>

Examples you can choose from... Select a few that you feel help you the most where you are right now!

I trust that everything comes to me at the right time

I know that everything comes to me at the right pace

I believe that everything resolves itself best for me.

I trust that the universe always provides the right timing.

I am worthy of receiving everything I desire and want!

I am worthy of receiving all the success I choose for myself

I am always exactly where I need to be

I know that everything is going exactly as it should.

I trust my higher self and the universe ALWAYS shows me the way.

Everything becomes easier and easier for me.

Everything I go through makes me exactly the wonderful person I am.

I handle everything with ease.

Everything I choose is always right for me

I am who I am and that is enough

I know that everything always succeeds for me!

I am free, powerful, and independent

I only get younger and younger in my physical body

I know I am always guided

I am perfect, healthy, and happy

Come up with more on your own...

Notice the feeling of ease, calmness, and joy when you choose your affirmations 