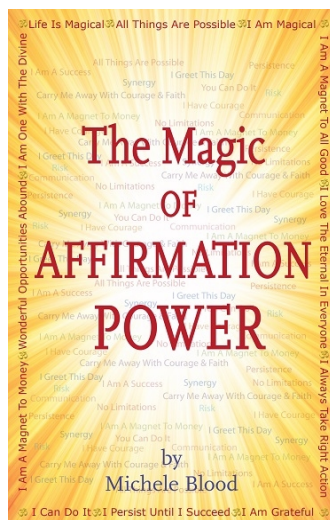


An Excerpt from the book The Magic Of Affirmation Power

By Michele Blood



AFFIRM YOUR GOOD and LOOK AT YOUR THOUGHTS

Please NEVER underestimate the power of the spoken word. This may sound familiar. "In the beginning was the WORD, and the WORD was with God. The WORD was God. And all things were made by the WORD. Without the WORD was not anything made that was made."

Here, the good book clearly teaches us that the physical universe is simply WORD in form. Jesus, Muhammad, Buddha, Vishnu, and many other great prophets said the same thing, just in different ways. "Do not judge, lest you be judged." "Love your neighbor as yourself."

The Divine Presence is so generous, giving, and loving, and lives within you. You are part of the loving Divine. The Divine in you is the same in your neighbor. Before you can change the world, you have to change yourself. Change your thinking. We are what we think. It is our faith that heals us. It is what we believe. "What the mind of man can conceive and believe, he will achieve." Napoleon Hill stated that quite clearly.

What have you been creating in your life, with your spoken word? You are the co-creator of all. This news is happy. I want you to be happy with this news. You can now create all good into your life. Forget about luck. You create your own so-called luck. Don't look at any person, place, or thing as your sup-ply. Trust and know that the Divine Eternal Mind, or whatever you choose to call your higher power, is the source of all your supply. So please, let go and let God. And remember, don't take life so seriously. SMILE!

As you sing, speak, and write your affirmations, always remember to smile. Show your teeth, gums, and all. Make your dentist proud. No matter how you are feeling, always remember to

smile. It takes half as many muscles to smile as it does to frown. Look at yourself in the mirror. Make a funny face. SMILE! So, as you are singing and speaking your affirmations, stand in front of the mirror, dance around, and really let go. Dress up if you like. Shout it out. This is fun and extremely magnetic. Be fear-less. Have fun on your way to riches. You are the creator of all your emotions. It all starts with a thought. It is changing your state of mind. Decide now to have happy emotions and happy thoughts.

You must know at once and without any doubt that you are the one who is choosing fear, phobia, superstition, or sadness. Everything you created is through your previous thinking. If you want to know what thoughts you had yesterday, look at your life today, your body shape, your relationships, and your financial situation. How will your tomorrow's look? Your body? Your relationships? Your finances? It's quite simple. You know the secret now! LOOK AT YOUR THOUGHTS TODAY. Emotions show up in the body as physical manifestations of your thoughts.

YOU MUST CHANGE YOUR THOUGHTS

YOU MUST BEGIN IMMEDIATELY, RIGHT NOW

Start singing a happy tune. Remember, you and you alone must continually feed yourself positive thoughts. Condition your-self to exist at a higher level of excellence today than yesterday. Get your positive momentum going. It is like your body. You can't go to an exercise class just one day and expect to have a toned body. You have to be consistent. Society may predict, but only you can determine your destiny. Make your own conscious decisions. As Ernest Holmes said,

CHANGE YOUR THINKING

CHANGE YOUR LIFE

Positive changes can be created in moments. The level and emotions you feel can speed up your changes. That's why affirmations to music are so powerful. It helps to speed up the level of vibration. Willpower by itself is not enough, not if you want to achieve lasting changes. The affirmations in this book and on my albums are not only for yourself. Give them to your whole family, and even to your friends. We even have a special album of affirmation songs for young children. (I Can Do It. Positive Self Esteem Songs For KIDZ.) Let your children sing along. These young minds will be overflowing with good thoughts, and then they will create wonderful tomorrows. Be the role model, and everyone will want to learn your secret. You can tell them it all started with a thought and a happy song.

WHAT IS AN AFFIRMATION?

An affirmation is, an affirmation is, yes, it is something you say repeatedly. It is a statement of word, thought, feeling, or action which confirms a belief system or patterning that we hold in our subconscious mind. Now, these can be negative or positive. It's up to you to decide to choose negative or positive thoughts. For example, "I am miserable because my hair is falling

out." Or, "I am now so happy because I no longer need my hair-cut." You see, it's all perspective. Your subconscious mind believes everything you tell it. The subconscious mind is subjective. If you tell it enough, it believes and manifests that thought and positive state of mind into your reality.

From now on, choose only positive statements. Repeat them over and over again. Your affirmations must always be stated in the now for the subconscious only knows now and must be personalized. If you say, "I wish to be rich and healthy," your subconscious will never know when you want it as you are only wishing. Instead, say, I am now abundantly rich and healthy because I am earning more money every day, and my income always exceeds my needs. Extra money comes to me every week through Divine Magical Happy Ways.

You see, as far as your subconscious is concerned, everything is now. So, saying you want to be or you're going to be, or you wish to be, isn't now. You must always state it in the now, then set your goal and be specific.

Say right NOW

I am strong I am beautiful, I only attract good in my life

I Am A Magnet to Money

You become a magnet to what you are affirming. You are what you think about because thoughts become things. As you are reading this, if anything stands out, underline it. The more you understand, the more magnetic you become as your vibration quickens. When you use positive affirmations, you are feeding your subconscious with positive programming or conditioning. The process is simply planting good seeds of thought instead of bad. If you plant a strawberry seed, strawberries will grow. If you plant negative thoughts, only negative conditions will manifest.

Remember, the subconscious only knows NOW. Affirmations, as well as your goals, must be felt and believed. If they can't be felt and believed, use my affirmation songs or make up your own songs. It might sound repetitive, but I truly want you to get it, whatever your "it" is. Become magnetic with positive thoughts. Manifest your good now.

Singing along to musical affirmations is very powerful and so fast as every word plants itself straight into your subconscious mind. Even if you are simply listening to the music, allow it to go around and around in your mind. It is like, for example, a cat food jingle. Instead of hearing, "I love my kitty food," when you may not even own a cat, start singing to yourself the affirmation song I am gifting you at the end of this article.

I AM A MAGNET TO MONEY

I NOW HAVE MORE THAN I NEED

I AM A MAGNET TO MONEY

Money Money Loves Me

I know what I prefer to be planting in my mind. Writing down your affirmations is also very powerful, as you are using most of your senses.

WHAT DO YOU WANT?

When you begin to write, listen, and sing your affirmations, make sure you are affirming what you want and not what you don't want. Here is an example, instead of saying, "I don't want to be fat anymore," say instead, I am now at my perfect weight, looking good and feeling great!

Create more joy and fun in your life. Life wasn't meant to be serious, and making money wasn't meant to be serious. Life is happening now, and you are here to enjoy every single moment. Your subconscious mind is a very obedient servant. Be clear that what you ask for is what you truly want to manifest. Otherwise, edit it from your mind. My good friend Bob Proctor has taught me a very quick and easy way to get a negative thought from the mind. Simply say, "Next!"

Next, affirmations are the foundation of your building. Think of it that way. The building is your goal, and your intention is to create. The affirmations support the building so that you can and will achieve all of your most loved goals. Continually feed yourself good thoughts, build up that foundation. You deserve the best! Say right now. I am the best!

"I _____ am the best." Add your name.

Be careful of what you read. Don't allow other people to think for you. What you generally read about and hear in the news is unhealthy consumption. The truth is, there is far more good in this world than bad. If you were to interview people in the roughest and poorest neighborhood this very day, you would probably find they had a safe and relatively trouble-free day.

Most of what you read and hear in the news is magnified to sell. What do they say? Bad news sells. I'm telling you now that good news sells and will sell you on having a wonderful and exciting lifestyle. Only allow yourself to hear good news, be grateful, read positive books, listen to positive people, and positive music. Very soon, you will find you are attracting, just like a magnet, other positive people and positive opportunities. Actually, negative people may feel uncomfortable around you. Please never be concerned about what people think of you. Most people are only thinking about their own life, and not yours. As Terry Cole Whittaker says, "What other people think of me is none of my business."

You are a part of a universe that is abundantly unlimited. Therefore, being part of this universe, you are abundantly unlimited. Take a look at all the stars in the sky, the leaves on the trees, the grains of sand on the beach, as well as plants and animal life. We are living in absolute abundance. It is almost as if it were over-abundant. There is waste everywhere, and whoever told you that money doesn't grow on trees? Rubbish! Money does grow on trees. One form of money is what? That's right. Paper. What is paper made from? Yes, trees. Now other forms of money are gold, silver, copper, nickel, diamonds, opals, emeralds, and many more riches from our abundant Mother Earth. It is a recycling of nature into new energy forms and exchange.

Look at all that nature has to offer; The Divine does not skimp! We are all surrounded by abundance. Write down your affirmations a minimum of fifteen times every day, so that they will grow into a beautiful tree of prosperous thoughts. Write them down and whenever you need a lift, open and read. Feel grateful to The Divine and Focus on abundance.

Write a gratitude list every night before going to sleep. The more you are grateful, the more you will attract what there is to be grateful for in this world. It is a beautiful cycle of increase and joy.

When you start feeding your mind positive thoughts, you will attract creative ideas, perfect opportunities, and wonderful people. Yes, you become a magnet to all good experiences, including money. Then, the secret is to take action. When opportunities arrive, get up, and take action. Then, and only then can you be a catalyst to show others how to experience the same. Be the example. Think about what you say. Know that you are creating your tomorrows with your thoughts today. Yes, I am repeating myself for this is the so-called big secret. I love you, and I know you can do it. We are all from one mind. Feel the love I have for you and the love you have for yourself. We are from the same universe and the same God of Love. I also recommend you work out regularly as this will also raise your vibration, and exercise makes one feel more positive.

Again, I am going to repeat myself. Only be with like-minded, happy, positive people Go to seminars and workshops, and surround yourself in success. Surround yourself in abundance. If you must be with people whose energy is low or negative to you, change your thoughts about them. Everyone feels down sometimes, so have some compassion because the reason people get down is because they are in fear. You don't have to hang out with them, however, don't be so judgmental. We are all part of the omnipresent Divine. You will probably find as you change your thoughts about people, you will think they have changed. In reality, it is YOU who changes. Find something sincere to say to everyone, even if it is something as simple as, "How are the children?" or, "You're wearing a nice tie today." Everybody wants to be acknowledged. So, begin today by acknowledging yourself. Say right now, "I acknowledge myself and know my thoughts are powerful." Write in your name:

I, _____ acknowledge myself and I know my thoughts are powerful

www.TheMagicOfAffirmationPower.com