

ADVANCED AFFIRMATION AND ATTRACTION



HOW TO USE AFFIRMATIONS CORRECTLY
AND ATTRACT THE RIGHT THINGS IN LIFE

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Foreword

Every thought you think every word you say is an affirmation all of our self-talk or inner dialogue is a stream of affirmations. We are continually affirming subconsciously with our words and thoughts and this flow of affirmations is creating our life experience in every moment.

Our beliefs are just learned thought patterns that we have developed since childhood, many of these work well for us, but others may now be working against us, they are dysfunctional and may be sabotaging us from achieving what we believe we want.

Every affirmation we think or say is a reflection of our inner truth or beliefs. It is important to realize that many of these "inner truths" may not actually be true for us now or may be based on invalid or inappropriate impressions we constructed as children, which if examined as an adult can be exposed as inappropriate.

Our subconscious uses the behavior patterns we have learned to automatically respond and react to many everyday events in our life.

This is essential to our survival, we need to be able to respond quickly to events around us which would be impossible if we had to re-examine every aspect of things every time something simple happens.

Our learned responses and thought patterns enable us to automatically respond to circumstances quickly and easily. Problems arise however, if at an early stage some of the foundation beliefs on which many of the others are built were formed from a skewed perspective, maybe the strategy was appropriate for a perceived

difficult circumstance, however often such beliefs are totally inappropriate for succeeding in the real world as adults.



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