

Affirmation



An affirmation is a strong, positive verbal statement that something is already so. It is a way of "making firm" that which you want in your life. Some examples are:

- I am relaxed and centered
- I love and appreciate myself just as I am
- I communicate clear and effectively
- I am sugar free

Most of us are aware of the fact that we have a nearly continuous "inner dialogue" going on in our minds. What we are "telling ourselves" influences and colors our feelings and perceptions about what's going on in our lives, and it is these thought forms that ultimately attract and create everything that happens to us. The practice of doing affirmations allows us to begin replacing some of our stale, worn out, or negative mind chatter with some positive ideas. It is a powerful technique, one which can help transform our attitudes and expectations about life, and thereby change what we create for ourselves. Here are some important things to remember about affirmations:

1. Always phrase affirmations in the present tense. It's important to create it as if it already exists.
2. Always phrase affirmations in the most positive way you can. Affirm what you do want, not what you don't want.
3. In general, the shorter and simpler the affirmation the more effective.
4. Always choose affirmations that feel right for you. What works for one person may not work for another.
5. Write, print or type affirmations on a piece of paper, and read them each evening before you go to bed, and the next morning when you get up.
6. Paste the affirmation on your mirror, car dashboard, telephone, billfold, and anywhere that you might see it during the day.

A POSITIVE VISUALIZATION

Select a five-minute period in the course of your day when you will be free of distractions and interruptions. Find a quiet spot where you can either sit comfortably in an upright position or lie on your back. Close your eyes and take a deep, full inhalation. Hold your breath for a count of three, then let it out with a long sigh. Now simply allow your breath to come and go effortlessly on its own. With the next three breaths, release any tension remaining in your body.

Now picture, in your mind's eye, your favorite nature spot. It can be a beach, meadow, a mountaintop, a stream, or any place which has meaning for you and which you feel very peaceful. Imagine, in detail, all the special things about your favorite place--the colors, smells, textures, sights and sounds.

Now imagine yourself in your favorite spot. Take a look at yourself. Note the ease and comfort in this special spot.

Now think of a time earlier in life when you were at the apex of well-being. Recall a period in either recent or distant time when you felt fully alive, joyous, and high on your natural powers and innate gifts. Envision the little things about yourself - the bounce in your step, the sparkle in your eyes, the comfort and ease that permeated your thoughts and actions. Re-experience for a few moments the sense of power freedom you owned during these splendid interludes of enhanced functioning. Enjoy a minute or so of pleasure recalling the real you, the person you are at your best.

Why hold back, why settle for less? Be the best you can be. If it feels so good in memory, imagine the rewards of reaching these heights in the present. You can do it.

Breathe!