



# Meditations

## Creating Your Reality With Morning Rituals & Programming Your Mind With Affirmations

There are a few ways to USE affirmations to reprogram and re-pattern your mind. I read affirmations first thing in the morning and right before going to bed. Your mind is like an OVEN what you put into it is what you get out of it.

Try this for 30 days and I guarantee you'll begin seeing miracles happening in your life!

Remember success is simply a matter of habits done daily and nothing more. Reading affirmations with EMOTION consistently IS the way to reprogram your mental landscape. Think about when you first learnt to read and write what did you do? Practice! And then practice some more.

With consistency and practice you will begin shifting your reality FIRST on an inner level - all success begins with your MIND accepting your new goals and intentions so DECIDE you will do this success habit each day.

When I get up in the morning my daily morning ritual consists of reading my PLAN, how I want to FEEL in my business and then some affirmations and a few inspirational quotes that I like.

Here are some affirmations from Shakti Gawain's book "Creative Visualization" I recommend printing out and or editing these to a select few that really resonate with you.

### Things to Remember:

1. Always phrase affirmations in the present tense, not in the future. It's important to create your desire as if it already exists. Don't say, "I will get a wonderful new job". Instead "I HAVE a wonderful new job". Your mind is very literal.



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## Creative Visualization

I feel happy being alive. I am vibrantly healthy and radiantly beautiful! I am open to receiving all the blessings of this abundant universe!\_\_\_ is coming to me, easily and effortlessly.

I have wonderful job with wonderful pay. I do a wonderful service in a wonderful way.

The light of GOD within me is producing perfect results in every phase of my life now.

The light with me is creating miracles in my life here and now.

I give thanks for divine restoration in mind, body, financial affairs, and in all my relationships now.

All things are now working together for good in life. I am now attuned to my higher purpose in life.

I now recognize, accept and follow the divine plan of my life as it is revealed to me step by step.

I give thanks now for my life of health, happiness and self expression.

## Affirmations:

I find prosperity in simplicity. This is an abundant universe and there is plenty for all of us.

Abundance is my true state of being. I am now ready to accept it fully and joyously. God is the unfailing unlimited source of all my supply. I deserve to be prosperous and happy. I am now prosperous and happy! The more I prosper, the more I have to share with everyone else. I am ready now to accept all the joy and prosperity he has to offer me. The world is now becoming an abundant place for everyone.

Financial success is coming to me easily and effortlessly. I am now enjoying financial prosperity! Life is meant to be fun and now I am willing to enjoy it! I am rich in consciousness and manifestation.

I now have plenty of money for my own personal needs and the needs of my family. I now have satisfying income of \$\_\_\_ per month. I feel deeply satisfied with my financial situation. I feel rich, well and happy.

I accept myself completely here and now. I love my self completely as I am and I am getting better all the time. I accept all my feelings as part of myself. I am beautiful and lovable however I am feeling. None of my feelings are negative. They are all important parts of who I am. I am now willing to experience all my feelings. It's good to express my feelings. I now give myself permission to express my feelings. I love myself when I express my feelings.



# Meditations

## Feeling Good

It's okay for me to have fun and enjoy myself, and I do I like to do things that make me feel good. I am deeply relaxed and centered. I now feel deep inner peace and serenity. I am glad I was born and I love being alive.

## Relationships

My relationships are mirrors that show me myself. I am now learning from all of my relationships. My relationships are helping me to heal myself.

I am strong, vulnerable and loving in my relationship. I deserve love and sexual pleasure. I am now ready to accept a happy, fulfilling relationship. I am now ready for my relationships to work. I love myself and I naturally attract loving relationships into my life. I am now attracting exactly the relationships that I want.

The universe is unfolding perfectly. I don't have to hang on. I can relax and let go. I can go with the flow.

I always have everything I need. I have all the love I need within my own heart.

I am a lovable and loving person. I am now divinely irresistible to my perfect mate. All difficulties between me and -- -- -- are now being healed. The more I love myself the more I love -- -- --. I love -- -- -- and -- -- -- loves me.

## Going with the flow

I am whole in myself. Divine love is guiding me and I am always taken care of.

The universe always provides.



# Meditations

## Opening Creativity

I am now an open channel for creative energy. Creative ideas and inspiration are coming to me every day. I am the creator of my life. I am now creating my life exactly as I want it. Divine Love and Guidance Divine love is doing its perfect work in this situation Now for the good of all concerned. Divine love and light are working through me now. Divine love goes before me and prepares the way. God is showing me the way now. My inner wisdom is guiding me now. I am now being guided to the perfect solution to this problem. The light within me is creating miracles in my body, mind and affairs here and now.

Every day and every way I am getting better and better. Everything I need is coming to me easily and effortlessly. My life is blossoming in total perfection. I have everything I need to enjoy my here and now. I am the master of my life.

Everything I need is ready within. Perfect wisdom is in my heart. I am whole and complete in myself. I love and appreciate myself just as I am.

I accept all my feelings as part of me. I love to love and be loved. The more I love myself, the more love I have to give to others. I now give and receive love freely. I am now attracting, loving satisfying relationships into my life. My relationship with -- -- - is growing happier and more fulfilling every day. I now have perfect satisfying well paying job. I love doing my work I am richly rewarded, creatively and financially. I am an open channel of creative energy. I am dynamically self expressive. I enjoy relaxing and having fun. I always communicate clearly and effectively. I now have enough time, energy, wisdom and money to accomplish all my desires. I am always in right place in right time, successfully engaged in the right activity. It is ok for me to have everything I want! This is rich universe there is plenty for all of us.

Abundance is my natural state of being. I accept it now! Infinite riches are now freely flowing into my life. Every day I am growing more financially prosperous. The more I have, the more I have to give. The more I give, the more I receive, and the happier I feel. It's okay for me to have fun and enjoy myself, and I do!

I am relaxed and centered. I have plenty of time for everything. I am now enjoying everything I do.

Commit to Doing Affirmations With Emotion for 30 Days Every Morning and Every Night.  
Remember success is simply habits performed daily - easy to do, easy not to do.  
Decide to do it!

**Bold, Beautiful and Strong You**

A gratitude journal is so important to keep you in a positive and active