

Creating Powerful Affirmations

by Judith Waller, "The Soul Connector"

If you've never used affirmations before, it may be difficult to know where to start. So here are some classic examples to get you going, spanning some of the main life areas on which you may wish to work. As always, be guided by your own intuition in choosing words that have real power for you. Have fun, be creative and try making up your own!

SELF-NURTURING

I love and approve of myself.

I am ready to change.

I now release the past. Old patterns have no power over me.

I know I am one hundred percent safe and protected at all times.

I am poised, serene and self-assured. I am in tune with my inner self and I effortlessly receive the guidance of my soul.

I value and nurture myself and so I take time out daily to replenish my spirit.

SUCCESS

Infinite Spirit knows my heart's desire. Infinite Spirit clears all obstacles from my path to bring my heart's desire to me now.

I now accept and utilise all my talents and gifts, in complete alignment with my soul purpose.

Divine wisdom is at work in my career, producing perfect results for me now.

Nothing can oppose my good. No-one can oppose my good. I now accomplish great things with ease!

I freely and joyously explore the inner guidance of my soul and express myself in a myriad of creative ways.

All doors are now open. All channels are now free. The whole world says yes to me!

ABUNDANCE

With open mind I receive abundance, with open heart I fulfill my purpose.

There is a Divine solution to my financial situation. I give thanks that the Divine solution appears now.

I am the rich child of a loving Mother and Father and I choose to prosper now!

I give thanks that every financial obligation is now being met in the Great Creator's own wise and wonderful way.

I have a large, steady, dependable, permanent financial income now.

I trust the universal spirit of prosperity to provide richly for me now.

RELATIONSHIPS

I forgive myself for hurting others. I forgive others for hurting me.

My relationship with _____ is now being cleared quickly and easily.

All my relationships are harmonious and nurturing.

I am ready to receive the blessings of great love.

I choose bliss, happiness and fulfilment with my soulmate, and nothing less.

Divine love is now working through me to adjust all the details of my life. Love transforms my life now.

USEFUL REFERENCES FOR CREATING AFFIRMATIONS:

Louise L. Hay, "You Can Heal Your Life", link: <http://tinyurl.com/yetm4a/>

Shakti Gawain, "Creative Visualisation", link: <http://tinyurl.com/yba98d/>

Doreen Virtue, "Healing With the Angels", link: <http://tinyurl.com/yzkxxd/>

Catherine Ponder, "The Dynamic Laws of Prosperity", link: <http://tinyurl.com/yf9j7y/>

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Judith Waller, "The Soul Connector", is a professional coach, facilitator and writer who helps people create authentic and fulfilling lives. Go to <http://www.soulbuilder.com.au> to sign up for her ezine and get a free copy of her ebook "Living in Bliss! 10 secrets of a soul-full life".