

**The Ancient
Yogi's
Secret To Write
Powerful
Affirmations**

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Introduction

I want to ask you what if you wake up in the morning, jump out of bed, take your breakfast, go to work and your boss tells you "I'm sorry, you are fired". You talk me about your mood state after that notice. Well, that's the power of an affirmation **when it is credible**, it has the power to ruin your day, your self confidence or even your entire life. Believe me, you can destroy a woman's life by telling her how ugly she looks today. Or if you tell a boy how stupid he is. You can argue that you said that single statement just once and you can think that's not enough to hurt the boy, but the fact is that your affirmation will be beating the boy's head again and again growing in intensity and force until it will take root, and then it will rule his life whether the boy is consciously aware or not. The good news are that instead of destroy **you can build self confidence, you can create a winner state of mind, you can train your mind to drive you right to success.** You can force your mind to drive you to happiness. You can do these and many more things for you or other people.

Now, suppose that the most beautiful woman, who had never notice you before, tells you "Hi, you look great today" or imagine your boss telling you that "you are too valuable for the company". What mood state would you have? So, think twice the next time you say something to somebody. And, think thousand times the way you talk about yourself.

Do something nice today. Please tell a woman, the first one you'll see, how pretty she looks today.

Now I want to share with you a piece of my reading of Joseph Murphy's book "The POWER of Your Subconscious Mind" to illustrate you the amazing power behind affirmations:

A seventy-five years old widow woman with a grown family living alone and on a pension heard the lectures on the powers of the subconscious mind of Joseph Murphy, Ph.D. The following is what she wrote to Joseph Murphy : "I began to repeat frequently with feeling, 'I am wanted. I am happily married to a kind, loving, and spiritual-minded man. I am secure!'"

"I kept on doing this many times a day for about two weeks, and one day at the corner drugstore, I was introduced to a retired pharmacist. I found him to be kind, understanding, and very religious. He was a perfect answer to my prayer. Within a week he proposed to me, and now we are on our honeymoon in Europe. I know that the intelligence within my subconscious mind brought both of us together in divine order."⁽¹⁾

The above is just one example of affirmation's power, I can write in here many more examples, enough to create a new entire book, but that's not the purpose of this mini-ebook so, lets continue.

⁽¹⁾ Extracted from The POWER of Your Subconscious Mind – Joseph Murphy, Ph.D.

How And How-Not An Affirmation Should Looks Like

Wrong Affirmations List ☹️

- I will not be on scratch again.
- I will be healthy.
- I want to live in peace with everybody.
- I would like to have a new car.
- I have suffered enough, I don't want to suffer anymore.
- Women want me.
- I would like to have a lot of women, sex, and money.
- If I get a promotion I will buy a new house.

Right Affirmations List 😊

- Money comes to me easily and effortlessly.
- I am a successful and prosperous man.
- I am a prosperous man day and night.
- I am at peace with the Universe.
- I have now abundance of love, health, and money.
- I am a beautiful person with solid, unbreakable self-esteem.
- I find joy, love, peace and harmony in every second of my life.
- I make friends easily.
- I find love, and friendship everywhere I go.
- Money comes to me easily and continuously from multiple sources.
- I have a wonderful job with a huge salary, doing what I like most to do.
- I am wanted. I am happily married to a kind, loving, and spiritual-minded man. I am secure!
- I am wonderfully blessed in my finances, in my health, and happiness. It is my right to be wealthy, happy, and loved.

What An Affirmation Is And How You Can Write Yours

An affirmation is a statement that you make to yourself. Based on your truly needs and / or expectations on life. Everyone uses them intentionally or unintentionally, so, you better use them intentionally to your favor.

Our self-talk, the things we say to ourself, is very important because it directly effects our conscious and subconscious mind.

Because our affirmations work so well to maintain the state of mind we are in, we can use them to change that state of mind.

The use of affirmations can become a strong, useful tool for helping yourself become happier and healthier.

The right way to properly create your affirmation is to have clear what you want in life, what is your deepest desire or need, then summarize it into a sentence in PRESENT TIME. You could do this mentally, but I highly recommend you to write it down on paper and take the paper with you in your wallet, so you'll be able to read it at any time. Your statement should not have more than 33 words. This is a cabalistic number and it does not be exceeded,... if you want to get the best possible result.

The needs or desires are different from one person to another, that's why you have to write your own affirmations. Take a look at the examples of the Right Affirmations List and that of the seventy-five years old widow woman in the introduction of this mini-ebook.

Avoid absolutely the use of conditionals; avoid the use of could, would, should, will; it is strictly forbidden to use the following words: no, not, don't, never, ever, without, maybe, perhaps, probably, possibility, possible, repeat, error, mistake, aint; within your affirmation.

Try to begin your affirmation with "I am...", "I have...", "I live...", "I find...", "I get...", "I make...", "I build...", "My...", "...to me...", "... loves

me...”, “...gives me...”; although I recommend to begin mostly with “I...” because it provides the maximum degree of personalization.

Hints To Make Your Affirmations Work

You must believe what your affirmation states.

You must feel strongly that you deserve what you are asking for through your affirmation.

You must to be passionate, emotionally involved with your affirmation.

Your affirmation must to be a matter of life and death, otherwise it will become a weak desire unable to move the necessary energy to manifest itself in the real world.

You must feel the necessity to repeat your affirmation all the time, i.e. your affirmation must to be powerful enough to make you addict to it.

When your affirmation becomes true in your heart and mind it has no other choice but to grow up until it makes real itself with the collaboration of your subconscious mind as the creative medium.

The power of your affirmation lies in the strong of your desire to make it real, in the strong of your faith to achieve it.

An affirmation succeeds when it is specific and when it does not produce any mental nor moral conflict to you. You must believe that you deserve what your affirmation states. Otherwise, your affirmation will be lost among your mind contradictions. Every cell of your body must to be fully infected by your affirmation. Your affirmation must to be a virus infecting your whole being.

There must be like an explosion inside you, an enormous energy must to arise from your deep inside and burst you from your feet to your head. When you have that feeling, you won't wait until the next repetition, and this is a signal that you are on the right way.

Visualization: The Key to Empower Your Affirmations

Affirmations don't make all the work by themselves, they need the push and drive of visualization. Yes! You have to visualize what you are affirming! Choose an image with the highest level of detail you are able to. Then use that image everytime you repeat your affirmation. For example, let's suppose you are a salesman so, if your affirmation is: "My sales are growing every day" then imagine to yourself making a lot of sales, with a long row of people waiting to buy from you. Close your eyes, repeat your affirmation while you are watching your movie with you making sales like crazy.

Remember, visualization is just a mental image of what you want. Unless you have a high degree of concentration, your first image will be unclear. Don't worry it is absolutely normal, that's why I recommend you to practice a couple of days improving your affirmation and the image that best represents to it. Remember, your mental image should be like a movie with you having what you want. The more detailed your image, the better it will empower your affirmation. That's because I recommend you to work with your affirmation at least a couple of days, or more if necessary, just writing it many times, improving it until you feel it describes best what you want. The same with your visualization, work on it, add details as you become satisfied with your mental image. Work on these things before start the repetitions of your affirmation. Because when you'll start the repetition process you must to use the same affirmation and the same mental image at the same time, again and again. **If you alter your affirmation or image in any way, the only thing you will get is a set of weak statements and images spinning in your head with low probability of success.** The unsaid secret is that you have to use the same visualization and the same affirmation all the time.

The Secret An Ancient Yogi Confessed Me

When I was young I met an ancient Yogi who confessed me a secret about affirmations and how to make them work really and quickly for my own benefit.

In short, I will summarize for you weeks of conversations in order to give you the practical tools for you to use them right now.

The Yogi told me that affirmations in an audio-visual format (i.e. aloud affirmations plus visualization) work well, but they work even better if you use the power of colours within your affirmations. Yes! Colours.

According to the Yogi colours have the ability to affect us in many ways. Specifically colours can affect your state of mind, your mood, your humor, your will, your predisposition to do things or to take some directed action.

Take note of the next words because they contain the secret of the secrets to definitely transform your affirmations in to your lethal weapon to get anything in life. There are mainly 3 colours with a high level of impact to your conscious and subconscious mind: Red, Blue, and Green.

Now listen carefully to know when to use each.

The **Red** colour has the property to 'move things' faster. This means you have to use this colour when you are in hurry. When you want results as fast as possible.

The **Blue** colour has the property to 'create things in a solid base', it takes more time to show you results, but the results you'll get will be more consistent. It is also the perfect colour to get peace, and harmony in your life.

The **Green** colour has the property to work well on things related to your health.

Let me show you how your affirmation should look like with the use of colours.

The following are just examples, you have to write your own affirmations according to your truly desires and / or needs.

If you want a rapid response from your affirmation, no mattering if the result is temporary, then write it as follows:

Money comes to me easily and continuously from multiple sources.

If you want a solid and consistent response to your request even if it will take some time to do it, then write your affirmation as follows:

I find joy, love, peace and harmony in every second of my life.

If you want to reinforce your strength, your health, your body defenses or if you want to fight an illness (helping to medical treatment) then green is for sure the colour you have to use:

I have a healthy, and strong body. My body defences are powerful enough to kick out any disease.

Final words

Now that you are aware about the power of affirmations and how to make them really work for you, I just want to ask you to use that knowledge for good purposes only. There is an enormous power behind affirmations and now you are responsible for its use.

I recommend you to repeat your affirmations at least 3 times a day and make at least 25 repetitions each time. The best moments to do it are before sleeping at night, when you wake up in the morning, and a couple minutes before lunch. Of course if it is possible for you to make more repetitions a day, do it! The more you impregnate every cell of your body with your affirmation, the better it will work for you. Try to do not have more than a couple affirmations at a time. And if you do not get any result for a while, don't disappoint, double your repetitions, double your believe, double your trusth in what you want, force your mind to strength your concentration. And...success will come to you. Work harder to leave the doubt darkness behind!

I wish you all the success you want to have!

J. Ramiro Sejas M.

P.S. If you find this ebook useful please send me a testimonial in return. mailto: [**ramirosejas@overcoming-frustration.com**](mailto:ramirosejas@overcoming-frustration.com)

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