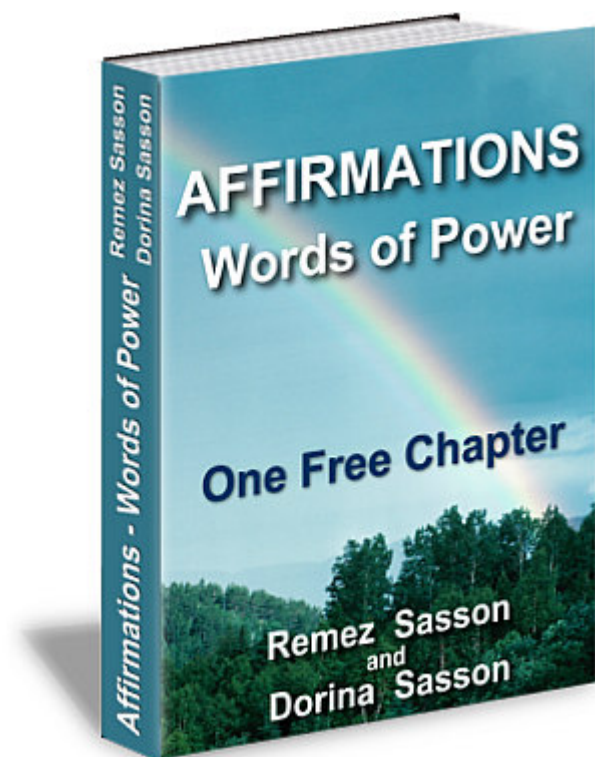


Affirmations – Words of Power

By Remez Sasson and Dorina Sasson

One free chapter



Published by Remez Sasson

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Information about the book

This ebook includes the introduction and the first chapter from the book Affirmations Words of Power.

Affirmations are positive statements, which are repeated often, until they sink into the subconscious mind and become part of it. They transform and change the contents of the subconscious mind, thus affecting every facet of behavior, actions and life.

By using affirmations consciously and correctly, you can overcome negative habits and build positive ones, change your attitude, improve your health and your relationships and attract success into your life.

The full version of the book, Affirmations Words of Power, teaches and explains in clear language, how to use and repeat affirmations effectively, the importance of selecting the right words, the role of emotions, faith and attention, the right attitude for success and much more.

The book is composed of two parts. The first part contains detailed information, advice and instructions and techniques. Each chapter includes several subchapters.

Part one: Information, techniques and guidance

Chapter 1 - General explanations

Chapter 2 - The mind

Chapter 3 - How affirmations work

Chapter 4 - Negative and positive thinking

Chapter 5 - Affirmations techniques

Chapter 6 - Place and time

Chapter 7 - Technical information

Chapter 8 - The powers behind the affirmations

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The second part includes many inspiring and motivating affirmations, especially created for almost every situation and goal, and arranged according to subject.

Part two: Affirmations

Chapter 9 - Attaining happiness and satisfaction

Chapter 10 - Health

Chapter 11 - Energy, sports and physical strength

Chapter 12 - Losing weight

Chapter 13 - Abundance and prosperity

Chapter 14 - Work

Chapter 15 - Sleep and waking up

Chapter 16 - Love and relationships

Chapter 17 - Personal and spiritual growth

Chapter 18 - Mental activity

Chapter 19 - Obtaining possessions

Chapter 20 - Inner development

Chapter 21 - Wishing yourself the highest good

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Introduction

Do you want more money, possessions, success, health love or happiness? They exist in the world, and all you have to do is find a way to bring all these wonderful things into your life.

Everything starts in the mind, so that in order to achieve any kind of success, you have to learn how to activate and direct the powers of your mind toward success and achievement.

Success, wealth and health are not reserved for a few people. Anyone who focuses his mind and inner powers on attaining them can obtain them, as you will find in this book. All you have to do is throw away your limiting thoughts, beliefs and attitudes, and change the way you think. An effective way to do so is through the power of affirmations.

“What you say is what you get”. Words possess power. Your inner conversations, words, thoughts and feelings determine the kind of life and reality you experience. If you occupy your mind with negative thoughts and expect difficulties and problems, you will draw them into your life.

The greatness of the human mind is that it can think and imagine what does not exist right now. It can envision situations and circumstances that are different from its present reality, and create them with its enormous power.

Instead of thinking and repeating negative thoughts and words, you can learn to choose your own positive and constructive thoughts and words, and thereby improve and remake your life.

This book is about the powers of the mind, and how to bring them into manifestation through positive statements. These positive statements are composed of positive words and are called affirmations. They are so called, because by repeating them you affirm and state your desires to your subconscious mind.

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We all repeat affirmations, though usually in an unconscious manner. Whenever we criticize, comment, analyze or just let thoughts arise in our mind, we are affirming in one way or another. The problem is that we exercise no control over these affirmations, which are often negative, thereby bringing negative conditions.

Most people keep thinking on fears, problems and difficulties, and consequently keep creating and recreating them in their life. This book proposes to change this situation. It teaches how to control the contents the mind, and thereby gain the power and ability to create the life you want.

Affirmations do work. If you have any reservations or doubts about them, hold them back for a while, and give affirmations a chance. Affirm correctly, and you will witness a gradual change in your attitudes, actions, reactions and circumstances. You will find out that the affirmations bring into your life new people, new opportunities and new conditions.

Please do not skip any chapter in the book. If you desire results, then please read and study the all chapters before going to the affirmations at the end of the book. All the chapters that precede the affirmations teach and instruct about the proper state of mind, attitude and other requisites for putting the power of affirmations into work.

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Chapter 1

General Information

What are affirmations?

Affirmations are positive statements that describe in positive words a desired situation, event, habit or goal, and which are repeated mentally or aloud. These statements, which are actually autosuggestions, are repeated often, until they take root in the subconscious mind and influence it.

If they are repeated with faith, earnestness and attention, they change the thinking patterns of the subconscious mind, which in consequence, develops new habits, attitudes and skills, and also creates better circumstances. There is nothing supernatural about them. They just trigger natural forces into action.

Affirmations resemble small drops of water that constantly fall on a rock. The drops are light and small. Yet, over a period of time they affect and change the shape of the rock in a most visible way. The act of repeating affirmations gradually changes the thought patterns, images and habits of the subconscious mind, and consequently the way it acts, just like the action of the constantly falling drops of water.

Affirmations express desires in words. These words automatically create mental images of the desires in the mind of the one saying them, and in this, affirmations resemble creative visualization. People, who find it difficult to visualize, may find that affirmations are easier to use.

The repeated affirmations gradually get accepted by the mind as truth, and affect the actions and behavior of the person involved.

The accumulated power of the repeated affirmations pushes and drives out of the subconscious mind thoughts, attitudes and habits that are not in harmony with the affirmations, and changes the contents of the subconscious

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mind from negative and restrictive thoughts, to positive and constructive ones.

The new contents of the mind affect, change and improve the person, and attract corresponding situations, events circumstances and people into his life.

Affirmations are powerful tools for inspiring, motivating and conditioning the mind to maintain a positive attitude and belief in one's ability to succeed. They are intended to define and specify a particular desired goal, habit or situation in clear and definite terms, and to help focus the attention on it.

- Affirmations are not empty, parrot-like repetitions of sentences.
- Affirmations are not sentences that are repeated like a worn out record.
- The purpose of affirmations is **not** to ignore reality and block the mind from thinking.
- Affirming does not make a person ignore reason and common sense.
- Affirmations are not meant to make you live in a closed imaginary world.

Affirmations are powerful sentences that make wishes come true. They energize, inspire and motivate the person using them, and condition and program the mind to maintain positive attitude and beliefs.

Saying an affirmation just once or even several times is not enough. It usually needs to be repeated often, before it can stimulate the subconscious mind into action, unless the desire is very strong, concentrated and loaded with emotions.

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The repetitive affirmation slowly chisels an image or intention into the subconscious mind, pressurizing it into activity. The subconscious mind accepts the affirmations as true, and does everything it can to make existing conditions change in accordance with the affirmations, until they become a reality.

Affirmations motivate, inspire and push towards accomplishment. They influence the actions, reactions and the body language, and also influence other people to help you accomplish your goals.

You will find many affirmations about various subjects in this ebook. Here are a few examples of positive affirmations:

“I am very happy, content and satisfied.”

“With every breath I am filling myself with happiness.”

“My work fills me with satisfaction.”

“Slimming is easy to achieve.”

“My body is satisfied with eating only the food it needs.”

“Health and strength are filling my body.”

“Money is now flowing into my life.”

“My mind is open to receive ideas to make money.”

“I have a lot of money, and much more is flowing to me each day.”

The reasons for writing this book

Nowadays one can find many books and information about affirmations, but there is not enough information about the “How and Why”. It is important to know how to use affirmations affectively and correctly. More knowledge means better chances of attaining success, and this is the aim of this book. By taking the subject out of the mists of the supernatural and showing how it works, more people will be willing and able to explore it and benefit from it.

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The journey through life presents challenges, which have to be surmounted and solved, and affirmations provide a wonderful way to surmount them and improve one's character and circumstances. Every person who learns about the power of affirmations and starts using them, will in one way or another improve his life, and achieve his inborn desire to have a better and happier life.

This book is a good companion to creative visualization, because affirmations add power and strength to any visualization. People who find it difficult to visualize clearly, will benefit from this book, as it teaches how to use the power of words, without the necessity of consciously visualizing. Affirmations employ words, and these words automatically create mental images in the mind.

The purpose and benefits of affirmations

- Affirmations provide a bridge between the conscious mind and the subconscious mind, which is the “control room” of the mind and the body.

The subconscious mind is responsible for all the involuntary functions of the body, such as the heartbeat, bloodstream, respiration, the immune system, metabolism, and self-healing. Affirmations pass from the conscious mind to the subconscious mind, which takes the affirmations as commands to heal the body.

- Affirmations have a great effect on every area of life, and can bring about significant inner and outer changes and improvements.

- They are tools for removing or overcoming negative habits and for acquiring new, positive ones.

- With their help one can develop various skills, improve the concentration, boost and increase self-confidence, become happy, increase motivation and inspiration and much more.

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- They are valuable tools for losing weight and shaping the body.
- Affirmations help us to change our circumstances by driving the subconscious mind to come up with solutions, and motivating us into action to bring about the desired changes.
- Affirmations are tools for success. They keep the mind focused on the goal, and motivate and strengthen the ambition and resolve to succeed.

There is much to gain by repeating affirmations! Learning to use affirmations is another step on the way to a more satisfying, happy and successful life.

Here are a few more of the benefits of affirmations:

- They uplift the spirit.
- Fill the mind and body with energy.
- Fill with inner power.
- Relax the body and relieve stress.
- Strengthen the ambitions and motivation.
- Help to get rid of undesirable and unhealthy habits.
- Change the attitudes from negative to positive ones.
- Help to push negative thoughts out of the mind, and put in happy and positive ones instead.
- Affirmations help to guide the immune system, through the subconscious mind, to heal the body and accelerate the self-healing process.

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● Affirmations attract and call the creative power of the universe for assistance.

● By repeating affirmations you broadcast your desires and goals to other people, who can help you achieve them. They perceive them directly through their subconscious mind, through your words, thoughts and body language. Affirmations attract into your life people, events and circumstances that promote and help you manifest the subject of your affirmation.

Getting results

I live in a town, which is located about two hours drive from the airport, and it is usually necessary to wait for some time before one can find a cab for that destination. When one becomes available, the driver usually waits until the cab is full with passengers before driving away. This has always annoyed my wife, who was anxious to return home from the airport as quickly as possible.

One day, while she was abroad, she decided to put an end to this situation. Being knowledgeable and aware of the power of affirmations, she decided to use them to change the unpleasant situation.

A few days before returning home she began repeating several times a day the following affirmation:

“A cab to my hometown is waiting for me, and is swiftly taking me home.”

While boarding the plane to fly back home, and during the flight, she affirmed many times this same affirmation:

“A cab to my hometown is waiting for me, and is swiftly taking me home.”

The words she repeated evoked in her mind a mental scene of herself going to the cabs' station, and finding a cab waiting for passengers. She visualized the cab driver asking her:

“How many people are you?”

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“Just me”, was her reply.

Then she imagined the cab driver saying:

“Hop in, I was waiting just for you”, and she then saw herself getting in, most happy for not having to wait at all.

Her mind tried to persuade her that it won't happen this way, but she did not listen to it. She kept repeating the affirmation with joy, calmness and certainty. She told herself: “There is always the last person who fills up the cab. This time it will be me”.

She kept repeating the affirmation while landing, passing through the passport checking and customs, and while taking her luggage.

She usually calls me from the airport, to tell me that she has arrived safely, but this time she decided not to waste any moment, and go straight to the cab station.

Upon seeing her approaching, the driver came towards her and asked her:

“How many people are you?”

And she replied: “Just me”.

He took her luggage and put it in the cab, saying: “Hop in my dear, we were waiting just for you”.

Amazingly everything happened the way she has affirmed and anticipated.

Her words of her affirmation were amazingly accurate. There was one cab waiting just for her to take her home, with just one vacant seat.

She won two things through the realization of her affirmation:

1. She arrived home from the airport faster than usual.
2. She won an uplifting, encouraging victory. Once again she had experienced the astonishing, miraculous power of affirmations.

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Some might say, “It’s just pure good luck”. Yes, good luck does come often to people who affirm. Affirmations bring new opportunities and new circumstances. They also make one more acutely perceptive of the opportunities when they arrive, and able to benefit and take advantage of them.

Affirmations and the personal level

Affirmations work according to natural mental and spiritual laws. They bring their results through their actions on two levels, the personal and the cosmic.

In this section you will be introduced to the personal level, and in the next section to the cosmic level.

1) Thoughts possess power, and affirmations are thoughts in words. One single thought may not affect one’s behavior and life, but when it is frequently repeated it accumulates power. This is why repetitions are required to make the affirmation gain power and become effective.

2) Affirmations influence the subconscious mind, as do commercials on TV. The first time you watch them they do not affect you, but if you watch them day after day you gradually get used to them, accept them, and might even buy the advertised product.

3) The subconscious mind obeys and executes the commands of the conscious mind. Whatever the conscious mind thinks passes to the subconscious mind. If you repeat the same thoughts frequently, they gain power and have a stronger effect on the subconscious mind.

Repeated affirmations gradually sink into the subconscious mind and set new habits, behavior and reactions.

4) Often-repeated words are ultimately accepted as truth, and lead to action.

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- 5) An affirmation that is repeated often is similar in its action to a hypnotic suggestion.
- 6) Affirmations often bring mental images into the mind. If the affirmations are energized by strong desire and faith, these mental images often attract and create conditions and situations in accordance with them.
- 7) The act of affirming puts emphasis, and gives importance to the subject of the affirmation, and pushes toward pursuing this subject more energetically than any other subject.
- 8) Thoughts pass from one mind to another. Thought transference is very common, and happens all the time in an unconscious manner. We broadcast our thoughts and perceive other people's thoughts. If the person who picks up your thoughts is in a position to help you, he will probably do so.
- 9) Affirmations said with feeling, push the person saying them into taking action.
- 10) Affirmations are encouraging words that inspire and motivate.

Affirmations and the cosmic level

The power that has created everything in the universe is an omnipotent power, and contains everything in it, including us. This power is called by many names, the Universal Mind, Universal Consciousness, Cosmic Mind, Spirit, God and Divinity, the Power of Nature and by many other names.

Our thoughts exist within the creative Universal Mind, and therefore are powered by its creative energy. Every thought that we think is within this Mind, and is propelled by its enormous power to manifest on the material plane.

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This means that we are partners with the Universal Mind in creating the circumstances and situations of our lives. Our thoughts and words are perceived by the Universal Mind, which turns them into our reality.

You may or may not accept the theory of the Universal Mind, but it is difficult not to agree that there is some sort of immense power in the Universe that is constantly creating and recreating this world. We participate in its power of creation, because our thoughts and desires are part of this immense power.

Words are the expression of thoughts. They gain strength by repetitions, and exert pressure on the creative power of the Universal mind.

- 1) Everything exists in the omnipresent Universal Mind. You and your thoughts are an inseparable part of this mind. Whatever you think or say is within it and affects it.
- 2) Everything that exists is connected and interconnected with everything else, even if we cannot see this. Thoughts, actions and events are connected with each other and affect one another.
- 3) The repetitions of affirmations create vibrations within the omnipotent Universal Mind. These vibrations create opportunities and attract to us the right people at the right time, who offer us their help and guidance.
- 4) Affirmations are like radio or TV broadcasts. We broadcast our thoughts, desires and ambitions to the omnipotent Universal Mind, calling for its help, and the benevolent Universal Mind responds and works on our behalf.
- 5) The Universal Mind is the creative principal of the Universe, and being one with it, we participate in the creation process. We contribute to the creation of our circumstances according to the thoughts that we feed our minds.
- 6) Affirmations are thoughts in words, and possess power if they are concentrated and energized by feelings and emotions. This power creates

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creative vibrations and action within the Omnipresent and Omnipotent power of the Universe.

7) Our thoughts attract from the world surrounding us similar thoughts and ideas. Repeating an affirmation opens a door in the mind, which lets similar thoughts and ideas to come in. If we think negatively, more negative thoughts will come into our minds. If we maintain a positive attitude and positive thinking, we attract similar thoughts from the surrounding world, which amplify our positive thoughts and attitudes.

Two people, two attitudes

Tom and Jim had been seeking a job. Both of them had the same qualifications and talent, but they were utterly different in their attitude and behavior.

Tom had a low opinion of himself, and for some reason felt that others were better and more talented than him. He constantly told himself that he couldn't be a winner and that it is very difficult to get an interesting and well-paid job.

Jim had faith in himself and in his abilities, and was certain that he could attain anything he set his mind on. He displayed a positive attitude and was ambitious, optimistic and happy.

They found a job in a company that was seeking employees to work in the field that they have studied, and both of them applied for the job. There were many other applicants for the same job, and each one had to be interviewed before the decision was made about whom to hire.

The interview was scheduled to take place in a few days, and as it was an important issue in their lives, both of them devoted much thought to it.

Tom, who was basically pessimistic, did not believe he would get the job. He constantly told himself that he is no good, and that someone else will get

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the job. He did not believe he was smart enough, and repeatedly told himself that he would certainly behave clumsily, and make a bad impression on the interviewer.

Jim, on the other hand, constantly told himself that the job was already his. He had no doubt about it. He was full of faith in himself and his abilities, and was confident that he was going to make a wonderful impression and get the job.

The words and sentences they were repeating in their mind led them to different anticipations and actions, and to different results.

Tom arrived late to the interview, nervous and tense, and was certain that he was not going to be hired for the job. During the interview he behaved and acted exactly as he kept telling himself, and made a bad impression on the interviewer. He of course did not get the job.

Jim arrived to the same interview well groomed, calm, optimistic and confident. He arrived early and started the interview on time. His calmness, confidence and ease of answering every question made a strong good impression on the interviewer, who immediately gave him the job.

Even though both of them knew nothing about affirmations, they both unknowingly, repeated affirmations, which affected their behavior and actions and brought results on the material plane. Such occurrences are quite common. Everyone repeats affirmations in one way or another and harvest their consequences, without knowing what they are doing.

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About the authors

Remez Sasson

Remez Sasson teaches and writes about positive thinking, creative visualization, motivation, self-improvement, spiritual growth, meditation and peace of mind.

He is the author of several books, among which are, "Peace of Mind in Daily Life", "Will Power and Self Discipline" and "Visualize and Achieve".

In his books and articles he provides practical information, useful advice and clear instructions for anyone seeking self-improvement, spiritual growth or inner peace, or who wishes to develop a positive approach to life and attain happiness and success.

Remez Sasson is the creator and owner of www.SuccessConsciousness.com, a website dedicated to positive thinking, self-improvement, spiritual growth and to greater spiritual awareness.

His articles can be found at his website www.SuccessConsciousness.com, as well as at other websites.

For information about Remez Sasson's books, please visit:
[www.successconsciousness.com/ebooks and books.htm](http://www.successconsciousness.com/ebooks_and_books.htm)

Website: www.SuccessConsciousness.com

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Dorina Sasson

Dorina Sasson has been involved with the study of self-improvement and personal growth techniques for many years. She has been trained in Louise L. Hay's teacher training course, and is a certified teacher for "You can heal your life" study course and "Love yourself, heal your life" workshop.

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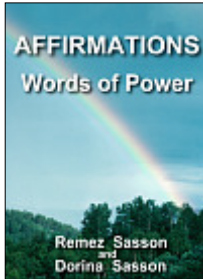
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In this book, you will find complete instructions and effective techniques on how to use to power of affirmations, as well as a long list of affirmations suitable for almost every need or occasion.

You will learn how to repeat affirmations effectively, the importance of selecting the right words, the role of emotions, faith and attention, the right attitude for success and much more.

- Program your subconscious mind for success!
- Attract money and abundance into your life!
- Achieve your dreams and goals!
- Create positive and happy circumstances and situations!
- Get rid of negative habits and attitudes, and build positive ones instead!
- Boost your feelings of self-confidence and inner strength!
- Motivate, energize and boost your inner strength!
- Improve your health!

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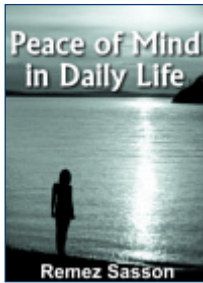
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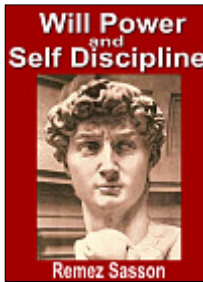
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Advice, instructions and exercises for developing will power and self-discipline. These skills would enable you to overcome indecisiveness, laziness and negative habits, and endow you with inner strength and power.

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