

# *The Power of Affirmations*

## (Power Filled) Affirmations

By Neidre Mychals

**An Affirmation is a tool of manifestation.** Affirmations are simple but powerful statements of belief which when recited consistently out loud, causes the spoken word (and the thoughts and images it creates) to be driven deep into both our conscious and subconscious minds. Affirmations as defined by dictionary.com are “statements or declarations of the truth or existence of something.” Most of us would agree that both definitions correctly summarize what a definition is and does. But—the real truth is that while both definitions are correct, they both leave out a very important truth about affirmations; and that is...affirmations can be either positive or negative.



Affirmations are simple statements of truths that provide positive control over random destructive thoughts. Affirmations can transform negative thoughts and negative self-talk. More than just speaking or giving lip service, affirmations show how and what you think, feel and believe about yourself. Wrong thinking leads to wrong habits and wrong behaviors. Words establish a belief system that leads to the heart of all problems. Out of our hearts come the issue so life.

To escape unhappiness you have to have the recipe for success: stop worrying about failure. Live each day of life to the fullest. Make it a point to discover who you are and whose you are. Affirm with faith your identity and purpose, and you will be empowered to change the world.

Have you ever thought to yourself, “I am never going to have enough money to do that?” Or maybe you’ve said, “I never win anything.” When something bad happens, we’ve all said, “This stuff always happens to me.”

### Step One

The first step to manifesting what you want is to believe that you can. True--It is done through God, but it is not done without your affirming (asking for, believing) it.

### Step Two

The second step is to "prepare the soil of your subconscious mind by forgiving everyone and everything that has EVER hurt you. Then, forgive yourself."

### Ready--Begin

Now that you’re ready to begin—select an affirmation that best fits your needs. Change the words around so that they work for you. Substitute any words you don't like with those of your own. Make these affirmations your own, if you like; however, keep your word usage positive and faith-filled.

Slowly, firmly, concentrate on each word, the phrase and the idea behind it. You will want to repeat your affirmation as often as you can throughout the day or whenever negative thoughts are plaguing you.

### *Preparation Affirmations*

#### ☺ For beginning again--

I now let go of worn out things, worn out conditions, and worn out relationships. The Holy Spirit is now established within me and in my world. I am a new creature in Christ.

#### ☺ For clearing away baggage--

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

I now let go of and am released by and from everything and everybody that are not part of God's plan for my life.

I forgive everyone who has ever hurt me and I let go of all resentment that I may feel; I also forgive myself for any and all mistakes I have made.

I do all I can every day to make a loving environment for all those around me, including myself.

I am at peace with those around me and I am at peace with the Holy Spirit who is within me.

#### ☺ For gratitude--

I give thanks for Divine Restoration in my mind, my body and my affairs. I thank God for this season of Divine fulfillment and for the blessings now pouring forth in my life.

I give thanks for being able to rely on the Lord to take every care of us, to supply all that we need to have, to teach us all that we need to know, and to guide our steps so that we do not make mistakes. *If God be for us, whom shall we fear?*

The best way to prepare for tomorrow is to make today all that it should be. I thank God for leading me in the right way.

### *Daily Living Affirmations*

- I am a success in all that I do.
- I am always productive.
- My work is always recognized positively.
- I respect my abilities and always work to my full potential.
- I am constantly adding to my income.
- I always spend money wisely.
- I always have enough money for all that I need.
- I express anger in appropriate ways so that peace and harmony are balanced at all times.
- I am free to be myself.
- I am a forgiving and loving person.
- I am responsible for my own Spirit.
- My strength comes from forgiveness of those who hurt me.
- I am worthy of love.
- The more I love, the more that love is returned to me.
- Love is eternal and ever-lasting.
- Amen (meaning "so be it," "it is true")
- I am responsible for my life and always maintain the power I need to be positive and have joy.
- I have all that I need. I have authority and I have the incorruptible seed (God's Word).
- I can do what God says I can do. I have what God says I have.

- I am surrounded with loving, caring people in my life.
- I am loving and accepting of others and this creates lasting friendships for me.

## *Presence of God Affirmations*

The Eternal, All-Powerful, All-Present God is the loving Father of mankind. He is our Father.

The Source of our supply is the one unchangeable Holy Spirit, and so all is well.

I look to God for all that I need. God is my supply and the unlimited abundance of every good thing in my life.

Christ is in me. The Good Shepard is here now and guiding me in the path of righteousness, so all is well.

Emanuel. God is with us. He is all good, all powerful, all wise and all loving. Because He is with me, I have nothing to fear.

I am not alone, for God is with me. I am more than a conqueror because greater is He that is in me than he that is in the world.

God is Wisdom. God is Truth. God is Unconditional Love. God is present everywhere. God has infinite power.

There is no power but God.

I am the child of God, a joint-heir with our Lord Jesus Christ.

The Holy Spirit is God, and God always finishes His Work and delivers His messages satisfactorily; and so He guides me in a way that is clear to me; and I say that it is so.

### **Warning:**

*“Our wills are ours to make them Thine.”*

You can speak the word and your world changes to match that word. There is the power of life and death in the tongue. The Word says, “Speak to the mountain and it shall be removed.” It is, however, not any word that has positive power. It is God’s Word. Speak God’s Word and His Presence will be in your life.

There is no secret method to living successfully. Living well is an art...it is a practiced lifestyle. This lifestyle is simple: Live in the present moment (forget the past and don’t worry about the future); and make the present moment of your life as perfect as you can by realizing that we are the instruments and expression of God Himself. Live your life from that point of view and all things will be well with you and yours. Affirmations assist you with keeping your mind on God or the things of God. After all, you become what you think about most often.



It is written...  
"You shall have  
whatsoever you say."

Make your self-talk positive  
and productive.