



TIMELESS BODY
INFINITE MIND
PROSPEROUS LIFE

Affirmations For Creation of Your Intentions

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Dream, Think and Speak To your Future

You become what you think about all day long and your thoughts create your actions, which then become habits. Your actions become automatic and direct which is interpreted by your mind as your reality. Your daily habits have produced your current results. It is believed that 98% of human behavior is based on habits.

Habits are the result automatic thoughts and mental responses that run continuously on a mental CD that is playing in the background of your subconscious mind. If you want a different result, you put in different thoughts. Your thoughts are truly formed from the depths of your heart. You can transform your heart, your mind and your body the thoughts you think and by the words you speak to yourself.

You must work on transforming your mind by letting go of negative and critical speaking habits and move into a positive direction by affirming what you want, thereby creating new possibilities in your life.

I can remember so many times I said “I am sweating to death”! Now that is speaking death over myself. When I was comparing myself to others during my destructive days, I would often speak my future and criticize myself by saying things like;

“I was so stupid”

“I am never going to get that job”

“Everything I eat turns to fat”

“I was so dumb”

As you can see I was speaking negatively which was releasing destructive energy into my life. In my search for healing and living a life of great joy and peace while increasing my wealth and prosperity, I found the secret to total transformation. I found the affirmations. They have been the key to me removing negative blocks in every area of my life. I was literally stuck at a certain weight, and it took me talking to myself, loving my body and awakening it's consciousness and working together, we got to our goal weight.

It has worked for me and is still working for me and it works for all of my clients regardless of their economic background or culture.

Affirmations for Creation is one of the most effective ways to transform your mind by affirming your desire and your future. You can literally speak life and power into your circumstances which creates what you want

How Do Affirmations for Creation of your intentions Work?

If you want to stop creating the things you don't want you must do something radical and new to create an energy of possibility. Affirmations are clear encouraging statements that you consciously say out loud to produce a positive result. These statements are said in the present tense to describe the positive conditions or qualities you want to experience. You must verbally state your desire to make personal transformative change in your life.

Here are the principles affirmations are based upon:

Daily practice is crucial and is like exercise. If you work out several times a week, for example, you build muscle strength and tone. Your body changes and you gain energy and become fit.

Through the process of transforming your thoughts and the emotions that charge (energetically penetrate the quantum field) them (your thoughts), you change your reality. For example, this affirmation, when said from the heart, is very powerful and has worked for many of my clients:

I am creative and I am moving in the right direction now.
I receive the love and I encourage others out of that love.

I love working out, it is so good for my body.
I follow my highest desires, and obstacles do not affect me.
My health, energy, and vitality are increasing everyday.
With every deep breath I take today, my body is burning fat and creating incredible energy.
I am a lean, mean, fat burning, muscle building machine.
Divine life is now flowing through every thought and cell in my body.
I now eat all the right foods for optimum health, energy, and optimum performance.

I am feeding my mind positive energy.
My body craves fresh fruits and vegetables.
My past is healing along with my body.
I live life in the present, I live life to the fullest.
This change is bringing great opportunity.
I am flexible and ready for change. It moves me into great places.
I am so unique. I have distinctive talents, and only I can express them. I use those talents to move into my higher purpose.
Write these affirmations down and begin this day speaking into your life the desires of your heart. I keep a list on a 3X5 card on my visor in my car, next to my desk, on my bathroom mirror and on my refrigerator door.

Today is your day for a fresh start. Release your past, forgive yourself for your past results and begin anew to dream, think and speak your future today!

Here are affirmations for you to speak, listen to and think upon daily.

Affirmations for Creating Physical Power, Health, and Vitality

My health, energy, and vitality are increasing everyday.

I am a lean, mean, fat burning, muscle building machine.

I am growing more and more active and attractive to myself everyday.

I create good healthy empowering habits quickly and easily.

My body now eliminates all toxins quickly, easily, and healthfully. It is so grateful for my happy viewpoints.

I am now relaxed and filled with peace of mind. In my relaxed state, my body repairs and heals itself quickly. I am created a timeless mindset.

All of the cells in my body exist in harmony and peace with each other. They renew and recreate at a higher level of health and youth.

I love to rest. I get a full night's rest with sound sleep every night. I dream magnificent dreams and I remember them perfectly.

When I sleep, my mind is at peace and the healing powers within my body are magnified.

The creative intelligence that made my body is now transforming every cell according to nature's perfect pattern.

I sleep in peace and I wake in joy. Through peaceful sleep, my body and mind are renewed and restored to perfect health.

My healing thoughts are now going deep into my subconscious mind and bringing total and continuous healing to my body.

I now enjoy a large variety of water rich foods that fully cleanse and nourish every cell in my body.

Me and my body crave pure water and we love being hydrated and balanced.

Divine healing energy and life now flows through every cell in my body.

I now eat all the right foods for optimum health, energy, and peak performance.

My body and I are healing and regenerating itself everyday.

With every deep breath I take, my body is burning fat and creating unlimited energy, health, and vitality.

My body loves to eat healthy food and we are a spectacular team.

I now have all the energy and help I need to succeed. The entire Universe is lining up for me.

I now live my life filled with inspiring energy, enthusiasm and I always look for what's possible.

Affirmations for A Timeless Healthy & Beautiful Body

Remember, these are designed to shift your reality from how it currently IS, to how you WANT it to be

Affirmations to Release Heavy Energy

Many times extra weight is really about carrying around intense emotions like guilt, sorrow, depression, unexpressed anger, and fear, shame and doubt. Over time these emotions can quite literally weigh you down! Let's release them today and move into lightness, beauty and joy!

I release heavy emotions today that could be weighing me down.

I expel from my lifetimes a heaviness, depression, guilt, sorrow and shame.

I release all fear, depression, and anger. I am free, no one can ever hurt me again.

I am a being of peace, courage, and joy. I am a new person now and I move forward with excitement for what's now possible for me.

Affirmations to Let Go of Other People's Burdens

Without realizing it, you can be carrying other people's stress for them. This is especially common with mothers, who take on a lot of

worry and stress regarding their children. It's also common with anybody who has assumed a caretaking role.

I let go of anyone and everyone's emotional pain that I may have been carrying.

I release all energy that I am carrying for others. I am free and they are free.

I release my need to carry stress for other people. We are now able to live our life in peace.

I release all gravity and heaviness that belongs to others. I am lighter and at peace now.

I am now walking, breathing, playing in the space of lightness and total calm.

Affirmations to Release Fear of Self Exposure

Try these weight loss affirmations to help you feel more comfortable with revealing your true self to others:

I am happy about sharing my true self with others who appreciate me.

I am comfortable, confident and at ease in all social situations.

I am beautiful and pure inside and out, and that beauty is reflected back to me by those I meet.

Affirmations that can boost your metabolism

I am reaching my target body size, shape and weight every day.

I am filled with energy and vitality. My metabolism is perfect.

Every cell in my body is filled with energy and is being regenerated.

I am fully nourished by the foods I eat and my body digests it with ease.

I am receiving energy at all times, in all ways.

Every time I move I burn calories and Increase my metabolic rate and enhance my immune system.

Affirmations for Lightness of You and Your Body

These weight loss affirmations will help you to feel less bogged down and limited by your body.

I move through space lightly and effortlessly. My body is getting healthier and more alive every day.

I feel like playing through each moment. I feel light and joyful today.

My health, energy and vitality are increasing with every deep breath I take!

I am infinite. I am a gift to the Universe and I deeply love and accept myself, I burn fat, I let my beautiful and fit self emerge!

I'm making things easy for myself now, I make time to rest and nourish my body every single day!

I am thrilled to work with my body: we make a great team. We love to explore new ways of moving and growing more joyful and healthy together.

I feel safe and at peace with myself and I release all excess fat from my body with ease!

I am active and full of energy, I am healthy, vibrant and I look great!

I give myself recognition beyond food, I love my body, and fat just melts away!

I am filled with energy and vitality, I am enough, I am so special and I deserve to be do and have total vitality.

Exercising my body makes me feel good about myself, with each workout I enjoy it more and more!

I love eating all the right foods for my optimum health and energy.

Me and my body love to be fully energized and satisfied by our regenerating food and nutrient choices.

I make time to exercise every day, I feel good in my clothes and others notice how much better I look!

I am becoming more fit and toned every day. I am an inspiration to myself and to others, if they choose it.

I am having tons of fun and living life to the fullest.

This Day is the Best Day Ever!