



i-Grasshopper™
Conscious Thinking • Conscious Living • Conscious Being

The Gift of Affirmations



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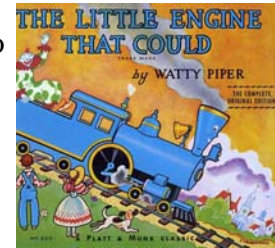
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What are affirmations?

Simply put, an affirmation is a declaration that something is true. Ah, but used correctly, that simplicity holds the key to, not just creating your perfect life, but changing the world.

For centuries, ordinary people have used positive affirmations to achieve the impossible and create miracles in their lives.

Even as children we read about "The Little Engine That Could" who was able to get up that hill using the affirmation, "I think I can, I think I can" --



And yet, some of you are thinking, "I tried affirmations and they didn't work." Nonsense! If it's done right, it HAS to work.

Affirmations are a natural part of our world... like planting a seed. If you plant an apple seed and nurture it and protect it then it will yield apples. However; you can't neglect to plant the seed (or plant an orange seed) and then complain because you have no apples.

The first thing you must learn is that you are constantly creating SOMETHING. Everything in your life is something that you have created for yourself -- whether consciously or sub-consciously. But if your life doesn't reflect your "perfect life" at the moment, don't despair. It's pretty simple to create a truly effective affirmation that can change what you are creating and manifest the things and the life you desire.

How do affirmations work?

There are quite a few theories about how and why affirmations work, the main ones are:

1. The "Pledge" Theory

An affirmation is a declaration, either verbal or silent, of alignment with a behavior or an ideal. Often, membership in a group or brotherhood will require such an affirmation (only it is usually called a vow or pledge.) Some believe that declaring something out loud can exert a "peer pressure" effect which can be beneficial in helping someone live up to their pledge. Others believe that repeating the pledge, either verbally or silently, constantly reminds you of your commitment and can help you live up to those ideals.



2. The "Subconscious" Theory

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An affirmation is a statement passed to the subconscious mind to accept as true. When the subconscious mind accepts something as true, we refer to that as a belief, and the subconscious does whatever it can to support that belief. This can include everything from guiding you toward choices that more closely align with the conditions of your belief, to enhancing your perception so that you become aware of options and conditions that were previously invisible to you.



3. The "Prayer" Theory



An affirmation is a prayer or chant offered up to God / The Creative Power / The Higher Source. Implicit in a prayer is an acknowledgement that there is a power beyond your understanding and that you are offering up your needs/desires to that power with a trust that they will be fulfilled.

4. The "Law of Attraction" Theory

An affirmation is a way to change your beliefs, thoughts and feelings to attract a life more vibrationally aligned with the life you want to live. Basically, every belief, thought and emotion resonates at a particular frequency. The combined frequencies of our beliefs, thoughts and emotions give us each a certain personal vibration and we attract events, circumstances and people that are in accord with that vibration. By using an affirmation to change your personal vibration, you can change every element of your life - attracting that which is a vibrational match and letting go of that which is not.



Although there are other theories, these are the main ones. And you'll notice, there are no hard divisions between the theories so they could all be true. But does it really matter? When I enter a dark room and flip the light switch, the light comes on even though I have only a vague idea about what electricity is and how it works. But the light burns for me just as brightly as it does for an electrician.

No one really KNOWS why an affirmation works. We just know that it DOES WORK.

Creating effective affirmations

Your current life conditions are a direct result of the affirmations you have been using up til now. Consider that. You are already using affirmations, even if only subconsciously. All you have to do is create affirmations that are more reflective of your intent and that communicate your intent more effectively.

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An affirmation that is created with deliberate intent and expressed with clarity will be more effective at bringing your life into closer alignment with what you actually WANT. Here are some tips on creating a more effective affirmation:

1. Keep the "I" in your affirmation.

The most effective affirmations are the ones where YOU are the subject (the doer). A good example of that is:

“Money flows to me easily and effortlessly.”

Money is the subject and it is harder to have an effect on something outside of your sphere of influence. Think of it this way. It's easier to steer a car in the driver's seat than in any other seat. So a better expression of that intent is:

“I allow money to flow to me easily and effortlessly.”

2. Keep it positive.

This can be confusing to some people but the idea is to keep the focus on what you WANT, not what you DON'T. Any negative word in your affirmation (like no, not, don't, never) is an indication that you may be expressing a negative disguised as a positive. Instead of:

“I am not sick.”

a better option would be:

“I am healthy and vital.”

See the difference? The focus in the first example is on the problem ("sick") even though the intent is to be healthy. The second example is more in alignment with your actual intent.

3. Keep it happening NOW.

An effective affirmation is expressed in the present tense - as if what you are wanting is already the case. By saying:

“I want other people to like me.”

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all you are affirming is that you WANT others to like you (implying in the future.) So that will be true. You will continue to WANT others to like you in the future. Better to say:

“I am filled with positivity and an energy which others find attractive and worthy of respect.”

4. FEEL it.

An effective affirmation evokes strong positive feelings. Feeling neutral or negatively about an affirmation indicates a disconnect between what you are SAYING is true and what you BELIEVE to be true. You are simply identifying too strongly with your current life situation. There are two ways to address this:

- If you are good at pretending, or experienced at acting, then this is an easy hurdle for you. All you have to do is pretend. Pretend that what you are saying is true. Imagine how you would feel it were true. Create mind-pictures that support that belief. Imagine yourself to be that person for whom it IS true. Now, when you say the affirmation, go into that place and say it with those emotions.

This is not unlike what an actor does when they inhabit a character. They imagine they are a specific character with a specific set of beliefs and life conditions, and then deliver their lines as that character. *Remember that there is no vibrational or biological difference between someone that is pretending and someone that is not.*

- If visualization and pretending do not come as easily to you, you can simply modify the affirmation so that it is not in direct conflict with your belief. Instead of saying:

“I am a millionaire.”

try changing it to:

“I am making better business and financial decisions and my net worth is increasing every week.”

or:

“I am attracting an ideal financial situation that allows me to do and enjoy all the things that bring joy into my life.”

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5. LIVE it.

You can't just do an affirmation for 15 minutes and then spend the rest of the day doing the opposite affirmation and expect it to be effective. Remain aware of your thoughts/feelings throughout the day and every time you catch yourself in a negative affirmation, replace it with one that is more in alignment with your true intent. At the cashier, catch the thought:

"Everything is so expensive. I hope I have enough."

and change it to:

"I always have more than I need to be happy
and to share with those less fortunate."

It also helps if you make a point to carry more than you know you are going to need that day so that every time you spend money, you are affirming that you have plenty left over.

By keeping all of these things in mind, you can create some truly effective affirmations!

Affirmations: Good and bad examples

Good examples

"I unconditionally love everything and everyone in my life,
and that is returned to me ten-fold."

"I allow money to come easily, enabling my life to be a joyful adventure:
fun and overflowing."

"Well-being is my natural state.
My body and mind are growing healthier every day."

"I am surrounded by love and acceptance."

"In the face of life's challenges, I remain positive, optimistic and hopeful."

"I allow everything I need and desire
for my perfect life to come to me easily and naturally."

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"I am filled with positivity and an energy which others find attractive and worthy of respect."

"I always have more than I need to be happy and to share with those less fortunate."

Bad examples

"I wish I were out of debt."

"It does not bother me that no one loves me."

"Each day I feel less sick."

"I want to feel more worthy, even if I am not."

"I do not look as old as I really am."

"I want to be respected."

"I wish I did not fail at everything I attempt."

Getting started quickly on your affirmation

All of this information may seem overwhelming if it's new to you but there is a really easy way to get started with it. These pages present several techniques and "best practices" that can help you custom tailor your own affirmation; however, there are a few products out there that use all of these conventions and techniques and make it possible for you to get started right away. Remember the adage that it takes only 20% of the effort to produce 80% of the results? Well, this can get you well over 80% of the results with little or no effort because everything has already been done for you. Affirm-A-Visions make it easy for you by combining the most effective and advanced techniques of affirmations, visionboards and brain entrainment technology to get you started on your perfect life right now!

Today millions of people use affirmations, visualization, meditation, self hypnosis, music and even the latest brainwave frequency technology in an effort to improve the quality of their lives. They use these various methods to lose weight, release stress, enhance healing, attract a perfect partner, make more money, and so on.

What has been missing until now, is a proven scientific process that integrates all of these wonderful disciplines together, giving faster results than ever before. Well that's exactly

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what Affirm-A-Visions™ do -- they use an advanced process that integrates all of these modalities to reprogram your deep subconscious mind and activate the positive Law of Attraction.

By painstakingly blending all of the above methods, i-Grasshopper has developed a technology that creates new and stronger mental connections (a.k.a. neural connections) at the subconscious level of your mind. It's these new neural connections that build the beliefs which cause you to think, feel and act in positive ways that will help you achieve all of your goals and dreams -- allowing you to make changes at a fundamental, cellular level.

But whether you choose to create affirmations on your own, or to kick-start a life transformation using a product like Affirm-A-Visions™, the main thing is that you start **RIGHT NOW!**

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Now it's time to start creating and living the Life of Your Dreams...

If you enjoyed this gift, you'll absolutely love our Power Series – it's like a master course in personal empowerment. The full course includes The Power of Visualization, The Power of Meditation, The Power of Affirmation and a downloadable DVD of John Assarf explaining how you can use all three to totally transform your life! You can find out more about it here:

<http://www.i-grasshopper.com/powerseries.php>

For other products, tools and resources designed to help you with *Conscious Living, Conscious Thinking, and Conscious Being...* go to: www.i-grasshopper.com

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- and Twitter: http://twitter.com/i_grasshopper
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