

## The Power of Positive Affirmations

Your thoughts become your words and words are powerful. Words have the power to heal or wound. They set up a vibration of healing or illness in your body.

An affirmation reflects the way you want your life to be, not how it is today. Some people have trouble using affirmations because they sound untrue. Sometimes when people use affirmations they feel they are lying. Affirmations are not a method of communication; they are a tool of creation. If you want to tell your neighbor about the facts in your life, do not use an affirmation. But, if you want to create a new reality, use affirmations.

Affirmations reflect the spiritual law of perfection everywhere now. Affirmations are based on Spiritual Truth.

Remember, even your idle words have power. Telling your neighbor the facts of your current problem adds energy to those problems. If your neighbor can not help you, use the power of your words to create what you want and not what you do not want.

I once heard a story about a farmer who dreamed of having a large herd of cattle. He only had enough money to purchase one cow. This man knew the power of words. He named his one cow "Herd". The neighbors thought he was crazy to be talking about his herd when they could see only one cow in the field; nevertheless, this farmer talked about his herd every chance he got. As the story goes, his words soon returned to him fulfilled, and he had a large herd of cattle.

Your words have more power in your life than the opinions of your neighbors. Use your words wisely. Develop affirmations that represent the life you would like to live. Use those affirmations on a consistent basis. Watch your life transform to reflect the power of your words.

An affirmation is a positive statement expressed in the present tense. It should not contain references to what you do not want only what you do want. For instance, suppose you have cancer and want to be well. Your affirmation might be, " I am healthy and energetic. All of my cells are healthy and functioning perfectly." Notice the statement is in the present tense. It does not say I will be healthy. It says I am healthy. Also notice the statement does not mention cancer. It only refers to the positive condition you are trying to create.

Here are some ways you can use the ready to print affirmation cards included in this e-book:

1. Put the affirmation cards in places where you will see them on a regular basis. You might put one on your bathroom mirror. Some people place them

on the visor in their automobile. Keep some in your briefcase, pocketbook, or wallet. You can read these when you have extra time, like waiting in line or at the doctor's office. Write them 20 times each day.

2. Say your affirmations out loud. Think your affirmations. Use these affirmations until they become your natural words or thoughts. Repeat them until they are a part of you and you see their reality manifest into your life. Use your affirmations to replace negative thoughts and words you are using in your life. When you find yourself saying or thinking something you do not want to happen, say, "I cancel those words or thoughts." Immediately begin to repeat your affirmation in place of the old way of thinking and speaking.
3. Record your affirmations on tape and play them when you are driving in your car. Hearing your affirmations in your own voice is of great benefit to you. Use your affirmations in meditation. While you are in a relaxed state, slowly repeat the affirmation, allowing yourself to fully experience its energy. Combine affirmations with visualization techniques.
4. Meditate on your affirmations by quietly repeating the affirmations in your mind, allowing yourself to feel as if these statements were already true in your life.

Sometimes it takes a firm determination to eliminate negative words from your life. One friend of mine talks to herself in an authoritative voice when she catches herself thinking or speaking what she does not want. She says to herself, "Now, that is not what you want to happen, so stop talking all that negativity. My words are powerful, so I speak only the Truth of what I want and what I want is ...."

It is sometimes helpful to recruit your family or your friends in your efforts to replace old words with affirmations of what you want. Ask someone to remind you of your plan when they hear you speak negative words. They might ask you if what you just said is what you want to have happen. Be sure to make this fun.  
**Criticism is never helpful.**

Thoughts and words are based on habit. Do not be discouraged if you find yourself back in old patterns. Cancel what you have been saying and begin to speak and think only what you want. It **will** become second nature to you if you do not quit.

## Affirmation Cards

I have included 32 of my favorite affirmations for your use.

Print out the following affirmation cards. Cut them and use them on a regular basis. I hope you will enjoy them.

Use the affirmations included in the FREE Daily Positive Thought Service to create a life of harmony, peace, prosperity, and health.

Have a great day and remember to think positive thoughts.

Marty Varnadoe Dow  
FREE Daily Positive Thought Service  
<http://free-positive-thought.com>

**I AM a good friend to myself  
and others.**

**I AM a Divine being of light naturally  
expressing my life's purpose.**

**Today I fully experience the blessings  
that are all around me.**

**I AM confident and optimistic that  
everything will unfold perfectly  
in my life.**

**Love is healing every aspect of my life.  
I AM whole and healthy.**

**I embrace my fears with love and  
release them into the light.**

**I have great respect for all the others  
who share my world.**

**I easily and joyfully listen to my inner  
wisdom, always following its guidance.**

**I expect good things to happen in my life because the universe is supporting my success.**

**I accept my goodness in each and every moment of my day.**

**I expect miracles for every person in my life.**

**I am speaking my truth today in love, knowing that it is valuable. I expect others to respect and value my opinions.**

**I claim my power. It is mine to use and I will use it well.**

**I AM ready and willing to change for the better.**

**I AM filled with gratitude and I expect to meet my blessings today.**

**Through the power of faith and trust I stay in the flow of God's goodness and mercy.**

**Today I choose to think positive, loving,  
and successful thoughts.**

**My thoughts are powerful and therefore I  
choose them carefully.**

**I trust that my future is unfolding in  
perfect order. I expect my life to be  
filled with joy and success.**

**Today I AM contributing to world peace  
because my heart is open, radiating  
Divine love to everyone I meet.**

**I accept myself with love and I know  
that the doorway to greatness is  
opened before me. I walk through  
it with joy.**

**I choose joy and grace in my life.**

**I AM thankful for all the blessings  
in my life and all the blessings that  
are yet to come.**

**Today and every day I AM standing in  
the power of love and everything in my  
life is flexible and flowing.**

**I AM a positive thinker. This day and everyday my mind is filled with positive thoughts creating a beautiful and positive life for me.**

**I recognize my inner truth and I speak it easily and joyfully.**

**I accept myself, knowing that I am a work in progress. I recognize my potential as I love and honor my shortcomings.**

**I AM experiencing the prosperity, health, and joy that God wants me to have.**

**I have special qualities that only I bring to this world.**

**Today, I choose to think only those thoughts that uplift and empower me.**

**I AM growing and changing easily at my perfect pace.**

**I speak and think only positive thoughts about the people in my life.**