

# *Spectrum Healing*

## **Inspirational Beliefs**

***Find which of these statements you need to create Inspirational Beliefs that will redirect the client's life***

***Then choose which way to use them***

**1. Heal in Pure Consciousness**

**2. Healing Goal:** Find a statement that stresses the person (SIM weakens), do the healing for this goal and then check that the stress has gone (SIM Strong).

**3. Affirmations.** It is essential if someone is given affirmations to do daily that they get into the right space and focus in a way that brings the feelings of the affirmation as if it were a fact already. In this way the person can empower themselves and improve all areas of their life. Many of these statements are written as 'I Am...'. This carries a special energy that helps a person to manifest what they need. The person should think and feel each one as if it is present now and let their imagination fly.

**4. If it goes to 'Other',** consider an 'I Am' item from the Behavioural Barometer or Positive Resonances or other positive list. Again think and feel each one as if it is present now and let imagination fly.

**5. Similar to one of these.** Take one of the statements and the changes that you need to make to create the right affirmation for someone. You may need to include a particular area of life where there is stress e.g. I am comfortable manifesting perfect health; I am wise in relation to finding the right life partner; I nourish myself appropriately, I can succeed.

**6. Think and feel the object of your desire today** and let imagination fly e.g. I am assured and decisive; My back is perfectly healthy; I am happy and joyful, Life is mine to enjoy; I am successful in business.

**7. Your thoughts set the pattern of your life in your subconscious.** Each person should learn to catch their thoughts and if any of them say how difficult something is or how it is just not working they should immediately throw that idea out and put a good thought and belief in place. **Imagine everything you want your life to be** and invest your imagination, feelings and energy into it and it has to happen. It's time to step into your power.

Every day in every way my life gets better and better

I am happy and joyful

I am able to let go and observe my life

I am in harmony with everyone and everything in my life

I am adaptable

I am inspired and inspiring

I am aligned with everything I need

I am love

I am alive

I am Me

I am alive to the joys of living

I am motivated, focussed, productive and on track

I am appropriately nourished at all times

I am my perfect weight

I am at peace

I am optimistic and uplifted

I am attuned to everything that uplifts me

I am perceptive

I am aware and able to change the things that I need

I am perfectly healthy

I am calm and serene

I am proactive and create everything I need in my life

I am capable and respected

I am prosperous and my life is abundant

I am centred and balanced

I am protected at all times

I am confident and assured

I am pure

I am decisive and make the best choice in every present moment

I am purposeful, focussed and successful  
I am radiant and filled with love

I am efficient and organised

I am receptive to and accepting of the ideas that I need

I am essential and free

I am reliable and sincere

I am fulfilled

I am responsible for everything that happens to me

I am gentle and tender

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## ***Spectrum Healing***

I am safe and secure	I know that there is a valid reason for everything that happens to me
I am satisfied and content	I let my light shine out to the world
I am sincere	I listen and am enfolded by a profound, uplifting silence
I am sociable and friendly	I love and approve of myself
I am strong and vigorous	I lovingly take back my power and eliminate all interference
I am thankful for all the wonderful things in my life	I maintain my high vibration at all times
I am the master of my life	I recognise all the wonderful things in my life
I am unaffected	I recognise my feelings as messengers but do not attach to them; instead I respond to the message
I am understood and understanding	I release all past influence on my being and am beneficially energised in each present moment
I am unlimited and nothing holds me back	I see to the heart of any issue
I am vibrant and withstand the knocks of life	I sing my song to the world like a bird in the morning light
I am vital and full of energy at all times	I transform my life with love
I am wealthy and prosper in all areas of my life	I trust and have faith
I am whole, complete and at one with myself	My energies are mine and mine alone
I am worthy and deserving	My essence is love
I ask for truth to be my personal reality	My life force is strong
I attract everything I need	My life is abundant and wonderful
I can	My life is everything I want it to be
I cease to suffer	My vision is clear
I come from the-heart	We are all one
I connect heart-to-heart with everyone and realise their essential nature	I live my life fearlessly
I easily manifest everything that I need	I am magnificent
I easily release the old and welcome the new	I am divine and an integral part of the greater whole.
I follow the path that leads to the highest good for all	Other
I gently release all my limiting beliefs and step into the bounty of life	
I have faith in myself and life	
I have wonderful relationships with my family	
I help others by showing them how to shine and not by identifying with their pain	

I know that I create all my life experiences. Everything that I encounter I have chosen and called to me for my enjoyment, learning or development. I call on Divine Inspiration and Divine Power to align me with a path of truth, joy and love and easily release everything that is contrary to this. I now choose to walk on a path of joy and bring joy to those around me.