

## 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 able to let go and observe my life

I am adaptable

I am aligned with everything I need

I am alive

I am alive to the joys of living

I am appropriately nourished at all times

I am at peace

I am attuned to everything that uplifts me

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

I am calm and serene

I am capable and respected

I am centred and balanced

I am confident and assured

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

I am efficient and organised

I am essential and free

I am fulfilled

I am gentle and tender

I am happy and joyful

I am in harmony with everyone and everything in my life

I am inspired and inspiring

I am love

I am Me

I am motivated, focussed, productive and on track

I am my perfect weight

I am optimistic and uplifted

I am perceptive

I am perfectly healthy

I am proactive and create everything I need in my life

I am prosperous and my life is abundant

I am protected at all times

I am pure

I am purposeful, focussed and successful

I am radiant and filled with love

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

I am reliable and sincere

I am responsible for everything that happens to me

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

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.