The Magic and Power of Positive Affirmations

By Amanda Moxley

I began using positive affirmations in my late teens while away from home attending college. At that time, like many young women and sadly like many older women, I didn't believe I was beautiful or attractive. **By some grace and divine guidance I decided to begin writing, visualizing and affirming how I wanted to look and feel in my body** and thereby began a daily ritual of walking in the Montana mountains while repeating self loving affirmations. Within months, the college boys were noticing me and I began to radiate from the inside out!

A few years later, I unknowingly used the power and focus of my mind to think, feel and visualize my ideal life partner. **I visualized what he'd look like, his height, hair and eye color and the adventures we'd share with one another.** Looking back now, I realize that I was powerfully yet subconsciously attracting Johnn into my life. When our eyes locked at the Deep Powder House ski shop in Alta, Utah in early January 1999 it was love at first site and we've been together ever since!

You can use affirmations to mold and create the body and life of your dreams. Think of yourself as a powerful magnet. **Whatever you are thinking, feeling, visualizing and affirming in your mind you are powerfully either consciously or subconsciously attracting back into your life.** You may be worried because you know that you're not 100% positive all of the time. That's OK. You can start right now by observing your thoughts, feelings and emotions. Follow the steps below to create the body and life of your dreams!

Your assignment:

Step 1. **Be aware of your thoughts.** What are you thinking about? When you look in the mirror, what do you catch yourself saying to yourself? For example, "I look fat, I'm getting older, my hair looks bad, I'm disgusting."

Step 2. Choose to change the negative to positive. **Catch negative thoughts and transform them to positive self- loving, self-accepting thoughts.**

Step 3. **Write your affirmations in the present, positive tense**. Use "I am" when affirming.

Step 4. **Categorize your affirmations.**
Write several affirmations for the different areas in your life that you wish to improve. Here are some examples to help you get started.

Health: "I am radiantly healthy." "I am energized." "Every fiber of my being radiates health, vitality and well being."

Relationships: "I enjoy an intimate and loving relationship with _____." " I am attracting my soul mate and life partner into my life now."

Abundance: "I am an infinite abundant being." "Money flows easily through me and to me."

Body: "I love and appreciate my body." "I have my ideal body 365 days a year." "I love my hips." "I love my belly."
In the summer of 2006, I dedicated myself to changing all negative body thoughts that came up to positive self-loving, self-accepting thoughts. Within a matter of weeks, yoga students and friends commented on how "great I looked" and wondered if I was on a new diet or a cleanse. **My body was literally transforming before my eyes and the magical thing was that the only things I changed were my thoughts!** I was eating and exercising the same as before.:)

Healthy Eating: "I enjoy the foods I eat. I lovingly prepare healthy, nutritious and delicious foods that energize and uplift every cell of my being."

Step 5. Repeat your affirmation(s) daily for a period of 30 days (or more.) Treat your positive affirmations as you would a healing tonic for your body, mind and spirit. Have faith in the very powerful law of attraction and then sit back and watch the magic unfold.

Here is one of my favorite quotes from **Napoleon Hill's classic book, *Think and Grow Rich*** that demonstrates how powerful our thoughts really are...

You have absolute control over but one thing, and that is your thoughts. This divine prerogative is the sole means by which you may control your own destiny. If you fail to control your own mind, you may be sure you will control nothing else. ***Your mind is your spiritual real estate! Protect it and use it with care to which divine royalty is entitled.***

Do you realize how powerful you are? **You are creating your life like an alchemist turning base metal into gold!** I urge you right now, in this very present moment to begin affirming exactly what you want to create in your life. You will be amazed at how simple this process is once you begin. **Please share your experiences with me. You inspire me!**

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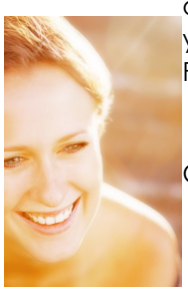

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