

# Affirmative *Prayer*

TAKING YOUR WISHES  
TO A **HIGHER LEVEL**

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# Table Of Contents

Foreword

Chapter 1:

***Intro***

Chapter 2:

***What Is Affirmative Prayer***

Chapter 3:

***Deciding What To Pray About***

Chapter 4:

***How Affirmative Prayer Works***

Chapter 5:

***Getting In The Right Mindset***

Chapter 6:

***Negative Mindset In Prayer***

Chapter 7:

***What If Doubts Arise***

Chapter 8:

***Affirmative Prayer Exercises***

Chapter 9:

***Advantages And Disadvantages***

Chapter 10:

***Conclusion***

# Foreword

Prayer is an invocation or act that attempts to spark a rapport with a deity, an object of worship, or a spiritual entity through willful communication. Prayer may be a sort of religious practice, might be either individual or done in groups and happen in public or in private. Get all the info you need here.



## ***Affirmative Prayer***

Taking Your Wishes To A Higher Level

# Chapter 1:

## *Intro*

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# Synopsis

Prayer might involve the utilization of words or song. If language is utilized, prayer might take the form of a hymn, incantation, formal creed, or a spontaneous vocalization in the praying individual.



## **The Basics**

There are assorted forms of prayer like petitioner prayer, prayers of supplication, thanksgiving, affirmative and worship/praise. Prayer might be directed toward a deity, spirit, deceased individual, or lofty idea, for the purpose of worshipping, requesting counsel, calling for assistance, confessing sins or to express one's thoughts and emotions. Thus, individuals pray for a lot of reasons like personal benefit or for the sake of others. Yoga is likewise a common form of prayer as well as affirmative prayer.

Most major religions use prayer in one way or another. A few ritualize the act of prayer, calling for a strict sequence of behaviors or placing a restriction on who's permitted to pray, while others teach that prayer might be exercised spontaneously by anybody at any time.

Scientific studies regarding the utilization of prayer have mostly centered on its effect on the healing of sick or injured individuals. Meta-studies of the studies in this field have been executed demonstrating evidence a potential effect.

Assorted spiritual traditions provide a wide assortment of devotional acts. There are break of day and evening prayers, graces stated over meals, and worshipful physical gestures. A few Christians bow their heads and fold their hands. A few Native Americans see dancing as a sort of prayer. Hindus chant mantras.

Judaic prayer will involve swaying to and fro and bowing. Muslims practice salah (kneeling and prostration) in their prayers. Quakers remain silent. A few pray according to standardized rituals and liturgies, while other people prefer extemporaneous prayers. Still other people blend the two.

These techniques show a variety of understandings to prayer, which are led by fundamental beliefs.

These beliefs might be that

- The finite may communicate with the infinite
- The infinite is concerned with communicating with the finite
- Prayer is meant to inculcate particular attitudes in the one who prays, instead of to influence the recipient
- Prayer is meant to train an individual to center on the recipient through philosophy and intellectual contemplation
- Prayer is meant to enable an individual to gain a direct experience of the recipient
- Prayer is meant to affect the very fabric of reality as we comprehend it
- Prayer is an accelerator for change in oneself and/or one's conditions, or likewise those of third party beneficiaries
- The recipient wants and appreciates prayer
- Or any combining of these.

# Chapter 2:

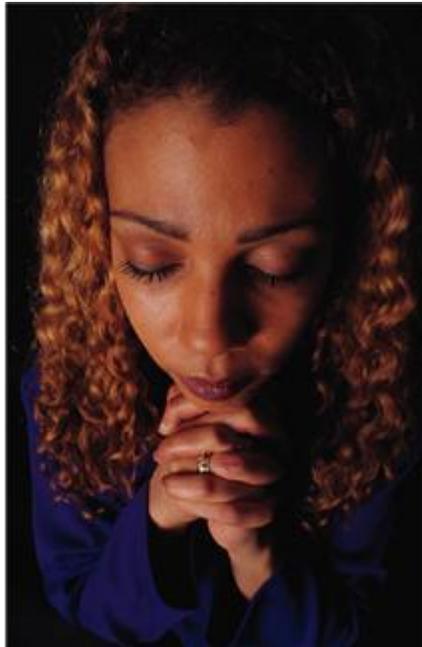
## *What Is Affirmative Prayer*

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### Synopsis

When most people think of prayer, they think of asking The Higher Power for something.

Some people use it differently.



## **About Affirmative Prayer**

Some people use “affirmative prayer.” Instead of imploring or beseeching The Higher Power, this method involves connecting with the spirit of The Higher Power inside and asserting positive beliefs about the wanted outcome. Affirmative prayer is the same technique of prayer Jesus taught when he stated, “So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours” (Mark 11:24).

If, for instance, one were to pray traditionally, one could say: “Please, assist me in finding a job.” By contrast, an affirmative prayer could be: “I’m now guided to my correct and perfect job.”

Affirmative prayer uses the certainty that we’re each being led to our greatest good; despite the way anything looks temporarily.

Metaphysicians believe that thoughts convey magnetic energy and this power draws in other power of the same frequency. Whether you’re conscious of it or not, your thoughts are beaming energy that is drawing in more of the same. If you stay centered on your intentions, you’ll draw those matters into your life.

Some say that affirmative prayer “sets into motion the forces that enable us to get what we pray for.

Some believe that prayer is ineffective when it's attached to or followed by negative thinking. We have to place power and intensity into our thought, shift our thought, and trust in the guidance we are getting. If we expend energy on negative beliefs and feelings, we'll get negative results, even if we and other people pray daily for us. For instance, if you pray for a job and then gripe to other people that you have no job or can't find one, you're counteracting your prayer.

Some believe that all things work together for our greatest good. We pray to align ourselves with The Higher Power and to allow ourselves to be inwardly guided to that good. With affirmative prayer, we help co-create the good that's possible in our life story.

By utilizing an affirmative prayer approach, we may visualize and plan for the future with faith that the power of The Higher Power is continually blessing our lives with inexhaustible possibilities. Affirmative prayer leads to an awakening of our spiritual selves. In faith, we pray giving thanks beforehand that the Universe is meeting our every need.

# Chapter 3:

## *Deciding What To Pray About*

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### Synopsis

We've all reached that point where we can't solve precisely what we truly wish to do with our lives. It may come when you're eighteen or if you're fifty, and it's always a hard process to work through. It's not hopeless, however! And this is important to know what to base your affirmative prayers on.



## What You Want

Distinguishing what you truly wish in your life isn't a simple task for anybody, nor is it something that you may truly produce a step-by-step guide for.

That stated, when you're not truly sure what you wish to affirm or pray for, whether it's a job, a lifestyle, or anything else, some different exercises could help you pinpoint what it's you truly wish. Here are a couple of ideas to try to pinpoint what you should use affirmative prayer for.

The "where do you see yourself in 5 years?" question goes for everything from employment interviews to financial plans, and while it appears cliché, it's basic for a reason: it works. It's among those annoyingly hard questions to answer, and in many cases, it's pretty much impossible to answer in an absolute way. Thankfully, that's all right, and occasionally simply trying to answer the question is all you require.

Considering how common it is, the thought of seeing into the future and picturing where you will be in 5 years is a heck of a lot more difficult to do than you'd think. And, the chances you will actually wind up where you see yourself... who knows. That stated, the exercise of discussing where you see yourself in 5 years is useful. It doesn't matter where you think you will be in 5 years; however it's

still crucial to consider it because it gives you the idea of what you wish to pursue.

What capabilities will you want to build in 5 years? For instance, "I can't say precisely what I'm going to be doing in 5 years; however I hope to have further formulated my skills as a XXX." This is a safe way to answer regardless of your age or stage in life. You're never done learning.

Most career issues stem from the fact that we're awful at picking jobs. We think we're selecting a great job and then it turns out to be an awful... This might be something you want to use affirmative prayer for.

Picking a lifestyle to pursue instead of an occupation title may help you focus in what you're truly interested in, and then use affirmative prayer for that.

The idea of a personal manifesto could sound a little silly on the surface. The idea is that if you may work out where you stand on particular ideas, you could be able to flesh out a potential career or lifestyle path. Silly or not, the notion of a personal manifesto is carried out by everybody from Google to Frank Lloyd Wright.

The point is to provide yourself a call to action to define how you wish to do things. It's simple to write your own manifesto, and while

you don't have to do it in a particular way, the following are a few suggestions for getting going:

- Select your subjects: Pick a couple of topics to center on, and make them as particular as you can. Ideas like, "The hours I wish to work," or "How I wish to commute" are good for narrowing in on what sort of work you could be interested in.
- Write down your principles: put down your beliefs and intentions. It likely sounds a little over-the-top, however if you've never truly put down and thought of your morals or beliefs then this is a goodness time to do so.
- Utilize strong, affirmative language: It's simple to write a manifesto with words like "I wish" or "I should" however that's not helping you. Write it out with affirmative language like, "I will," or utilize the present tense with "I am."

The main purpose of the personal manifesto is to truly work out what you care about, how you perceive yourself, and how you wish to act moving forward. It's not all of the time a key to working out precisely what you wish to affirm, however it's a great starting point for at least working out how you wish to go about figuring out what to pray for. Grab a pen, some paper, and get to writing out what you believe.

# Chapter 4:

## *How Affirmative Prayer Works*

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### Synopsis

Affirmative prayer is a prayer where you don't ask for anything; rather you make a statement as if what you want already exists. For example, rather than asking for a large financial income, your affirmation would be something like "I'm now making \$100,000 each year, doing what I enjoy doing. I'm happy in the job I have, and I work with fantastic individuals."



## **How It Works**

However why would we want to pray this way? Because it works! Yes, because the process is more gratifying. How gratifying is going to your boss at work and requesting something, like a raise? Most individuals would prefer to avoid it. The same feeling commonly arises when attempting to ask for something in prayer. You commonly feel as if you have to prove yourself, or give something in exchange for what you're asking.

But there's no need to give up anything in exchange for what you wish. Many religions have taught us that The Higher Power is just like a person, and has a lot of the same whims, temperaments, and moods that any human has.

This is just not so. The Higher Power is so far beyond our little emotional inconstancy that you could almost see The Higher Power as being another natural law in the Universe.

If you are alive, then you have access to this Power. In the Bible, there are a lot of references to the availability of this Power. Jesus Himself taught that as long as you trust that you'll receive what you ask for in prayer, that you'll indeed have it! His excellent example of prayer (The Lord's Prayer) doesn't ask for anything. It commands! "Give us this day...", not "might I please have....". The

illustration is missed by most, who keep on asking, begging, and go without.

The Higher Power has created you in such a way that you are able to supply your own needs! All you have to do is tap into the Universal Power and command what you wish to come into being! Naturally, this theory is all well and good, but the true question is precisely how do you go about doing this? It's easy really, although not necessarily simple. The opening move is to make contact with this great supply of Power.

This step is the one that most individuals will have the hardest time with.

At its simplest level, making contact with the spiritual source of Power is about having the intent to do so. Your inner mind handles the involved details of handling your connection to the spiritual realities. You have to communicate to your inner mind that you wish to open the gates to spiritual Power and you wish access to that Power today.

You may communicate this intent in many ways. You may affirm, "I'm opening my connection to spiritual Power, and this Power fills my being with excellent intensity!" This is a time-honored technique which has been utilized really effectively.

You'll know when you make contact with spiritual Power. Different individuals sense the presence of Power in assorted ways. Many will feel heat, or pressure, or will perceive a keener luminance. A few will feel a sense of cold, or a light airiness surrounding them.

When you make contact, then you're ready for the next step, which is to affirm what you're asking for as if it were already true. You'll commonly want to create your affirmative prayer before you begin, however.

Whatever you want out of life, you are able to have. Do whatever you can on the physical level to get it, and add the help of the spiritual level with affirmative prayers.

# Chapter 5:

## *Getting In The Right Mindset*

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### Synopsis

How come is it so much easier to have a negative attitude than a favorable one? What's inside of us that simply naturally pulls us towards the negative side of things?



## **Mindset**

We read the books. We attend the seminars. We purchase the tapes, and things seem to go well for a while. We feel better. Our outlook is bettered, and we're hopeful. That is ... Till something happens that sends us careening again.

It doesn't even have to be a major, ruinous event to send us back to the land of damaging thinking. It may be something as simple as somebody cutting us off in traffic or going ahead of us in the grocery line. What gives those apparently simple occurrences of daily life so much power to literally throw us into a tailspin?

This ceaseless cycle goes along because its source is never addressed. We "try hard" to be positive, trying to over-ride how we really feel. It's a lot of work professing to be positive if inside we know all too well that it won't take long before one of those bothersome life issues sneaks up and dumps all over our favorable attitude.

Negative attitudes come from damaging thoughts that come from responses to negative behavior. And around it goes. We know that none of this damaging stuff is coming from The Higher Power. There's nothing negative about the way he thinks or acts.

So how do we put a stop to all this bunk? How do we get to a place where our favorable attitude is what's natural for us and not the other way around?

There is no magical formula. The great news is that there are a few things we may do to help transition from the land of negativism to a much more favorable place to use for life and affirmative prayer.

First, center on what you're thinking about. Remember we never addressed the source. Our negative actions and words are coming from our damaging thoughts. Our body, including the mouth, has no choice however to follow wherever our brain goes.

It's possible to control our thoughts, no matter what we've been led to think. As soon as a damaging thought comes into your brain, purposefully make it a point to substitute it with a positive one. Initially, this might take some work, because chances are, we'll in all probability have a lot more damaging thoughts in our head than favorable ones. However, in time, the ratio will reverse itself.

2nd, stop letting others negative mental attitude influence yours. This might mean we have to stop hanging around with individuals who do nothing but be negative. We can't afford to do this if our goal is to become more positive. The negative individuals in our life aren't going to like it if we quit participating in negativity. Merely remember that birds of a feather truly do flock together.

3rd, make a list of all the areas in your life that you want to alter. List all your damaging attitudes too. If you can't think of things to put on your list, just ask your loved ones. I'll bet they'll assist you.

4th, take a little time to write strong, life-giving, positive affirmation statements. Make a commitment to use them in your affirmative prayers every day. Enjoy how great they make you feel. Know in your heart that you're making progress, even if you can't see it yet. Just continue affirming the positive.

This process will change how we think and that's the true key to shifting how we act. Remember, the body will follow where the mind goes. There's no way to separate the two, so we may as well "program in" what we wish, rather than arbitrarily leaving it to chance.



# Chapter 6:

## *Negative Mindset In Prayer*

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### Synopsis

Negative thoughts leads to miserable lifestyles, it is among the biggest encumbrances to your dreams. It results in lack if self-confidence and low self-regard. It affects our attitudes toward things and our beliefs as well. You are able to learn how to overcome negative thoughts by using a few techniques. This is important in order to do affirmative prayer correctly.



## **Negativity Can Sabotage You**

The beginning step in overcoming negative thinking is to get aware of your thoughts, and of their effects on you.

Negative thoughts make you feel awful - anxious, sad, blue, hopeless, guilty, mad. Rather than being overwhelmed by these feelings, you are able to learn to use them as a prompt for action. Notice when your mood shifts for the worse, and look back at what was working through your mind at that minute. Over the course of a few days, you'll become more sensitive to shifts in your feelings, and to the thoughts that set them off. You might well find that the same thoughts happen over and over.

Depression comes with negative thoughts. To block off negative thoughts ignoring simply doesn't last or truly work. One must work at defeating negative thoughts and this is done when you switch negative thoughts into favorable thoughts.

Make it a habit in your daily life to center on what you want in life not on what you don't want in life. When those damaging thoughts come into your mind substitute them with a positive thought of what you're wanting for yourself.

Be thankful for the things that you have in life like great health, a place to live, food in your stomach, clothes on your back. There are always individuals that are much worse off than you. If you learn to

appreciate the great things that you have then it helps you be more positive in life.

Remain around positive minded individuals this will help you learn to be more positive and help you to not get negative thoughts. If you completely immerse yourself in great positive activities and remain around positive individuals your life will be so much fuller and happier.

The Bible reminds us on how to command our thoughts in Philippians 4:8 (King James Version)

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, THINK on these things."

Relax and don't panic when damaging thoughts arise. Simply apply the steps above. The more you fight these bad thoughts with good ones, the more you'll succeed at stopping them. Pray, Pray, and Pray some more. GOD will see us through all battles in life. You see if you have only negative thoughts how can you come up with your affirmative prayers.

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# Chapter 7:

## *What If Doubts Arise*

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### Synopsis

Many of us fantasize that faith will give us particular things: we'll feel safe and protected. We'll know precisely what to do. Everything we do will have the precise outcome we want.

Put differently: we'll be in control.

Right....



## **Choose Faith**

Faith, as I've come to comprehend it, has nothing to do with being in command. And everything to do with letting go of it.

One of my friends, Paul, has owned a successful company for more than 25 years. This year he's experienced his first severe slump in income.

A spiritually devoted individual who confidently anticipated abundance from the universe, Paul was floored to find himself worried about cash. "I'm a self-made success. I thought I had faith in spirit. When the cash started to dry up, I got frightened and felt lost. I realized I truly didn't have faith."

The hope to have faith is a deep, heartfelt desire. It swells from your heart if you seek a truer way to live from spirit. It frequently swells if trouble comes along.

Many of us forget that the only way to feel faith – not simply talk about it – is to let it carry us through a time of conflict.

If you ask for faith, the universe will answer you. It will show you precisely where you are with faith today. That commonly means you, like Paul, might become sorely aware of the fact that you don't have faith.

Then you have to decide to select faith.

Paul gave up the fantasy that faith would, as if by magic, prevent him from ever getting concerned again. Rather he became honest with himself if he felt fear.

However, he didn't remain stuck in fear: he accepted its presence – and declared that his faith was solidier than his fear. He made this declaration over and over, strengthening faith by selecting it.

The first change Paul noted when he began selecting faith over fear was a sense of being taken care of. “My business was still going through its worst year ever, however for some reason I felt things would be all right.”

Paul continued to react to business challenges by selecting faith. He kept on focusing on how great it felt to believe things would work out for him, even if conditions were other than what he needed them to be.

Within a couple of weeks, Paul noticed an exciting change. “One day I got up and felt different. My brain was flooded with fresh ideas for my business. I felt alive and excited about my work in a way that I hadn't felt in a long time.”

From that point on Paul's faith brought him numerous new opportunities for returning his business to prosperity.

According to Paul: "I feel so thankful for the issues I had because they brought me back – not simply to a thriving business, however to a totally new understanding of faith. Faith was simply a concept to me previously. Now it is a way to live daily."

If you, like Paul, find yourself with a real desire for faith, expect to get the blessing of a time of trouble. Trouble gives you the chance to consciously select faith over fear.

As you fortify your habit of selecting faith, you experience firsthand how faith carries you along on its all-embracing, safe wings.



# Chapter 8:

## *Affirmative Prayer Exercises*

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### Synopsis

Affirmative Prayer is a potent, life enhancing spiritual practice which gives rise to the truth for yourself and other people and affirms what it is that you want for your life. It is a potent way of altering your negative thought patterns into more positive, spiritual ones. It works on shifting and aligning all parts of ourselves.



## **An Exercise**

We can do some exercises for ourselves and help other people as well.

There are 5 steps to the process.

The initial step is acknowledgement. Here we recognize the presence of The Higher Power that is everywhere in the Universe and in everybody and everything.

(I recognize that God/The Higher Power is in and through everything. There's no place that The Higher Power is not).

The 2nd step is uniting. Here we are recognizing that the presence of God, The Higher Power, the Divine (whatever term you prefer to utilize to describe this presence) is present inside your own being, and if doing a prayer exercise for somebody else, knowing that the presence of this is in their being as well.

(I'm one with Spirit).

The 3rd step is recognition. This is an affirmation step where we affirm what it is we want in our lives, and affirm this as though it is already occurring, in the use of present tense affirmations. We're bringing in the feeling and the knowing that this is already happening and seeing it occurring right now!!

(I affirm, claim and know that I'm healthy, whole and complete on each and every level).

The 4th step is gratitude. Here we give thanks for all that's happening for us right now. We acknowledge and give thanks for what we have affirmed.

(I'm grateful for the healing and wholeness that's happening for me right now).

The 5th step is letting go. Here we relinquish all we have affirmed to The Higher Power/ the Universe knowing that it's already accomplished and complete.

(I release this to The Higher Power knowing this is all taken care of in the Mind of The Higher Power.).

We finish our exercise by affirming,

AND SO IT IS.

AMEN.

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# Chapter 9:

## *Advantages And Disadvantages*

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### Synopsis

There are advantages to prayer but believe it or not, there can be some disadvantages.



## **The Good And Bad**

Classically a lot of denominations have prayers that are memorized and used. These are memorized in a like fashion to how Americans learn the Pledge of Allegiance for the American Flag, or the National Anthem. These get to be parts of the accepted norm of that religious denomination and part of many worship services.

The simple "Amen" is a part of many closings to prayers throughout Christian denominations. There are fortes and failings inherent in any sort of prayer and we shall analyze some of the strengths and weaknesses of prayer.

Among the weaknesses of memorized prayer that is commonly brought forward by critics is that because the words are memorized and stated over and over again in memorized fashion, in a lot of cases the individual loses the true meaning of the words they're praying.

The individual may quickly recite the memorized prayer particularly if they have repeated it a lot of times in worship, all the same they might not think about the words or have faith in what they're saying. What becomes familiar is a lot of times not truly understood or some of the times taken for granted.

In that respect, this type of prayer can lull somebody into a sense of security without substance. They're praying what amounts to mumbo

jumbo IF they don't understand the content of what they're praying, or are mindful of what they're saying.

Prayer is the center of spirituality. It affords a fantastic recreation to the body, mind and soul. It brings in total satisfaction and satiety which nothing else may give. The peace which comes with prayer is of an unequaled nature, quite unimaginable. A sort of serenity descends on the subliminal self inside.

Prayer has in it an excellent dynamic force. It fortifies and befits an individual to face and fight the battle of life fearlessly and successfully.

It's in fact the only cure-all for all sorts of ills: diseases and ailments, accidents over which man has no control, evil propensities of the mind, and most especially brings in inner peace and satiety. It fills an individual with courage and fortitude and brings about a total reorientation.

Prayer is the key that unlocks the Kingdom of Heaven. It draws up the sluice gates and releases from inside immense power and resourcefulness.

Where all human efforts die, there prayer wins.

Even if prayer might seem to bomb in calamity, yet it has the power to take the bite out of it. With an inside transformation there comes a

shift in the angle of vision, which greatly affects the outlook on life. Everything puts on a fresh mantle of color... Marvelously Divine.

Last but not least, prayer opens our eyes to truth and enables us to view things in their real perspective.

It gives fresh values to life and gradually transports a person into a new place. With a life of prayer a individual eventually rises into cosmic awareness and sees the hidden hand of The Higher Power working out His will and His purpose which otherwise stays a sealed book too subtle for the average man to pierce through and look into.

The more this interior contact is established, the more The Higher Power is imbibed by the spirit. Only when a complete identification comes about does one become a witting co-worker with Him.

# **Chapter 10:**

## *Conclusion*

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**“In affirmative prayer, we are remembering who we truly are as expressions of the eternal life force on Earth, and we are taking time to align our thoughts and feelings with our highest good. We affirm our well being, that our needs are filled and that there is no lack in the universe. Because the universe senses our vibration, prayer is more than the words we utter... Every thought, every feeling, is a prayer.”**

**~ Rev. Ellen Debenport, The Five Principles**

## **Appendix of Positive Faith Filled Affirmations**

To help you be your best self, practice self love and self care while seeking the support of a higher being through prayer, please find a few samples of affirmative prayers you can use in your daily practice. These were adapted from the book, Words that Heal by Douglas Bloch.

### **1. This too shall pass.**

#### Affirmations.

- A. Rather than seek pleasure and avoid pain, I accept both as having equal benefit.
- B. What goes down must come up.
- C. What goes up must come down.
- D. Time and love can heal **all** of my wounds.
- E. My old pains no longer hurt me. They have no control over me.
- F. Add your own \_\_\_\_\_

### **2. Transforming our world.**

#### Affirmations.

- A. The world is experiencing a planetary rebirth.
- B. As I heal myself, the planet becomes healed.
- C. We are one interconnected and interdependent world.
- D. I see myself as a planetary citizen.
- E. I live in a global village whose residents are my brothers and sisters.

F. Add your own \_\_\_\_\_

### **3. Do what you love and the universe will provide.**

#### Affirmations.

A. When I trust myself and the universe, anything is possible.

B. God has great things in store for me.

C. As I follow my heart's desire, I draw whatever I need to me.

D. The more I trust my intuition, the more prosperity comes my way.

E. I am amply rewarded for my creative ideas.

F. Add your own \_\_\_\_\_

### **4. It's all unfolding perfectly.**

#### Affirmations.

A. I say "yes" to my universe.

B. I can do all things through Christ which strengthens me.

C. All things are working together for good in my life.

D. Whatever I am ready for is ready for me.

E. There are no accidents that can not be mended by the power of God.

F. Add your own \_\_\_\_\_

### **5. The silver lining.**

#### Affirmations.

A. Every one of my life experiences contains a valuable teaching.

- B. Behind every dark cloud there lies a rainbow.
- C. Every adversity brings me a wonderful teaching.
- D. Whatever the problem. God reveals the perfect solution.
- E. I learn from every situation I encounter.
- F. Add your own \_\_\_\_\_

## 6. **Release.**

### Affirmations.

- A. I let go of the old and make way for the new.
- B. I release my fears and insecurities and replace them with faith and confidence.
- C. A great wright has been lifted from my shoulders.
- D. I give thanks for my new life.
- E. I bless and release all of my old pain.
- F. Add your own \_\_\_\_\_



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