
THE POWER OF AFFIRMATIONS

– Monika Muranyi

Affirmations are powerful tools that can help change our lives. When you speak affirmations out loud with a conscious intent, you hear it with your ears, and your body understands what you are doing. Statements of intent carry energy and words in the air, have frequencies that your intelligent body consciousness (Innate), will understand. Whatever you tell your body, Innate listens to and will begin to cooperate with. Innate is always listening, and ready for your instructions.

The idea that the words we speak can affect and change our life isn't new. I first began using affirmations when I discovered a wonderful book written by Florence Scovel Shinn. Florence was a truly remarkable woman, born in 1871, who understood the power of words, *spoken with intent*. In 1928 she published a book called, "*Your Word is Wand*" and in 1944 she wrote "*The Power of the Spoken Word*." I have used several of her affirmations with great success.

Another woman, who I consider to be the Queen of Affirmations, is Louise L. Hay. Louise was regarded as one of the founders of the self-help movement and has implemented her teachings within her own life. After being diagnosed with cancer, Louise decided to follow an intensive program of affirmations, visualization, nutritional cleansing and psychotherapy. This was in lieu of drugs and surgery. Within six months, the healing was complete, and she was completely free of cancer. How amazing is that?

So why do affirmations work, and can they work for you? Let's first look at why affirmations work and the importance of watching what you say. Spoken words are constructs of real energy. As the frequencies of this energy are manifested as *vibrations in the air*, they begin a divine process within you. Your body intelligence (Innate) is constantly listening for your instructions, and fulfils your requests as best it can. Therefore, negative things spoken in frustration and worry are still heard and received! Be careful what you



say! Do you know a hypochondriac who has received everything they speak about? Innate only *hears* what you give it.

Intent is *purposeful, designed and focused consciousness*. Positive affirmations, spoken to your body with *intent*, are clearly heard and understood by Innate. Innate listens and starts cooperating, but is also waiting for your *actions* to validate change. For example, if you desire to increase your fitness, and you speak to your body with conscious intent, the response from Innate is markedly improved if you also begin to exercise in whatever way you can that cooperates with the spoken affirmation.

Now that you understand why affirmations work, can it really work for you? The real question to ask yourself is if you *believe* it can work. Innate can tell if you

are faking it. In addition, Innate does not respond to monotonous repetition of spoken statements. There must be purposeful intent and the emotion of belief behind it. Have you ever had someone tell you they are sorry, but you didn't feel the energy behind their words? You could tell they were faking it and not being genuine.

So belief and intent are important. The other secret to using affirmations is they should always be a positive statement of **having something**, not the *desire* to have it. In simple terms, if you desire love in your life, the affirmation becomes: *I have love in my life*. If you desire good health, the affirmation is: *I am healthy*. Use words such as *I am* or *I have*. Never use words such as *I desire* or *I want*. Affirmations are statements of truth, not wishful thinking.



One of the best ways to increase the power of your affirmations is to *create and design your own*, rather than using suggestions from a list or book. This is because only you will know exactly what you are manifesting, and your body will far better recognize your own consciousness and words. Spend as much time as you need to create your affirmations. If you have trouble at first, begin with the things you are grateful for. As your gratitude increases, you attract more things to be thankful for. If you still have difficulty, take a look at the numerous books and internet resources that currently exist to help get you started. But remember ... use your own words.

Saying affirmations out loud every day begins a process. It is a good idea to say your affirmations



first thing in the morning, or the last thing at night. Ideally you should look in the mirror or even write your affirmation out. This helps you to really "own" the truth of what you are manifesting. Find what works best for you and begin with that. What are the issues? What do you want to co-create in your life? The goal is to have your affirmation become something that you know to be true. You no longer desire or want something. Instead, let it become your truth – you have it! Make that statement as an affirmation.

One final comment is to be patient and give yourself time. If you seek to dramatically change your current situation, it may not be realistic to expect the desired changes by the end of the week! When our bodies experience a trauma, such as a broken leg, we recognize that it may take six weeks to heal. Some injuries take even longer. So all the body's processes takes time.

I encourage you to use adjectives as this can really help you *feel* the positive emotions of your affirmation. For example, instead of saying *I am healthy*; say *I feel vibrantly healthy and alive*. Have fun experimenting and keep going, even when you think it's not working, because eventually you will be living the truth of your affirmation!

