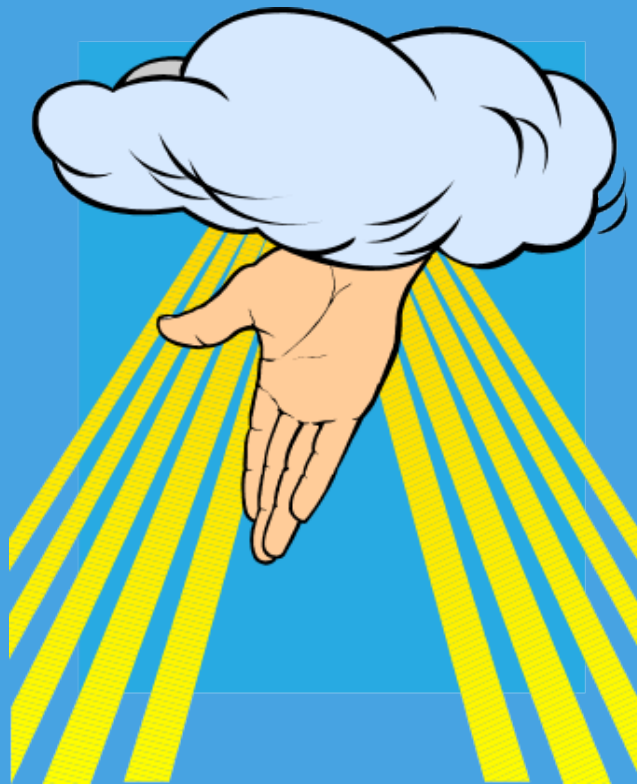


Awake to Healing

special edition

*Affirmations and
Full Color Affirmation Pictures
For Health, Money, and Relationships*



by
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Awake to Healing

Special Edition - Affirmation Healing

*A*ffirmations are statements that create something. They consist of thoughts and words that declare or maintain that something is true, with or without facts to substantiate the statement. (I can, I can't. I'm going to have a wonderful day, I'm going to have a rotten day.)

As you can see from the above statements, affirmations can be positive or negative. Every moment of your life you are affirming something with your thoughts and words whether you are aware of it or not. (I can do everything I need to do in the allotted time. I don't see how I can get everything done in time, it's impossible.)

Since affirmations are a means of creating what you say and think, you can create positive or negative things in your life. If you have something going wrong in your life, you can change this by creating something right in your life. It's like replacing a photo in a photo album. You remove the old picture, and put a new one in its place.

Because affirmations have the great power of creating whatever is thought or said, it is of the utmost importance that you take note of your thoughts and words, so you will only promote good in your life, and eliminate negatives. What you choose to affirm, think, and say determines the outcomes in your life.

Examples of affirming and promoting the good that you want in your life:

RIGHT: My health continually improves. (The focus is on getting well).

RIGHT: Every day I feel better and better. (The focus is on improving health.)

WRONG: I am not sick anymore ... (The focus in this affirmation is on being sick. Even though you are saying "I am not sick," the focus [thought/word] is on "sick" rather than on "health" or "wellness" or "well-being.")

How to use this affirmation book

The affirmations sections in this book are divided into three parts: 1) Health, 2) Finances, 3) Relationships.

Turn to the section that contains the affirmations that you want to use for healing. Then you can:

- 1) Copy out the affirmation pages from this book using a copy machine or your scanner/printer.
- 2) Cut the affirmations apart, and carry with you the ones you want to say. The little pieces of paper won't take up much room in your pocket, wallet, or purse, and you'll always have them handy when you want to say your affirmations.
- 3) Leave the affirmations (either the entire sheets or the cut-apart affirmations) in strategic places to remind you to say your affirmations, and so you can have them handy when you are ready to say your affirmations.
- 4) Open this book to the page that has the affirmations you want to say and leave the open book somewhere in an area of your home or work place where you will frequently see it, so it can remind you to say your affirmations ... and so when you want to affirm, you will know what to say without having to stop and think about what you should or shouldn't say. Just do it! So you can become healed! Fast!
- 5) Use the affirmation in this book as a guide to what you should write if you prefer to write out your affirmations instead of saying them. Many people find writing their affirmations to be a more effective way of realizing results since it helps them to concentrate more fully on their affirmations, and they like to see the finished pages of affirmations that are written out. Written affirmations often help to bring healing when verbal and mental affirmations don't seem to bring the desired results fast enough because written affirmations require more concentration and more energy which in turn creates a stronger healing energy.

Remember, the oftener you say your affirmations, the faster you will realize healing.

Here's to your healing ... may you quickly realize it.

Money Affirmations

