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## Positive Affirmations

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Affirmations are positive statements describing a desired situation. To ensure effectiveness, they require a repetition with attention, desire, conviction, and faith throughout the day.

They need to be done regularly and work best when done at the same time to create successful outcomes.

Close your eyes, start with giving thanks. Next, visualize and feel the successful completion with all the details, love, success, and health, etc. At the end of the ten minutes, send all those thoughts in all their completed perfection into the morphogenetic field, God's field, with joy and gratitude.

The morphogenetic field is neutral and accepts as truth what we keep affirming, and eventually attracts corresponding events and situations into our life. Since it is irrelevant whether our statements are good or bad for us, we need to choose positive ones consciously.

It is advisable to keep our affirmations in the present tense, short, easy to remember, and, of course, positive, for example:

1. Everything is happening perfectly.
2. I am healthy and confident.
3. I work well with my colleagues.
4. Every problem gets resolved with ease and creativity.
5. I am divinely guided in everything I do.
6. I am full of energy, love, and happiness.
7. I attract success, love, happiness, and goodwill.
8. I focus on my many blessings.

The list is endless and can include affirmations for all life forms, individuals, groups, plants, and animals. Collectively sending affirmations to the Universe is even more potent! Theobald suggests 10 minutes per week for a group at the same time. Same locations are not required, as thought is boundless.

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