



Visualisation

Your subconscious mind responds well to pictures. Visualization is a great way to program your mind with positive, empowering images. Try spending a few minutes a day visualising positive scenes that feature you and your life experiences.

Here is something you may want to visualise:

- Anything you wish to draw into your life

As you visualise consistently, you end up replacing the negative pictures stored from your past experiences, fears, worries, and doubts.

Allow feelings of love, joy, gratitude, and peace to flow through you as if you were truly having these experiences. The Universe – or whatever name you might have for the power that generates life – pays out on emotions and intent not just on words.

Your subconscious mind doesn't know the difference between a real and an imagined experience, so it will absorb the messages as if they're real! This is the true beauty of visualisation – the power to bypass limiting messages and focus on pleasing images, all of which are being absorbed right into your subconscious to be replayed later.

Affirmations

Affirmations are another effective way to install positive messages into your subconscious. They work best if you follow a few simple rules:

1. Word them positively, in the present tense. Say "I am confident and successful" rather than "I will be confident and successful" because focusing on a future condition does not compute with your subconscious mind – it knows only this moment. Also, use positive statements. Saying "I am not a failure" is computed as "I am a failure" since your subconscious cannot process negatives.
2. Call up the corresponding feelings. Saying "I am wealthy" while feeling poor only sends conflicting messages to your subconscious! Use the phrase "I allow myself to be wealthy (or whatever you are working on) and the conflict is removed.
3. Repeat, repeat, repeat. Affirmations don't work if you say them just once or twice. Recite them many times throughout the day for the best results. The good thing about this is that you can say affirmations to yourself, so they can fit seamlessly into your routine. Affirmations are like building a house one brick at a time. The more you repeat the affirmation, the stronger the