

*Reengineering Yourself
with
Dynamic Affirmations*



In this e-book you will learn the dynamics of applying affirmations correctly to every single aspect of your life. You will learn how to create a powerful sequence of words which will build a strong magnetic influence over yourself and the things that you want. Affirmation will also allow you to shift your belief and align yourself with what you want.

Aligning yourself with what you want is the beginning process of manifesting. When you are out of alignment what you want has a hard time entering and staying in your life.

You will write a program which will greatly enhance your over all well being. You can heal your physical body, shift old patterns that have limited you and move into areas of physical, mental and emotional transformation with certainty.

This book is priceless for what you will learn and the way the techniques will enhance your life. Do the exercises!



For a more in-depth package into manifesting your dreams visit, www.thesecondplace.biz

Perhaps you have tried every technique and still not had the results that you want. Learn:

- How to focus on what you want in such a way as to draw what you want into you life more quickly.
- How to be in the flow and allow everything which enters your life to work for you and your dreams.

- **How to get what you want even if you presently have nothing at all.**
- **How to change your life and become wealthy even if you have no education and no money.**
- **Plus there is a precise step to take in order to enter and create your own virtual reality. It is where most people fail and never see any results and no it is not what you believe.**
- **Understand why visualizing has failed. Why some people have seen results and why most have failed.**
- **This package also includes mediations to increase the flow of money in your life.**
- **Learn how to become more sensitive to energy. When you work with energy you intensify your visions on many levels. What comes into your life will be on a greater scale than anything you could ever imagine.**

You can have the things of your dreams. The Universe is overflowing with abundance if only you know how to tap into it. The moment you do life will flow in an amazing way in your favor. Follow your joy and all that you love and allow magic to full you.

How Affirmations work

Affirmations are designed to reprogram the mind. When done effectively it has the power to radically transform everything within you, even what seems impossible. It has been said by spiritual masters through time that we are able to transform our physical being with words. That understanding extends itself into the realm of miraculous healings and profound mental shifts within a person's psyche.

Today the findings done by scientist on the study of language on the human DNA is outstanding. It is being discussed in every forum and the knowledge is revolutionizing the way we see ourselves and our capabilities. What is now known in the field of science is that the DNA can be programmed to alter the physical structure of the body. This can be done by mere words. Nothing invasive is necessary only our own words said at certain frequencies can redesign our body. The emphasis being on frequency makes the

difference between a successful program and one that is not successful.

Affirmations also help in bringing new ideas into our being. How many times have you heard someone or even yourself say that you have changed inside but the external does not manifest those changes? No one else sees those changes and despite all the knowledge you may possess there seems to be no changes what so ever in the outward appearances of the life and making the leap to change from the present life to the new life seems still quite difficult even with the new knowledge.

We are like computers and we must over ride the old program with a new program in order to see dramatic changes. We must become immersed in the new concepts. We already are immersed in previously limited concepts for quite sometime. We spoke about it, expected it, saw it and believed it to be truth for all of life. So having come upon new information or a new desire to change some aspect of ourselves the mind requires a similar sort of immersion which is

done by repeatedly affirming something new better and more powerful about ourselves. As that new program enters we begin to talk about it, we begin to expect it, look for it and that new information becomes our way, our truth.

Whatever we program into our being will become physically evident in our lives. There is absolutely no limit to what we can program ourselves to be or experience. So affirmations aren't something you do once in a while. It is the way of true mastery.

Affirmations can be used to program the self to:

- ✓ Make more money
- ✓ Attain greater health
- ✓ Make more friends
- ✓ Buy your dream house
- ✓ Overcome fears
- ✓ Heal disease in the body
- ✓ Become more physically attractive
- ✓ Reverse the aging process

- ✓ **Grow your business**
- ✓ **Attract your soul mate**
- ✓ **Overcome procrastination**
- ✓ **Become spiritually enlightened**
- ✓ **Be more forgiving**
- ✓ **Strengthen the mind**
- ✓ **Loose weight**
- ✓ **Create the ideal body**
- ✓ **Grow healthier hair**
- ✓ **Strengthen your vision**
- ✓ **Learn faster**

The list goes on. There is no limit to the things that one can program themselves for.

Emotions

The emotions draw deeply on a large supply of our personal energy. When we are happy or sad or in any deep emotional state our emotions create a very strong energy vibration around the body. This vibration also sends out signals like the frequency of a satellite and it's that very vibration which attracts to us situations which match our identical vibration. What we send out always returns with a match.

Becoming emotionally intelligent is vital to re-scripting our internal program. How we respond emotionally affects us much more than just how we feel. Our emotions keep us in a cycle of recreating similar experiences, which keeps us at particular vibrations which determines what we will repeatedly manifest in our lives.

We can use this knowledge to rewrite affirmations that are not only powerful but also place us in a greater feeling place. When the

feeling place is positive and life affirming we are then able to create a more powerful magnetic field which attracts with greater ease.

Usually when we think about something that we want to change or something we want to have, there is a distinct feeling that we get. That feeling could be one of fear, lack, anger or hopelessness. However when we speak about the possibilities of what could be our feelings soar. Our entire body moves into a state of wellbeing and we feel good. In that feel good state our vibration increases. The body then releases chemicals which keep us in that good feel state.

All of this happens just by speaking about the possibilities. Affirmations work similarly. By choosing words that affirm greater possibilities we move into more enhanced states.

We can choose to go directly to the feeling place of the words by designing affirmations based on the emotional feeling place of the statements.

The moment you say, “I feel wonderful!” Even if you do not immediately feel wonderful, the mind moves on auto pilot to find moments in your past where you felt wonderful and if you kept saying the word “wonderful” soon enough your brain follows the command and finds images that place you in that wonderful place, it then releases chemicals to get you to feel that feeling of wonderful.

One of the most powerful ways of creating affirmations is to add words of feelings to them. If you said the statement, “My body is now slim and healthy.” It would make you feel good. However if you said, “I feel wonderful in my new slim, healthy body,” the affirmation takes a leap in feelings. Your mind takes this as a command and you do begin to feel more joyful and that joyful feeling is associated with the image of a slimmer and healthier body. When you feel good about a goal you are more inclined to doing it and the body and the mind finds ways of making it so. When you feel good your vibration is elevated and you attract more quickly.

Exercise:

Make a list of all the things that you want to have, and do as well as the things you want to be. Go ahead and do so now. It only takes a minute, do a few just to complete this step. As you list each one pay attention to your feelings? How do you feel? Write your feelings directly next to each thing on the list. This is an important step. You will notice that for each thing your feelings will be different; however your predominant feelings will be feelings of lack. That feeling of not having can be worry, fear, anger, doubt etc. All those feelings have a frequency which only attracts to you more of those circumstances of NOT HAVING.

Now for a moment, just pretend that there are absolutely no obstacles what so ever in your life. Absolutely nothing can prevent you from attaining your desire. Everything in your life works smoothly in helping you accomplish your desire with ease. Begin to see and feel that everything has worked and you NOW HAVE what

you want. What then does that feel like? Go through your list again and make a note of your feelings about each goal. In a world where all things are absolutely possible and everything has already worked for you, how do you now feel?

What I want	How I feel	Now that I have	How I feel
I want a soul mate	Lonely, hopeless	My soul mate	Excited, connected
I want money	Poor, hopeless	Abundant wealth	Confident, carefree, successful etc.

Use this as a guide to help you in creating your affirmations from now on.

Whatever you are feeling when you mentally experience what it is to already have what it is you want this is the feeling you need to capture and use to write out your affirmations. If your feeling is excitement, then write it out. I feel so excited now that I have...

Creating Powerful Affirmations:

Always phrase your affirmations in the most positive way. They should also be clean, short, simple and focused. Be dynamic and braggadocios if you must, what ever it's going to take to trigger explosive feelings of will power in your mind.

Never ever state your affirmations in the negative. For example if your desire is to stop smoking think about what not smoking would mean to you. Not smoking would probably mean that you are now healthier and your feelings would be wonderful and alive. Your affirmations then would only consist of the more positive aspect of what its like not to smoke. Your affirmation then would be. "I feel wonderful and healthy and make better choices with what goes into my body."

A bad affirmation would be: “I no longer smoke. I don’t have a need for a cigarette, cigarettes are bad.” All of these are poor affirmations because rather than removing the desire for cigarettes you are repeating the word cigarettes again and again in the mind. The mind skips over the other words and only hears and desires more cigarettes. Cigarettes then become the focus and the attraction.

Bad affirmation	Good affirmation	Powerful affirmation w/Feelings
I no longer eat sweets	My body loves healthy foods	My body craves healthy foods which leave me feeling healthy and energized.
I am no longer angry	I am more forgiving	I feel liberated and free to forgive the mistakes of others.
I do not spend money foolishly	I spend money wisely	I feel more confident and in control of my spending habits.

Remember be lively, be whimsical but above all be emotionally charged. Add emotions to your affirmations and see your body and

your mind corporate with greater easy. Your cells and all of your being moves towards feelings of greater joy. The moment you use trigger words which excite your senses you move into a more dynamic flow, you will also find yourself integrating those changes a lot easier.

Affirming with Vision

What the mind sees whether in the physical or in the spiritual mental realm it creates more of. The focused mind relies on images to determine what to create and you give the command more effectively with words. You are then working on the auditory and visual aspect of the creative process when you employ both the inner vision with affirmations.

Many people have quite a difficult time with using affirmations. They find that it makes no difference in their life and they get little joy in doing it. One reason for this is because what they are affirming is so far from where they presently are or what they presently have that they must first come into the belief of having what they want. Someone could be affirming a healthy fit body but ever time they look in the mirror they see a body that is far from healthy or fit. For that person to repeat an affirmation such as, “My body is now fit and healthy,” would seem untrue and further affirm the opposite to that person. The more they repeated that statement

the more frustrated they would become while looking in the mirror and realizing that their body is not what they say.

This is the reason why affirmations done without an inner mental picture is not as successful as one done with a mental vision of the thing being affirmed. The picture must go with the words to be powerful. When the two are met there is harmony and belief grows.

When you enter that inner realm and use your imagination to envision yourself living or being in the way that you want, you are living and experiencing it in the Now moment. As you affirm that now moment it becomes more real. You will have a much easier time of repeating affirmations to what you can allow your inner mind to see and feel. For each day that you experience this the more your belief grows the more the image of that experience will move into your physical experience.

Exercise:

- 1) First decided on what you want
- 2) Follow that creating a powerful affirmation expressing intent and feeling.
- 3) Then go inside of yourself. Become quiet and let your inner vision guide you to what it is you want.
- 4) As you claim the image of what you want bring in as much detail. Do it with a calm confidence and ease, make it playful.
- 5) When the image becomes clear repeat your affirmations with feelings and intent.
- 6) Keep repeating the affirmations until you feel the strength of it very strongly. It must become believable.

The Secret in Repetition

Perfection comes in repetition of an act. Some people have a natural process when they first come upon new information. They process the new information automatically in several quick consecutive moments until the mind grasp it fully. As a result those people tend to be quick learners and grasp new information and assimilate to new changes quickly.

Whether we do it in a natural quick way or not, we inevitably need to repeat information in order to learn it and retain any full memory of it. The mind needs those snapshots of thoughts or images before it completely accepts the information. This is why the power in applying affirmations is in repeating them over and over through an extended period. With each statement the mind begins to accept and receive the information. What may seem unnatural at first becomes believable to the self.

Here is the greatest secret in the repeating process of the affirmation. The true magic in the repeating process is to do it consecutively with a rhythm. That rhythm must feel like an engine within your body as the words added with the emotional feeling grows and grows. You can actually feel yourself becoming more expanded with each repetition of the affirmation. It's a slight feeling at first then within a few moments the feeling grows as a strong movement within your body then expanding all around and beyond you.

The idea is to become sensitive to the feeling of the affirmation. This is the reason why it's important to identify the emotion within the affirmation. When you can identify that feeling place within you, hold on it as you repeat the affirmation with the inner vision. All this being done together add tremendous power. The strength is to allow the feeling of the emotion to grow and expand through you.

This is the power of vibration. It has been said that when a particular note has been repeatedly played on a violin it has the

power to create a vibration so strong that it can destroy a bridge. That will help you in understanding the power that repeated affirmations will have on your body.

At the present time you are carrying a particular vibration based on thoughts and beliefs you have. The energy of those thoughts are in and around you and they create a strong force field that determines the way you look, the sort of people you attract, if you succeed or fail in your pursuits.

In order to shift those old thought vibrations you need to shift them with more powerful statements and the movement of the vibration within the new statements. The more you repeat those new statements with powerful emotions the faster they create your new energy field.

When you find the feeling place of the vibration you will see that it falls into alignment with your intentions. The vibration goes where you direct it. This is the magic of it all.

Exercise:

- 1) Have a clear thought of a thing you want.
- 2) Find the feeling place of what it would be like to have that thing you want.
- 3) Write out an affirmation emphasizing your feelings of having it now.
- 4) Become comfortable and begin to experience in your inner mind what it is to now have or be the thing you desire.
- 5) As you hold the inner image begin to repeat the affirmation over and over until you have a rhythm of it.
- 6) As the rhythm builds focus on your feelings of it. Let's say you choose, "I am now happy to be healthy and fit." Focus all your feelings on the happy feelings while repeating the statement and holding the image. Notice the feeling of happy growing inside of you.

7) This is what you want to capture and hold for as long as you can. Ideally 20-30 minutes would be best.

The idea is to get the new rhythmic vibration to shift through and replace the old. This exercise should be done daily until you are witness to the physical manifestation of the thing you want. It should also be fun and enjoyable and done with the confidence that you are actually reengineering your mental, physical and emotion self. You can transform yourself in months and radically improve all aspects of yourself.

Where there is failure and blocks can now be replaced with success and power.

Powerful Affirmations That Work

Reprogramming your beliefs:

- **I feel a powerful connection to the infinite source
Which guides me**
- **Everything comes to me quickly, effortlessly and with great joy**
- **I am a powerful creative center**
- **Whatever I hold in my mind with focus must come into my reality**
- **Everything is perfectly timed to enter my life**
- **I am a powerful creative being**
- **Each and everyday I am getting better in every way**

Reprogramming your self image:

- **My body is a divine instrument of light**
- **I feel exhilarated with each breath that purifies my body**

- **I now carry my body with poise and confidence**
- **I feel deep love for all the ways that my body has served me**
- **I am attractive and exciting**
- **I radiate an inner and outer beauty where ever I go**
- **My body is healthy and vibrant**
- **I am more personable and charismatic**
- **People are attracted to me where ever I go**
- **I now take total control of the thoughts that enter my mind**

Reprogramming Yourself for Wealth:

- **Money comes to me quickly and easily**
- **It is my divine right to be abundant**
- **I now earn and spend money wisely**
- **I am guided in meeting all my financial goals**
- **Financial opportunities attract themselves to me**
- **I respect money as a divine part of life**

Now that you have a better idea of the making of a good affirmation take these suggestions and tailor them to suite your needs adding your FEELING words to each. It is amazing how the mind takes instructions from you. The emotions with the intent will elevate your well being transforming you. As a group we are more inclined to do things which bring us joy. Giving your mind instructions of positive emotions along with purpose will yield faster results

Apply these techniques to all aspects of your life.

You will realize that life becomes easier once you take control of your internal program.

Now that you have a greater understanding to the process of shifting your energy and aligning yourself with affirmations dive even deeper into the methods which will elevate your life.

- How to use your thoughts in a precise way that will bring to you the things that you desire.
- How your thoughts influence everything in your life.
- An ancient technique which will have you creating magical experiences every single day.
- A little known secret that the super wealthy people know and how they use it to increase their wealth with little effort.



That simple technique works every time and in every way.

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