

The Inner Practice of Inspiration

BUILD AN AFFIRMATION TO COUNTERACT

YOUR NEGATIVE BELIEFS

- How to build Affirmations - Make a short statement that is:

Personal to you

Powerful to you

In the Present Tense

Most importantly, Positive!

- Examples

I say “Yes!” to Life!

I live in an Abundant Universe!

I am intuitively inspired to right action now!

I live in joy and peace!

KEEP YOUR ATTENTION FOCUSED ON WHAT

YOU WANT TO EXPERIENCE

- Keep your attention focused on what you want to experience and how you want to live your life.
- If you forget or get “lost,” simply start where you are and get back on course again.

INSPIRATIONAL THOUGHT FOR THIS EXERCISE

We live in an interactive Universe that is always saying “Yes!” to our thoughts and beliefs. It is up to us to become consciously aware of what we are putting into the unseen Law of Life that is always in action for our Highest Good. Say “Yes!” to Life and Life will say “Yes!” to you!