

# The Power of Affirmations

By Louise L. Hay

Today is the day for you to begin creating a joyous, fulfilling life. Today is the day to begin to release all your limitations. Today is the day for you to learn the secrets of life. You *can* change your life for the better. You already have the tools within you to do so. These tools are your thoughts and your beliefs.

Every thought you think and every word you say is an affirmation. All of our self-talk, our internal dialogue is a stream of affirmations. You're affirming and creating your life experiences with every word and thought. A lot of what we normally say and think is quite negative and doesn't create good experiences for us. We have to retrain our thinking and speaking into positive patterns if we want to change our lives. An affirmation is a beginning point on the path to change.

People often ask, "How do I begin to affirm my good? Where do I start?" I suggest that you begin by making lists. Make a separate page for each topic, such as love, family, health, prosperity, myself. Write at the top of each page, "What I Believe About Love" (or another topic). Then, write down every thought that comes up about these subjects, both negative and positive. You'll see a very clear picture of your belief systems. The next step is to take each negative statement and turn it around into a positive affirmation. Once this is done, add this affirmation: ALL MY POSITIVE AFFIRMATIONS COME TRUE FOR ME!

Doing affirmations is consciously choosing to think certain thoughts that will create positive results in the future. They create a focal point that will allow you to begin changing your thinking. Affirmative statements are *going beyond the reality of the present into the creation of the future through the words you use in the now*. When you choose to say "I am very prosperous," you may actually have very little money in the bank at the moment, but what you're doing is planting seeds for future prosperity. Each time you repeat this statement, you're reaffirming the seeds you've planted in the atmosphere of your mind. That's why you want it to be a *happy* atmosphere. Things grow more quickly in rich, fertile soil.

When you change your thinking process, then everything in your life will also change. You'll be amazed and delighted to see how people, places, things, and circumstances can change. Don't waste time arguing for your limitations: poor relationships, problems, illness, poverty and so on. The more you talk about the problem, the more you anchor it in place. Learn to turn your negative affirmations into positive ones. For instance: "I never have enough money" becomes "Money flows into my life in an abundant way."

Affirmations are solutions that will replace whatever problem you might have. Whenever you have a problem, repeat over and over:

*"All is well. Everything is working out for my highest good.*

*Out of this situation only good will come. I am safe."*

This simple affirmation will work miracles in your life!



**Louise L. Hay** is a metaphysical lecturer and teacher and the author of numerous books, including the international bestseller, *You Can Heal Your Life*. For more than 25 years, she has assisted millions of people in discovering and using the full potential of their own creative powers for personal growth and self-healing. For information about the recently released feature-length film on her lifework, visit

[\*\*You Can Heal Your Life\*\*](#)

