



- We can thoughtfully request that which we need and want.
- We need to understand that there are certain spiritual principles or natural laws at work.
- Our goal is to align our energies and vibrations so that we can attract that which we want;
- and to be in tune with spiritual laws that serve the better good – not just our own.
- You need to be willing to commit 30 minutes a day.
- And you need to trust the Universe enough to “Let Go and Let God”.
- Affirmations are in fact talking to God with thoughtfulness – they are thoughtful prayers.
- And they assist us in changing old thought patterns into more healthy thought patterns.
- They are us taking responsibility for effecting change in our lives.

Living life to the fullest!

- Decide what you want
 - Use your freedom of choice wisely
 - How will it benefit you?
 - Be positive
 - Be specific
 - Be in the present



'I tell you therefore: everything you ask for, believe that you have it already, and it will be yours'.

Mark 12:24

- Do you want a new car, an old car, a big car, a Ford, a Mazda, a Beetle, red, green – be specific
- Do you want strings attached i.e. If you have no money do you want someone to loan you their car under conditions you do not want

How will it benefit you?

- Be careful what you wish for
- Understand the consequences
 - Look at the plus and minuses
- Thoughtful prayer requires careful consideration



- King Midas wished for everything he touched be turned to gold!

Ask for what you need

- You deserve to have what you need
- Trust the Universe to supply what you need
 - Moses did
- Miracles happen every day
 - Babies are born & Beautiful plants grow...
 - Father Andre in Montreal healed thousands
- We choose to believe what we are ready to believe ~ choose wisely

- Tayja Wiger's healing of blindness since birth in 1984
- Lourdes – every day healings occur
- Reject any tendency toward apathy

Take Responsibility

- If you want a new job – do your homework
- Plant your seeds well so that the harvest is what you need and want
 - Choose your seeds well
 - Plant in fertile ground
 - Water, feed and weed
- Trust the Universe to support you
 - *'Let Go and Let God'*



- The seeds are your affirmations
- The fertile ground is putting it in God's hands
- Watering and feeding is taking responsibility – do what is in your power
- Weeding is removing doubt - you do your part and let God do his/hers

Visualize

- In your mind's eye – see what you want
 - **Be positive**
 - See when, where, how, what and why
 - Notice the colour and fragrance
 - Find a picture that resembles it and post it
- Now see it as yours – use the **first person 'I'** in your affirmation
- See it as yours now – use **present tense**

You are what you think ~ Thoughts are Things

- You may be changing years of programming telling you what you cannot do
- Expect it to take some time to change this negative programming
- Use your own program – not others
- Read your affirmation until it manifests in your sub-conscious
- Your thoughtful prayer needs to be written – reflecting your thoughtfulness

 **Meditate** 

- Three times a day, meditate on your affirmations
 - To undo previous programming takes time and commitment
- Choose an appropriate space
 - Quiet and undisturbed
- Persevere
- Write your affirmations

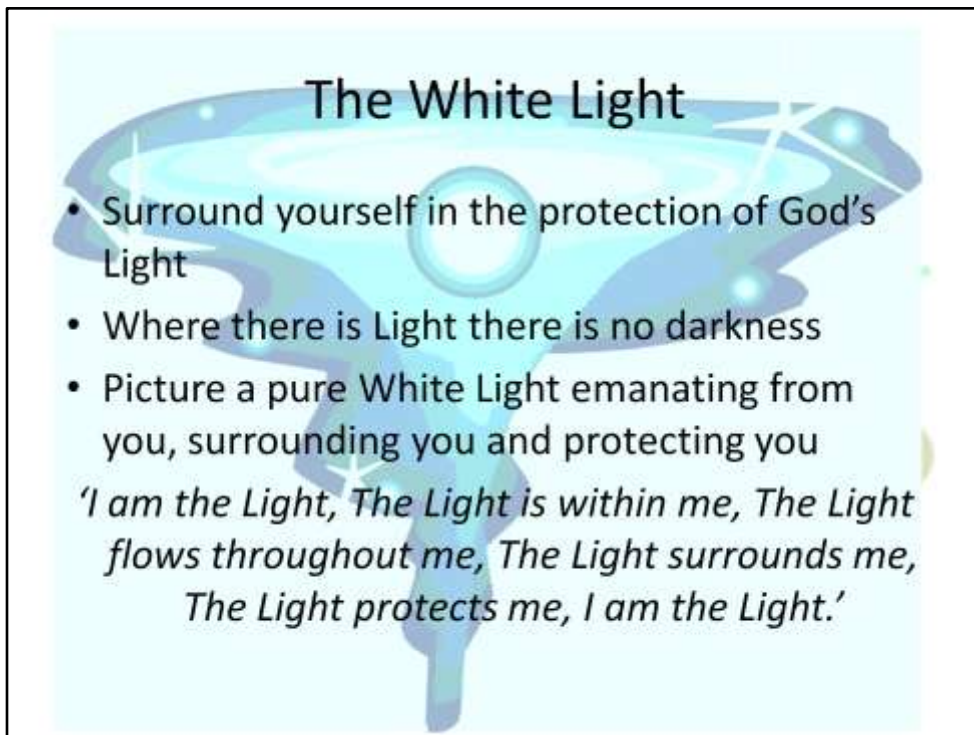



•You can download free of charge **RGI** [⊗] **plus** (Relaxation and Guided Imagery plus Prayful Visioning & energy awareness and alignment) **Meditations**

Let Go ~ Let God

- Trust that the universe is supporting you
- Desiderata *'You are a child of the Universe...'*
- Rid your mind of doubts
- *Positive thought promotes positive growth*
 - Σ – *Tend to your dreams and hopes with trust and faith*
 - *Reject negativity ~ Repeat over and over :
'I deserve to be happy. I am happy.'*

- Fear and doubts kill your hopes and dreams
- When they seep into your consciousness – read through *'Desiderata'* and/or *'The Gift of Hope is Yours'*
- Let these age old words of wisdom bring you out of a negative space or be the Light in your darkness



The White Light

- Surround yourself in the protection of God's Light
- Where there is Light there is no darkness
- Picture a pure White Light emanating from you, surrounding you and protecting you

'I am the Light, The Light is within me, The Light flows throughout me, The Light surrounds me, The Light protects me, I am the Light.'

- This is a very powerful affirmation to surround yourself in God's love and protection
- Let it be an effective tool when you are confronted with negativity – whether from within or without

Your Divine Plan

- It may take a week, it may take a year
- Preface your affirmation with '*as it is for my own best good and that of the Universe*'
 - The Universe in his/her wisdom is never late
 - The Universe never allows a burden heavier than you can carry
 - If God believes, surely you can

- What you think you need may not be in the best interest of your Divine Plan
- Trust the Universe to support you
- Your Guardian Angels are protecting you

Count Your Blessings

- Use your gifts wisely
- Return to the Universe that which you have received
- Be thankful
 - Do not brush gifts off as co-incidences
 - Accept and celebrate your gifts ~ the Universe is working with you
 - Stand up and be counted

- If you believe there are no co-incidences and that your Guardian Angels are indeed supporting you – speak up, share your beliefs and be counted
- Keeping things inside allows your emotions to fester
- Allow yourself the freedom to BE



- All the world's great Masters, Teachers and Prophets have words of wisdom

Your Hopes and Dreams – A Beautiful Story

adapted from email, author unknown

Once there were three trees on a hill in the woods. They were discussing their hopes and dreams when the first tree said, *"Someday I hope to be a treasure chest. I could be filled with gold, silver and precious gems. I could be decorated with intricate carving and everyone would see the beauty."*

Then the second tree said, *"Someday I will be a mighty ship. I will take kings and queens across the waters and sail to the corners of the world. Everyone will feel safe in me because of the strength of my hull."*

Finally the third tree said, *"I want to grow to be the tallest and straightest tree in the forest. People will see me on top of the Hill and look up to my branches, and think of the heavens and God and how close to them I am reaching. I will be the greatest tree of all time and people will always remember me."*

After a few years of praying that their dreams would come true, a group of woodsmen came upon the trees. When one came to the first tree he said, *"This looks like a strong tree, I think I should be able to sell the wood to a carpenter,"* and he began cutting it down. The tree was happy, because he knew that the carpenter would make him into a treasure chest.

At the second tree the woodsman said, *"This looks like a strong tree. I should be able to sell it to the shipyard."* The second tree was happy because he knew he was on his way to becoming a mighty ship.


When the woodsmen came upon the third tree, the tree was frightened because he knew that if they cut him down his dreams would not come true. One of the Woodsmen said, *"I don't need anything special from my tree, I'll take this one,"* and he cut it down.

When the first tree arrived at the carpenters, he was made into a feed box for animals. He was then placed in a barn and filled with hay. This was not at all what he had prayed for. The second tree was cut and made into a small fishing boat. His dreams of being a mighty ship and carrying kings had come to an end. The third tree was cut into large pieces, and left alone in the dark. The years went by, and the trees forgot about their dreams.

Then one day, a man and woman came to the barn. She gave birth and they placed the baby in the hay in the feed box that was made from the first tree. The man wished that he could have made a crib for the baby, but this manger would have to do. The tree could feel the importance of this event and knew that it had held the greatest treasure of all time.

Years later, a group of men got in the fishing boat made from the second tree. One of them was tired and went to sleep. While they were out on the water, a great storm arose and the tree didn't think it was strong enough to keep the men safe. The men woke the sleeping man, and He stood and said "Peace" and the Storm stopped. At this time, the tree knew that it had carried the King of Kings in its boat.

Finally, someone came and got the third tree. It was carried through the streets as the people mocked the man who was carrying it. When they came to a stop, the man was nailed to the tree and raised in the air to die at the top of a hill. When Sunday came, the tree came to realize that it was strong enough to stand at the top of the hill and be as close to God as was possible, because Jesus had been crucified on it.



The moral of this story is that when things don't seem to be going your way, always know that God has a plan for you. If you place your trust in Him, God will give you great gifts.

Each of the trees got what they wanted, just not in the way they had imagined.


We don't always know what our Divine plan is. We just know that Its ways are not always, clear. But know this – the Universe does support us!

The Laws of prosperity

1. Decide what you want and need
2. Look at the benefits
3. Ask for what you need
as it is for you own best good
and that of the Universe
4. Take responsibility
5. Use 'I am'
6. Let Go ~ Let God
7. Trust the Universe
8. Use your gifts wisely



•Use this as a guideline to write new affirmations as you need them



Thoughtful Prayers

- Thank you for the opportunity to share
- Your thoughts
- References
 - *Riches for Today* by Rev. Frederick R. Cale
 - *Creative Visualization : Use the Power of Your Own Imagination to Create What You Want in Your Life* by Shakti Gawain