

## Creating Your Personal Power Affirmation Part 5

Now we get to the really exciting part of actually creating your Personal Power Affirmation.

Now that you have your six words you can begin to put these words into a positive statement. I want your statement to be in the following form for example. Because I am, free from the past, joyful and aware I am, successful, healthy and accepting

So using the statement Because I am with three of your affirmation words, then, I am the last three of your affirmation words

So it will look like this Because I am..... One... Two... and... Three, I am...Four... Five... and... Six. In whatever order that sounds the best to you.

Again once you have started saying your Personal Power Affirmation to yourself you may wish to change the order of the words around so they make more sense to you or even change words if you like, as long as they mean the same thing.

Whatever feels good to you I want you to end up with a statement which positively and completely reflects what you wrote in your List of Desires and Desired Changes and everything you want to be, do and have.

Once you feel comfortable with your Personal Power Affirmation and don't worry you can change it at any time. Now you will be using it with the Yoga Nidra to place it into your deep mind, your subconscious. Where it will change negative self-talk to positive and create a new mindset to create your life the way that you choose.

So when you get to zero in your Yoga Nidra you will say your Personal Power Affirmation three times and along with saying the affirmation I want you to feel as if this affirmation is already true. Because whatever you focus your mind on with the law of attraction is what you will manifest.

So please complete your Personal Power Affirmation now by putting your six words into the statement Because I am..... One... Two... and... Three, I am...Four... Five... and... Six. When you have completed it say it to yourself a number of times to see how it feels and then practice saying it three times a few times to remember it. When you have memorised your affirmation, practice doing it with your Yoga Nidra quick version three times and see how it feels. I'm guessing it will feel great.

When you have finished this congratulate yourself and congratulations from me, I know that took a bit of work to get this but trust me it is all worthwhile. Your new Personal Power Affirmation will replace old negative thinking, self-talk and beliefs

with new and powerful positive thoughts, self-talk and beliefs. It is different to other affirmations you may have used in the past as it is completely unique and self-created and covers all of your dreams and desires. Also another major difference in using this Personal Power Affirmation compared to others you may have used, is that you will be placing it into your deep mind with the use of your self-hypnosis technique the Yoga Nidra. This is when it becomes truly powerful and enables it to override old negative programming with ease.