



Academy of Awakening Newsletter

Dear Reader,

It is now time for me to allow you to “personalize” your Audible/Subliminal Affirmation Series by giving you choice from an assorted selection of “suggestions” in various categories each fortnight.

The power of using your own voice – i.e. commanding your mind to work for you instead of from the thoughts of others, **in your own voice**, is absolutely the most powerful tool we all have at our disposal.

At various times, in our own unique way, we all have to deal with what we have attracted into our lives, for our independent learning. When we are acting out a behavior that does not work for us and it feels uncomfortable, doesn't work for us, our body, mind and gut are not alignment – not congruent – we sabotage our efforts to get the transfer, lose the weight, stop smoking, complete the project, manifest abundance or what ever we desire for our highest good .

This happens because we have stored somewhere, that it is not safe for us to have this success in our lives, it has not worked in the past so why would it work now scenario.

Enter this opportunity to reframe your mind, exactly the way you want so that you can attract to you...

- ✓ Always enjoy **perfect** health and completely heal any illness, ailment or disease
- ✓ Attract into your life as **much** wealth as you can possibly wish for, need or desire
- ✓ Realise your **perfect** body weight, appearance and vitality and keep it that way
- ✓ Enjoy **perfect** relationships with others whether friends, family or others
- ✓ Maintain **absolute** happiness, harmony and peace in your life at all times

**“You are today where your thoughts have brought you;
you will be tomorrow where your thoughts take you.”**

James Allen (1864-1912)

STOP imagining and talking about the things you **DON'T** want – and begin building expectations of what you **DO** want for yourself in your personal, business or sports life! Achieve your goals! Learn to correctly structure visualizations and affirmations that will swiftly turn your self-expectations into reality!

**Are you finally ready to STOP
the negative thought patterns that are
keeping you from living the life you deserve?**

Essentially you can give your subconscious a new blueprint for success if you work with the right affirmations on a regular basis.

How do I begin NOW? !!!

The affirmation should reflect what you can do and what actions you can take to create the outcome you want. Some people – actually a lot of people – want to make more money. Simply saying I'm making more money is a good start – but you can also create the affirmation that reflects action – thus saying: *I know what to do to make more money and I'm now doing the right things to make more money.*

To create affirmations – focus on what **you want** – not on what you don't want. You should only be focusing on the outcome that **you want**.

Do I need to believe the affirmations? No you don't need to believe the affirmations. In fact some would argue that it's probably better not to believe the affirmations because when they manifest it's just further evidence to your mind that they do work. The affirmations that you choose for yourself will almost certainly jump out at you (*oh boy I would really love to have that and feel those feelings in my life*) you and only you know what is perfect for you.

Keep your affirmations fresh and have fun with them. I like to suggest that 6 –10 affirmations works best at one time and I would also encourage you to add one or two affirmations for gratitude for each mp3, on top of your originally chosen script – gratitude for all that you are, is a very positive tool and from my experience, a very empowering part of all my generic mp3s.

Audible/Subliminal. I choose to use this format i.e. 2 repetitions of your chosen affirmations that are audible to you, because I encourage all to use Emotional Freedom Technique (EFT) ie tapping on the meridian points of the fingers to further enhance the benefits to you. All your messages will be embedded in the music, enabling them to go directly to the unconscious mind where the transformation takes place effortlessly and easily without the critical conscious involvement. I use a 4 channel embedding technique for when I embed the affirmations, for greater power and influence on your life. You can choose to hear your own voice or I can record your messages for you. The subliminal part will certainly be much more beneficial, and essential to you in your own voice.

How often and when do I use my mp3? These mp3 audible/subliminal affirmations must never be used when using or operating any machinery, because they contain a brainwave frequency that is pertinent to your chosen script, but apart from that you may use them as much as possible and most certainly they work well as you drift off to sleep each night. Using headphones certainly enhances your listening pleasure for you.

CLEARING BLOCKAGES

I trust my inner guidance and follow my intuition.
I make powerful decisions easily.
I find winning solutions.
I now experience a new level of clarity, well-being and self-confidence.
I release any feelings of self-pity and blame. I know I can create any reality I want.
I know exactly what to do to create the results I want.
I now take charge of my life.
I surrender all outdated myths and beliefs and create my own unique happiness

SELF SABOTAGE

I am innocent
I make good decisions
I trust myself
I am doing what I need to do
I am good enough
I accept life
I surrender to appreciation
I believe in myself
I accept circumstances as they are
I love myself
I am free

My actions are in harmony with higher purpose
I release the past and I embrace the present
I forgive myself
I forgive everyone
I approve of myself
I know my boundaries
I respect the boundaries of others
I trust my inner wisdom to know the truth
I use my power wisely
I am safe and secure
I am willing to change

GRATITUDE

I gratefully accept all the health, wealth and happiness that the universe pours into me every day.
I approve and love of myself, I am healthy, beautiful, loving, giving, I give thanks for all that I have and all that I shall be. I am open to all possibilities. I have abundance in all areas of my life, I begin again and again, to reinvent myself daily.
I am thankful for all the love in my life
I am happy and grateful for everything I have and receive daily
My life is abundant and amazing right now!
I am grateful for my health
I am thankful for God's endless treasures.
I breathe in gratitude and breathe out love
I see all of the beauty and grace which is around me with loving gratitude.
I am thankful for all the good in my life
I am grateful for all that I experience in this lifetime
I am receiving abundance every day
I am very profoundly thankful for my own unique and wonderful life.
I am thankful for my blessings. I focus on the good things in my life thereby giving them power to grow and multiply.
I appreciate all, I show my gratitude, I give thanks.
I give thanks and choose to be happy
My needs are generously met
I am a blessed woman.
Every living day is a blessing which I am deeply grateful for.
I am grateful, for I am a perfect Spirit of the Universe and I share in its abundance in everyway, today and everyday.
My job is a joy and a pleasure I excel in everything I do.
I always have money when I need it, therefore, I always have all the money I need and more.
I meet all obstacles with love and understanding.
I heal past hurts by replacing them with loving thoughts.

SELF BELIEF

I am a radiant being filled with light and love...
I love and accept myself exactly as I am...
I now express love to all those I meet...
I am a radiating center of divine love.
Divine love is working through me now.
I bathe in the unconditional love of my Creator, and it radiates from me at all times.
I love myself completely.
Love comes to me easily and effortlessly.
I give and receive love easily and joyfully.
Others love me easily and joyfully.
I now feel loved and appreciated by my parents, my friends
I express my love freely, knowing that as I give love, I am instantly supplied with more.
I radiate love to all persons and places and things
People are just waiting to love me, and I allow them
I breathe in universal love, and it radiates through every cell in my body.
I attract loving, beautiful people into my life.
I always deserve love.
I am attracting loving relationships into my life.
I project love to everyone I meet.
I love and approve of myself.

Stop wishing and hoping and start putting your passion to work FOR YOU

It is as simple as 1, 2, 3, 4.

1. Relax yourself and choose your affirmations – you can always review them at a later time to reduce the number. Please think of the advantages, and how things could be much better for you, with each affirmation.
2. I will assist you with some more choices if that is what you would like – please let me know the feelings associated with the thoughts that are no longer working for you.
3. Please tell me what format you would like your mp3 to be in i.e. Audible/Subliminal, only Audible, or only Subliminal.
4. The rest is up to me to get it back to you in mp3 format as soon as possible – hopefully 24 hours.

If you prefer your own voice for your affirmations and you can record your own voice on your computer, send me the audio file and I'll add the music.

I will be adding more affirmations for Creativity, Self-Sabotage and Motivation in the next newsletter and I will be adding my newsletter to my website for anyone who is not on my mailing list at the moment.

Take care and choose happiness always...

Kind regards

Sue McDonald

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