List of Affirmations: Why is It Essential to Include Affirmations of Faith?

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When compiling a list of affirmations, most people include the typical abundance affirmations, prosperity affirmations or health affirmations to manifest money, health and/or happiness. But there is a key element necessary for any affirmation on your affirmation list to work. Without this key element, your daily positive affirmations may generate some attraction, but when affirmations of faith and trust are included in your list of affirmations, you've â€œjump startedâ€• your ability to use daily affirmations to their full potential. This is because the Law of Attraction responds to our ability to trust that something will occur.

LAW OF ATTRACTION: Typically, the main reason for practicing affirmations for abundance and prosperity, self esteem affirmations, weight loss affirmations or other personal affirmations is to invoke something called the â€œLaw of Attraction.â€•

This â€œlawâ€• is one of the universal laws of attraction and is just as â€œrealâ€• as the Law of Gravity. there are 7 laws of attraction to be specific, but they all have to do with manifesting what you desire based on the theory that â€œlike things attract to each otherâ€• like a magnet.

When working with the Law of Attraction, however, many people focus solely on reciting their list of affirmations over and over again like a robot, while leaving out the necessary emotional components of faith and trust.

7 LAWS OF ATTRACTION: One of the 7 laws of attraction is the â€œLaw of Harmony.â€• This law focuses on the fact that in order to manifest what you desire, you must be in harmony with the Universe.

When you are in harmony with the Universe, you are at peace and without worry. So, if you are worrying, it's showing that you are not trusting in the outcome. On the other hand, when you trust, worry is left completely out of the picture.

Doing spiritual affirmations and/or affirmations of faith and trust also correspond to the other 7 Laws of Attraction, but the Law of Harmony is the strongest one to remember why you want to trust that your daily affirmations have the power to manifest your desires.

AFFIRMATIONS OF FAITH AND TRUST: When writing positive affirmations for your affirmation list, you'll want to learn how to write affirmations that include the words â€œfaithâ€• or â€œtrust.â€• While this sound â€œelementary, my dear Suzanne," it's something that is readily left out when many people start using daily affirmations and is a good starting place for you to start attracting more trust into your life.

There are also ways to instill trust within your body on a physical vibration level, which is also key to â€œtalking the language of the Universe.â€•

Regardless of how many positive affirmations you may have on your list of affirmations for different areas of your life that you wish to change, including affirmations of faith and trust are critical to manifesting your desires. If you can also find ways to instill the vibration of trust within your body on a physical level, then your affirmation list can really become active and manifest whatever you desire and make your life work in new and magical ways.

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Suzanne Glover gives other key elements for your a list of affirmations as well as how to instill the vibration of trust within your body at a effective-positive-thinking.com.

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