Affirmations â€“ the Most Powerful Statement in the World

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Itâ€™s a refreshing sign that so many people are willing to do whatever it takes to improve their lives. Of all the tools available to do so, one of the most popular is the use of affirmations.

Theyâ€™re easy to do and they can help you overcome many obstacles to reaching your goal. Salespeople use them to eliminate their fear of asking for the order. Health conscious people use them to help change their eating habits.

Affirmations can work, but they can also work against you if youâ€™re not using them properly.

You can find a lot of helpful tips and advice on how to use affirmations. Some of the more common guidelines are to be specific and to word them in the positive.

All of this advice is good, but it overlooks one very important fact. Itâ€™s not the words that you are affirming. In all reality, the words youâ€™re using matter very little.

Itâ€™s crucial to realize that affirmations only work because of the mental pictures they arouse in your mind, and the feelings you get when saying them. If you donâ€™t feel good about the picture, youâ€™ll g the opposite of what you want.

For example, you decide on an affirmation to start eating healthier so you can lose weight. As you repeat your chosen statement over and over again, a picture forms.

You start to see yourself getting leaner and looking good. You begin to feel excited. But waitâ€¦ Soon you notice a slight nervous feeling in your stomach. Life is no fun without all those wonderful foods you enjoy so much. Youâ€™ll have to give them up.

And just think of all the sweating and suffering youâ€™re going to endure in your exercise program. Perhaps you remember the last time you tried to achieve your ideal weight and you couldnâ€™t. Maybe itâ€™s just not in the cards for you.

All the while, you keep repeating your â€œpositiveâ€• affirmation as all of these thoughts and emotions ru under the surface of your conscious awareness.

Does this scenario seem eerily familiar to you? If so, take heart. There is one affirmation that can quickly put you in a serene, powerful state.

Itâ€™s a statement where no negative picture or emotion can arise. If you feel upset, discouraged or angry when you start, this affirmation will clear it away and leave you feeling content and powerful.

Simply say â€œI love youâ€• over and over again. Itâ€™s the worldâ€™s most perfect affirmation. While doing it, think of someone you love deeply and unconditionally, like a newborn baby or even a pet.

Soon, youâ€™ll vibrate with good, clean energy, and when you do, youâ€™ll be able to carry on with any other improvement you want to make in your life.

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