

Practice #5: Affirmations

We have taken the thirty-six characteristics of an Intentional Creator and divided them into The Six Qualities of an Intentional Creator. We have recorded them in sequence and supported them with inspiring music.

Log on to www.intentionalcreation.com and click on My Tools on the navigation bar. Once you are in My Tools, select Affirmations. In the center column select which Quality you would like to focus on and it will appear in the right column. There you will find an audio recording of the affirmations for that Quality which can be downloaded for your ears only to an MP3 player so you can listen while exercising or relaxing.

It is important that you have a moment of consciousness prior to listening. Acknowledge that you are about to hear characteristics of an Intentional Creator stated as affirmations. Acknowledge that this is who you really are when you step back from sabotaging thought processes and consciously make wise decisions to think and act differently. Acknowledge that you do not always do this but it is your desire to do it more often.

As you listen to the affirmations you may hear self-deprecating dialogue such as, "I am not like that!" "I wasn't that way yesterday when I ..." "Who am I trying to kid?" Scientists have warned that when we hear something that our thought processes believe is not true that it causes harmful interference. To avoid this possibility consciously acknowledge what is true when you allow these thoughts to run your life. Commit to

take back control of your thoughts. Commit to awaken this goodness in your soul and act accordingly. You are truly these affirmations. You are nature's greatest miracle. Own your innate goodness and allow these affirmations to awaken your genius and your goodness.