



YOUR Path To Abundance

**Increase Your Vibration Using
Energetic Affirmations**

7 Day Course

By Path To Abundance, Inc.

www.MyMoneyHealing.com



Increase Your Vibration Using Energetic Affirmations

7 Day Course



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Increase Your Vibration Using Energetic Affirmations

Welcome to Your Energetic Affirmations Exercises!



Congratulations and welcome to your first step in unblocking, clearing and powerfully aligning your energy with the experiences you wish to have in your life.

I applaud your courage to take consistent daily action and I support your desire to live a passionate and deeply meaningful life!

Affirmations are a declaration to the Universe stating what you want to create in your life. They are potent and they are very effective. When affirmations are used properly, they not only help raise your energetic vibration level but they also reprogram your subconscious mind to start believing the things you are affirming. This, in turn, transforms your thoughts and words into tangible and noticeable results. Yippee!

As you use this affirmation course, try to suspend any doubts your logical mind may have and simply trust that this process is clearing away blocks and energetically aligning you with the positive statements you are affirming even if you don't fully understand how just yet. This process absolutely works but you may need to simply trust that at first.

This course was designed to give you 7 days of daily affirmation practices. Each day you will work with a simple, yet powerful, written affirmation process and then you will do a short meditation. After that, you will go out into your day with the practice of speaking your affirmation aloud - to yourself, others and the Universe. And finally you will take a small action step toward incorporating the truth of each day's affirmation into your life.



When doing the written portion of this course, it's very important to write out your answers in your own hand (as opposed to typing on a computer or other electronic device). Writing in your own hand connects you more deeply to the energetic process that is taking place and it's very powerful. The daily lessons in this course are designed such that you can print them out and write in the space provided for each day's exercise or if you wish you can simply open the document on your computer to read and then write your answers in your own journal or notebook. Choose whichever process feels best for you.

If there's an affirmation that you absolutely don't resonate with—don't use it. There's a difference between resisting because you don't believe it's possible or true (yet) and resisting because it's definitely not a fit for what you want to create in your life. If you find there's an affirmation that you don't wish to align with, simply use a different affirmation from the group for that day's exercises.

The areas of life we will affirm during this 7 day course are:

- Self Love ~ Self Esteem
- Healthy Boundaries
- Health and Wellness
- Self Growth and Self Improvement
- Your Relationships With Others
- Your Body

You will work with Lesson 1 today, Lesson 2 tomorrow, Lesson 3 the next day and so on. I believe you will be amazed at how happy and inspired you'll feel after 7 days of aligning your energy in a fun and inspiring way! YEEHOO!

Let's get started!



Day 1

Concept

Energetic Affirmations: Self Love ~ Self Esteem

Here is the list of affirmations to choose from for our very first topic.

Self Love ~ Self Esteem

- I am deeply kind to myself by filling my mind with inspiring, positive thoughts.
- I am very proud of what I have accomplished so far in my life.
- I am willing to accept and release the things in my life that are beyond my power to change.
- I deserve the best that life has to offer.
- I am strongly inspired to be the best person I can be.

Step 1: Written Affirmation

Choosing from the list of affirmations above, pick one affirmation that you would like to work with today. Write that affirmation in your own hand 9 times. Use red ink if possible because it activates your vibrational harmony with the energetic properties of the affirmation. As you write, allow the words to begin permeating your being on all levels. Simply “be” with the words as you write them and allow any resistance you may have to gently move through you and dissolve.

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Step 2: Affirmation Meditation

Claim this affirmation as your own by taking approximately 3-5 minutes to energetically embrace this affirmation on a deeper level. Sit quietly and simply allow this statement into your energetic space as it infuses your entire being with its own energetic properties. Allow its energy to permeate the parts of you that may have resisted this truth in the past. You might see today's affirmation behind your closed eyes (like watching a movie screen with words on it). Or you might repeat the affirmation much like a mantra (either silently or out loud). Or maybe you will simply "feel" the meaning of the words as they begin to resonate with your energy. However feels best for you to sit and be with today's affirmation is perfect. Try as best as you can to feel connected to this affirmation as you allow it to become your new truth.

Step 3: Declare Your Affirmation

As you go out into your day, bring this affirmation with you. How might you speak it aloud – either to yourself or weaving it into conversations with others so the Universe (and you!) take notice of it? You could also use any free time you have today (such as when commuting on a bus or train or doing something that doesn't require your full attention) to think about it, permeating your own energy with it that much more profoundly.

Much like learning a new word and definition each day, practice speaking and/or thinking about this affirmation in as many ways as you can throughout your day. Do you have a trusted friend or loved one who can support you with this? Ask them to tell you this affirmation about yourself. Listen intently and try as best as you can to not resist their words.

Another very powerful practice is to say this affirmation to others. In so doing, you are actually offering them a blessing. Offering blessings to others is a very powerful way to bring that thing into your own life. You can offer this blessing silently to a stranger (or someone you know) or you can speak it aloud to those you know and trust.

Then simply trust that the Universe is matching your wonderful energetic alignment with these very words.



Step 4: Affirmation In Action

Take a small action that signals to the Universe (and yourself) that you are aligned with this new affirmation statement about yourself and your life. For example, if the affirmation has to do with creating wealth or abundance you might offer a form of abundance to someone else today. If the affirmation is about appreciating your body, you might look in the mirror and actively practice appreciating yourself. For creating healthy boundaries, you could take a step toward creating that boundary where it may be needed. For self love/self care, you could take a small but meaningful action that represents loving/caring for yourself.

However the action(s) might look to you based on today's affirmation is perfect. Simply look to see what small action(s) you are able to take that further aligns your energy with the energetic properties of your chosen affirmation. The Universe will lovingly engage all of its power to match your efforts.

Have a NURTURING day and I'll see you at tomorrow's step!



Day 2

Concept

Energetic Affirmations: Healthy Boundaries.

Today we will begin working with a new topic.

Here is the list of affirmations to choose from for our new topic.

Healthy Boundaries

- I am genuinely friendly to everyone I meet.
- I strongly and clearly speak up for myself.
- I confidently and clearly express my needs for healthy boundaries with the people in my life.
- I permit myself to acknowledge my feelings and release those which are negative.
- I joyfully embrace a life filled with harmony and balance.

Step 1: Written Affirmation

Just as we did yesterday, choose from the list of affirmations above and pick one affirmation that you would like to work with today. Write that affirmation in your own hand 9 times. Use red ink if possible because it activates your vibrational harmony with the energetic properties of the affirmation. As you write, allow the words to begin permeating your being on all levels. Simply “be” with the words as you write them and allow any resistance you may have to gently move through you and dissolve.

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Step 2: Affirmation Meditation

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Step 3: Declare Your Affirmation

As you go out into your day, bring this affirmation with you. How might you speak it aloud – either to yourself or weaving it into conversations with others so the Universe (and you!) take notice of it? You could also use any free time you have today (such as when commuting on a bus or train or doing something that doesn't require your full attention) to think about it, permeating your own energy with it that much more profoundly.

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Step 4: Affirmation In Action

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However the action(s) might look to you based on today's affirmation is perfect. Simply look to see what small action(s) you are able to take that further aligns your energy with the energetic properties of your chosen affirmation. The Universe will lovingly engage all of its power to match your efforts.

Have a MEANINGFUL day and I'll see you at tomorrow's step!



Day 3

Concept

Energetic Affirmations: Health and Wellness.

Today we will begin working with a new topic.

Here is the list of affirmations to choose from for our new topic.

Health and Wellness

- I ensure my well-being by the healthy choices I make.
- I actively create peace and tranquility for my body, mind and spirit.
- I love the way I feel when I take care of myself.
- I pay close attention to my unique needs and joyfully honor them.
- I am filled with inner peace, joy and vitality.

Step 1: Written Affirmation

Choosing from the list of affirmations above, pick one affirmation that you would like to work with today. Write that affirmation in your own hand 9 times. Use red ink if possible because it activates your vibrational harmony with the energetic properties of the affirmation. As you write, allow the words to begin permeating your being on all levels. Simply “be” with the words as you write them and allow any resistance you may have to gently move through you and dissolve.

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Step 2: Affirmation Meditation

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Step 3: Declare Your Affirmation

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Step 4: Affirmation In Action

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However the action(s) might look to you based on today's affirmation is perfect. Simply look to see what small action(s) you are able to take that further aligns your energy with the energetic properties of your chosen affirmation. The Universe will lovingly engage all of its power to match your efforts.

Have a HEALTHY day and I'll see you at tomorrow's step!



Day 4

Concept

Energetic Affirmations: Self Growth and Self Improvement.

Today we will begin working with a new topic.

Here is the list of affirmations to choose from for our new topic.

Self Growth and Self Improvement

- I am open to new and deeper levels of self-awareness.
- I readily strive to improve my understanding of people and things.
- I am gently releasing all reasons and excuses that interfere with improving my life.
- I recognize that I am the only one who can change my life.
- I deeply believe that I have the ability to make positive changes in my life.

Step 1: Written Affirmation

Choosing from the list of affirmations above, pick one affirmation that you would like to work with today. Write that affirmation in your own hand 9 times. Use red ink if possible because it activates your vibrational harmony with the energetic properties of the affirmation. As you write, allow the words to begin permeating your being on all levels. Simply “be” with the words as you write them and allow any resistance you may have to gently move through you and dissolve.

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Step 2: Affirmation Meditation

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Step 3: Declare Your Affirmation

As you go out into your day, bring this affirmation with you. How might you speak it aloud – either to yourself or weaving it into conversations with others so the Universe (and you!) take notice of it? You could also use any free time you have today (such as when commuting on a bus or train or doing something that doesn't require your full attention) to think about it, permeating your own energy with it that much more profoundly.

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Step 4: Affirmation In Action

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Have an UPLIFTING day and I'll see you at tomorrow's step!



Day 5

Concept

Energetic Affirmations: My Relationships With Others.

Today we will begin working with a new topic.

Here is the list of affirmations to choose from for our new topic.

My Relationships With Others

- I am sincere and respectful to others.
- I lovingly make time in my day for the people I care about.
- I am more and more comfortable asking to have my needs fulfilled.
- I am strongly committed to maintaining healthy relationships with the people in my life.
- I surround myself with people who understand me and love me for who I am.

Step 1: Written Affirmation

Choosing from the list of affirmations above, pick one affirmation that you would like to work with today. Write that affirmation in your own hand 9 times. Use red ink if possible because it activates your vibrational harmony with the energetic properties of the affirmation. As you write, allow the words to begin permeating your being on all levels. Simply “be” with the words as you write them and allow any resistance you may have to gently move through you and dissolve.

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Step 2: Affirmation Meditation

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Step 3: Declare Your Affirmation

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Have a MEANINGFUL day and I'll see you at tomorrow's step!



Day 6

Concept

Energetic Affirmations: My Body.

Today we will begin working with our final topic.

Here is the list of affirmations to choose from for our new topic.

My Body

- One thing I absolutely love about my body is _____ (fill in the blank).
- I embrace all the wonderful and unique things that make me who I am.
- I actively embrace patience as I work toward my goals for my body.
- I am deeply motivated to keep my body fit and strong.
- I happily rejoice in reaching my physical well-being goals; both short term and long term.

Step 1: Written Affirmation

Choosing from the list of affirmations above, pick one affirmation that you would like to work with today. Write that affirmation in your own hand 9 times. Use red ink if possible because it activates your vibrational harmony with the energetic properties of the affirmation. As you write, allow the words to begin permeating your being on all levels. Simply “be” with the words as you write them and allow any resistance you may have to gently move through you and dissolve.

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Step 2: Affirmation Meditation

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Step 3: Declare Your Affirmation

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Have a FANTASTIC day and I'll see you at tomorrow's step!



Day 7

Concept

Checking In With Yourself.

It's wise to occasionally take stock to see where you've been, where you're going and where you are now in relationship to the two. So today we will do a check in to celebrate your successes, acknowledge where your vibration may have been low and renew your commitment to keep moving forward toward your goals and dreams in whatever ways inspire you.

Action

Take today's 5 minutes to think about or write on the following subjects – but please remember there are no right or wrong answers. This is only to serve as a guide for you to celebrate your wins and possibly make adjustments as you continue on your path. Gentleness and compassion for yourself are absolutely a MUST during this exercise – this is non-negotiable.

- How are things going with your affirmation practices?
- Are you writing the affirmations each day (and writing in your own hand rather than on a computer or other electronic device)?
- Have you noticed any blocks you may have had starting to dissolve and have you felt yourself aligning with the affirmations?
- Is there anything that blocked, stopped or slowed your forward movement (negative emotions, limits in your beliefs, resistance of any kind, non-supportive input from others or anything else)? List anything that comes to mind.
- Could you have done anything differently when faced with the blocks listed above that may have helped you move through those blocks? (Are you being compassionate with yourself right now as you look at this?!)
- Overall, have you felt a little more grateful/hopeful/happy/enthusiastic about your present and/or your future?



Bonus Action: Throughout Your Day

Regardless of how well or poorly you feel you did shifting your energy during these last seven days, every single moment is an opportunity to shift in the direction of your goals and dreams.

As often as possible today, think about any victories or successes you had during the last 7 days no matter how small. Think about them several times throughout the day and FEEL great!

If you feel you had no successes at all (are you being too hard on yourself?), then this is your opportunity to visualize your future successes. Take time throughout the day to decide on a success you WILL claim and really see it happening (make sure you feel all the happy, positive feelings that you WILL feel when you celebrate that success).

CONGRATULATIONS!



You did it! You've spent an entire week powerfully increasing your vibration and sending a very specific message to the Universe about the wonderful life you are committed to creating! Well done!

Thank you so very much for allowing me to support you on your fantastic journey. It is my honor and pleasure to contribute to your life in a way that I hope is meaningful for you. I offer you my deepest gratitude for allowing me to energetically connect with you. I also wish you a life of love, joy, passion and abundance! After all, it's your birthright!

The lessons presented in this course are excerpts from a much larger body of work. If you feel inspired to continue moving toward your goals and dreams with my regular daily guidance, I would be honored to support you on your journey.

I have several energy clearing, shifting and aligning courses available using powerful techniques such as conscious visualization, energetic affirmations, daily gratitude steps and more.

For more information, please visit: www.YourPersonalAgreement.com

I purposely keep the prices for my courses as inexpensive as possible (on average they cost about 50 cents per day). And if you are not in a position to purchase one right now, remember, you can repeat the exercises contained within this course as often as you wish (and in any order). Please keep using these exercises to shift your energy and align with abundance!

Live the life of your dreams! It's not only possible - it's your birthright!