

on this theme.” The projectionist (mind) will then give you all the films that support that new footage, as well as any that are in direct opposition to it (Response). You can then review all the film, choose the footage for the movie that you want to show.

The final step of the process is to give the new movie to the projectionist (your mind) and then go about being and doing your life and letting the new movie happen (Release).

REPETITION

The movies or beliefs we now have are a result of repeated similar experiences that were grouped together in the mind. The easiest way to begin creating the new movies is the same way - Repetition. Choose a positive thought about the way you want life to be and then repeat it. Here are some suggestions on how to write and use affirmations.

1. Write your affirmation about yourself as a statement by you, i.e. “I now receive the assistance and cooperation I need to accomplish my desired results,” **not** “People now cooperate with me.” The second affirmation attempts to control the behavior of **others**; the first one controls the kind of behavior that **you** attract.
2. Use all three persons in writing an affirmation, i.e. “I, Patricia, now love myself in the presence of others. You, Patricia, now love yourself in the presence of others. Patricia now loves herself in the presence of others.” Many of our impressions came from external directions to us (second person) or what we heard others say about us (third person). It is also valuable to use any nickname you were given when writing affirmations as it calls up the response recorded at that certain time in your life.
3. Write the affirmation in present time, i.e. “I now have..., “I am...,” **not** “I will be (do or have)...,” or write it as if it is already achieved, i.e. “I have completed..., I have traveled to...”
4. Be positive in your affirmations, i.e. “I now receive criticism safely and enjoyable” **not** “I don’t get angry when others criticize me.”
5. We all have the ability and potential, so form your affirmation actively doing, having, etc. i.e. “I am increasing my income daily” rather than “I have the ability to...” I can now.”
6. Use colorful adverbs and adjectives that make your affirmation alive and energetic, i.e. “I am now richly dressed in my favorite style of clothing.”
7. Be specific, i.e. “I now weigh 115 pounds and am enjoying my slender, sexy body” **not** “I am losing weight.”
8. Work in **one** area of affirmations at a time. Too many new thoughts at one time can produce confusion, insecurity and upset. It is enough that you are willing to examine one area at a time and begin to rewrite that belief system. You can use several related affirmations at one time.
9. Use each affirmation or set of affirmations for at least 30 days, but not longer than 45 days. This allows sufficient time for the old belief system to begin breaking up and the new belief to get integrated.

10. Write the affirmations(s) 10 to 20 times daily or record them on a cassette tape, saying each affirmation slowly and softly with enough silent time in between each one for you to repeat it out loud when you are listening. Say each affirmation 3 times in each of the three persons (see instruction No. 2). Play the cassette as you are falling asleep at night or in the morning before you get out of bed. (Do not use a tape loop that repeats all night while you are sleeping).

When working with affirmations at the level of repetitions, a certain point is reached when the opposing thoughts or resistance becomes activated in the mind and body. Sometimes you may even experience days where “everything is going wrong” as your mind tries to distract you from this process.

The mind identifies with the films that it has been showing for all these years and doesn’t necessarily want to give them up. When you’ve seen the same movie 100 times you know the plot and the outcome - there are no surprises. In the same way, old belief systems are comfortable - no surprises.

Remember how exciting it is to see a movie for the first time? Excitement and fear are very similar energies. When giving up the comfortable and predictable, you may experience both of these feelings as your life begins to change.

Don’t let yourself be distracted by the resistance. Persist in the process. Above all, don’t try to suppress the responses that you are getting from your mind. There is a way to deactivate the resistance and take the “charge” off. It is called RESPONSE, the second level of working with affirmations.

RESPONSE

Take out a blank sheet of paper and draw a line vertically down the middle of the page. On the left side, write your affirmation. On the right side, write in the response your mind offers to you.

The projectionist is a feisty little character who will try to tell you exactly what you have stored in the projection booth and when it should be played.

When you say “I deserve to be wealthy” you may hear the reply, “Oh yeah? Well, you aren’t!” or any of the following responses:

“I deserve to be wealthy”

“Wealthy people are crooks”

“I deserve to be wealthy”

“Rich people are snobs”

“I deserve to be wealthy”

“You have to work HARD to get rich”

“I deserve to be wealthy”

(Your mother’s voice) “We’ll never have enough money”

In doing the response process, you’ll have an opportunity to tell yourself the truth about your beliefs, find out what you are really thinking and learn how to deactivate the resistance.

Eventually your response will be neutral or simply “That’s true” or “You’re right, I do deserve to be wealthy.” Don’t get discouraged if it takes several pages to

get to neutrality. All those responses tell you what thoughts you need to rearrange or re-think into positive beliefs.

Change every negative response into a positive affirmation and write it several times. If you feel a resistance to it, do a response column with the new affirmation.

RELEASE

There comes a point in the process, once you have chosen new footage and edited the old films, where it's time to turn on the projector, and show the new movie. It may take a while to get to that point - and yet this is one of the fastest ways we've found to change our minds and beliefs and get what we want.

There is no longer any need to repeat, write and play the tapes; you've neutralized the responses. You can now release the effort and energy you were focusing and let the results happen.

You may find yourself thinking these new thoughts the way you used to think the old ones, naturally, easily and as a matter of fact. There may be a few choppy parts in the movie, and some refinement and additional minor editing required.

However, now you can live your life in a new context and get the new desired results. Throughout this year of working with this program you will go through this process in several areas of your life - and it will only be the beginning. Rest assured that the process gets easier and faster. The more you know that you are the cause, the easier it is to change the movies.

The Affirmations Technique is an excerpt from "Claim Your Unlimited Potential" written by Patricia Clason and David Durovy. The set of twelve workbooks is available through the Center for Creative Learning.

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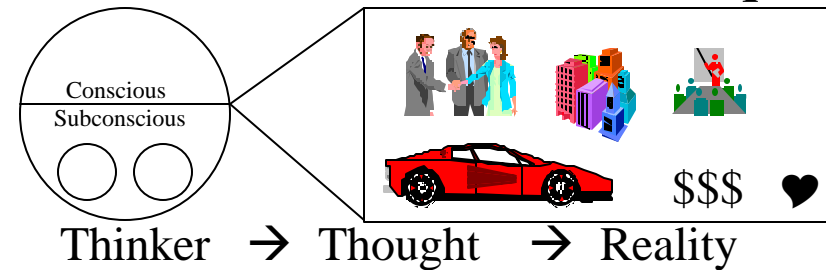
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The Affirmations Technique



Our lives are very much like the movies. Our mind is both the movie studio and the projection booth. Our environment, and the happenings in our lives, are the movies itself.

From the time we were born, our minds began receiving audio and visual input. Clear and open, the mind was eager to acquire all the footage it could get to determine how life is and so, like a camera, it took in everything objectively, with very little or no discrimination.

As the input came in, it was sorted into general categories for each of the basic areas of our lives - relationships, money, self esteem and so on. The mind had gathered supportive evidence during the shooting of the film, and so it concluded that life is a particular way in each of these categories. Before long, we had acquired our own "movies" on "how life is." At the prompting of a particular stimuli, the appropriate movie would be shown and acted out in our lives.

If you went to a movie theater and decided that the movie wasn't any good, you wouldn't go up to the screen and try to rearrange the figures or the set, would you? Well that is how most people relate to their lives. They aren't happy, so they try desperately to rearrange the physical set or change the characters in their lives.

If you were in the theater, you would probably get up and leave...or maybe you would fall asleep, or continue to watch the movie while thinking about someone or something else.

In real life, some people **do** leave. This is often referred to as committing suicide. Most people spend their lives thinking about something or someone else, rather than being in present time. They worry about the future or regret the past, never enjoying where they are at. A few people even go through life asleep - in a zombie-like trance, doing the same things day after day, without any feelings at all.

And then there is a percentage of people, like you, who go to their projection booth (the mind) and begin examining their films (belief systems) by themselves, getting rid of the movies that they don't want, and shooting **new** films.

An **AFFIRMATION** is a positive thought, chosen on purpose about the way we want life to be. Working with affirmations is a threestep process - **REPETITION**, **RESPONSE**, and **RELEASE**. Once we choose our affirmation, we can "shoot some footage" (Repetition) and take it in to the projection booth saying, "I want a movie