# 365 DAILY ENLIGHTENMENT

## The Road To PEAK Health, Happiness, Love, Prosperity And Wealth

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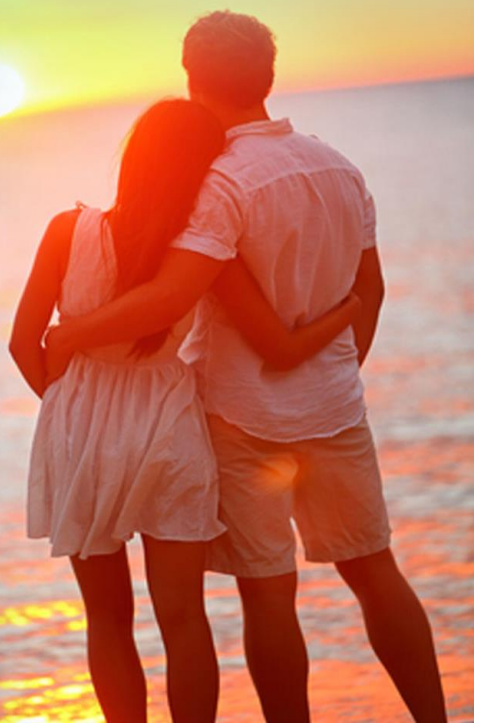

# Acknowledgments

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Love,

Lucy Liu

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# Key Steps to Make Affirmations Work for You

Imagine how it feels like to be able to manifest your dreams and deep desires right in front of your eyes. Is it possible? Absolutely! Miracles happen all the time. When you raise your vibration to be in alignment with the blueprint that is already recorded in the Universe, you can instantly attract it! You may wonder how to raise your vibration. There are many ways to achieve this. First, you have to impress your subconscious mind to make long-lasting changes. Why subconscious mind?

Let's talk about the founder of psychoanalytic theory-Sigmund Freud's Three Levels of Mind: the Conscious mind, the Subconscious mind, and the Unconscious mind.

The conscious mind also called the gatekeeper, is your awareness of the present moment. It communicates with the outer world through speech, pictures, writing, physical movement and thoughts. It is responsible for logic and reasoning and only occupies about 10% of your brain capabilities.

The subconscious mind contains accessible information that you are not consciously aware of. It is responsible for all of your involuntary movements, such as breathing and heartbeat. Your subconscious mind also delivers your feelings, emotions, and memories that are associated with your perception of the world. It exists just below the level of consciousness before the unconscious mind. The subconscious mind is much larger than the conscious mind and occupies around 50-60% of your brain capabilities.

The unconscious mind refers to the thoughts that are outside of your conscious awareness. It is like a deep and vast ocean and largely inaccessible to the conscious mind. The unconscious mind is the source of all the programs that your subconscious mind runs. Your subconscious mind is in continuous contact with the resources of your unconscious mind. The unconscious mind occupies about 30-40% of your brain capabilities.

The superconscious mind refers to the Universal mind or Infinite Intelligence. There is only one Superconscious mind.

Beliefs are solid ideas that are stored in your subconscious mind. Your subconscious mind accepts what it is told and uses these beliefs to create your reality, and you will believe in them whether they are true or not as long as you hold them in your mind. The outer conditions of one's life reflect their inner beliefs. In other words, if you want to change your reality, you have to reprogram your belief system that is associated with it.

How to reprogram your subconscious mind and create transformational changes in your life? A few popular approaches are Hypnosis, Neuro-linguistics Programming, and Affirmations. They all influence your subconscious mind to change your old paradigm and create your new reality.

Affirmations are very powerful, effective, and efficient to reprogram your negative thinking patterns into positive ones. The affirmations of the conscious mind should be impressive enough to influence and penetrate the subconscious mind, which in turn automatically influences the conscious mind. It is believed that stronger affirmations reach not only the subconscious mind but also the superconscious mind, where the miraculous powers reside.

Here are a few key steps to enhance the power of your affirmations to help you achieve your goals quickly.

1. Repetition: Plan your seeds by repetition on a daily basis. You have to engage your feelings and emotions in order to make a long-lasting impact on your subconscious mind, which is the bridge to the Infinite Intelligence who creates miracles. It is believed that thoughts are the vibrations sent to the Universe by the ego or the soul. Speech without a soul force is like husks without corn - powerless.

2. Persistence: Persistence is the key. After 3 weeks, you will notice the difference in your thought pattern. And after 3 months, you will discover an amazing new world inside you. You will start to behave differently and you may wonder why.

3. Emotions: Your feelings amplify the results. Repeat the affirmations with clear understanding, so you can truly engage your feelings. The more frequently you can truly feel that new expansive sensation, the more powerful that affirmation becomes when you repeat it. Feel it, be it and you are it!

4. Positive thinking: It is not easy to think positively all the time. Affirmation creates a state of heightened self-awareness. You will be more aware of the thoughts you are choosing throughout the day. This higher consciousness is going to help you master your thoughts and allow you to create new experiences in your life.

5. Use your will: Affirmation should be carried out with a strong will and determination. Without the use of your will and faith, your life force remains asleep and inoperative. When you incorporate your affirmations with devotion, will, and faith, and speak them intensely and repeatedly, you are supercharging the power of your affirmations.

6. Fake it until you make it. If you think you are not there yet, you can fake it until you make it. The truth is that your vision is already landed in another dimension waiting for you to take inspired actions to bring it into your reality. Everything is created twice. First, it is created in your mind, and then it is carried out by your inspired actions to follow through. Soon you will reprogram your mind with new positive beliefs that will feel completely real and true.

7. Timing: The best time to repeat the affirmation is in the morning right after you wake up and at night before you sleep. Your subconscious mind is wide open during these time periods, and it is highly suggestible to the affirmations that you choose.

8. Imagination: Use your imagination and visualize the pictures as they were already in your reality. Your subconscious mind does not know the difference between what is real and what is imagined, it will work very hard to bring it into your reality.

9. Confidence and Assurance: In order to speed up the manifestation process, you should let go of fear and doubts. Speak with complete confidence and assurance each time, and feel the confidence and truth grow and expand within you. Strengthening your ability to feel the absolute truth of the affirmations you repeat is the key to influence your subconscious mind deeply and completely.

10. Release attachments: Your job is to find out what you want, and it is up to the Universe to process how and when it is going to happen. The expectation of results can weaken the force of true belief. Your fear, doubts, and anxiety come from a place of lack of faith and trust, which can only interfere with the manifestation process. Give the divine force a chance to work for you without interruption.

11. Use chanting: Affirmations should be chanted in a progressive way to lead the thoughts from auditory sense to the understanding of the conscious mind, then to the subconscious mind, and then to the superconscious mind. There are five stages of chanting: conscious loud chanting, whisper chanting, mental chanting, subconscious chanting, and superconscious chanting. Choose your affirmation, first repeat it loudly, then softly and slowly to whisper, and then affirm it mentally until you have achieved a deep understanding and unbroken concentration.

12. Attention and Faith: In order to reach the superconscious mind, you must release uncertainty and doubts because they weaken your life energy within. When you free your mind from all disturbing thoughts and fill it with love, joy, and peace, and have faith in God, you rely more and more on the divine power within and feel the power and inner flow of cosmic force.

13. Reason and self-realization: Before choosing an affirmation, ask yourself why you choose this particular affirmation. This will help you understand your soul desire and increase your self-realization, which will harness your will to direct your life energy in a definite way to achieve your desires. From time to time, we bring negativity in our lives without realizing it. In order to prevent this, you should avoid speaking unpleasant words, even if it were true. If you don't have anything good or positive to say, don't say anything at all.

14. Tapping techniques: Focus is the key to success. Random thoughts should be brought back again and again like a naughty child. You can reinforce your attention with tapping techniques. Based on Alternative Medicine, temples are related to mind control and jaws are related to emotion management. During your affirmation, you can improve your focus and attention by tapping the temples on both sides of your head. Taping your jaws will help you release negative emotions. The thymus gland is located about 1-2 inches below the hollow of your throat. It is thought to stimulate your immune system. By tapping your thymus gland, you awaken the positive energy flow inside you.

15. Customize your affirmation list. Create your own affirmation list by consciously choosing those affirmations that inspire you the most, because your subconscious mind is craving for them. They are the best food for your soul.

As you practice your affirmations for 3 weeks, you will experience a heightened state of consciousness and enlightenment. Your life will be filled with positive energy that can improve every aspect of your life. With persistence, patience, and a true desire to change your life, you will reprogram your mind and become the designer and master of your own life.

*"The thing always happens that you really believe in, and the belief in a thing makes it happen."*
*~ Frank Lloyd Wright*

# Health and Wellness

Health is the most important asset in your life. Most people don't realize this until they lose it. Today most of us are so busy to take care of our physical health but overlook the food for our thoughts. In fact, the sickness of the mind is more dangerous than a sick body. The mental cure is the most important method that is superior to all methods of the physical cure because it stimulates and directs the life force within to accomplish any definite task. The affirmations in this part are going to help you build harmony between your mind and body and achieve optimal health, which includes physical, emotional, mental and spiritual health. Let's start with inner peace and patience. They help you open the gateway to enlightenment and spiritual awakening. Inner peace eliminates negative and restless thinking. While patience increases your inner strength and power.

## Peace and Patience

1. I choose to relax and to be at peace with myself and the world around me.
2. I can easily choose peace in the most challenging situations.

3. I am a channel of peace and well-being.
4. I am at peace with myself and everyone around me.
5. My world is peaceful, loving, and full of joy.
6. I sow the seeds of peace wherever I go.
7. I surround myself with peaceful people.
8. My work and living environment is calm and peaceful.
9. I choose to transcend my past and fill my life with peace.
10. I choose to enjoy the present and trust that the future will unfold at the perfect and divine time.
11. I breathe in peace, I breathe out chaos and stress.
12. With every breath I take, I am bringing more and more peace into my life.
13. My home is a peaceful harbor where I feel safe and relaxed.
14. I release past anger and hurts and fill my heart with calm and peaceful thoughts.
15. I respond peacefully in all situations.
16. There is peace within me that permeates every part of my body.
17. I am emotionally at peace with my past, present, and future.
18. I choose to feel peaceful and relaxed, making the best of each moment as it is.
19. I choose to wait patiently and peacefully, trust events will unfold at the proper time.
20. I am at peace with the world around me and the world is at peace with me.
21. Calmness and peace wash over me with every deep breath I take.
22. Every day I am more and more peaceful and at ease.
23. Being calm and relaxed energizes my whole being.
24. All the muscles in my body are relaxing now.
25. All negativity and stress are evaporating from my body and my mind now.
26. I now breathe in relaxation. I breathe out stress.
27. Even when there is chaos around me, I remain calm and peaceful.
28. I transcend the stress of any kind. I live in peace now.

29. I am free of anxiety. Inner peace fills my mind and body.

30. I know that all great accomplishments require patience and persistence.

31. I know that good things come to those who wait.

32. I possess profound patience in all circumstances.

33. With every breath I take, I am bringing more and more patience into my life.

34. I am patient with myself and others.

35. All is well in my world. I am calm, peaceful, happy, and content.

*"Peace cannot be kept by force; it can only be achieved by understanding." ~ Albert Einstein*

Thoughts are things. "You are essentially who you create yourself to be and all that occurs in your life is the result of your own making." By controlling your thoughts, you become what you think about most of the time. What you think so shall you become!

## Thoughts and Mindfulness

36. I am the master of my mind, and I only allow positive thoughts to flow through me.

37. I attract only positive situations because I always allow my thoughts to flow in a positive direction.

38. I easily create the life I want by directing my thoughts to the positive outcomes that I desire.

39. I am an infinite soul in this physical experience, every challenge is temporary.

40. I am the source of consciousness. I am not my body, my mind or my thoughts.

41. I am always connected to the highest consciousness in the Universe.

42. I am the healing source of love, compassion, and enlightened thoughts.

43. I choose to let gentleness and kindness guide me now and continuously.

44. I quickly release any negative thought that comes my way.

45. I am free from the obligation to manage everyone's life.

46. I am grounded in the experience of the present moment.

47. All is well in my world right now.

48. I am grateful for this moment and for everything I have in my life.

49. I accept and embrace all my life experiences.

50. I create a new me and a new future. I am in control of my own life.

51. I am breathing in light, I am breathing out fear.

52. Everything is possible to those who believe.

53. I think only positive things and positive things happen in my life.

54. I choose to have faith that can move mountains.

55. I fill my mind with positive and nourishing thoughts.

56. My life is getting better all the time.

57. My ability to think positively will lift the people around me.

58. Positive thinking is transforming my life.

59. I am full of positive thoughts from the moment I wake up.

60. My life is in perfect balance and harmony.

61. Each day my thoughts are becoming more and more positive.

62. My life is filled with endless magical moments.

63. By focusing on the present, I create a high level of mental clarity in my life.

64. My body is healthy, my mind is brilliant and my soul is tranquil.

*"All that* we *are is the result of what* we *have thought. The mind is everything. What we think, we become*." *~ Buddha*

Relaxation rejuvenates your body and mind and regulates your mood. Sound sleep helps improve your immune function and reduces stress. Sleep is also involved in the healing and repair of your heart and blood vessels, and each cell of your body.

## Relaxation and Sound Sleep

65. It is easy for me to fall asleep quickly, and I have a restful sleep every night.

66. I am thankful for having a deep restful sleep every night.

67. I close this day with joy and contentment and now drift into a deep sleep.

68. I have done my best for today. I have earned my rest for tonight.

69. I sleep soundly and peacefully. When I awake, I feel rejuvenated and energized.

70. I am divinely protected all throughout the night.

71. Each of my dreams is filled with messages of divine love for me.

72. My dreams are intuitive and enlightening.

73. I feel safe, protected, and completely relaxed when I go to bed.

74. As I prepare to fall asleep, I know that my body is beginning truly miraculous healing.

75. Through the night, my body transforms me into a younger and healthier version of myself.

76. I sleep like a baby. All the cells of my body are rejuvenated and restored while I sleep.

77. I can relax completely now in knowing that I am safe and secure.

78. Every fiber of my being is relaxed.

79. Every day in every way I am becoming more and more relaxed.

80. My world is a relaxing and peaceful place.

81. I protect my body from stress by thinking calm and peaceful thoughts.

82. I feel relaxed and at peace within myself every second.

*"Sleep is that golden chain that ties health and our bodies together." ~ Thomas Dekker*

Exercise improves your muscle strength, increases joint flexibility and improves endurance. A person who is fit is capable of living life to its fullest extent. Food provides our bodies with energy, protein, healthy fats, vitamins and minerals to live, grow and function properly. A healthy diet is a must for a healthy and fit body.

## Health and Fitness

83. I always feel that I am in perfect health.

84. My health is improving in every way each day.

85. Every cell in my body vibrates with resilient health and positive energy.

86. I am constantly creating perfect fitness and health.

87. I am thankful for having a perfectly healthy body and mind.

88. My body is in perfect physical shape.

89. I always choose healthy foods that increase my energy and vitality.

90. My body and mind are a flowing channel of the powerful divine healing source.

91. I am thankful for the divine healing source flowing inside of me now.

92. I am breathing in love and light, I am breathing out hurt and guilt.

93. God has promised to take care of me, and I trust that God will always take care of me.

94. I am always at my perfect weight.

95. I have complete control of my eating and I only choose healthy foods.

96. I am slender and attractive.

97. I love and respect my body.

98. I deserve to have a perfect fit and healthy body.

99. I am getting stronger and healthier every day.

100. I know how to take care of my body with dignity and respect.

101. My body understands how to control my food cravings and sugar cravings.

102. I enjoy exercise every day and exercise is my best friend.

103. I have a healthy body image, and I love and appreciate my body.

104. I am building a positive body image and my body is perfect just the way it is.

105. Having a healthy body image comes naturally to me.

106. Whenever I look in the mirror I always see positive things in me.

107. My body is a temple, and I always treat it with love and respect.

108. My body is a miraculous creation, I commit to love and take care of it.

109. I love and accept my body, my weight, and all my curves.

110. Every cell in my body vibrates with energy and vitality.

111. I am completely pain-free. My body is a healing source.

112. All of my body systems are functioning perfectly.

113. My body is healing and I feel better and better every day.

114. With every breath out, I release stress and anxiety in my body.

115. I send love and healing energy to every organ of my body.

116. I pay attention and listen to what my body needs for health and vitality.

117. I am surrounded by people who are healthy and physically active.

*"There's nothing more important than our good health - that's our principal capital asset."*

*~ Arlen Specter*

Forgiveness helps improve your relationships with others. It also decreases anxiety and stress, reduces the risk of depression, and improves your immune function and heart health. Compassion, on the other hand, is an evolved part of human nature. It is vital to good health and emotional well-being.

## Forgiveness and Compassion

118. Forgiving others heals me.

119. Forgiveness and compassion heal the spirit and the heart.

120. I choose to have compassion for myself and others.

121. I choose to forgive myself and love myself.

122. I invite God's love into my heart and forgive myself and others.

123. God forgives me and loves me.

124. It is easy for me to free myself from every past burden that I was holding on to.

125. Forgiveness sets me free and opens my heart to receive love.

126. I surrender my desire to punish and let love fill my heart.

127. Love and forgiveness help me rise above any challenge.

128. I choose to forgive and to be free of the past.

129. Feeling my pain with great compassion heals me.

130. I choose to forgive others and begin a cycle of kindness and compassion.

131. I am a loving and compassionate person.

132. I always treat others the way I expect to be treated.

133. I always choose love and compassion in response to any circumstance.

*"The weak can never forgive. Forgiveness is the attribute of the strong." ~ Mahatma Gandhi*

Intuition is one of the important human intellectual faculties. It is the key to personal power and success whether in relationships, your career or other areas of your life. And inner guidance is our divine birthright, which increases your mental clarity. When you listen to what Ralph Waldo Emerson called the "still, small voice within", you know that you are on the right path.

## Intuition and Inner Guidance

134. I can easily trust and follow my intuition.

135. I am divinely guided in all that I do.

136. I have a clear mind and always listen to my inner guidance to make the right decisions.

137. It's easy for me to quiet my mind to listen to my inner guidance.

138. I am the source of higher intelligence and wisdom.

139. I choose to believe the truth in my heart.

140. Believing the truth sets me free.

141. I am always connected to my higher self.

142. It's easy for me to listen to the guidance from my higher self and follow it in any situation.

143. I choose to let gentleness and kindness guide me now and continuously.

144. I can trust my inner guidance to protect me, and to be free to enjoy my life.

145. I have the wisdom and guidance I need to handle whatever happens.

146. Faith is to believe the good thing that God has done for me in the past.

147. Trust is to believe the good things that God is doing for me right now.

148. Hope is to believe the good things that God will do for me in the future.

*"The only real valuable thing is intuition." ~ Albert Einstein*

Confidence generates a non-physical aura that instantly draws attention from others and gains trust from others about your talent, abilities, and personal strength. High self-esteem helps you see the positive side in every situation; to cope with adversity and to fully appreciate what life has to offer. Confidence and self-esteem are absolutely essential to fulfilling your heart and soul desires and live a happier and more satisfying life.

## Confidence and Self-esteem

149. I can easily communicate with my heart space at all times with everyone.

150. All people are unique and precious beings, and I see the best in everyone around me.

151. I feel safe to speak my truth.

152. I am the master of my fate and the Capitan of my soul. My soul is unconquerable!

153. I am able to move forward with openness, confidence, and joy.

154. I am beautiful and I am confident in the way I look.

155. I am more than good enough and I am getting better every day.

156. I am important and everything that I have done in life matters.

157. I have a healthy boundary about others' emotions and comments.

158. I have total faith in my own abilities.

159. I can always find a relaxing confident place inside myself.

160. People are drawn to me because I am confident in the way I look and feel.

161. I always looking forward to new situations and meeting new people.

162. I am a powerful being. I can achieve any thought that I put into my mind.

163. I am strong and capable as I believe I am.

164. I can step out to accomplish things, and life will support me.

165. I am a walking and talking miracle in the world.

166. Others look up to me because of my positive attitude.

167. I am perfect in every way now, and I strive to improve even more every day.

168. Today I release all the doubts and insecurities that I felt about myself.

169. My ability to conquer my challenges is unlimited, and my potential to succeed is infinite.

170. Self-confidence is my birthright.

171. Nothing is impossible and my life is full of potentials.

172. When I breathe, I inhale confidence and exhale fear and anxiety.

173. I always focus on bringing out the best in me and surround myself with the best people that life has to offer.

174. I live in the present and I am confident about the future.

175. I am unique, confident, capable and smart.

176. My personality exudes confidence. I am a people magnet.

177. I am self-reliant, creative and persistent in whatever I do.

178. I am a problem solver. I focus on solutions and always find the best solution.

179. I welcome changes and easily adjust myself to new situations.

180. I always see only the good in others. I attract only positive confident people.

181. I am unique and capable. I feel good about being alive and being me.

182. I have integrity, and I am totally reliable.

183. I am worthy of great things in life.

184. Every atom of my body, soul, and spirit is filled with loving and peaceful confidence.

185. My confidence, self-esteem, and inner wisdom are increasing every day.

*"With confidence, you have won before you have started." ~ Marcus Garvey*

# Happiness

Happiness is a state of mind with joy and empowerment. It is also a feeling that is always available to you, a feeling of pleasure and contentment. Happy people tend to have a younger heart, stronger immune system, and a younger look, and also a longer life expectancy than unhappy people. The affirmations in this part are going to boost your happiness and bring more joy and contentment in your life.

186. My life is filled with joy, happiness, and contentment.

187. I choose to release the control of everything around me and fully welcome love and joy in my life.

188. I always feel very enthusiastic about my life.

189. Every day is a gift, and I choose to open each gift with joy and gratitude.

190. Every day in every way I am getting happier and happier.

191. Happiness is my birthright. I choose to be happy and I deserve to be happy.

192. Nothing has power over me unless I allow it. I choose to be free and happy.

193. I can give and receive freely without fear, and joy will follow.

194. I can joyfully move forward to create good circumstances for myself.

195. Every new day starts with happiness and ends with contentment.

196. I am glowing with energy, happiness, and enthusiasm.

197. I touch many lives. My happiness creates a happy world around me.

198. I enjoy every moment of the day. Be happy is my focus.

199. The whole process of living makes me happy. Moving towards my goal makes me happy.

200. I am grateful to God for this wonderful life.

201. I am thankful to everyone who has touched my life and made it worth living.

202. Happy thoughts come to me naturally. I always attract happy circumstances.

203. The future is always bright and happy for me. I look at only the bright side of things.

204. I am kind and compassionate. Kindness breeds love and love results in happiness.

205. God has blessed me with happiness and my happy journey is endless.

206. I feel joy and contentment at this moment right now.

207. I can tap into the abundance of inner happiness and contentment anytime I wish.

208. I smile at the world and the world smiles me back.

209. I find joy and pleasure in the simplest things in life.

210. My heart is overflowing with joy and happiness.

211. I rest in happiness when I go to sleep, knowing all is well in my world.

*"Be happy for this moment. This moment is your life." ~ Omar Khayyam*

# Love and Relationships

Love is the greatest miracle cure. A loving person lives in a loving world. When you radiate your love from the inside out, watch miracles happening! Love also improves your health in many ways including physical fitness, pain control, and heart health. The affirmations in this part are going to enhance the relationship with yourself and others.

212. I love myself completely in every way.

213. I accept myself completely and I always feel comfortable in my own skin.

214. I choose to respond to any circumstance with compassion and love.

215. I love and accept myself exactly as I am.

216. I am complete and whole just as I am.

217. I love my mind, body, and soul.

218. I love my life when I love myself.

219. I am breathing in love, and I am breathing out guilt.

220. I am nourished and cherished by God's love.

221. God loves me and keeps me safe and protected.

222. I am loved and supported by the universe.

223. The greatest love and light in the Universe is inside my heart right now.

224. I am a well-loved and well-respected person.

225. I choose to be open to others and welcome love and joy to my life.

226. I choose to love and respect myself and others and to accept others' love and respect in turn.

227. I am a unique and special person and deserve respect from others.

228. I always attract only the best of circumstances and the best positive people in my life.

229. My mind is filled with loving and positive thoughts that create my new reality.

230. I let go of negative self-talk and fill my mind with positive thoughts at each moment.

231. I treat myself with gentle love and kindness at all times.

232. My heart is the center of love, joy, and compassion.

233. I am free from others' criticism and judgment of me.

234. All people are unique and precious beings just as I am. I choose to love and accept all of us as we are.

235. Others will love me just as I am when I love them the way they are.

236. I end each day with a shower of love, joy, and kindness for myself.

237. I can love myself now, without waiting for any other person, things or circumstances.

238. There will be always others better than me or worse than me. I chose to love myself without comparing myself to others.

239. I am surrounded by loving relationships.

240. I only attract happy, positive and loving people.

241. I attract love everywhere.

242. My relationships are harmonious.

243. Others appreciate me exactly as I am. I am surrounded by people who love me.

244. I only allow healthy and loving relationships in my life.

245. I deserve to have an intimate loving relationship.

246. I am grateful to experience an empowering loving relationship with myself.

247. I am thankful for the positive relationships that I have in my life.

248. I am able to speak my truth even in the most challenging situations.

249. I choose to communicate with love through kind and gentle words and actions.

250. People always find me attractive and irresistible.

251. I always attract people who are perfect for me.

252. I have healthy boundaries with others.

253. Amazing people are always coming into my life!

254. I am able to communicate my desires and needs clearly and confidently with my loved ones.

*"I do believe that the single most important thing I could ever share with you with regard to maximizing the health, harmony, and happiness in your life can be summed up in just two words: 'Love Yourself'." ~ Mike Dooley*

# Prosperity and Wealth

Prosperity is the state of flourishing, thriving of good fortune along with a successful social status. The Law of Nature indicates when you plant seeds of happiness, success, prosperity, and love; it will all come back to you in abundance. The affirmations in this part are going to bless your life with abundant success, wealth, and prosperity. In fact, creativity is the universal force of abundance. Let's start with creativity and imagination. The creative power of imagination has an important role in the achievement of any success in your life. As you can imagine so you become!

# Creativity and Imagination

255. I am the divine source of creativity. Creative Intelligence within me right now.

256. I am thankful that divine creativity continues to flow through me every day.

257. I am naturally creative and creative thoughts and ideas flow through me easily and effortlessly right now.

258. I am always open to new ideas and thoughts.

259. Creative ideas surge through me and lead me to new and brilliant ideas.

260. My creativity and imagination are boundless.

261. The things I create are even better than what I imagine.

262. My future is an ideal projection of what I envision now.

263. I possess the natural power to create all my dreams with my powerful imagination.

264. I have an infinite imagination where I can visualize anything.

265. I can easily and effortlessly imagine and create a wonderful new life.

266. My life is a dream-come-true!

267. Creative energy flows through all areas of my life continuously and abundantly.

*"Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last, you create what you will" ~ George Bernard Shaw*

Abundance is a way of thinking and living. The Universe is always expanding and growing, and abundance is everywhere in the Universe. Abundance manifests in many ways, not only as plenty of money and possessions, but it also includes abundance in love, happiness, and good

energy. To attract abundance into your life, you have to get rid of the competitive mind and feel abundant. You have to develop an "abundance consciousness".

## Abundance and Manifestation

268. The abundance of the Universe is my Infinite Source.

269. Divine abundance is my natural state of being.

270. I now open my mind and heart to receive the greatest abundance.

271. Blessings come to me in expected and unexpected ways.

272. I give freely and life gives back to me with a magnificent increase.

273. Every day in every way I am becoming more and more financially free.

274. My income greatly surpasses my expenses and I am grateful to be financially free.

275. I am so happy and grateful now that money comes to me in increased quantities from multiple sources continuously.

276. Infinite riches are flowing to me easily and effortlessly right now.

277. Everybody is supporting me in creating my financial abundance.

278. I invest what makes my heart singing and it makes me feel richer.

279. I am thankful for a healthy relationship with money, and money is my best friend.

280. I am so grateful and happy to receive the money for the divine service I provide to others.

281. Every investment I make brings me joy and a great financial return.

282. I send my blessings to everyone I work with and the whole world.

283. I can step out to accomplish things and life will support me.

284. I prosper wherever I turn and I know that I deserve prosperity of all kinds.

285. I live a life of abundance and financial freedom.

286. Every atom in my body, mind, and spirit is filled with divine abundance.

287. My thoughts are filled with positivity and my life is filled with abundance.

288. I always take inspired actions that make my life richer.

289. I place no limits on the amount of money I can make and have as much as I desire.

290. Being wealthy gives me joy, happiness, and peace of mind and I distribute all these and my wealth to the world.

291. I pay my bills with love as I know abundance flows freely through me.

292. I am grateful for what I already have and for all that I am receiving now.

293. I release all feelings of lack and limitation and welcome blessings of joy and abundance to my life.

294. I am abundantly provided for as I follow my path.

295. I feel rich by being thankful for the money I have right now.

296. My grateful heart is a magnet that attracts more of everything I desire.

297. I always have more than enough of everything I need.

298. My day is filled with the limitless potential of joy, abundance, and love.

299. The universe blesses me in surprising and joyful ways.

300. I open to the flow of great abundance in all areas of my life.

301. My mind is a powerful magnet for riches and abundance.

302. I am thankful for the abundance in my life.

303. I am thankful for the unlimited flow of good into my life.

304. I can generate an abundance of money by doing exactly I love doing.

305. Abundance is around me within me and throughout me.

306. I open to the flow of abundance in all areas of my life.

307. Feelings of extraordinary abundance are sinking at the core of my heart, mind, and soul.

308. I can see abundance everywhere around me.

309. I always have an unlimited abundance available to me.

310. I have the ability to create and achieve anything I desire.

311. Abundance comes to me easily and in the most fun ways possible.

312. Every day I am becoming financially free in every way.

313. Money flows to me easily and effortlessly.

314. I always have everything I desire.

315. I always welcome new sources of income.

316. I can easily attract to me everything I ask for.

317. I manage my money very effectively.

318. I am one with abundance, abundance with joy, love, wellness and wealth.

319. I grow abundance by helping others and make this world a better place to live.

320. I welcome great abundance into my life.

321. I always make the right decisions that produce the greatest financial return.

322. I can easily manifest my heart desires.

323. The Universe supports me in manifesting all my heart desires.

324. I am so thankful for being able to manifest anything I desire.

325. I am relaxed and excited because I always manifest what I want.

326. Miracles manifest every day in wondrous ways in my life.

327. My prayers are always answered, in support of my desires.

328. My efforts are being supported by the universe, my dreams manifest into reality in front of my eyes.

*"When you focus on being a blessing, God makes sure that you are always blessed in abundance." ~ Joel Osteen*

When there is motivation, there is initiative, direction, courage, and the persistence to reach your goals. Motivation comes from drive, attitude, and positive thinking. There is nothing as powerful as self-motivation. The way to get started is to quit talking and get going, move forward and aim high.

## Motivation

329. I am a powerhouse. I am unstoppable!

330. I am motivated at all times and always get things done on time.

331. I am full of energy and motivation, and live my life to the fullest.

332. Motivation comes from within. I am my own motivator.

333. My goal is my motivation. I focus on my goal until I reach it.

334. I am energized and empowered to move towards my goals.

335. I am supported by the Universe to follow my goal and passion.

336. All my actions support my dreams.

337. My vision is so clear that it keeps me motivated and inspired.

338. Every day I am motivated to take one more step towards my goal.

339. It is my greatest desire to live each and every day with unlimited motivation.

340. I love the feeling of a job well done.

341. I have the wisdom, power, motivation, and inspiration to accomplish everything I desire.

*"The secret of getting ahead is getting started." ~ Mark Twain*

Success starts with a positive attitude. All the starting point of success is a burning desire. Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential. John Wooden once said: "Things work out best for those who make the best of how things work out." Dare to be the best you can at all times!

## Success

342. I deserve great success and abundance.

343. I possess the qualities needed to be extremely successful.

344. I am a success magnet and I attract success in whatever I do.

345. Being successful is my natural state of being. I expect to be successful in all of my efforts.

346. I deserve success and all the good things in my life.

347. I am solution-oriented. I easily find solutions to challenges and solve them quickly.

348. My ability to overcome challenges is unlimited and my potential to succeed is infinite.

349. I am excited about acting on things that bring me success. Now is a perfect time.

350. Mistakes and setbacks are stepping stones to my success because I learn from them.

351. Every day in every way, I am becoming more and more successful.

352. I am successful in all I do because the Universe supports me.

353. I know exactly what I need to do to achieve great success in my life.

354. I have an intention for success and know it is a reality awaiting my arrival.

355. I have now reached my goal of success and feel the excitement and joy of my achievement.

356. Today I am successful. Tomorrow I will be successful. Every day I am successful.

357. My life is full of opportunities. New doors are always opening for me.

358. I am in charge of my life. I always make the right decision that leads to success.

359. I am always prepared, and luck always favors me.

360. Success for me is an ongoing process. After one success, I focus on another.

361. I see success in everything I do. Small successes build up into great success for me.

362. Success is my birthright and I deserve to be successful.

363. My obstacles are moving out of my way, my path is led to success.

364. Opportunities arrive at the right time for me in the right place.

365. I am inspired, enthusiastic and success bound. My journey ends only after achieving success.

*"The starting point of all achievement is desire." ~ Napoleon Hill*

# Conclusion

You absolutely have the power to create what you want in your life by reprogramming your subconscious mind with new beliefs that support your conscious desires. These affirmations are going to help you change those limiting beliefs and expectations for yourself. Repeat affirmations firmly with intensity and faith, and feel the strong urge from within, watch your soul perform miracles. Soon you will feel that you are in control of your life and your body becomes one of your best allies to help create your new reality. By the power of your belief, coupled with your purposeful and inspired actions,  and your unshakeable faith and connection with the Universe, your future is created and your dreams are manifest. Anything is possible for those who believe!

If you are interested to find out more about how to manifest your true desires and draw your dreams into your reality quickly, please check our program "Quantum Leap Manifestation Program".

*"Affirmation without discipline is the beginning of delusion." ~ Jim Rohn*

# About the Author

As the founder of optimalhealthsolutions.ca, Lucy Liu's mission is to assist others to achieve optimal health and create a life that is full of happiness, abundance, good health, and wellness. Lucy has developed a holistic approach to help others by creating harmony between the mind and body. She works on the body as a whole. Her approach for health solutions is based on her philosophy that optimal health is the alignment of emotional health, physical health, mental health, and spiritual health. When all these components are in harmony, a bliss state of optimal health can be achieved and maintained.

Lucy started a career as a Chemical Engineer in a big petroleum company in Asia in her early 20s, but she soon found out that was not her life dream, she is fascinated by health, nutrition, Chinese medicine, and alternative medicine. With her passion, she went back to school at McGill University, one of the top universities in Canada, to study nutrition. After graduation, Lucy has been working as a holistic health practitioner for many years.

Lucy is also a Certified Master Hypnotist, Master NLP (Neuro-linguistic programming) Practitioner, Advanced Theta Healing Practitioner. In addition, Lucy also has in-depth knowledge of Chinese medicine.

Lucy has devoted herself to bringing a holistic approach, which combines Western medicine, Chinese medicine, and Alternative medicine together, to help clients optimal health. For more information, please visit her website: https://optimalhealthsolutions.ca.