



What is an Affirmation?

An affirmation is a positive statement, delivered in the present tense. It is a tool to help you live at one with yourself and all that is.

How do they work?

They are crucial to help anyone manifest a desired outcome for the highest good to everyone involved. Repeating affirmation(s) brings your focus to your goal(s). With repetition, your subconscious mind begins to believe your affirmation. This allows you to take the necessary steps to make the statement true.

Ways to repeat your affirmation(s):

The simplest way is to repeat an affirmation to yourself. To confirm the affirmation to a greater extent you can write it down and place it where you will see it every morning or at any time. To repeat your intentions in this way empowers Self Talk in a positive light. When you empower Self Talk this increases self-esteem and confidence. By achieving this you eliminate fear and pour love, peace and happiness into your life. By creating all this you are living your life purpose.

What is Prayer?

Prayer is simply a conversation with God, it is a solemn request asking God to meet your need or someone else's. It can also be an expression of thanks. When we pray, we allow in the assistance of the greater power.

Prayer brings our thoughts to the Divine and brings us to the Love of God, the Universal Energy.

Prayer is personal and means many things to many individuals. For me I find support from Angels, past loved ones and the Divine Energy.

Here is a quote from A Course in Miracles by Helen Schucman:

“Prayer is the medium of miracles. Prayer is the natural communication of the created with the Creator. Through prayer love is received, and through miracles love is expressed”.

Prayer brings confidence, a sense of peace and raises our awareness within and expresses love. This is our Life purpose – to be Love because there is nothing else only Love. Prayer just like Affirmations is a tool to help you live at one with yourself and all that is.

Not for distribution





Affirmations: Yes You Can Conceive

I am the Life-Force of Planet Earth.

I am perfect Health.

I am born perfect with the perfect body to conceive, allow my baby to grow in my nourishing womb and give birth naturally.

I have the perfect, healthy body to bring a Soul Baby into this world, high vibrational to match my Baby's vibration.

Together, {partner's name} and I create the safe, sacred space to welcome in our Soul Baby.

I am best friends with my womb, vagina, uterus, fallopian tubes, ovaries, cervix and birth canal. I surrender my love and appreciation to my miraculous pro-creation virtues. My body naturally creates the perfect high vibration eggs and my partner has the perfect high vibration sperm, to match our Soul Baby's vibration. And So It Is.

Print these out and plaster them everywhere around your home. Say them out loud every time you remember. Say them quietly to yourself. You are changing your belief system every time you connect with the words.

