

Change Your Life Using the Power of Affirmations *without the Boredom*

Written by Mark Bancroft



Affirmations are powerful. They have a solid and proven track record for working. As a hypnotherapist and life coach, I encourage clients to use the power of affirmations to create positive change in their lives. The problem that I see over and over that people have with using affirmations is *boredom*! Indeed, repeating the same set of words a hundred or more times a day from the moment you wake up until you go to bed is boring! It becomes tiresome very quickly. The intellect prefers more complex subject matter and complexities to fill the time. However, it is the mechanical simplicity of affirmations that make them so effective for reconditioning and reprogramming the subconscious mind, which, in turn, creates your reality.

There is no magic way around the repetitive boredom of affirmations. However, understanding how affirmations work can greatly reduce the boredom factor so that you can unlock the power of your subconscious mind to dramatically change the circumstances of your life. The most helpful thing to know is that affirmations are for the subconscious mind, not the conscious mind or intellect. The subconscious and conscious minds function very differently, much like the difference in operating systems between a Mac and PC computer. Both are computers and share similar hardware but if you try to get them to work together without an interface that gives compatibility you will only experience frustration.

Likewise, the subconscious and conscious minds can be seen as two different “operating systems”. The subconscious mind is not based on logic and reason. The conscious mind is. Unlike the conscious mind, which detests the drudgery of repetition, the subconscious responds favorably to repetition. Research has made it clear that repetition is the golden key to unlock the potentials the subconscious mind has to offer. In fact, advertisers know this secret all too well. Effective advertising and marketing is built on branding, image and perception which is then driven home (programmed into the consumer’s subconscious mind) by the relentless repetition of radio, television and print advertising. You can use this same, proven power of repetitive, subconscious conditioning for your own betterment and well-being.

You now have the most effective way to minimize the conscious mind’s resistance to the boredom of affirmations. If you begin using affirmations to support the realization of your goals and your conscious complains, “I’m bored, this is a waste of time”, simply remind yourself that you are using the affirmations for your subconscious mind. The reason affirmations are so powerful is because the subconscious represents 95% of your mind’s potential. The conscious mind weighs in at a mere 5% of the mind’s ability and potential. Affirmations allow you to effectively access the other 95% of your mind’s potential.

It helps to know that the subconscious mind is always “on”, operating twenty-four hours a day, seven days a week. The subconscious continually listens to and monitors every conscious thought you have. Your subconscious mind records everything, including your positive thoughts and negative thoughts. You can do yourself a tremendous favor by consciously increasing the number of positive thoughts you have each day which affirm the goals, dreams and desires you wish to attain. And because the subconscious never sleeps you can have it work on your goals and come up with solutions to challenging problems while you are asleep. To do this all you have to do is recognize this ability you have and provide clear direction to your subconscious mind on what it is you want it to do for you, and it will carry it out without debate. Affirmations provide the guidance your subconscious mind needs to bring dynamic, positive change into your life.

A great deal of research has been done over the years on the use of affirmations for goal attainment, healing, and behavior modification. The following points are generally accepted regarding the effective use of affirmations:

- a.) Repetition is the key to unlock the power of affirmations.
- b.) When you combine strong feeling and emotion to your affirmation its effectiveness is increased. When you state your affirmation silently to yourself or aloud, try to state it with strong, positive feeling and emotion. Mechanically telling yourself, "I can do it", is different than telling yourself "*I CAN DO IT!*" when spoken from the heart with strong feeling and emotion driving it.
- c.) Affirmations that are personal work the best. Make the affirmations personal by using the words "I" or "My". For example, "I weigh 140lbs", or "My relationship with my partner is healthy, supportive and getting better and better each day."
- d.) Phrase your affirmations in the present tense, as though what you want has already come to pass. Instead of saying, "I will be the next president in the company," affirm to yourself, "I am the president of the company". As you repeat the affirmation your inner landscape will begin to change dramatically. Your subconscious mind will come to accept this as your reality. It will cause you to automatically begin to think, feel, talk, behave and act in ways just as though you were already the president of the company. You will have prepared yourself for the opportunity in advance. And because you have, you will be a natural choice for president when the position becomes available. Why? Because other people largely see you the way you see yourself. If you already see and know yourself to be president you will be seen as the person with the ability, skill, strength, character and confidence to successfully fulfill the role, and thus it becomes your reality.
- e.) Use positive affirmations. There is a long standing debate among researchers whether the subconscious even knows or responds to the words "no" or "not". It is generally agreed that positive affirmations work the best for most people. Based on upbringing and early life experience there appears to be a very small percentage of people who actually respond better to negative affirmations; i.e., "No eating until meal time, I do not eat when I am not hungry"). However, getting positive results using negative affirmations is definitely the exception. Positive affirmations connect you to source energy and in most cases will prove more effective than negative affirmations.
- f.) Keep your affirmations short. You don't have to explain your reason or rationale for wanting what you want to your subconscious mind. It doesn't care. It will take what you give it. Avoid complexity and confusion. Keep your affirmations direct, focused and concise. This minimizes the likelihood of your subconscious mind misinterpreting your intention based on associative factors unknown to your conscious mind. Also, avoid the "laundry list" approach to affirmations. The laundry list is working on too many diverse goals at the same time. Instead, choose one or two of your most important goals and focus on them until you achieve the result you want.
- g.) Be clear on exactly what you want because you may very likely get it! If you are looking for a relationship and your sole concern is finding an attractive mate you may be unknowingly setting yourself up for a rough ride ahead. Using the power of affirmation you may very well attract a good looking person into your life but come to find that you share nothing in common emotionally, mentally or spiritually. To avoid this take the time to write out and decide what is truly important to you in a healthy relationship. Then, once that is done, build your supportive affirmation around those qualities. Think holistically when deciding upon your goals and coming up with the affirmations to support the realization of the goals.

The most effective way to use affirmations and avoid "affirmation burnout" is to bring your conscious and subconscious minds together on realizing your goals. When you are clear on exactly what you want, and your subconscious is receiving continual, affirming thoughts that are free of hesitation and doubt, it will accept the goal and do everything in its power to bring the goal into manifestation. At this point things get really interesting. If your subconscious mind does not know how to manifest your goal, it can access collective consciousness for the answers and solutions needed to carry out its mission. And it is through the collective field of consciousness that your subconscious has the power and ability to shape, influence, and determine what and who shows up in your outer life. The Law of Attraction is built almost entirely around this foundational aspect of consciousness.

Once you have decided on exactly what it is you want begin to engage both your conscious and subconscious minds in the process of working *together* to realize your intention. Use the two mental operating systems of your consciousness to accelerate results:

To Actively Engage Your Conscious Mind:

Write down your goals each morning. The simple act of writing out your goals clarifies and programs them into your subconscious mind. Once a week write your goal out in detail describing what you want as though it is already here. Actively use visualization and mental movies on a daily basis, preferably just before bedtime and upon awakening in the morning. Have fun with it and use your imagination. Allow yourself to dream. Make the dream as real and detailed in your mind as possible. Research shows that when we stop having fun and begin taking life and ourselves too seriously the higher functions of the brain and mind completely shut down. Imagination, ease, and creative problem solving fall by the wayside. If you allow life to become too heavy and serious you may end up perpetuating a negative reality for yourself, completely unaware that the difficult and stressful circumstances and people that keep showing up is a result of negative, subconscious programming. You can avoid this by taking fifteen minutes each day to close your eyes, let go of the outer world and inwardly experience yourself being in an inner landscape that gives the freeing, imaginative, and creative space needed to dream and visualize a new reality for yourself.

To Actively Engage Your Subconscious Mind:

Knowing that the subconscious mind is always listening, the time, effort and energy you take to think about, visualize and write out your goals directly supports positive, subconscious conditioning. In the morning, before bed and as you go throughout your day repeat your supportive affirmations silently to yourself or aloud. If you experience self-doubt, inner resistance or you sense that your visualization and affirmation isn't sinking in, this can indicate that you are, in fact, on the right track. Stay with it! Don't allow initial discomfort to limit or restrict what you are capable of creating for yourself. Change is a process. When you begin to take control of your life and start to get clear on what you want old subconscious programming and conditioning may surface. The new reality you are creating for yourself through visualization and affirmation can, at times, result in the release of longstanding subconscious fears and limiting beliefs that were blocking or holding you back from knowing and experiencing your true potential in life for happiness, success and prosperity. Be persistent. Stay inwardly focused and clear on what you want. Your subconscious mind will soon come to accept the new vision you have of yourself and your life. As it does you will find yourself turning the impossible into the possible, and your dreams into reality.

Language:

Use language as powerful opportunities to state aloud the reality you are affirming to yourself that you want. If you talk to someone and they ask you your take on the economic mess we are in, don't affirm in agreement how bad things are. Instead, use this as an opportunity to clearly state out loud and assertively your affirmation: "There are opportunities in this; I am keeping clear and focused on noticing them."

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Mark provides individualized direction on how to construct and use affirmations as part of his practice. He can help you effectively structure and phrase your affirmations to accelerate healing and the realization of your goals.

**For questions or to schedule
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