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Here are two guided meditation audio with scripts, one 10 minutes and the other 20 minutes. Copyright Notice: We have commercial rights to these meditations and scripts. You cannot record or play these meditations except for your personal, private use. Guided by Positive Statement Meditation: 10 Minutes Approval Meditation Scenario Practice this meditation while sitting upright. Taking a moment to adjust your bones to sit that they feel even on both sides ... allowing the spine to straighten and lengthen... placing your palms on your knees face up and gently close your eyes. Let all your awareness center inside focusing on your breathing; Expands the stomach on each breath and contract on each exhalation. Continue to be very deliberate and remember your breath as you listen to those words. Affirmations can serve as a powerful tool to help you recalibrate your thinking and your emotions to better serve you in your life. The trick is that when you listen to affirmations, it's much more than just listening. A little later in this meditation, you will hear the affirmation. When you hear them, it is important not only to listen to them, but to truly feel good listening to them... truly feel as if they are your truth. If at some point you hear a statement that doesn't feel true to you, just allow yourself to change the wording so that it feels true. For example, if the statement I am rich and you currently do not feel rich, instead you can say: I believe that I can be rich. See the difference? You can simply change any statement that you hear in this meditation to better serve you by saying: I am open to opportunity or I believe what I can be and then insert the affirmation here. Before we start. Allow yourself to focus on something that really brings you joy in your life. It can be a loved one, a pet, a place that you like to go. Maybe it's a memory of something from your past. Spend a few breaths really feeling the joy that it brings you. Why are you feeling so good? You can even feel a smile to meet your face as you contemplate it and happily grow in your heart. Let me confirm: I believe that life works for me. The universe loves me and wants me to be happy. I'm open to good things happening to me. I believe in the power of life in my truth. I express myself freely and know how important it is to be me. I am open to the greatness and strength that comes from being true to myself. I welcome the wonders of my life now. I salute in goodness, I salute in love. I believe that my life is really one of love. Love is around me. Love is within me. Love is real. And at this point, I choose to see love. My life is wonderful. There are so many great things going on in my life. I am I at the mercy of my dreams, and I know all I want comes to me in the highest, most loving way. I think everything is unfolding perfectly. I am naturally radiantly healthy. I am naturally easily plentiful. My natural state is one of lightness, grace, love radiance and prosperity. I'm sinking into this natural state now. For me, life works perfectly. Everything around me is happening for me. Good things always happen to me. I live my truth. I express myself boldly and freely. I follow my dreams because I know what I have to do. I know I'm worthy of my dreams. My dreams come true. Miracles occur naturally around and for me throughout the day, great abundance and prosperity is my birthright. My life is wonderful. There are so many great things going on in my life. I believe in the power of my dreams, and I know that everything I want comes to me in the highest, most loving way. I think everything is unfolding perfectly. I am naturally radiant, healthy. I am naturally easily plentiful. My natural state is lightness, grace, love, radiance and prosperity. I'm falling into that natural state now. When you are ready to take a long, deep breath and hold your breath at the top as you feel all these words to be true, and whenever you are ready, exhale with a sigh. How do you start rolling your shoulders, noticing the shift in your body and how you feel. And whenever you are ready, open your eyes to the room around you. Guided by Powerful Approval Meditation: 20 Minutes Affirmations Meditation Scenario 75 Powerful Affirmations Mix: 1. Definition Is Key... I practice it every day. 2. I always remind myself of my ultimate goal... know why I'm doing this keeps me motivated to focus.... 3. I make more money than I spend. 4. I deserve to be healthy and happy. 5. I invest in my future without spending money on unnecessary things. 6. I study everything that interests me, so I learn and grow every day. 7. I make a wise choice of financial investment. 8. I'm sure. 9. Every day I save some money to have more in the long run. 10. My heart is full of love, open to give love. 11. I avoid unnecessary shopping. 12. I have everything it takes to be happy right now. 13. Making money is easy for me. 14. I am beautiful, inside and day. 15. Money comes to me in unexpected ways. 16. My dreams come true because I am betrayed. 17. I like to be financially abundant. 18. I am passionate about being healthy and healthy. 19. I take seriously making money. 20. I choose to be grateful every day. 21. It is easy for me to see ways to increase my cash flow. 22. I am in complete peace with my past. 23. Saving money and seeing ways to make more money extremely important to me. 24. My future is full of laughter and accomplishment. 25. I have a good financial intelligence ratio. 26. I work the road to success. 27. I'm exploring ways in which make better choices with my money. 28. I am courageous and courageous. 29. I let go of all the negative beliefs about money. 30. I am a powerful creator. 31. I'm looking for ways to cut your spending every day. 32. I trust my intuition. 33. I am proud to be a multimillionaire. 34. I bring in people in my life who allow me to grow into myself. 35. Opportunities come to me every day to earn more and more money. 36. I work well under pressure. 37. I am not ashamed to be rich. 38. I let go of the old, negative beliefs that give me to be successful. 39. I am proud of all the efforts I have put in abundance financially. 40. Failures only make me stronger. 41. I use the money I make to feed my family and help the world. 42. I teach others to believe in themselves. 43. The more dedication I put into finance, the more money comes my way. Every challenge I face is an opportunity to grow. 45. I always see ways to increase my cash flow. 46. I am the creator of my own reality. 47. Every time I check my bank account there is more money out there. 48. I am strong and capable, I overcome any obstacles. 49. I always knew that I had what it takes to become financially free. 50. My life is full of abundance. 51. I am passionate about making money in intelligent ways. 52. I am worthy of love. 53. I've made more money than I ever expected to see in my life. 54. Only healthy, loving relationships of all kinds are attracted. 55. It is a great honour to be abundant financially. 56. I see the good in people and situations because it pushes me to abundance. 57. It is easy for me to respect myself and others. 58. I am looking for every opportunity to learn more about the topics that interest me. Powerful features come my way, I recognize them instantly. 60. Love yourself first. 61. I exercise regularly and like to feel strong. 62. I share my creative talents with the world. 63. I follow the work of inspiring people. 64. I learn something from everyone I talk to. 65. It is easy for me to make healthy choices every day. 66. Keeping my space clean and tidy helps me to be successful. 67. Taking care of Mother Earth is a passion that I practice daily. 68. I focus on the positive aspects of life, allowing them to grow. 69. I respect my emotions by allowing them to flow through me truthfully. 70. I speak openly with everyone, especially those I love the most. 71. I am looking for ways to help others with my abundance. 72. I breathe deeply often to revitalize my body. 73. I care about choosing my words wisely. 74. Healthy eating is a priority in my life. 75. I know that I have my own reality. Spread love and make the world a better place! Why I use affirmations of Meditation for My Life It's a really pretty simple concept, the more positive thoughts throughout the day will lift your energy to consciously move your life in the positive direction of building buildings impulse to work at a higher level. Our lives can be quickly overcome by constant negativity and experience in our lives. When you can create a positive mental dialogue through affirmation of meditation, you will be able to cope with the inevitable difficult times that everyone experiences in life. These are opportunities for growth if you have the tools and apply the principles of positive affirmation consistently in your personal life. Creating positive thoughts daily such as this statement meditation will allow you to live a much more positive life. It is easy to be overcome by negative thoughts and experiences, and it is important to create a positive dialogue in the form of positive self-talk with yourself to get you through these difficult times. Learn how to meditate properly in 3 minutes or less here... Understanding the power of positive approval of Mp3 Meditation In your life You can use positive self-talk as a way of responding to the usual negative thoughts that will work themselves into your mind and attitude throughout the day. We all have thoughts of what we thought of our social conditioning and media. You know the thoughts: the ones you think you can't, not you can, or it's too hard, not you can do it. When you replace such negativity with positive thoughts, you can make amazing changes in your life and how you feel about yourself. For example, when you start a new job and your mind says: There's no way I'm going to fit in here. I don't deserve to have this good job in my life you can stop this dialogue in its tracks. It's easy to let your mind continue like this because it's become a habit, but you can learn to react with positive thoughts once you realize that they've popped up in your mind. Positive meditation is just a tool to create a new reality and will allow you to become more in control of your habitual reactions to your life. Positive statement Meditation and the background of your life It can take a lot of practice to make changes in positive self-talk when you have always experienced negative self talk. Maybe you can't even remember a time in your life when your negative thoughts aren't constantly played like a broken record in the mental background of your life. Meditation for beginners: 20 practical tips to calm the mind here... You may have to make some effort in responding to the negative with positive thoughts, the necessary effort is an easy task. Positive statements allow you to replace your negativity, one thought at a time! By using positive statements such as the ones at the end of this article, you can develop your own personal positive response to negative events in your life. You can some of these approval lists on self-help sites or in bookstores and First, you may wonder if it can be so easy to change your life with positive meditation affirmation. Take seriously this fact: you have not allowed this parade of negative thoughts in your mind, forged the life path you are on, and brought to the very place where you are today? Are you satisfied with the results you have created in your life? What positive future could you create with the right thoughts moving forward? Answer this question truthfully and you will see the need for positive thoughts! So, if you've managed to come to a pretty good place in your life so far, can you see how far further you could be in your life if you have a full chest tool to replace negativity with confident thinking, such as the use of positive meditation affirmation? Now you see why I use positive meditation statement every day. Positive thoughts can really change your life! It's really very straightforward to lead a productive, positive and fulfilling life, you have to unleash the negativity and take responsibility for a positive attitude to lead yourself into personally filling the future. If you want to lead a positive and fulfilling life, you must have a positive attitude. In order to think positively, you must replace the negative thought processes that are already going through your mind. Positive meditation approval, like the one above, can reprogram your mind's thought process with correct positive thinking. Besides, they're pretty simple. Once you get used to using affirmations on a daily basis, you'll wish you'd started with them sooner. For ease, convenience and great results, positive meditation approval is extremely effective as a tool of success. Today is the day to take action using the positive affirmations in your life today, today is the day to start living the life that you desire and dream to have! The truth about affirmations and how to make them work What is the statement - CONSCIOUS THOUGHT, which makes you FEEL POSITIVE AND POWERFUL, and will SUPPORT YOU IN SOME ASPECT of your life. POSITIVE AFFIRMATIONS CAN BE A GREAT WAY TO USE YOUR INNER STRENGTH AND ALL THE GOOD THINGS IN YOUR LIFE TO LIFT YOUR SPIRITS AND CREATE AN EMPOWERED REALITY. Meditation on self-love: how to truly love yourself here... If you are new to affirmations, you have chosen a good time to get started. These positive statements can be powerful. A recent study confirmed the effectiveness of affirmation. Researchers at Carnegie Mellon University found that people who had high stress did a 50% worse problem-solving test. However, when participants used a brief positive before the test, they did, as well as other participants. This guide explains the benefits of using these statements and how to get the most out of them. Consider the benefits of positive affirmations: 1. Improve your personal performance. In addition to Stress from everyday life, positive statement of meditation can help you free your past mistakes and overcome them. Your thinking focuses on what you want to achieve and helps formulate new habits for more effective life 2. Just feel better. It's a medicine for you that's delicious. Skillful self-expression lifts the mood instantly. It's still a hug. 3 Enjoy the best relationship. It's easy to slip in defense when you feel the tension. Because you are confident in what you want in life, you are more open to what others have to say and you will be dealing with difficult issues more effectively. 4 Protect your physical health. Chronic stress causes inflammation and interferes with metabolism. By affirming meditation and calming your nervous system, you can reduce many stress-related health conditions, including effective weight loss. Rely on your strengths. Maybe you're a great parent to your kids, but out of control is the fear of talking in public. Positive affirmation meditation reminds you of your most important strengths and helps build your confidence in weaker areas. 6 Take them everywhere. You can read uplifting messages out loud or silently wherever you go. 7 Discover more meaning. Affirmations are the perfect method to bring more meaning to your life as you create the life you want. You will be more attentive to your choices and how your actions contribute to achieving your goal. Learn a few simple rules about affirmations: 1. Time is your assertion right. Get ready for the challenges. Say confirmation before giving a presentation at work, or before leaving on a long flight to calm your nerves. Clarify your values. Positive meditation statements can be applied literally to any field that you want to improve in your life. Clear and positive statements will affect your life the most when you apply them to your top priorities in your life, from better relationships with family to creating a better world for yourself and others. 3 Write it all down. Writing your favorite statements in a magazine and even reformulating them to help you connect to a deeper level in your journal helps make them feel real and personal to you. Spend about five minutes to write your thoughts down. Identify what is most important to you and find out the reasons for your values. 4 Take support. Naturally, your behavior should be consistent with your words. If it's important for you to be a great tennis player, work on the backhand. To care for sick animals, enrolled in a veterinary school. 5 Use a combination of resources. Mix your statements with other sources of help and encouragement. You can also affirmations to improve your spiritual practice or any other area of your life. Create affirmations for all the major areas of your life and review review daily or as often as possible. 6 Develop a strong intention. Power desires can create powerful affirmations. Reflect on your motivation for the changes you want to create in your life and give full attention to the affirmation as you say them. Bring all the emotions to create powerful and effective changes. 7 Be sincere. Rewrite your statements to make them feel authentic and authentic to you. Go ahead and proclaim that you are a top seller if you really believe in it. You can always build yourself with confidence using your approval before every call or sales visit you do. Affirmations will lead you to great and exciting breakthroughs in your personal and professional life. Just make sure you are clear about your core values and let the approval guide guide your daily actions. 7 Effective positive affirmations say every day I believe I am fulfilling my dreams every day. I'm focused on living the best I can every day. I love myself for who I am and who I am. I am fully responsible for my happiness. I take 100% responsibility for all my decisions in my life. The best is yet to come. I will keep styling my success every day. I am truly grateful to everyone in my life journey. Reprogramming your subconscious Use affirmations may already be familiar with the power of assertions. They are short, positive statements that you can, repeat to yourself, or listen through positive approval meditation mp3 download like the one above. Here's an example of a positive affirmation: I'm perfectly calm and relaxed in every task I do. You can repeat this even if you don't feel like it at the moment, just keep repeating and believing the allegations. Your subconscious will pick up on the statement and evoke new feelings. Powerful daily affirmations can change your life when it comes to the world of affirmations, the only requirement is to approach it with an open heart. Take the time to allow approvals to elevate you to a new reality of trust and peace and bring the changes you desire in your life. It can feel awkward and difficult at the beginning, however, the key to understanding and getting results is to make approval to become your new and effective subconscious to achieve. This is where mp3 such as meditation approval can bypass your conscious mind and reprogram the subconscious. I can feel strange and seem difficult at the beginning. It's easiest when you just wake up or when you're drifting to sleep. This is the time when your mind is in a state of Theta for effective change, and when your conscious mind is less likely to interfere with the process of lasting positive change. If you use the statement, I am calm and relaxed, for example, open and relaxed mind, of course, your conscious mind will say I'm not even the slightest calm and relaxed. Don't get upset when your conscious mind jumps in; with practice, messages will make it to your subconscious mind to create lasting and positive changes. As affirmations work in your Mind You now have to be understanding how your mind works and you will begin to notice how often your mind returns to negative thoughts about your life and other situations that you really want to succeed in. Powerful 5 Minutes Guided Gratitude Meditation with the scenario of ESYA ... Affirmations have the right to recode your mind in the same way that a computer program can be written. You actively spend time speaking out and focusing on these short positive statements, and in the end, your subconscious picks them up. It may take some time and practice for the approvals to work for you. Some people report that they see positive results and changes at once, others will insist that it takes longer for them to change the subliminal thinking patterns into positive thinking patterns. How to use affirmations to change your life Using positive statement of meditation is the practice of recognizing and changing your thoughts on a daily basis. With consistent efforts, positive thoughts can literally change your cognitive brain patterns and negative thoughts can become less visible over time in your life. The more you can consciously choose your thoughts, the better your life can be. There are several ways that you can use your statements. First, focus on the things in your life that you want to change. Try to keep it simple by focusing on one at a time. Common themes are usually health, wealth and relationships. You can use these statements to get started, such as I feel energized to complete my work on time or I like my work to create value for my company. Be sure and personalize your statements in the field of your life and you will experience positive changes in the future for yourself. Then choose a specific time, such as the first thing in the morning or at night to repeat the sayings for yourself every day. You can even record yourself repeating affirmations or use the statement of meditation with soothing music in the background. This is especially useful for using affirmations in the morning and at night when you have a stronger bond and a more relaxed mind to create a change in your subconscious mind. Tips for writing your own statements: Write them in the present time, because it is the only way to improve your life in just a moment. Be short and concise to keep things simple. Read and write your statements in your diary when you are relaxed and away from any distractions. Don't forget to stay positive and look for changes in the future. Repeat! Make sure you keep up with the allegations. If you don't see the results right away, try sticking to it for a while longer. Nowadays, these statements will create an improved view of your life by simply moving forward with just one positive thought at a time. What are you losing? What does it mean to complement yourself with affirmations? Empower yourself to succeed. Empower yourself with our positive meditation of affirmation and create the best path to your personal success. But what is self-affirmation? It's all about giving you personal power and control over your real destiny and living the best way to live your life. Creating Empowerment Affirmations with 3 Simple Steps Creating Empowerment in Your Life is essential to succeeding and achieving your goals. Whether you believe that you are an authorized person or not, it is important to bring empowering thoughts and feelings into your mind, body and spirit. Creating in the present moment - Being in the present moment as much as possible you will not think or dwell on the thoughts of the past that have deprived you of self-confidence. This will allow you to stop filling your mind with what you do or don't have in your life at this time. Stop comparing your life with others - We lose confidence and personal strength when comparing ourselves to others. There's always someone with more than you. This is normal and perfectly normal. Let go of comparisons and live more empowered lives. Be grateful - Creating gratitude in your life gives you the opportunity to yourself, because it allows you to be grateful for who you are and what you have. Creating personal opportunities can be simple with the right tools, such as being as big as possible at the moment, stopping comparing yourself to others, and living a life of gratitude. How to use positive affirmations for happiness and success Take three deep breaths, inhaling, and exhaling at the expense of 10. Stand in front of the mirror and just look into the eyes. Smile if possible and if it feels natural. Say your statement (or list of positive statements) slowly, meaningfully, and clearly speak the allegations with confidence. Even if you don't feel confident at the time. Repeat affirmations 3-5 times, really focusing on the meaning of each word. Take three more deep breaths slowly, allowing your body, mind and spirit to absorb a deep positive feeling and allow positive emotions to come out into your life. So let's take a closer look at the statements and how to formulate a personal statement and how you can use them in statement meditation then exhibit them in your personal life. There should be as much truth in creating and using statements as possible. You have to be honest with yourself and know what the allegations are you can truly believe. For example, you're going to be going interview, and you want to do well, tell yourself: I am confident in my abilities, I am strong and ready for this interview. Maybe you don't feel that way at all and you start to feel overwhelmed by the interview and not so confident. I would encourage you to change your statement so that it resonates more with you and really listen to your intuition about what feels good. You can start by saying how I believe in my ability to communicate with people during interviews or I radiate friendliness, sincerity and enthusiasm. It is really important to create affirmations for yourself that really reflect who you are and what your strengths are, then you can build on those assertions from there. Simple tips on using empowering affirmations in everyday life: Write your most powerful statement that you personally identify with on a piece of paper and stick it somewhere you'll see it at least every day. Before you go to sleep at night, take some time to recognize your own strengths, thinking: I (insert strength) Choose one or two simple statements to support you in times of stress or overwhelm In addition, note that it is important to set aside a certain time that you devote to your statements. They are much less powerful if you rush through them on the way out the door and not it's time to really visualize what you're saying! How many times do I have to say affirmations? The general rule is 3 times a day for at least 30 days or more if necessary. Remind yourself to say your statements first thing in the morning at least once during the day and you can use affirmation meditation at night before you go to bed. It never hurts to say your claims more than that, but no less than that. I Am Perfect As I Am - You're not too much nor too little. You never have to prove yourself to anyone or anything about who you are. Be satisfied with who and what you are in this life. You are as perfect as you are, right here and right now. You've had enough. You are one with all your life. I deserve it. - Simple but powerful. This statement reminds you that you have every right to ask to get whatever you want, no matter what subversive messages you may have received in your previous life. I have all the power I need. -- Sometimes we think we have to rely on others to get what we want. While other people can be great resources and supporters, it's important to understand that you have everything you need inside. I do mine my reality. - Statement like this is a good way to quickly reflect on the truth The Law of Attraction. And draw your attention to your endless ability to shape the world around you. I bring my unique gifts to the world every day. - Don't compare yourself to anyone and don't feel like you're not enough, no one can give the world what you do. Rejoice that you enrich this world every day. I'm going to make a lot of expressions. - You will sometimes have mixed feelings and you will change and evolve over time. Both of these things are fine! They just reflect your complexity. Respect and honor your many aspects and all they have to teach you. I will be my best defender of my needs and goals. - You already have all the strength that you need to improve, sure that you know what is best for your life. You don't have to apologize to anyone for respect and success. This statement will help you stay in tune with this idea. I have the strength to succeed in everything I want to do with my life. - These words give you the opportunity to move towards abundance, romance and love, a fulfilling career, or anything else you want in your life. This is a powerful quick confirmation to use when you're feeling a little wobbly. I am the author of my own destiny. - No one else decides what is best for you, what you want, or how you pursue it. Tell this truth about yourself when you feel that you need to please others, or you are afraid of their experience in matters of your personal happiness. I am fully responsible for my happiness in my life. - No one can take away your personal joy in creating the life you really want. Also, no one can be accused of preventing you from it. Happiness is a choice you can make today and every day. I give love and get love every day. - Love and compassion for others will stimulate your personal vibrational frequency and will attract the best things and people in your life, it's a great morning confirmation to create a positive and loving day and open you up to get them into your life as well. I'm going to overcome all my personal problems. - There is nothing with the right mindset you can't overcome! However, sometimes you have to hear yourself say it out loud before you remember that this is indeed the case. I have the power to choose a better life for me. - Yes, sometimes you can feel people force you into a corner or circumstance. However, your own display abilities mean that you can always do something different. Also, realizing that it is a liberation. To take care of others, I have to take care of myself. - Whenever you feel like you are draining your own resources to meet the needs of others, this statement can push you to see that you should put your self-help first I believe in myself. Finally, sometimes the simplest are the best. If you verbally trust you and self-belief often enough, it will become the basis on which all your other decisions are made. So, you go, a great place to start incorporating positive changes into your life. Be sure and download the statement meditation above so that you can start programming your subconscious effectively at night for lasting change. You can master all these steps, just keep following it and keep yourself focused on positive outcomes and positive changes in your future. You deserve it! This is!

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