



These First 6 Chapters of My eBook are My Free Gift to You...and Your Friends

While I retain the copyright to these chapters (all rights reserved), this is my gift to you and your friends. Yes, I authorize you to distribute as many copies as you wish to whomever you wish. In fact, I'd love it if you give away lots and lots of copies.

How does sharing this information with others help you? It's simple really. If you pass this information on to your friends, and it helps them to be more positive, your world (your circle of influence) becomes more positive. And when your world becomes more positive, the entire world becomes just a little more positive. Eventually that benefits everyone—including me.

I have only two conditions:

1. You make no changes to the written material.
2. You do not charge anyone for the book. It is given to you freely, so you should freely give it to others. You can send them a link to the Power Affirmations web page using my "Send-a-Page" form by [clicking here](#).

If anyone has given these chapters to you, I encourage you to also visit the Power Affirmations Blog at <http://www.poweraffirmations.blogs.com>. There you can review past articles that I have written about power affirmations, positive thinking, success, etc. Some of the recent articles include:

- [Some Ideas for Lowering Your Gasoline Costs](#)

- [Increasing Your Wealth by Increasing Your Financial Literacy](#)
- [Use Value and Cash Value](#)
- [The Morphing of Thought and Cash](#)
- [Alkalize Your Way to Health](#)
- [The Prosperity of a Nation and Creating Social Change](#)

I suggest that you bookmark the page so you can check back regularly for new articles.

The Idea is the Most Important Thing

What is most critical for you to understand and focus on is the primary *idea* behind Power Affirmations. The idea is more important than the tools. This eBook, the affirmations, the recordings, the screensavers, etc., won't do you much good unless you grasp the big idea--the high concept--behind Power Affirmations.

What is that idea?

That ***your*** thoughts are creative. That you become what you think about most of the time. That you can take control of your own mind by consciously planting positive beliefs, thoughts, and ideas through repetition of thought.

And that one of the most effective and efficient ways to impress thoughts on your mind is by using simple, multimedia tools such as recorded affirmations and posters. Big advertisers use similar techniques to persuade you and me to spend billions of dollars to buy their products.

As you impress positive ideas of your own choice on your mind, they will improve the quality of your actions. And

higher quality actions lead to higher quality results.
Cause and effect.

What Do You Want Your Life to Look Like 30 Days from Today?

Your next 30 days starts...right now. It's going to show up one way or another. You can choose to coast along and have life be pretty much the way it is now. Or you can take charge and begin making changes that will lead to dramatic improvements that will benefit you for years to come.

Get out your calendar and write out the date 30 days from today. For example, if today is March 1, 2007, 30 days from today would be March 30, 2007.

What are the thoughts you want to think on a regular basis? Who do you want to attract into your life? What do you want your health to look like? Your appearance? Your home? Your career? Your finances? **What is your personal vision for the next 30 days?**

Now begin to work backwards from that date. What thoughts do you need to begin thinking **today** to make your vision a reality? What actions do you need to start taking?

What's great about 30 days is that it's far enough out into the future to allow enough time to begin making meaningful changes, but soon enough to be exciting and motivating. It creates a **feeling of urgency** so that you start today instead of procrastinating.

If you set a deadline of 6 months, a year, three years, five years...then you can always wait until tomorrow to get

started. "One more day won't hurt, will it?" But then tomorrow never comes, does it?

Also, 30 days is a short enough time so that if it becomes clear that you need to make a course correction you aren't wasting a lot of time.

With consistent repetition of positive thought and focus on your most important goals, **in the next 30 days:**

- You can make meaningful changes to your thought habits that will have a profound impact on your life **for years** to come.
- You can improve your relationships with your family and friends.
- Begin to improve your health
- Make progress towards your ideal body weight (if you are not already there)
- Improve your career
- Gain control over your finances
- Begin exercising positive leadership in your community
- Clearly identify your most treasured core values and begin living by them consistently

So, what do you really, really want your life to look like 90 days from today? Power Affirmations can help you begin to make that vision become a reality.

Here is Your Chance to Get Custom-Made Power Affirmations MP3s for Your Personal Situation

General [Power Affirmations MP3s](#) like the 203 I offer through my website can help you make dramatic improvements in your life. But at some point you are probably going to want to get very specific and detailed in your affirmations.

Creating specific, detailed affirmations is a **powerful** way to use the Law of Attraction to **accelerate** improvements in your life.

What are the Benefits of Custom-Made Power Affirmations MP3s

Basically, the service I'm offering to has four primary benefits:

- I will review your affirmations for improvement. Most importantly, I review your affirmations in advance to make certain they are positively stated and (where appropriate) clear, specific, and definite.
- A reading of your affirmation that is in a clear voice with a **feeling of certainty and confidence**. It's my intent to read the affirmations in such a way that the feeling of confidence that I have is transferred to your subconscious mind.
- As I record the affirmation, I am in complete agreement with you that the result will come to pass (I only agree to record affirmations that I support). There is evidence that when two people are in complete agreement regarding the attainment of a definite objective, that the power to achieve it is

multiplied.

- This is a quick and inexpensive way for you to get meaningful recorded Power Affirmations that will help you get the definite results you are looking for. Just a cheap microphone alone will cost more than \$15. An expensive one that gives good studio quality sound costs at least hundreds of dollars.

I have the recording equipment and software all set up and ready to go.

I can create a series of specific Power Affirmations MP3s that can help you attract the definite results you want in your life for as little as \$15 for 5 custom Power Affirmations MP3s. **I'll even help you write them.**

It costs nothing to start...no deposit...no up-front fees. I'll even help you write your affirmations for you if you need help getting started.

When you are interested, just visit
<http://www.poweraffirmations.com/personal-power-affirmations.htm>.

My Vision For You and Every Person Who Reads this eBook

It may help you better clarify your vision if I share my vision for you. As I close my eyes, I see you searching for answers to improve the quality of your life. Like me, you may have studied a lot of different self-help material, yet you have not achieved the breakthrough results you have been hoping for. It may be that you have not been able to get yourself to **consistently apply** what you have learned. You may have spent hundreds or even thousands of dollars on more and more information.

You may be frustrated and confused as to why the material just hasn't worked for you. Yet, you are still ever hopeful. Somewhere there has to be a key to unlock the treasure chest of all the benefits you know are waiting for you. I see the spark in your eyes when you recognize that **you already have that key within your own mind.**

I see you beginning to use the affirmations included in this eBook. I see you using the five free Power Affirmations recordings right away to begin making some positive changes. I see you learning the power of **repetition of positive thought.** I see you beginning to listen to recorded affirmations every day to train your mind--either recordings you make for yourself or by using the [200 MP3s I offer through my website.](#)

I see you recognizing that achieving outstanding success is similar to achieving outstanding success in a sport or some other skill. That you have to **practice, drill, and rehearse** in private so that when you actively play in the game of life, you are ready to **automatically respond** in a positive way in every situation.

I see you creating an "advertising campaign" designed to positively influence your own mind using recordings, posters, screensavers, and any other tool you can create to reinforce positive thought.

I see you setting and **achieving** the goals you set faster than you initially thought possible. Yes, I see you living a life of overflowing financial abundance as you find new ways to add outstanding value to the lives of others. I see you living by the personal purpose, values, and vision that you have set for your life.

I see you moving to an even higher purpose--that of serving others. I see you becoming a positive leader within your circle of family, friends, community and

business. I see you bringing peace into your world (thus helping to bring about world peace and prosperity).

This is Why I Do What I Do

Wow, I don't know about you, but this vision really energizes me. This is why I am so passionate about what I have been able to do through my website. I am absolutely committed to doing everything I can to help every person who comes to my website regardless of whether or not I ever directly benefit.

Many people talk about trying to make the world a better place. I decided to stop just talking about it and take **definite, positive action** the best way I know how--with my website, eBook, and Power Affirmations MP3 recordings. Now, **thousands** of people from all around the world are downloading this material every month. This isn't just an affirmation but a measurable fact.

One person with a sincere purpose (even you!) can make a positive difference in the lives of thousands--even millions of people. **Won't you join me?**

Help Others and You Help Yourself

With the help of others, the Power Affirmations website has now been visited by **hundreds of thousands** of people from all around the world.

My primary goal is to help as many people as possible (yes, including you). I cannot do this alone. I need your help. All I ask is that you share the first 6 chapters of my eBook and the website with 5-10 other people you think will benefit from the affirmations. When you help others you are also helping yourself.

Just one positive thought at the right time can change someone's life.

Thank you in advance for helping me to help other people. That's really what this is about. You cannot help other people without also helping yourself at the same time.

Read, enjoy, and above all apply this material to your life. Commit yourself to constant and never-ending improvement. I look forward to hearing about your great successes very soon.

I wish for you all of the **good**, grand, and wonderful things that you desire for yourself,

Bill Marshall

<http://www.poweraffirmations.com>

Power Affirmations

**BELIEVE IN THE CREATIVE POWER
OF YOUR OWN MIND**

By William Marshall

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Introduction

Congratulations on taking a significant positive step towards improving your life. To help you keep your momentum going, I am pleased to provide you with the above link to 5 Power Affirmations MP3s as my free gift to you. It's easy, it's fast and it's free. You can click on the link any time you wish.

Note: Though this is a PDF, it's filled with a lot of links. If you are connected to the internet and reading this using Adobe Reader, the pages will open up in your browser or as a PDF (if the document is in PDF format).

[Free Power Affirmations Audio Files \(MP3s\)](#)

Why do I start my eBook with this link? It's because the information in my eBook will make a lot more sense to you if you take a few minutes to download and listen to these Power Affirmations MP3s before you continue reading my eBook. These are **high quality** audios that I made at a professional recording studio in Hollywood. I want you to learn from actually using Power Affirmations, not just reading about them.

You will get the most out of my eBook if you start listening to these files as soon as possible. Just click on the above link. **Keep your momentum going...**

These are unprotected MP3 files. Burn them to a CD...listen on your MP3 player...listen on your computer. Use the power of persistent repetition of positive thought. That can be hard to do without audio files—but it's easy to do with them. Persistent repetition works.

If you want more Power Affirmations recordings on MP3 files, there are about 200 available from my website. More about this later.

Have Any Questions? Let's Chat Online ...Live

If you have any questions about Power Affirmations, positive thinking, or any similar subject, please feel free to contact me.

Here's my IM contact info:

- MSN Messenger - canei2day@hotmail.com
- AOL Instant Messenger - whmarshall@earthlink.net
- Yahoo! Instant Messenger - [canei2day](#)
- Google Talk - [canei2day](#)

I will personally respond to your questions. I currently don't have an assistant or any staff. I personally read and respond to every communication through my website. I think people are genuinely shocked when I respond directly (and usually quickly), but that's the way I am. I am a man of action.

This is all part of my Definite Major Purpose to personally help as many people as possible through the power of the internet. I am here to help you in any way I can.

Release Your Resistance to Success

What do I mean by "release your resistance?" It's simple. I think that many people try too hard to succeed. The harder you try...the harder you struggle...the more stress

you create in your life. You actually create resistance to the very object or outcome that you desire. Instead, let go of your resistance. Allow your mind to be quiet. Using Power Affirmations (especially the MP3 recordings) is a simple way to start.

Take a small object in your hand such as a small coin. With your hand facing straight down over a table, just open your hand and release the object. Without any effort, the coin will fall to the table. You can let go of any negative emotion, thought, or resistance just as easily. The more often you release, the more your mind will be at peace...and ready for positive action.

Would You Like to Receive New Power Affirmations by eMail? Then I Invite You to [Join my eMail List](#)

You can also join my mailing list and you can receive 3-5 new Power Affirmations every 3-4 days. **The Power Affirmations sent out via email are not in this eBook and are not available as MP3s.** I may publish them as a collection later, but for now, the only way to receive them is via email.

Below is the complete text of one of the emails as an example of what you can expect. As you can see, it is short and to the point and is not a lengthy sales message. This is just a tool to share with you new Power Affirmations to help you keep your mind positive and focused on thoughts that will help you.

You can unsubscribe to the list at any time. The unsubscribe link does not appear in the example below,

but is included in every email sent to people on my mailing list.

Hello!

Here are a few new Power Affirmations for August 19, 2006:

- 1. I am an independent thinker. I study multiple points of view and then select the ideas that make the most sense for my personal situation.**
- 2. I now have a quiet and peaceful mind.**
- 3. I now release all my wants and desires quickly and easily.**
- 4. As I release all of my wants and desires, all that I need comes to me exactly when I need it.**

I'll send you some additional new Power Affirmations in a few days. If you want to discontinue receiving these emails, just unsubscribe by clicking on the unsubscribe link below.

Have a happy and outstanding Saturday! Thanks for your commitment to positive thinking and positive living.

Bill Marshall

Get Over 200 Power Affirmations on MP3s at

www.poweraffirmations.com/MP3s/

I also will notify you **periodically** as I come up with new thoughts, ideas, material that I think is really important or helpful (probably only once every couple of months). For example, when I posted [a free 5 minute recording of Andrew Carnegie](#) from 1914 reading from his “Gospel of Wealth” essay. Yes, this is the real Andrew Carnegie who inspired Napoleon Hill to write *“Think and Grow Rich.”*

You can join my eMail list at:

<http://www.poweraffirmations.com/power-affirmations-by-email.htm>.

Overcoming Procrastination

Starting on the next page is an article that I recently posted on my [Power Affirmations Blog](#). I include it now as a reminder that every successful person knows that you must take consistent positive action if you want to achieve great things. This means you must learn to master the great enemy of success: procrastination.

Procrastination is the opposite of taking action. As you read this book, there are certain actions that I’m going to suggest that you take that will help you achieve your goals and improve your life, but only if you follow through. Most of these actions won’t cost you a dime—only a little time.

To make it clear that it’s time for action, I’ve included the sentence:

Call to action: If you intend to do it, do it now.

This is a call to take some kind of positive action as soon as is reasonably possible. Yes, there are times when you

are not in a position to act immediately, but in most cases you can (especially if you are connected to the internet while reading this). And in those cases you think you can't act immediately, you can usually act within 24 hours.

It doesn't make that much difference to me whether or not you follow through—other than I care for you and want you to have the best life has to offer. It should make a lot of difference to you, because you are the one who benefits from the positive results of the actions you take.

Sidebar

Procrastination Breakthrough: If You Intend to Do It, Do It Now

If there is one quality that successful people have, it is a bias towards taking positive action. Once they reach a decision that they are going to do something, they take action.

And they take it fast.

They don't beat around the bush. They have trained themselves to avoid procrastination like the plague. Whether it's writing an article, doing their taxes, getting organized, or making a purchase, once they decide to do something, they take some kind of immediate action.

This does not mean that they are rash. They think through their decisions. But once the decision has been made, they know it's time for intelligent action at the soonest possible opportunity.

Release Your Resistance to Success

Procrastination is a form of resistance. To procrastinate is to postpone or delay needlessly. Before you can procrastinate, you need to recognize that there is a task that you should do, but for some reason, you **resist** taking action. One way to eliminate procrastination is to allow yourself to feel the feeling of resistance and then to simply **release** it and take the action.

Some years ago, I read a self-help book (I think it may have been one of the lesser known titles by Napoleon Hill), where the author explored the virtues of adopting the motto: "Do it now." Since then, I've used it almost daily to great effect.

Of course, you can't do everything "now"--wouldn't that be great. But when you recognize that a goal is important, there is almost always something you can do within a very short period of time.

Recently, it occurred to me that some people may find the "do it now" mantra a bit too pushy. Some people may think that it implies that they should take action without thinking. As I mention in the previous paragraph, that's certainly not the case.

So, to gain wider acceptance of this idea, I've added the phrase "if you intend to do it..." What this really means is that if you have gone through the decision making process, and you have decided to take action--then just get started.

As soon as you get started, you begin to build momentum. Once you build momentum, you find yourself taking one step after another in the direction of your goal.

If you persist long enough (whether a few minutes, or a few years if it is a big goal), you will eventually reach the end destination: the attainment of the goal.

Here is an important thought: all we really have is now.

Yesterday is gone forever. All you can profitably get from yesterday is to learn from it. Tomorrow (even the next moment) is only a promise. You can plan for tomorrow (and you should), but you can't act in that moment until it arrives.

There is one, and only one moment in which you can live and act. And that moment is now.

So, take in the relevant facts. Go through an intelligent decision making process. But once you have reached the point where you "intend" to take action, then get started as quickly as possible and follow the task through to completion.

Do this consistently and the odds that you will achieve great success will significantly improve.

Steal This Idea

Here is what you can do to spread the word about *Power Affirmations*:

1. Email this file to a friend (you should ask them first).
2. Send them a link to <http://www.poweraffirmations.com> where they can download their own free copy of the first 6 chapters of my eBook.
3. If you like, you can use my "send a page" script to email the page to them. Just click [Send the Power Affirmations Page](#) and follow the simple instructions.
4. Print out as many copies as you like.
5. Make your own recordings or download the MP3's I've made at <http://www.poweraffirmations.com/MP3s/> . Using recordings of some sort is the most powerful way to use Power Affirmations.
6. What positive topic can you write about and create a website and eBook? Your only limit is your own imagination.

Call to action: If you intend to do it, do it now.

I got the idea of including this little box from Seth Godin's book "*Unleashing the Ideavirus*," so I'm passing it on to you. Not only can you "steal this idea" in the form of passing the first 6 chapters from my eBook to your friends, but you can also put together your own eBook and website and do the same thing.

This is all about helping people and spreading positive thoughts and ideas. You'll see this same box at other places in this eBook to remind you to share this information with others and to encourage you to share your own positive ideas. Let's help each other for the sake of all humankind.

We need your positive ideas too.

Link to a Free Full-Length Copy of Seth Godin's "Unleashing the Ideavirus"

You can get your own free full-length copy of best selling author Seth Godin's book "Unleashing the Ideavirus" in PDF format at <http://www.ideavirus.com>. When you go to this page, just click on the "Download It" link in bullet #2. You'll get the entire book as a PDF (file size 850kb).

Of course, I think Seth is right on the money in his book. In fact, this book in particular completely changed how I am spreading the Power Affirmations idea.

As a directly result of the changes Seth's ideas inspired, the distribution of my eBook went from an average of 300 copies per month to over 1,700 copies in just the first month.

Of course, this is a link to an authorized copy of his book. As an author, I'm naturally against piracy of someone else's intellectual property.

It may seem odd to include a link to Seth's book in an eBook about affirmations. Why did I include it? Because my book is about helping you improve your life by improving your thought habits and to improve our world

by helping you share your own positive ideas with your family and friends.

I know you will get a lot of valuable information about sharing ideas from Seth's book. And if you have a business (or decide to start one), his ideas may make you a ton of money.

Call to action: If you intend to do it, do it now.

It's easy. Just go back and click on the link to Seth's book.

My Mission for this eBook and the Power Affirmations Website:

To Help You Achieve Your Goals and Improve Your Life

My mission for this material is two fold:

1. **To help you improve your life and achieve your goals.** To provide you with tools using Power Affirmations that you can begin using immediately to improve your life and help you achieve your goals.

It's not enough to just set goals. What really matters is measurable achievement. So, I especially want to help you achieve goals that can be measured like a specific increase in your wealth. Where material is offered for sale, I have purposely made the cost as low as possible.

2. **To join with like minded people and make a positive difference all around the world by**

sharing the Power Affirmations information via the internet. To positively influence a minimum of 1 million people by March 31, 2008.

This eBook and my website is my way of giving back a portion of what has been given to me. My focus in this website is how I can help others, not “what’s in it for me.”

I believe that as I unselfishly help others, that amazing opportunities will open up for me from unexpected people and places.

In My Imagination I See You Moving Closer to Your Goals...and Achieving Them

In my imagination, I can see you reviewing this eBook--searching for the keys that will unlock the powers within your mind. Perhaps you have recently suffered one or more temporary defeats. Maybe you are frustrated from trying other programs or techniques that haven't worked for you yet (maybe even affirmations).

I see you learning how to let go of negative thoughts and feelings so that you experience peace of mind easily and effortlessly. And out your quiet mind, you find yourself achieving your goals faster than ever before.

It may be that you are just getting started in your career and are looking for information to help you avoid the mistakes of others. You may have heard about affirmations some place and wonder whether or not they will help you.

In any case, you are looking for answers--simple solutions that will help you overcome your challenges and consistently achieve your goals.

I see you studying this eBook and implementing some of the strategies to help you reach your goals. I see you regularly searching for new ideas--and getting the ideas you need. I see you making a commitment to yourself that you are taking back control of your own thoughts.

You Are Motivating Yourself to Take Consistent Positive Action

I see you creating your own Power Affirmations that are specific to your personal situation. I see you listening to Power Affirmation recordings repeatedly--maybe you are listening to the free MP3 samples, recordings you make for yourself, or the inexpensive 200 MP3 files that you can purchase from my website in order to get off of a fast start.

I see you doubling your wealth...and then doubling it again (and again) through the power of your thoughts and ideas put into action.

I see you standing tall and confident. I see you using the awesome power of repetition to improve your thought habits and behaviors.

I see you using Power Affirmations to mentally rehearse the results you want in advance so that when opportunities present themselves you recognize them immediately and confidently make the right decisions. I see you catching yourself doing things right and avoiding mistakes.

I see you consistently taking action to move towards the achievement of your Definite Major Purpose in life.

You are determined, persistent, and enthusiastic about reaching your goals.

As your personal success increases, I see you taking action to help other people--even if it is to only share with them this website and philosophy.

You are a leader and you are taking the actions of a leader. I see you helping other people achieve their goals. I see you consistently adding new value to the lives of others. I see you taking a leadership role in your community.

Yes, I see all of this and more through eyes of faith and belief.

Maybe this isn't a reality for each person who reads these chapters, but wouldn't it be great if it were? It is absolutely possible. You don't have to buy anything in order to try out this philosophy. There's more than enough material for you to get started right away.

Release your doubts, fears, and resistance to success. All that's really necessary is for you to let go and take some type of, positive action the moment it occurs to you.

Chapter 1

The Story of Power Affirmations

For several years, I have studied many success related materials. First there were books, then tapes, then CDs and seminars. Now digital formats like MP3 that make it easy to get quality audio programs **fast** over the internet.

A few years back, I was listening to one particular program on CD. One of the things I liked about it was that when I came across an important point, I could hit the repeat button and listen to this small section over and over again.

I found this significantly improved my understanding and application of the concepts.

I began to wish that I could cut through a lot of the “filler” in the programs and listen (and re-listen) to just the most important points to me. Then it dawned on me that it would be even more powerful if I translated the points into personal affirmations and recorded them on CDs so that I could listen to them over and over again.

As I thought about it, I decided that I wanted to start with six basic areas:

1. **The power of affirmations.** The purpose of this was to impress upon my mind just how powerful affirmations were.
2. **Creating a powerful self-image.** Being able to put myself into a peak state at a moments notice.

3. **Setting and achieving goals.** Success means the completion, attainment or achievement of some specific objective. If you want to be successful, you must learn how to set and achieve goals consistently by design—on purpose.
4. **Health.** What can be more important than excellent health? Health is certainly supported by good health habits (eating, exercise, rest) and a **positive mental attitude.** I wanted to condition my mind to follow good health habits automatically.
5. **Relationships.** You cannot have great success without outstanding relationships with other people.
6. **Wealth.** This is what most people focus on when they think of success. And certainly when they think of affirmations. Wealth is important, but not the most important objective. Actually, wealth is more of a result of success in the other factors.

For the next couple of months, I went back and reviewed the books and audio programs that had the most dramatic impact on my own thinking and created affirmations in these 6 areas. I developed a simple formula to infuse these affirmations with as much emotional power as possible.

After I finished writing out the affirmations, I decided I would record them so that I could put them on CD with different tracks that I could listen to again and again.

I tried a few home recording methods, but I just wasn't satisfied with the quality even though the recordings

were going to be just for my own use. Up to this point, I hadn't considered sharing them with others.

I checked around and found a recording studio in Hollywood that I could rent for a modest amount. Over period of about 5 hours, I created the recordings.

As I began to listen to the recordings in the days afterward, I found that they were almost exactly what I was looking for—concentrated positive content I could listen to repeatedly. I say almost because I found myself distracted by some of the breathing and clicking sounds. It's amazing what a studio microphone picks up.

So, I purchased an audio editing program and in my spare time I painstakingly went through the recordings and removed all of these extraneous noises. The editing took about 6 months.

When I finished, I had exactly what I wanted: concentrated, positive affirmations that I could use to condition my subconscious mind to create the results I wanted in my life. I had a tool I could use to remind myself to relax and let go in a spirit of absolute faith.

Sidebar

The Power of Persistent, Determined Action

As you think about the story I just told you about how I created Power Affirmations, notice how it is filled with taking one positive action after another in the direction of a specific goal. I encourage you to

go back through this article and identify all the actions.

I want to make it clear that this process took a lot of thought, time, and persistence. There were a lot of other actions that I took that I eliminated from this description in order to save space. This article is a summary of the major actions.

Also, I completed this at a time when I had a full-time job that required a lot of overtime and very little money. There were multiple opportunities (virtually everyday) to simply give up on the project—that it was too time consuming and too complicated. But I avoided those through persistent action and determination.

Why is this Important to You

As I began to see dramatic positive results in my own life within a short period of time from using the recordings, I decided I had a responsibility to share them with as many people as possible. I've already done the work of writing and recording the affirmations for you.

Now you and others can enjoy many of the same benefits I have experienced just by downloading and listening repeatedly to the recordings.

Listen to them often and application will follow automatically. Why? Because you are positively conditioning your subconscious mind. And with consistent application positive results will come. As you

listen, release your resistance. Release your wants and desires and allow abundance to flow into your life.

Life improvement is the result of thought improvement.

Of course I know that this is not the definitive course on success. I see these recordings as supplementary material. These affirmations, and affirmations you create for yourself following the same language patterns, should be used in addition to reading, listening, and studying some of the terrific material published by other authors.

In fact, whenever you read an important book, I suggest that you use the Power Affirmations method to make certain you condition yourself to regularly apply the knowledge you receive.

Why did I write this eBook for You?

Why present this material in an eBook format instead of on my website? There are several reasons:

1. I think this information is more valuable to you in sequence. With the web, I couldn't control where people entered my site or if they would even be exposed to all of the information. By providing it to you in an eBook, at least I know you have it all.
2. I wanted to provide people with a means to be able to print out the entire book for further study. The internet is excellent, but is not always printer friendly.

Because this eBook is in a PDF format, printing is now easy and consistent. You can print out only the pages you want to study, or you can print out the entire book at once without having to visit and print out each web page individually.

3. I wanted to provide people with an additional way to share the power affirmations method with other people. Having it in an eBook format means you can send it to your friends with links to the files in tact.

The power affirmations website is now visited by thousands of people every week (until recently, it was thousands per month). This is no longer just one of my personal affirmations; it is now a measurable fact. What is really exciting to me is that many of these people live outside of the United States.

Positive thinking knows no barriers of nation or culture.

With your help, I believe that over the next few years (maybe even sooner), this eBook can reach over 1 million people. This is the target of one of my current affirmations. Just stop and think about this a minute: 1 million people. And it all grew from the seed of a simple idea. A thought.

Thought is the first step to transforming intangible ideas and energy into physical reality.

Just to be clear, this is not about me and my book, website or recordings, this is about helping as many

other people as possible. This is also about setting an example of possibility: if I can do it, so can you.

What could you write about and turn into a website and eBook or a series of recordings? The internet is opening all kinds of new opportunities for all of us.

You won't find any of the audio files in this eBook. If I did that, the file size for the book would be huge. But there is information about how you can download them later in the book.

What you won't find in this eBook are the new articles that I have published in my online "blog." I post new articles a few times each week, so you will want to check back often at <http://www.poweraffirmations.blogs.com>.

Sidebar

Some Problems I Faced Using Affirmations

Here were some of the problems I faced using affirmations in the past (some of these may sound familiar to you—they tend to be very common problems):

1. I didn't know where to find the right affirmations that would help me. Or where to find a sufficient number of affirmations to use.
2. I wanted a formula I could use to write my own affirmations.
3. I wanted a time-effective way to use affirmations. Because of my busy schedule, I wasn't in a position

to devote an exclusive amount of time to affirmations.

4. My self-motivation was very inconsistent. I'd use the affirmations for a few days and then get discouraged or forget. To succeed, you need to maintain a high level of self-motivation. **You have to learn to be your own cheerleader.**
5. I wanted affirmations I that I could combine with music in some way. I wanted to use music to create positive anchors to the affirmations and to help me add emotional intensity.
6. I had problems memorizing the affirmations. As a result, the thoughts were not readily available to me the moment I needed them.

I studied, studied, and studied, but didn't consistently use what I learned. I finally decided I needed to change my focus on using the information I had rather than getting more and more information. I created the Power Affirmations program and recordings out of my own frustrations.

That change in focus has led to a number of significant improvements in my life. I still study new material, but my focus is now on applying the information rather than just learning more and more.

The #1 tool I use to do this is my Power Affirmations method. When I really want to learn something—condition my mind so that it is a new thought habit—I create a new set of Power Affirmations designed to help me do that as quickly as possible.

It would be a mistake to think that the 200 Power Affirmations in this eBook are all you need to condition your mind. What's really important is the Power Affirmations method.

The 200+ Power Affirmations in this book and on the MP3s are just a starting point--a way to get off to a **fast start** with Power Affirmations.

Chapter 2

Power Affirmations Can Help You Attract What You Most Want in Life

What do you desire most in life?

- To condition your mind to create and attract more money?
- More self-confidence, power and certainty?
- To create and maintain a peak state that will help you be more effective in everything you do? Hint: A peak state is different and much more powerful than just a positive attitude.
- To create successful businesses (that keep making money while you are away)? This is how most super rich people created their wealth.
- Reduced debt?
- Weight loss?
- More friends?
- Peace of mind?
- More time with your family and friends (both quantity and quality)?
- Increased sales?
- A new home?

What do you want *specifically*? Whatever it is, you *already* have within you the power to achieve these goals faster than you may currently believe is possible. All you need to do is learn to *unleash* the massive thought power

that lies within your own mind and focus it relentlessly on the results you want.

Relax and let go. Quiet your mind and the results will follow: *cause and effect*.

Sounds so simple, doesn't it? The answer is to put yourself into your personal peak state and condition yourself to stay there consistently.

Well, this is where most people run into challenges. Many never learn how to put themselves into a peak state on purpose in the first place. It may happen once in a while, and they feel great when it does, but then they don't learn how to get back into this state.

The other challenge is that they allow themselves to get knocked out of state. Or get discouraged. Or get stopped by fear. They don't know **how to motivate themselves** to take consistent action. Instead, they lose their motivation and stop.

Their personal power disappears before they build enough momentum to make solid progress towards their desired goals. They let their minds wander aimlessly from thought to thought overly influenced by their environment (this is one reason why it is critical to have a Definite Chief Aim or Purpose in life).

The Difference that Makes The Difference

What is the difference that makes the difference? Why do some people succeed where others fail? Why are there times when we feel unstoppable--in our power? And why are there times when we fail miserably?

Well, there are many explanations, but the one factor that seems to be consistent is that when we succeed, we enter our peak state.

This is a mental state of mind where anything that is possible becomes possible for us. All our resources become immediately available. People are attracted to us automatically. Where we are better than our best. Where we are in the zone. It is a place where your mind is calm, quiet, and at peace.

If you have been in this state even once in your life, you know what I'm talking about.

Some of What You Will Learn In This eBook

- What Power Affirmations are
- Why Power Affirmations are different from affirmations you will find elsewhere
- Why Power Affirmations work
- Over 200 Power Affirmations in 6 general categories including conditioning yourself to enter and stay in your peak state, building confidence, achieving goals, creating wealth...and more. You can print out these affirmations and begin using them immediately
- How to use Power Affirmations to accomplish your goals
- A formula you can use to create your own Power Affirmations

- How to use your own daily planner to create daily Results-focused Action Plans to automatically lead you to the attainment of your goals
- How to accelerate your progress with Power Affirmations recordings on CDs or MP3s. If you have a computer with a read/write CD drive, you can easily create your own.

Or you can take advantage of my studio recordings with over 200 Power Affirmations--about 3 hours of recorded content, each in its own MP3 file for easy repeating for power conditioning.

- An affirmation by Napoleon Hill for creating wealth (with my revisions).
- A link to a PDF that has 200 Power Affirmations as ePosters
- A link to a PDF that has 162 Power Affirmations that I created based on “The Science of Getting Rich” by Wallace D. Wattles

Are you ready? Let's march...

Chapter 3

The Battle For Your Mind

How do advertisers influence us to spend billions of dollars on the products they sell? The answer is contained in the question itself: advertisers advertise.

Repeatedly...

Relentlessly...

Through TV and radio commercials, magazine ads, billboards, etc. And they do it more by influencing your emotional states than by logical arguments.

A major company with a multimillion dollar advertising budget will use all these means to fight for a permanent piece of your brain. We have become so conditioned to the media blitz around us that we hardly pay attention anymore. It just feels natural (and advertisers love that because our lack of attention is their ticket to billions of dollars).

And then there are demands for our attention by other people. Well meaning family members and friends. Our employers. Civic groups. Politicians. The news.

When you think about it, there's so much noise in most of our environments (including non-verbal "noise") it's no wonder that we find it difficult to stay focused on our own goals.

To find our own voices.

Add to this the normal disempowering beliefs that many of us have picked up over the course of our lives, and we have a real challenge on our hands.

Sidebar

If you don't plan your own life, others will plan it for you.

Who Has Really Been in Control of Your Thoughts?

Now if I say to you "Have it Your Way" or "You Deserve a Break Today", or "I'm Lovin' It" or "The Pause that Refreshes" or "Like a Rock." I'll bet most of you can name the company or products that I'm referring to.

Why? Because advertisers have used print, radio, and television advertisements to present these slogans to us over and over and over again. And they mix their appeals with the emotions of sex, beauty, power, prestige, laughter--or they make us feel fear by not using their product.

And they send the same messages through different media enhanced by music and pictures. For some "unknown" reason, we end up spending billions of dollars for their products. Logic smells, emotion sells.

How Do We Take Back Control?

Well, one method that I have tried is reading and/or listening to self-help materials. Over the years, such

materials have helped myself and millions of others transform our lives. The world owes a huge debt to the authors and publishers of these materials.

But they have also proven a challenge. Who has time to read or listen to all of it? And even when I have time to read or listen, who the heck can remember all the critical points? To maximize my time, I do most of my listening in my car, but this means that taking notes is almost impossible.

Here's a simple test for you. Think back to a book or audio program that has had a profound, positive influence on your life. Now take out a piece of paper and make a list of the 10 most important points from the material from memory. If you can't remember 10, can you remember 5? Now how well can you really explain these points?

Here's the big question: how often do you ***apply*** these ideas in your every day life? Unless you are an exceptional person--or unless you have really studied the material through repeated readings/listenings (and took notes) my guess is that you didn't remember a lot of specifics. It's more of just a "feeling" about the book.

Or maybe a single powerful idea that changed the entire course of your thinking (usually by putting you into a temporary peak state).

"Advertise" to Your Own Mind

If you want to have control of your own mind, you are going to have to fight for it.

While I have found other self-help programs to be extremely useful, I have also found they were not strong

enough for me by themselves. I needed to find a way to **install** these principles and beliefs the same way advertisers conditioned me to buy their products. I tried self-hypnosis and subliminal programs. Maybe others have found them effective, but they did little for me.

So I turned to affirmations. Unfortunately, I found most affirmations programs to be weak and lacking in insight and power. There was very little about really entering a peak state. I wanted the same level of content quality that I received from the self-improvement classics I studied, but presented in such a way that I could really impress the key beliefs and principles on my mind so that they would automatically guide my actions.

When All Else Fails, Do it Yourself

I finally got fed up with the lack of results that I was getting from all the materials I studied. I never thought that the problem was with the materials, but rather with me. I'm just so thickheaded that I had to find a way to pound the ideas into my brain.

I decided to take matters into my own hands and write my own affirmations. Affirmations that were grounded in the truths that I had learned from others. Affirmations that were simple, direct, and practical. Affirmations that were concentrated power.

Affirmations that would put me into my own peak state and condition my mind until it was an **automatic habit**. Affirmations that would help me maintain a **consistent level of motivation** to move towards my goals regardless of what was happening all around me.

One thing I have noticed about myself: my level of motivation used to **waiver** depending on whether or not my circumstances were good or bad. Whether I was energized or tired. One of the benefits I have received from listening to my Power Affirmations is a consistent level of self-motivation. With the increased motivation, I now find myself taking positive action towards my goals regardless of how I feel in the moment. I have learned how to energize myself to always take positive action.

When I was done, I decided to call them Power Affirmations in order to remind myself to feel power, confidence, certainty, and **motivation** whenever I used them.

What Are Power Affirmations?

Power Affirmations are statements of faith and belief which you repeat to yourself with emotional intensity for the purpose of putting your mind into a peak state--a state of absolute confidence and certainty-- in order to create specific realities in your life.

Power Affirmations are tools that can be used to transform the intangible impulse of thought into tangible reality.

The affirmations in this eBook came out of asking the questions "What is the state of mind that I have to be in consistently in order to achieve amazing success?" and "What are the thoughts and beliefs that I need to have in order to consistently achieve outstanding results in my life?"

As I have already mentioned, over the years I have read many, many books on goal setting and positive thinking. And most of them have been extremely helpful.

What I was unable to find was a large variety of affirmations that I could use to install all the conditioned beliefs I needed to create the results I wanted in my life. To quickly train my subconscious mind so that I automatically put myself into a peak state--**and stay there**. A state where I automatically take the actions that produce the results I want without having to struggle and think about it.

I'm not a professional writer, speaker, psychologist, coach or personal consultant. I'm a common businessman who has worked exceptionally hard. As an accountant. As sales support. As a sales person. As a marketer. As a middle manager. As a Chief Operating Officer. As a Business Consultant. As a singer.

Many are the evenings that I have worked all night to meet an important deadline. I know what it's like to work for a large conglomerate. I know what it's like to work for a small company struggling to increase sales. I know the frustration of failure and the joy of achievement. I continue to live my life in the trenches.

This information does not come from an "ivory tower" but from the "school of hard knocks."

As a result of my experiences, these affirmations are very direct and above all else, practical. They have been tempered in the fires of real life business experience. If you want "easy-listening" affirmations with soft relaxing music, you'll have to look elsewhere. Many of those programs are excellent, but they just don't fit my style.

And they didn't work for me. Maybe they will work for you--I can't say.

Power Affirmations are industrial strength affirmations--direct, sometimes hard-hitting, and above all practical. And within the statements you will find timeless success principles that will become an every moment part of your thought habits--if you condition your mind through repetition with a feeling of power.

Well, this is enough information for this chapter, but there's a lot more information inside this book and at my website. You will want to read and study it all. Use these Power Affirmations consistently during the next 30 days and you will condition your mind to enter and stay in your own peak state.

And out of your peak state, things that seem magical will automatically start happening in your life. You will begin to build massive momentum that will help you reach your goals faster and with less of a struggle than you ever thought possible. Best of all, you will consistently feel incredible and will become an even better person than you are today.

Read. Enjoy. Listen. Act. **Step into your power...right now.**

Chapter 4

How to Use Power Affirmations

What is the most effective way to use Power Affirmations? First of all, there is no one "best way" to use power affirmations. Everyone is different. You need to experiment with different ways to find out what works best for you. The most important principle with respect to Power Affirmations is repetition with a feeling of certainty.

Here are a few suggestions for using affirmations that I have found helpful:

1. **Pick one or two affirmations and begin using them immediately.** Don't wait until you create the "perfect" affirmations for your specific situation before you start using them. The future is now. Procrastination is the killer of success. Immediate action creates momentum. Repetition of positive thought sustains it.

Do not base your choice by whether or not you already believe the affirmation or if the belief seems possible to you at this time. Repeating the power affirmations with emotional intensity and a feeling of certainty will eventually install the beliefs in your subconscious mind.

At the very least, pick a generic affirmation like "Every day in every way I'm getting better and better." Then you can always choose or create other power affirmations later after you set specific goals.

Resolve right now to start using Power Affirmations **within the next 60 minutes**. By taking fast action, you will begin to build **positive momentum** towards improving your life.

- 2. Write the power affirmation at least 10-20 times per day.** For best results, write it down 10-20 times as soon as you arise and 10-20 times before you go to bed. This allows you to set the direction of your thoughts before the day starts and plant the seed in your subconscious mind before you go to sleep.

If you do this consistently, you will naturally find this thought re-occurring in your mind several times per day. You will begin to notice the power affirmations shaping your other thoughts through the course of the day. As the power affirmations attract more and more similar thoughts, you will create a direction and build momentum towards your desired results.

- 3. After you write the affirmation 10-20 times, repeat it aloud in front of a mirror 5-10 times.** Repeating the affirmations aloud further installs the beliefs into your subconscious mind. It is very important to repeatedly both write and audibly state your affirmations for maximum effectiveness.
- 4. As you write and audibly repeat them, *feel* the emotional power of the affirmations in your body.** See yourself as having already created this result in your life.

Feel the way you would feel if you already had this result in your life. Hear the things you will hear when this affirmation becomes an everyday reality. Breathe the way you would breathe if this affirmation were already true. Move your body as if this were already a conditioned belief.

5. **Now let your positive thoughts of power and certainty guide your actions.** Live consciously. Take complete control of your own mind rather than passively allowing the influencers in the media control it for you.
6. **Combine using the affirmations with a goal setting and daily progress measurement program.** This is really important. You can only manage what you measure. By measuring your progress daily, it is much easier to see where you are succeeding (and celebrate) and see where you need to improve.

Daily? Well, everyone is different, but that's what I've found necessary for myself. Taking measurement even weekly proved to be too long for me. For one thing, I am so active, I found it too difficult and time consuming to try to remember and write down all the progress I made.

Second, I need feedback sooner in order take faster corrective action and to seize opportunities that come up every day.

The best program I've found for myself is a simple one that I created for myself. You can read all about it in later in this book. And the tools you need to implement it are simple and easily (and

inexpensively) available--like a notebook or regular planner and a pen.

I could have probably created a separate book, whole seminar, and audio program and special planning materials for sale, but it's really so unnecessary. And contrary to the overall philosophy I'm committed to accomplishing with this website. That philosophy is to offer quality information you can really use for less.

Does this type of conditioning take time and effort? Absolutely...on a daily basis. There is no something for nothing. This is where most people fail. They don't follow through with these steps every day for a long period of time. They get inspired for a few days after hearing a motivational speaker or after reading a book.

Then, after the motivational "high" wears off, they fall back into their old habits. Or they get so busy that this is an easy item to ignore. I know that this is true, because this is what used to happen to me. Successful people take the actions that unsuccessful people will not.

Sidebar

Event Training vs. Process Training

Event training through short seminars, etc. is necessary and great. But **Process Training**, training that guides your every day habits, is the real key to sustained results.

Process Training is achieved through sustained exposure to the learning material over a prolonged period of time. And it requires constant review and correction until the skill is installed as a subconscious habit (like how you learn to drive a car).

Most people who think they can get all the information they need by attending a couple of seminars or listening to a best selling program one time will usually be disappointed. The information just goes by too fast to allow it to really soak in.

Why do you think we see the same commercials over and over again? Or hear the same slogan? It's because advertisers know if they can get our attention for 30 seconds (or less), and get us to listen to or watch the same commercial multiple times over a period of days, weeks, months, years, they know they can sell us billions of dollars of merchandise.

Isn't it time that you used the same techniques to condition your mind on purpose? Take control of your mind.

Listening to motivational speakers on audio tape on a regular basis (in other words, daily) is one effective way to add process training to your life; however, many of the thoughts they communicate race by without having a chance to take root in either your conscious or subconscious mind.

And there's often a lot of fluff just to get to the main points that will really change your life. It's much more difficult to take advantage of the power of

repetition which is crucial to create long term results.

I know all this too well from personal experience. That's why I decided to do something to meet this challenge for myself. Here is the final step that tied everything together for me:

7. **To accelerate your conditioning, listen to Power Affirmations on CDs or MP3 audio files.** Either format is *far* superior to audio cassette tapes. In fact, it looks like audio cassette tapes are going the way of the LPs and video tapes. It's a dying technology. Listening to the Power Affirmations on CDs or using an MP3 player like iPod allows you to effortlessly condition your subconscious mind to several beliefs in a very short period of time.

It's like listening to a radio commercial over and over again. You are "selling" yourself to automatically accept a specific set of beliefs for a specific set of results.

One technique that I have found helpful is to play the CDs continuously at night at a low volume as I sleep. This further conditions my subconscious mind to these power thoughts. This is truly "power training" for your subconscious mind.

Why CDs or MP3s?

While audio tapes are useful, I have found that recordings on CDs or MP3s are at least **100 times more effective** because of the power of repetition. Repetition of thought

is one of the most effective ways to install a thought or idea into your subconscious thinking.

Once I realized the superior power of CDs and MP3s for learning, I invested hundreds of dollars to install two 10 CD changers in my car--at a time when it was difficult to pay my bills each month. It was one of the best decisions I have ever made. When I made this simple change in how I listen to self-help audio programs, my momentum exploded.

This was back before MP3 players became popular. Now I've made the transition to my iPod MP3 player which is even better. Now I can carry around my entire library of recorded affirmations and positive thinking books on my iPod and listen to them anytime I want to. I believe listening to Power Affirmations on CDs or MP3s can do the same for you.

Here are some of the many benefits to listening to power affirmations on CDs and MP3:

1. **You can listen to the same power thoughts repeatedly until they are fully conditioned in your mind.** Because the affirmations are on separate tracks, you can use the auto-repeat function of your CD player to listen to the same affirmation for as long as you want.

You can't do this with audio tapes without a lot of stopping and starting which breaks your mental state. This simple, subtle change makes a huge difference in effectiveness.

Just as an example, in my recordings, an affirmation is repeated about 4-8 times per minute (depending

on the length of the affirmation). This means that in my morning half-hour to one hour drive to work, I can listen to about 120-480 repetitions of the same or various affirmations (4 X 30 min=120 repetitions. 8 X 60 min=480 repetitions—this is simply a matter of math).

By the time I arrive at work, I'm wired and ready to go. I'm focused on the goals that are most important to me. Even more so than when only listening to other self-help programs. I mix them up for balance. I found that only repeating them verbally could not compete with listening to them on CD because of the massive difference in quantity.

- 2. You can listen to multiple affirmations related to a single subject.** Writing and verbally repeating your affirmations in front of a mirror, while critical and effective, takes a lot of time--probably at least 1-2 hours a day to do it right. It is very difficult to do more than a couple of affirmations effectively.

And because of the amount of time it can take to properly use even a single affirmation, most people quit the affirmation habit before they begin to get real results. And then they mistakenly believe "affirmations don't work for me." And of course, they are right--if this is how they are going to use affirmations.

Some people fall into the habit of starting/ stopping, starting/stopping, starting/stopping. When this happens it is extremely difficult to create enough momentum to achieve a noteworthy goal. Listening

to recorded Power Affirmations helps to power through inertia to create unstoppable momentum.

Listening to power affirmations on CD allows you to listen and incorporate 30-40 affirmations in the amount of time that it would normally take to do 2 or 3. And because you can listen to them in the background while you do other things (driving, cleaning the house, even sleeping), you actually spend more time directing your mind to these thoughts.

So not only are they more effective in the first place, recorded affirmations actually accelerate your progress faster than you probably currently believe is possible.

The truth is that creating outstanding results often requires extensive reconditioning of your thinking. The amount of reconditioning that is necessary usually requires **changing many habits and beliefs simultaneously**. It requires a significant amount of mental focus. Most people find it difficult to change even a single core belief consistently, much less changing several. At least that was my experience.

Unless you find a way to change multiple beliefs simultaneously, you are likely to continue being frustrated in your efforts to achieve your goals. This type of audio program, used consistently, makes such changes much easier.

- 3. You can use the shuffle or random function on your CD or MP3 player to change the order that you listen to the affirmations.**

Sometimes it's helpful to listen to them in order, other times you may feel you need more variety.

- 4. Because listening to the recordings can be either a passive or active activity, it is much easier to stay consistent.**

Let's face it. The odds are you will not always feel motivated to do your affirmations every day. Or your schedule may be so jammed that it is impossible to stay with your daily program. **Those are the times you need the affirmations most.** It's just like daily planning--if you don't have time to plan every day, you must plan every day.

Ah...but listening to recorded affirmations...almost anyone can create enough motivation and time to do that on a daily basis. And it is easy to listen to the recordings while you are getting ready for work in the morning, or driving, or doing some other activity.

In fact, I have found that simply listening quietly to Power Affirmations to be an effortless but powerful process. As I listen, I just relax, allow my mind to be quiet, and release any resistance to positive action.

My favorite time and place to listen to my Power Affirmations is in my car on the way to work. Now that I have switched to using an iPod, I simply plug it into the holder I have in my car and it's ready to go. I can either listen to them passively or repeat them as I drive.

This has made all the difference to me in conditioning these beliefs and actions into my life on a daily basis.

5. **Unlike audio tapes, the CDs or MP3s will never wear out with repeated use and will never jam.** As long as you don't scratch them or delete them, they will last at least a lifetime--probably longer.
6. **Listening to the recorded affirmations makes it easier to expose yourself to these thoughts for a longer period of time.** Anyone who tells you that you only need to spend 5 minutes a day conditioning your mind for success (either through affirmations or other tools) simply doesn't know what he or she is talking about.

Coming up with a powerful affirmation is relatively easy, so that usually isn't the deciding factor in success or failure in your use of affirmations. The real deciding factors are quantity and emotional energy. Usually if you get enough quantity, the emotional energy takes care of itself.

I looked in multiple places to find a set of recordings that met my personal requirements. **I couldn't find any.** So, I finally decided to make my own. While I originally created them for my own use, it didn't take me long to realize that these recordings are so outstanding that I have a responsibility to make them available to other positive, like minded people.

Note: As of January 2007, I still don't see anyone else who has put together an affirmations program that meets my requirements.

The points you will hear in these audio files are as many or more than most programs 10 times the size in terms of thought quality. That's because these Power Affirmations cut straight to the point. No stories, jokes, or personal commentary. That type of content has its place in lecture type programs in order to emphasize important points, but not here.

These affirmations are highly concentrated. It's like mental vitamins for your brain. And you will remember them, because they are in the first person, present tense, short, and on separate tracks to allow for repetition.

With repeated listening, you will automatically find yourself using this information time and again--especially when you are faced with a major challenge. You will be prepared for the moments of decision that inevitably come to all of us.

Without conditioned habits, many of us fumble the moments of opportunity when they inevitably present themselves. These moments of power come and go so quickly that you only notice them if you are paying attention. Many times you have only seconds to respond to a situation.

Blink and the opportunity is gone forever...

So you have to always be "at the ready."

Many of the audio programs offered by others are essential and necessary. I listen and re-listen to them all the time. But when I really want to accelerate my results, I spend more time going through these Power Affirmation recordings and my effectiveness and productivity take off like a rocket.

The Importance of Taking Immediate Action

One of the most important rules of success (defined in this case as achieving any specific result you want on purpose) is to never leave the site of setting a goal without taking at least one immediate, definite, positive action towards the achievement of your goal.

If you don't take an immediate results-focused action, there is an excellent possibility that you will lose motivation and momentum and significantly increase the amount of time it will take to achieve a result). Seize the moment of motivation while it exists.

One immediate action you can take is to find one of the Power Affirmations in this book and spend the next 10 minutes repeating it aloud with enthusiasm and writing it down several times.

Sidebar

Here's a Chance to Listen to One of My Personal Power Affirmation Sessions

So that you will have a better idea of how I use the recordings in an interactive session, I decided to record about 4 minutes so that you can listen in on one of my personal sessions...

Here's the link:

[Practical Demonstration MP3 \(3.6 meg--4 minutes of audio\)](#)

For this example, I chose three Power Affirmations from the 3rd category of recordings on goal setting. The Power Affirmations used in this session are:

1. Whenever I set a definite goal, I take immediate action towards its attainment to create and sustain massive momentum.
2. I now put my body into a peak state of absolute certainty knowing that I can create any positive result that I am committed to.
3. I now step up with total power and passion to take whatever positive action is necessary to achieve my desired results.

How I Use My Power Affirmations Recordings Interactively

The list below provides more details of how I actively interact with my Power Affirmation recordings. The demonstration recording should make my personal method crystal clear.

Interacting with the recordings, requires more time and energy, but is extremely powerful. Here are some of the key elements of my personal method:

1. I select about 3-5 affirmations that I want to focus on for that session and put them into a playlist by themselves. By picking just a few affirmations, it's easier to keep my thoughts focused for this specific session.

This is really easy to do with iTunes. I can set up as many playlists as I want without making multiple copies of the same file. I usually have just one playlist for this purpose and then change it as necessary.

Note: even if you don't have an iPod, you can still use iTunes to make a custom playlist and burn a CD of just those affirmations.

2. I set my iPod to repeat the playlist over and over again. You can do the same thing if you are listening on your computer or on a CD player.
3. As I listen to the Power Affirmations I repeat along with a combination of the feelings of power, self-confidence, passion, and enthusiasm.

But...and this is important...I usually don't repeat the affirmation in unison with the recording. I usually let a few words of the affirmation start, then repeat the affirmation. I use the recordings as a guide to keep my thoughts and energy focused.

4. I don't always use the exact same words that are used in the recording. What's most important are the thoughts and emotions. I find that by using similar, but different words, I end up getting new ideas. I don't think the variations out in advance. They just come to me during the sessions.

5. I single out the keywords and phrases in the affirmations and repeat them.
6. I add gestures to punctuate the feeling. Or clap my hands. In other words, I use my physiology to increase the intensity of the thought.
7. Although I didn't do it in this demo, occasionally, I make use of the pause button on my iPod or CD player to pause the recording while I go off on a random "riff" related to the Power Affirmation.
8. I use the repeat or back button to repeat an affirmation if I want to listen to the affirmation more than the number of repetitions that are in the recording itself. Again, this is not something I did in this demo due to time constraints.
9. Depending on the affirmation, I often add a lot more emotional intensity than you hear in the normal Power Affirmations recordings.

Why didn't I use the same level of intensity when making the original studio recordings? That was by design.

While the emotion varies in the recordings somewhat (depending on the affirmation), the general level of intensity I chose to use for the recordings was absolute certainty, controlled enthusiasm, and resolute determination.

In this way, there is a definite positive feeling in the studio recordings, but without going over the top. I wanted to give myself an emotional starting point I could build off of when interacting with the recordings.

I wanted to give myself an unmovable guide that would prompt me with the affirmation (especially when first memorizing it), and a tool to keep my thoughts focused on the desired result.

Notice the extra energy in my voice in the demonstration when I'm interacting with my affirmations. This is the most important point I want to make regarding interacting with the affirmations.

10. Because of the amount of extra energy, these sessions are usually no more than 5 minutes. I tend to do one such session on the way to work and one on the way home in my car.

Sometimes I may interact for a few minutes and then listen/rest for a few minutes before starting in again. I suggest you experiment with different patterns of interaction to see what method best fits your style.

Using the Recorded Power Affirmations Standardizes the Sessions (While Still Allowing for Variety)

Why is this important? In his book on the "E-Myth," Michael Gerber makes the point that the best way to

ensure the success of a small business is to follow the "franchise prototype." This is a business model where all of the essential elements of the business are standardized.

The purpose of standardization is to select the "best practices" so that they can be duplicated by any trained employee in order to give the customer a consistently outstanding experience.

This is what allows businesses to duplicate themselves in hundreds or even thousands of locations while providing the customer with a consistent experience.

The purpose of these recordings is to allow you (and thousands like you) to duplicate consistently outstanding Power Affirmations sessions that lead to measurable positive results.

Yet, within the standardization is room for infinite variety. Just some examples:

- Using iTunes, you can create custom playlists to include only the affirmations you want to focus on and put them in whatever order you want (and change this order at anytime).
- You can choose which words to emphasize in the live part of your session.
- You can listen or interact with the recordings (or both).
- Do you like classical music? You can play the affirmations at the same time as a classical CD. I didn't include music because of music

rights (now you're talking expensive) and because not everyone shares my musical tastes.

With the all of the audio editing software available, there's nothing to prevent you from combining the affirmations with music recordings you have purchased.

The point is that I created these recordings in such a way that you have a lot of flexibility as to how you use them.

Call to action: If you intend to do it, do it now.

After you do that, you can move on to...

Chapter 5

Creating Your Own Power Affirmations

You don't have to use the affirmations in this book or on my website in order to achieve the results you want. You can easily create your own. You may want to use the affirmations that I have created along with these instructions as a guide for creating your own affirmations. This is particularly helpful if you are studying a self-help book or some other material. Your only limit is your own limitless imagination.

Here are some guidelines to help you:

1. **Keep them short.** You will find in most cases that a single sentence is not only sufficient to state your belief, it is preferable. It reduces the time to repeat your affirmation; it also allows you to more easily remember your affirmation throughout the day.
2. **Keep them positive.** Say "I am now relaxed and have peace of mind," rather than "I have no stress." The problem with the last affirmation is that you have to think about what stress means to you in order to think about "no stress." And as you focus on what stress means to you, there is a greater possibility that you will actually create more stress.

If someone tells you "Don't picture an elephant," what happens? Power affirmations work by consistently controlling your focus so that you focus only on what you want, not on what you don't want.

3. **Keep them in the present.** Say "my physical power, energy, and vitality are now exploding massively," rather than "in three months I will have all the physical power, energy, and vitality I desire." A power affirmation is not always a statement of current "reality." That is not the purpose of using power affirmations.

The purpose of power affirmations is to create what you desire by transforming intangible invisible thoughts into physical reality. A reality that most likely does not presently exist in your life. Think about it. If what you were confessing already existed in your life, it wouldn't be necessary for you to use the affirmations, would it?

As you use power affirmations, you are training your subconscious mind to direct your focus and your activities to automatically move you in the direction of the end result that you desire. For example, even though you repeat the power affirmation "I am now wealthy," you probably don't have all the money you want or probably need in the moment.

Your present reality may be that you are deeply in debt and struggling to make ends meet; however, by repeating this affirmation 10-20 times twice each day with emotional conviction and emotional energy, your mind will automatically begin looking for ways to create more wealth. You will begin to see and take advantage of opportunities you didn't see before. You will read books on wealth that you didn't even know existed. You will develop new beliefs about what is possible.

Over time, these subtle changes in your everyday thinking will move you into the direction of creating more wealth. At the very least, you will create more wealth than you would have without using the power affirmation. Most likely, you will create more wealth than you may currently believe is possible.

The feeling of wealth actually creates more wealth. This is one of the reasons why the "rich get richer." Power Affirmations used repeatedly help you to create a feeling of wealth before it actually exists in your life.

4. **Ask yourself, "What do I have to believe in order to achieve the results I want?" And "What are the *specific* results I desire?"** People who achieve outstanding results in a particular area think differently than people who achieve poor or average results in that area.

Be a beliefs detective. When you make this an area of focus, you will be surprised at what you begin to notice as you read books, talk to others, watch TV and movies, etc. You will begin to see how people's beliefs and consistent focus created their current reality--both good and bad.

As you begin to detect the conscious and unconscious beliefs of others, you can select the ones that will create the reality that you desire and reject the beliefs that are preventing you from achieving the results you desire. Choose your beliefs.

5. **Juice up the language of your power affirmations by adding words of positive emotional intensity.** The power of affirmations is multiplied when you add emotional conviction. For example, instead of saying "I am now creating all the wealth I want and need," say "My imagination is now creating the massive financial abundance that I need and desire."

Why do great athletes physically pump themselves up by chanting, yelling, jumping up and down, etc.? It's because it increases their energy and sharpens their minds. They psych themselves up (often by changing their physiology) to feel strong and powerful.

While not a substitute for skill and ability (usually gained through repetition--practice), it helps them put forth their best effort and achieve superior results.

There are many other points I could make about power affirmations, but they are not as important as your beginning to use them right away. Only then you will begin to experience the benefits for yourself. Their power will become real to you and you will continue to use them for the rest of your life.

The next several chapters have the Power Affirmations that I created for myself. There are over 200 affirmations that follow this Power Affirmations formula. These are tested in the trenches of personal experience. Use them regularly and they will work for you as they have for myself and many others.

Ready? Let's start with...

Chapter 6

The Power of Power Affirmations (Disc 1)

1. My Power Affirmations work whether I believe in them or not.
2. I create new Power Affirmations for myself everyday.
3. I repeat my Power Affirmations everyday with emotional intensity, certainty, and faith.
4. My Power Affirmations allow me to consistently tap into the unlimited power of my subconscious mind.
5. My Power Affirmations are now creating thought habits that will to guide me to my desired objectives easily and effortlessly.
6. The more I repeat my Power Affirmations with a feeling of certainty, the more accessible these power beliefs are to me when I need them.
7. I feed my subconscious mind thoughts of faith by repeating my power affirmations everyday with physical energy and emotion.
8. My thoughts are creative. My Power Affirmations are now creating the reality I desire.
9. My Power Affirmations positively influence my subconscious mind while I sleep.
10. My imagination now creates whatever I believe and conceive.
11. I now have all the resources I need to achieve my goals easily and effortlessly.

12. Every day in every way I'm getting better and better.
13. I set definite goals and create new Power Affirmations™ to achieve them quickly and easily.
14. Today I am using 100% of my mind's capacity.
15. I now have easy access to the information in my subconscious mind.
16. All subconscious information is being revealed to me now.
17. What I imagine I can do I can do.
18. I now receive wisdom and knowledge every moment of my life.
19. I am now making amazing progress towards all of my goals.
20. My subconscious mind is now revealing everything I need to know to create and fulfill my mission and purpose in life.
21. I am consciously aware of my beliefs. I only hold onto beliefs that support me.
22. I now see and feel my goals as already accomplished.
23. Using my Power Affirmations, I expand the powers of my subconscious mind everyday.
24. Whatever I conceive and believe I can achieve.
25. I create my own luck everyday.
26. I now achieve my goals with joy and laughter.
27. I visualize what I want to be and act as if I am already what I visualize.

28. Through consistently repeating my Power Affirmations, I can now create any reality that I desire.
29. My Power Affirmations are now creating habitual thought patterns of success, positive thinking, and positive living.
30. My Power Affirmations are now giving me massive momentum towards the specific results I desire.
31. I am guided and excited. All I need is within me now.

Are You Ready for More?

This is the end of the first six chapters that I've made available to you for free, but it isn't the end of my eBook. While I've already covered a lot of valuable material, I'm just getting started. **There's lots more material in the remaining 17 chapters of the eBook.** The entire book is a little over 150 pages long.

Actually that's understating the number of pages you will have access to because some of the pages in the eBook have links to other material I've created each of which are **multiple** pages long.

Here's a quick summary of some of what's left:

- 6 Online assessments you can take to help you choose the Power Affirmations that will give you the fastest results.
- A list of Power Words - One word power affirmations
- 47 Power Affirmations on Creating a Power Self-Image
- 27 Power Affirmations on Achieving Your Goals: Using Power Affirmations to Consistently Manifest the Results You Desire
- 26 Power Affirmations on Creating Physical Power, Health, and Vitality
- 36 Power Affirmations on Creating Power Relationships
- 37 Power Affirmations on The Power of Romantic Love

- 36 Power Affirmations on Creating Wealth and Financial Abundance (also available as MP3s)
- How to combine music and Power Affirmations into a single playlist in order to "anchor" the Power Affirmations to your favorite music.
- A list of over 255 songs that master motivator Tony Robbins has used in his seminars. **Due to music rights issues, I cannot sell you the songs directly**, but I have included links to lists of the songs in iTunes for those of you who purchase music through Apple's online music store. **You do not get the songs with my eBook--only links to the songs for purchase in iTunes.**

That said, I will tell you that you will find this list to be extremely valuable. It took me many days of research to track down the songs, create the lists, and create the links in iTunes.

- **A description of my RAP planning system (Results-focused Action Plan).** This is a really simple but effective planning system you can use with any planner system you are already using. Or you can even use it in a simple notebook or word processor. **I even provide you with free links to the MS Word forms that I personally use.**
- An affirmation Napoleon Hill created for creating wealth...with my revisions and commentary
- A link to an audio recording of "As A Man Thinketh" by James Allen (using synthetic speech).
- A link to over 200 Free Power Affirmations ePosters. These are simple single page posters that you can print out yourself or simply review on your computer. Each page has one Power Affirmation. This is a great

way to focus on a few Power Affirmations at a time and post them where you will see them often.

- A link to 162 Power Affirmations based on "The Science of Getting Rich" by Wallace D. Wattles.

If you have reached this far in the book, you can see how much practical value I've packed in a small amount of space.

So, here's a question: how much should I charge for all this information?

“Price is what you pay. Value is what you get.”

Warren Buffet, Billionaire Investor

The key to success in investing is to find value that is so much greater than the price you have to pay that your profit is essentially locked in. In other words, the value is so great and the price so low that your profit is guaranteed just by making the purchase. This is a great way of evaluating any significant purchase, not just business investments.

My personal philosophy for my website and every product that I sell is to primarily to add **overflowing value** to the lives of lots of people all around the world. I've chosen not to try to make a huge profit on each transaction. Personally, I think many self-improvement products are way over priced--especially on the internet.

“So, what’s your point?”

If you were to compile all of this information yourself (by purchasing and studying multiple self-help books and audio programs), it would probably cost you hundreds of dollars and many months of work. Maybe even years. How do I know this? Because that’s how much money, time, and research effort that I have personally put in to create this eBook.

From surveying the books published by others, my guess is that they would charge anywhere from \$10-20 for just the one book—without any links to other material.

Because I am committed to helping as many people as possible, I decided to set the price at **only \$5**. These days, this is even less than the cost of going to a movie.

This is a simple investment in yourself that will continue to pay dividends for years to come.

Just go through the above list of what’s included again and determine the value for yourself. **I think you will agree that the value is much, much higher the \$5 price.**

But it Gets Even Better...

If you order either of the two bundle offers of my other products (one for only \$14 and the other for only \$20), I’ll include the complete Power Affirmations eBook as a free bonus. Just **[visit my order form](#)** to see what products are included in these bundle offers.

**At only \$5 the complete eBook is a huge value.
For free it's an unbelievable bargain.**

So, if you are ready for more, just click on the link below to get a complete copy of my eBook. The link will take you directly to the secure order form where you can enter your payment information.

For your convenience, I am pleased to accept payment using all major credit cards and PayPal.

**[Yes, I want the complete
Power Affirmations eBook](#)**

Of course, this link will only work if you are online at the time you are reading this using Adobe reader. If you are not online at the moment, the link to order the eBook is:

<http://www.poweraffirmations.com/orderform/>

Just So You Know...

When you order any of my products, I won't be automatically adding you to my email list. I won't be sending you additional emails to try to "up-sell" you into buying more stuff. You can decide for yourself if you want anything else I have to offer without my being a "nudge."

Frankly, I find those types of sales tactics annoying and negative, so I never use them. You know what I have available and where to find it if you want it. You will never hear from me again unless you decide to join my spam-free email list or decide to contact me directly with

any questions you may have. You are in control of what you choose to do or not do.

Thanks in advance for your order and your support. Your order helps me to continue offering this life changing information to **thousands** of people all around the world. Choose to condition your mind to be positive and you can help to make the world a better place for all of us.

And now for a special bonus...

I have just came across a book in the public domain about the Law of Attraction that I think you will find very helpful. The title of the book is “Thought Vibration or The Law of Attraction in the Thought World” by William Walker Atkinson. The book was published in 1906 and is now in the public domain.

The author provides an excellent overview of the Law of Attraction and has some interesting insights on affirmations. In the edition that I am providing through my website, I have added paragraph numbers and highlighted in **bold** text certain concepts and ideas that I found helpful. I have also broken up some of the author’s larger paragraphs to make the book easier to read. You will not find the version with my improvements anywhere else on the internet.

I have decided to make this short book available in PDF format (it is 69 pages long—8 ½ by 11 size) as a special bonus to anyone who **[purchases the complete set of 203 Power Affirmations available on my website.](#)**

So you can get an idea of the quality of the book, I have included the first chapter in the pages below. Enjoy!

THOUGHT VIBRATION

OR THE LAW OF ATTRACTION IN THE THOUGHT WORLD

by William Walker Atkinson

Published by The New Thought Publishing Co., Chicago,
1906.

Now in the Public Domain.

Chapter I

THE LAW OF ATTRACTION IN THE THOUGHT WORLD.

1. THE Universe is governed by Law--one great Law. Its manifestations are multiform, but viewed from the Ultimate there is but one Law. We are familiar with some of its manifestations, but are almost totally ignorant of certain others. Still we are learning a little more every day--the veil is being gradually lifted.
2. We speak learnedly of the Law of Gravitation, but ignore that equally wonderful manifestation, **THE LAW OF ATTRACTION IN THE THOUGHT WORLD.**
3. We are familiar with that wonderful manifestation of Law which draws and holds together the atoms of which matter is composed--we recognize the power of the law that attracts bodies to the earth, that holds the circling worlds in their places, but we close our eyes to the mighty law that draws to us

the things we desire or fear, that makes or mars our lives.

4. When we come to see that **Thought is a force**--a manifestation of energy--having a magnet-like power of attraction, we will begin to understand the why and wherefore of many things that have heretofore seemed dark to us. There is no study that will so well repay the student for his time and trouble as the study of the workings of this mighty law of the world of Thought--the **Law of Attraction**.
5. When we think we send out vibrations of a fine ethereal substance, which are as real as the vibrations manifesting light, heat, electricity, magnetism. That these vibrations are not evident to our five senses is no proof that they do not exist. A powerful magnet will send out vibrations and exert a force sufficient to attract to itself a piece of steel weighing a hundred pounds, but we can neither see, taste, smell, hear nor feel the mighty force.
6. These thought vibrations, likewise, cannot be seen, tasted, smelled, heard nor felt in the ordinary way; although it is true there are on record cases of persons peculiarly sensitive to psychic impressions who have perceived powerful thought-waves, and very many of us can testify that we have distinctly felt the thought vibrations of others, both whilst in the presence of the sender and at a distance. Telepathy and its kindred phenomena are not idle dreams.
7. Light and heat are manifested by vibrations of a far lower intensity than those of Thought, but the

difference is solely in the rate of vibration. The annals of science throw an interesting light upon this question.

8. Prof. Elisha Gray, an eminent scientist, says in his little book, "The Miracles of Nature":

"There is much food for speculation in the thought that there exist sound-waves that no human ear can hear, and color-waves of light that no eye can see. The long, dark, soundless space between 40,000 and 400,000,000,000,000 vibrations per second, and the infinity of range beyond 700,000,000,000,000 vibrations per second, where light ceases, in the universe of motion, makes it possible to indulge in speculation."

9. M. Williams, in his work entitled "Short Chapters in Science," says:

"There is no gradation between the most rapid undulations or tremblings that produce our sensation of sound, and the slowest of those which give rise to our sensations of gentlest warmth. There is a huge gap between them, wide enough to include another world of motion, all lying between our world of sound and our world of heat and light; and there is no good reason whatever for supposing that matter is incapable of such intermediate activity, or that such activity may not give rise to intermediate sensations, provided there are organs for taking up and sensifying their movements."

10. I cite the above authorities merely to give you food for thought, not to attempt to demonstrate to you the fact that thought vibrations exist. The last-

named fact has been fully established to the satisfaction of numerous investigators of the subject, and a little reflection will show you that it coincides with your own experiences.

11. We often hear repeated the well-known Mental Science statement, "**Thoughts are Things**," and we say these words over without consciously realizing just what is the meaning of the statement. If we fully comprehended the truth of the statement and the natural consequences of the truth back of it, we should understand many things which have appeared dark to us, and would be able to use the wonderful power, Thought Force, just as we use any other manifestation of Energy.

[Note: I prefer the sentence "Thoughts become things."]

12. As I have said, when we think we set into motion vibrations of a very high degree, but just as real as the vibrations of light, heat, sound, electricity. And when we understand the laws governing the production and transmission of these vibrations we will be able to use them in our daily life, just as we do the better known forms of energy. That we cannot see, hear, weigh or measure these vibrations is no proof that they do not exist.
13. There exist waves of sound which no human ear can hear, although some of these are undoubtedly registered by the ear of some of the insects, and others are caught by delicate scientific instruments invented by man; yet there is a great gap between the sounds registered by the most delicate instrument and the limit which man's mind,

reasoning by analogy, knows to be the boundary line between sound waves and some other forms of vibration.

14. And there are light waves which the eye of man does not register, some of which may be detected by more delicate instruments, and many more so fine that the instrument has not yet been invented which will detect them, although improvements are being made every year and the unexplored field gradually lessened.
15. As new instruments are invented, new vibrations are registered by them--and **yet the vibrations were just as real before the invention of the instrument as afterward.**
16. Supposing that we had no instruments to register magnetism--one might be justified in denying the existence of that mighty force, because it could not be tasted, felt, smelt, heard, seen, weighted or measured. And yet the mighty magnet would still send out waves of force sufficient to draw to it pieces of steel weighing hundreds of pounds.
17. Each form of vibration requires its own form of instrument for registration. At present the human brain seems to be the only instrument capable of registering thought waves, although occultists say that in this century scientists will invent apparatus sufficiently delicate to catch and register such impressions. And from present indications it looks as if the invention named might be expected at any time. The demand exists and undoubtedly will be soon supplied. But to those who have experimented along the lines of practical telepathy

no further proof is required than the results of their own experiments.

18. We are sending out thoughts of greater or less intensity all the time, **and we are reaping the results of such thoughts.** Not only do our thought waves influence ourselves and others, but **they have a drawing power**--they attract to us the thoughts of others, things, circumstances, people, "luck," in accord with the character of the thought uppermost in our minds.
19. Thoughts of Love will attract to us the Love of others; circumstances and surroundings in accord with the thought; people who are of like thought.
20. Thoughts of Anger, Hate, Envy, Malice and Jealousy will draw to us the foul brood of kindred thoughts emanating from the minds of others; circumstances in which we will be called upon to manifest these vile thoughts and will receive them in turn from others; people who will manifest inharmony; and so on.
21. A strong thought or a thought long continued, will make us the center of attraction for the corresponding thought waves of others. **Like attracts like in the Thought World**--as ye sow so shall ye reap. Birds of a feather flock together in the Thought World--curses like chickens come home to roost, and bringing their friends with them.
22. The man or woman who is filled with Love sees Love on all sides and attracts the Love of others. The man with hate in his heart gets all the Hate he can stand. The man who thinks Fight generally

runs up against all the Fight he wants before he gets through.

23. And so it goes, each gets what he calls for over the wireless telegraphy of the Mind. The man who rises in the morning feeling "grumpy" usually manages to have the whole family in the same mood before the breakfast is over. The "nagging" woman generally finds enough to gratify her "nagging" propensity during the day.
24. **This matter of Thought Attraction is a serious one.** When you stop to think of it you will see that a man really makes his own surroundings, although he blames others for it.
25. I have known people who understood this law to hold a positive, calm thought and be absolutely unaffected by the inharmony surrounding them. They were like the vessel from which the oil had been poured on the troubled waters--they rested safely and calmly whilst the tempest raged around them. **One is not at the mercy of the fitful storms of Thought after he has learned the workings of the Law.**
26. We have passed through the age of physical force on to the age of intellectual supremacy, and are now entering a new and almost unknown field, that of psychic power. This field of energy has its established laws, as well as have the others, and we should acquaint ourselves with them or we will be crowded to the wall as are the ignorant on the planes of effort.
27. I will endeavor to make plain to you the great underlying principles of this new field of energy

which is opening up before us, that you may be able to make use of this great power and apply it for legitimate and worthy purposes, just as men are using steam, electricity and other forms of energy today.

If you want to read the remaining chapters of this great book, you can get it as a **free bonus** by [ordering the complete set of 203 Power Affirmations available on my website.](#)