

Working with Affirmations

The traditional way of repeating affirmations is, at best, a very slow and inefficient way of changing the brain. At worst, repeating affirmations that are way outside of your ‘neural comfort zone’, will actually strengthen the resistance to the affirmation and decrease your chances of achieving it.

That’s because:

AFFIRMATIONS HAVE TAILS!

Affirmations are positive, present tense, emotional and specific statements of the experience we would like to be having. Although the statement of an affirmation feels powerful, it is actually much less powerful than the conscious/subconscious objections we have to having that experience.

So, when we say the affirmation, what we are actually doing is firing the neural pathway of the objection. And, as we know, ‘neurons that fire together, wire together’ and we end up strengthening the objection. So, doing affirmations without EFT/tapping at the same time can actually worsen your situation.

Examples:

Affirmation: “I effortlessly maintain my ideal weight.”

Tail Ender: “yeah, right – like you’ve never been able to do before?”

Affirmation: “I live in luxurious abundance.”

Tail Ender: “and what makes you think you’re so special?”

Affirmation: “My soul mate is with me now.” Tail Ender: “huge pain in my stomach.”

However, saying an affirmation can be a very powerful way to become aware of the tail ender that is associated with it. The tail ender will point toward a tappable issue, a limiting belief and the specific events underneath it. Once we’ve applied EFT/tapping to the tail ender, the affirmation is no longer compromised by it and will have a much greater chance of ‘sticking’.

So, EFT is a great tool for eliminating the blocks that you have to experiencing what you desire. Although most positive thinking manuals have you focus on the positive, EFT does not. EFT requires you to acknowledge the **current truth with acceptance** – thus opening the door to change. Tapping away the tail-enders, the ‘yeah-buts’, is like blowing away the clouds and allowing the sun to shine effortlessly. Another powerful analogy about the dangers of forcing positive thinking is that it’s like bandaging a wound without cleaning it out first. Or planting flowers in a garden full of weeds. The chances of success aren’t great!

AFFIRMATION EXERCISE:

1. Create/choose an affirmation (see the list below) or create your own.
2. Say the affirmation out loud and use the VOC scale to rate how true/possible the affirmation is right now. (10 is totally true) Mute yourself

Some statement that is

- Positive
- Emotional
- Present Tense

Of a way you would like your life to be!

Examples:

- My body is vibrantly healthy.
- I effortlessly maintain my ideal weight.
- Money flows to me easily.
- There is plenty of everything for me
- My perfect partner is with me now.

Whatever comes to you, whatever area of life you would like to have an experience that you're not having now. Note: Not going to ask you to share.

Your affirmation is our TARGET

TEST – Say affirmation out loud and test VOC

“How True is this for me in This Moment?” 10 absolutely true, 0 this is a joke.

OPTIONS

- 1. Bronze Mindful Tapping**
 - Say Affirmation out loud
 - VOC
 - Bronze tap – calms amygdala

Simple approach; Great to have clients do in-between sessions.
Can even add looking in the mirror while saying and tapping.

2. Global Safety Tapping

- Even though I can't..... ILAM
- ET I'm not..... ILAM

- Affirmations are something We Be, Do or Have
- Create a set up phrase that works

We've done Target Test Tap now go back to TEST

T – T – T – T

Say Affirmation aloud again
How true is it now?

Group Check in
This is more powerful as it acknowledges PR

3. Go For Tail Enders

Letting tail enders be expressed

1. Test – what is the VOC
2. Trigger yourself with the affirmation
 - Then allow and say whatever comes up as an objection to the surface.
 - Repeat until you have around 10 tailenders.
3. Some may be in sensations
 - Example – I weigh my ideal weight – I may feel a knot in my stomach
4. Some may be in thoughts
 - Ya right, not in this life time

These are the real Current Beliefs

The faster we can go the better progress we can make, the more the body can bring up the truth so the mind cannot take over.

Now What?

Create our set up phrase (demo)

Set Up: Even though it's not possible for me to be/do/have (insert affirmation) I love and accept myself anyway. (x3)

Reminder Points: Use the tail-ender as the reminder points. Do a whole round using one tail-ender.

You can do one tail ender on each point all at once.

Same set up

Reminder points – use all tailenders

Go as fast as you can – muck it up. This doesn't allow for our conscious mind to get control because it is coming too fast.

Test VOC
2nd and 3rd rounds you will get more information in.

The system will start to open to possibilities
In order to have change we have to get to possibilities first

COMMON AFFIRMATIONS:

My body is vibrantly healthy.
I effortlessly maintain my ideal weight.
My body heals itself automatically and quickly. My body is strong, fit and flexible.
I have abundant energy.
I am beautiful.

Money flows to me easily.
There is plenty of everything for me.
Money is an expression of spirit.
Unexpected money comes to me in unexpected ways. I love money and money loves me.
I live in luxurious abundance.

Abundant love fills my life.
I deserve huge amounts of love.
My perfect partner is with me now.
Love fills all my relationships
I'm safe growing and changing while in a relationship. Giving and receiving love is effortless for me.

My work is an expression of my creativity.
My work is in complete alignment with my life's mission. I feel fulfilled with my work.
My work is filled with joy, ease and light.
I throw myself enthusiastically into each day's work.
I have a glorious future ahead of me.

I am protected, loved and guided by god.
I naturally fill my mind with nurturing ideas and positive thoughts. I am a spiritual being on a human path.
My life effortlessly reflects my spiritual values.
My daily spiritual practice is strong.
I am one with God.