



YOUR Path To Abundance

**Connect With Your Divine
Higher Power**

Affirmation Exercises

By Path To Abundance, Inc.

www.MyMoneyHealing.com



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Connect With Your Divine Higher Power

Welcome to Your Affirmation Exercises!



Congratulations and welcome to your affirmation exercises that are designed to help you powerfully connect with your own divine higher self.

I acknowledge your desire to live more deeply and authentically.

Affirmations are a declaration to the Universe of what you want to create in your life. They are potent and they are very effective. When affirmations are used properly, they not only help raise your energetic vibration level but they also reprogram your subconscious mind to start believing the things you are affirming. This, in turn, transforms your thoughts and words into tangible and noticeable results. Yippee!

As you use these affirmation exercises, try to suspend any doubts your logical mind may have and simply trust that this process is clearing away blocks and energetically aligning you with the positive statements you are affirming even if you don't fully understand how just yet. This process absolutely works but you may need to simply trust that at first.

This course is designed to give you 4 energetic levels of affirmation integration practices. First, you will work with a simple, yet powerful, written affirmation process and then you will do a short meditation. After that, you will go out into your day with the practice of speaking your affirmation aloud - to yourself, others and the Universe. And finally you will take a small action step toward incorporating the truth of each day's affirmation into your life.



When doing the written portion of this course, it's very important to write out your answers in your own hand (as opposed to typing on a computer or other electronic device). Writing in your own hand connects you more deeply to the energetic process that is going on and it's very powerful.

The written portion of affirmation practices in this course are designed such that you can print them out and write in the space provided for each day's exercise or if you wish you can simply open the document on your computer to read and then write your answers in your own journal or notebook. Choose whichever process feels best for you.

If there's an affirmation that you absolutely don't resonate with, don't use it. There's a difference between resisting because you don't believe it's possible or true (yet) and resisting because it's definitely not a fit for you. If you find there's an affirmation that you don't wish to align with, simply use a different affirmation.

Let's get started!



Connect With Your Divine Higher Power ~ Affirmations:

- The spirit of my divine higher power awakens inside me now.
- I recognize that I am one with all creation.
- I encourage and welcome deeper self-awareness.
- I am actively pursuing spiritual enlightenment.
- I emerge from prayer/meditation with renewed energy and inspiration.
- I joyously awaken the spirit of the higher power inside me.
- I nourish my mental, physical, emotional and spiritual bodies.
- I connect with my inner spirit and experience great peace and serenity.
- I take enlightened, empowered action every day.
- Everything I do is filled with the divine power of spirit.
- I easily find the presence of my divine higher power in all areas of my life.
- I begin and end my day with heartfelt gratitude for my divine higher power.
- I act in alignment with my higher self.
- I have a strong connection to my divine higher power.
- I am grateful for ever-expanding access to my divine higher power.
- I am successful in all endeavors when guided by my higher power.
- Divine power is always within me.
- I nurture my relationship to my higher self with thoughts of peace and joy.
- I listen to my inner voice and trust it to guide me.
- My greatest source of strength comes from my divine higher power.

See next page for how to work with the 4 step energetic affirmation process.



Step 1: Written Affirmation

Choosing from the list of affirmations above, pick one affirmation that you would like to work with today. Write that affirmation in your own hand 9 times. Use red ink if possible because it activates your vibrational harmony with the energetic properties of the affirmation. As you write, allow the words to begin permeating your being on all levels. Simply “be” with the words as you write them and allow any resistance you may have to gently move through you and dissolve.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Step 2: Affirmation Meditation

Claim this affirmation as your own by taking approximately 3-5 minutes to energetically embrace this affirmation on a deeper level. Sit quietly and simply allow this statement into your energetic space as it infuses your entire being with its own energetic properties. Allow its energy to permeate the parts of you that may have resisted this truth in the past.

You might see today’s affirmation behind your closed eyes (like watching a movie screen with words on it). Or you might repeat the affirmation much like a mantra (either silently or out loud). Or maybe you will simply “feel” the meaning of the words as they begin to resonate with your energy. However feels best for you to sit and be with today’s affirmation is perfect. Try as best as you can to feel connected to this affirmation as you allow it to become your new truth.



Step 3: Declare Your Affirmation

As you go out into your day, bring this affirmation with you. How might you speak it aloud – either to yourself or weaving it into conversations with others so the Universe (and you!) take notice of it? You could also use any free time you have today (such as when commuting on a bus or train or doing something that doesn't require your full attention) to think about it, permeating your own energy with it that much more profoundly.

Much like learning a new word and definition each day, practice speaking and/or thinking about this affirmation in as many ways as you can throughout your day. Do you have a trusted friend or loved one who can support you with this? Ask them to tell you this affirmation about yourself. Listen intently and try as best as you can to not resist their words.

Another very powerful practice is to say this affirmation to others. In so doing, you are actually offering them a blessing. Offering blessings to others is a very powerful way to bring that thing into your own life. You can offer this blessing silently to a stranger (or someone you know) or you can speak it aloud to those you know and trust.

Then simply trust that the Universe is matching your wonderful energetic alignment with these very words.

Step 4: Affirmation In Action

Take a small action that signals to the Universe (and yourself) that you are aligned with this new affirmation statement. For example, you might lovingly see or honor the divinity in someone else today. Or perhaps you might look in the mirror and actively practice acknowledging and appreciating yourself as a divine being. Or you could take a small but meaningful action that represents loving yourself.

However the action(s) might look to you based on today's affirmation is perfect. Simply look to see what small action(s) you are able to take that further aligns your energy with the energetic properties of your chosen affirmation. The Universe will lovingly engage all of its power on your behalf.

CONGRATULATIONS!



Thank you so very much for allowing me to support you on your fantastic journey. It is my honor and pleasure to contribute to your life in a way that I hope is meaningful for you. I offer you my deepest gratitude for allowing me to energetically connect with you. I also wish you a life of love, joy, passion and abundance! After all, it's your birthright!

The lessons presented in this course are excerpts from a much larger body of work. If you feel inspired to continue moving toward your goals and dreams with my regular daily guidance, I would be honored to continue supporting you on your path to your most cherished goals and dreams.

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Live The Life You Came Here To Have!