

# THE BEST 7 AFFIRMATIONS TECHNIQUES



BY THOMAS DI LEVA

### **1. Write Down Your Positive Affirmations On A Piece Of Paper.**

By doing this you are engaging your physiology, eyes and brain all at the same time. Write them in large colourful handwriting so they are easy to read. Place these Positive Affirmations in strategic places at home, where you'll notice and read them throughout the day.

### **2. Start And End Your Day With The Power Of Positive Thinking.**

Repeat your favorite Positive Affirmations as soon as you wake up to get your day started in the best possible way. Also, instead of replaying scenes of your day that may keep you awake at night, repeat a positive affirmation to help you drift off effortlessly into a restful night's sleep.



### **3. Focus On What You Want. NOT What You Don't Want.**

Despite the fact that we all have difficulties in our lives, we should always try to focus on the goals and solutions instead of the problems. Remember that the golden rule for positive affirmations is to constantly focus on that which you desire and not that which you don't desire.

#### **4. Memorize One Positive Affirmation...**

Choose a more generic kind that will be your "Universal" affirmation. You can say it to yourself at any time when you need to supercharge your confidence -- or inner peace. (For example: I easily and freely attract abundance, bliss and perfect health from a loving, supportive Universe!)

#### **5. Say Them In Front Of A Mirror.**

Recite Positive Affirmations every day in front of a mirror. This is an extremely powerful way to establish the new empowering beliefs in your life.

#### **6. Use Positive Affirmations In Your Meditations.**

A great way to skyrocket the law of attraction is through using affirmations in meditation. This powerful technique will open ourselves fully to the connection between our spirit and the universal intelligence.

In the meditative state repeat the positive affirmations like a mantra silently in your mind, and let the words sink deeper and deeper into your consciousness, filling up every atom of your existence with its vibrations.



## 7. Record Affirmations And Listen To The Recording Daily.

A fantastic way to practice Positive Affirmations is to record yourself saying the affirmations. Play the recording as often as you can...

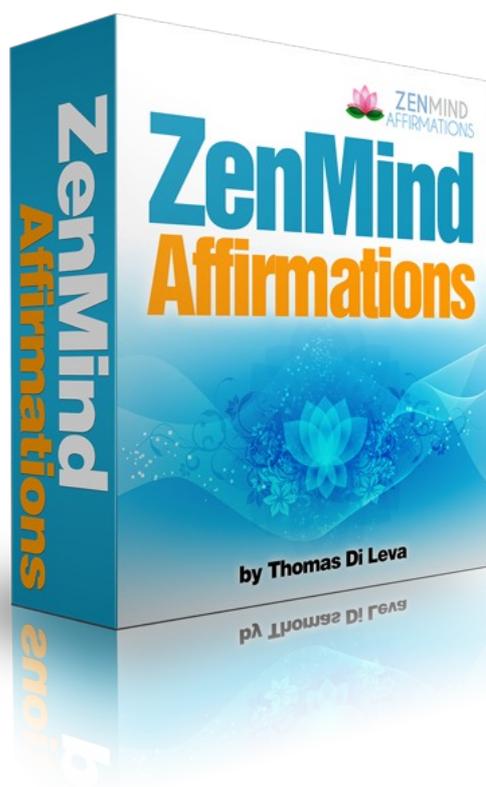
For example, when you're having negative thoughts and emotions, or just before you fall asleep.

***To really supercharge the power of positive affirmations and speed up the process of manifesting the changes you want in your life, you can listen to affirmations with brainwave entrainment.***

I have created an amazing program that you can personally use to do this: <http://www.zenmindaffirmations.com>

This easy to use program feeds your subconscious mind with a blend of hypnotic positive affirmations, beautiful relaxing soundscapes and a powerful cutting edge brainwave entrainment method which I have developed. This program is designed to speed up and deepen your results , SAFELY AND EASILY... Just put on headphones, relax, listen and let this blissful meditation experience manifest the life of your dreams.

If you're interested to know more about this program and get a free mp3 session, go to: <http://www.zenmindaffirmations.com>



**Thomas Di Leva** is the founder and creator of **Zenmind Affirmations**. He is a personal development coach and meditation expert with more than 25 years of experience in the field of personal development and spirituality. He has been coaching thousands of people in his home country Sweden both in live events as well as on tv and radio for over two decades.

His global vision “personal development to unleash your highest power”, highlights the global importance of building bridges and reaching oneness within and between all the spiritual and personal development communities and organizations that exist in the world and on the internet, as well as integrating your inner self with your worldly character.



The self help topics Thomas writes about and shares his knowledge in includes: meditation, goal setting, law of attraction, mindfulness, life coaching, affirmations, healing, tantra, mantra, chakra, motivational speaking, personal growth, awareness and so much more...

Thomas Di Leva is also a highly acclaimed swedish singer/songwriter since almost 30 years. he has had numerous hitsongs on swedish radio since the 1980:s and up until now. He has also made a huge number of tv-shows, concert tours and theatre plays including Hamlet.

**To Visit Thomas Di Leva's Blog "Personal Development To Unleash Your Highest Power" Click Here: <http://www.thomasdileva.com/>**

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