



Subconscious Reprogramming / The Affirmation Pyramid

Print, complete and use as a reminder to do your affirmation daily.



STEP 1

Affirm your Desired Outcome (established in the Affirmation Pyramid). Today I will be more (insert 1-3 adjectives that describe how you want to be and feel) than before and I will look for the evidence of this everywhere, every day, NOW!

Get into a comfortable position and close your eyes. You can do this exercise sitting up or lying down. Cross your legs at the ankles, right over left then, cross you left hand over the top of your right hand, turn palms to face each other and interlock your fingers. Drop hand into your lap and relax.

STEP 2

Engage all your senses to create a mental picture of your Desired Outcome, remembering you don't have to believe it – yet!

STEP 3

Repeat your Desired Outcome statement inviting all resistance and negative programming to present itself for deletion. Continue to repeat the statement while envisioning your positive picture.

“Today I will be more _____ and _____ than I have been before and I will look for the evidence of this everywhere, every day – NOW!

Negative emotions may be experienced, along with feelings and the thought “it isn't true” or “this can't happen to me”. You may even get a sense of physical re-wiring as the right and left brain come into balance. This is perfectly normal and is the reprogramming taking place. After a few minutes or repetitions you will ‘drop’ into a place of peace and your words and picture will feel ‘true’.

STEP 4

When a sense of peace is felt, repeat the procedure on the other side i.e. left foot over right at the ankle and right hand over left, palms facing each other and interlocking fingers, repeating the Desired Outcome until, once again, you ‘drop’ into that place of peace.

STEP 5

When a complete sense of peace is felt on both sides, uncross your hands and feet, bring your hands together making a pyramid. Bring the pyramid in front of your eyes including your 3rd eye and “save” your new programming to both hemispheres of the brain. This should take 10-15 seconds. Your subconscious is now reprogrammed.

Every Night

Continue to support the reprogramming as follows:

Before going to sleep review your day and look for the evidence of the times during the day when you felt _____ and _____ (insert your Desired Outcome qualities from Affirmation Pyramid). Remember your subconscious does not know the different between big and small, true and false, so the more you affirm your evidence the faster your Desired Outcome will manifest itself.

Drink plenty of water and celebrate your evidence and success.

Acknowledging evidence large or small builds on a truth that actually happened and will very quickly become part of your chosen way of being.