

# Module 8

**Learn How To Combine Affirmations With Energy  
Techniques So That They Sink Down Into Your  
Subconscious Mind Deeper And Faster**

**Dr. Helen D. Wix**



Photo Credit: George Hodan

## ***Success and Your Thoughts***

One of the first things you can do right this very moment to achieve greater personal and professional success is change your thoughts. Your mind is the greatest asset you have because it creates your reality through your thoughts (along with your feelings) and can completely transform your life.

Unfortunately, the world that we live in is very negative right now. To counter that negativity, we *must* feed our minds positive thoughts on a daily basis just like we

need to feed our bodies physical food on a daily basis. By using affirmations, which are positive statements that you repeat over and over, you imprint them on your subconscious mind.

The subconscious mind is that part of you that never sleeps and controls your breathing and organ functions automatically without you ever thinking about it consciously. The subconscious mind is what draws the people, places, events, and resources you need to fulfill your purpose.

Rhonda Jones, founder of the Christian Meditation & Relaxation website (<http://www.thechristianmeditator.com>) says that "Repetitive Affirmations Affect your Subconscious":

"Your subconscious mind stores knowledge through repetitions. What you constantly tell yourself about an idea or a belief, your subconscious mind will ultimately accept it. Positive affirmations can therefore be effective in achieving what you want in life because your thoughts control your actions. If you speak unkindly about yourself, then you tend to feel inferior and insecure.

"So, try to appreciate your good qualities and compliment yourself for your positive traits. Do this positive self-talk as often as you can so that your subconscious mind will also see you in a positive way. Self-confidence that results from a positive outlook of your own self can lead to success, prosperity and happiness in life."

Affirmations should be:

- clear and concise
- positive
- in the present tense ("I am..." instead of "I will...")
- spoken with emotion or feeling

The subconscious mind brings about whatever commands you give it. It doesn't matter whether the commands are true, false, positive or negative. Think of it like reprogramming a computer. The more you repeat affirmations, the deeper they are impressed upon your subconscious mind which then goes to work to bring it about.

Stay focused on the positive (what you want) rather than the negative (what you don't want). Even if you don't believe the affirmations yet, keep saying them! Pretend that your statement has already come true and give thanks in advance for what you hope to receive.

Another way to help your subconscious mind bring about what you want to create in your life is by using visualization. We think in pictures, so using visualization can be powerful. You can use visualization by itself or with your affirmations.

The subconscious mind forms our reality from the things we say, the feelings we feel, and from the pictures we provide it. Think of it as your own personal movie, and you are the writer, director, producer and the star! The more detailed you are during your visualizations, the better. The key is you must be consistent! You can't use these techniques two or three times and expect immediate results.

Some people say they already know this stuff, but it hasn't worked for them. If you are one of these people who believe that affirmations and visualization don't work, there may be a good reason. Of course, if you go into anything believing that it won't work, it won't. It is done unto you as you believe, which is a universal law.

So, your attitude alone can determine how successful you are using these tools. But there could be invisible barriers that you don't know about that may be preventing the affirmations and visualizations from working. But if you continue to use the Usui and Karuna Reiki video in Module 1, the Violet Flame in Module 3, and the EFT tapping in Module 9, your invisible barriers will dissolve.

In fact, I want to teach you in this module how to combine affirmations with energy techniques to help the affirmations sink into your subconscious mind deeper and faster.

### ***EFT Reframing***

In Module 9, I teach you how to use Emotional Freedom Techniques or EFT to clear your negative emotional blocks. In that procedure, there is something called Reframing which means that once you remove something you must put something in its place. So, once you remove the negative energy, you tap in positive statements of how you'd like your life to be.

However, you do not always have to remove something negative first. You can use EFT Reframing, Temporal Tapping, which I learned from healer and teacher Carol Tuttle, or any other energy technique, to tap in the positive.

Tapping works because you are tapping on the acupuncture points using your fingertips instead of needles. You are tapping on your meridians, which is one of your nine energy systems. The meridians are like highways that delivers energy to your various organs. By tapping you are moving energy and/or any energy blocks that may be preventing you from manifesting the life that you truly want.

Here are the EFT Reframing tapping points: beginning of the eyebrow, side of eye, under the eye, under the nose, the chin, just below the collarbone, under the arm (about four inches below the armpit), and the top of the head.

Tap on each point mentioned above as you say each affirmation. For example:

Eyebrow: I am always advancing and growing as a person.

Side of eye: The unlimited abundance of the Universe is on its way to me now.

Under eye: I am always attracting good things into my life.

Under nose: Every day in every way I am growing wealthier and wealthier.

Chin: I am now focusing only on what I want to attract into my life.

Collarbone: My skills and talents are building wealth for me with each passing day.

Under arm: I am growing in rich ideas each and every day.

Top of Head: My savings accounts are growing greater with each passing day.

If you still have more affirmations, just start over with the eyebrow point, and go through the whole sequence again until you're done!

### ***Temporal Tapping***

This energy technique helps you to quickly and easily shift your negative beliefs (such as "Money is bad") to positive beliefs (like "Money is good") by calming your Triple Warmer, one of your nine energy systems, which is responsible for our fight or flight response. The Triple Warmer fights to keep our limiting and negative belief systems in place. By tapping on it in the opposite direction, your brain becomes more receptive to these new positive affirmations that become your new beliefs. Take some time to figure out your negative beliefs and then create opposite statements to use. Below are some examples.

#### **Left Side (to Release Negative Beliefs)**

1. The left side is our more critical, judgmental side. Using your three middle fingers, on the left side of your face, begin at your ear/temple, and start tapping from front to back; from the ear/temple all the way down the backside of the ear. As you tap, say these statements (or any other statements that resonate with you) silently or out loud:

“I no longer believe that all my dreams will never come true.”

“I no longer believe that I am not attracting all I desire into my life.”

“I no longer believe that I am not inviting and allowing only good into my life.”

“I no longer believe that I am not creating what I want easily and effortlessly.”

### **Right Side (to Tap in Positive Beliefs)**

1. Using your three middle fingers, on the right side of your face, beginning at your ear/temple, start tapping going from front to back; from the ear/temple all the way down the backside of the ear. As you tap, say these statements (or any other statements that resonate with you) silently or out loud:

“I am moving closer to making all my dreams come true.”

“Every day I am attracting all I desire into my life.”

“I am inviting and allowing only good into my life.”

“I am creating what I want easily and effortlessly.”

**[Please note: Some left-handed people (but not all lefties) must tap on the opposite side; in other words, left is positive and right is negative. Just experiment to see what feels right to you.]**



## ***Affirmations***

Below are some affirmations you can use to attract more abundance, money, and prosperity into your life. Feel free to make up your own affirmations. Use EFT Reframing or Temporal Tapping with them and just have fun with it!

The following affirmations were taken from the book *All About Prosperity and How You Can Prosper* by Jack and Cornelia Addington. These affirmations all use prosperity words and are designed to reprogram your subconscious mind. As you begin to use these affirmations, picture yourself receiving prosperity and abundance. Then, as your belief grows, you will begin to vibrate or radiate the *feelings* of prosperity and abundance out into the Universe, and then attract more prosperity and abundance back into your life. In other words, you must be a vibrational match for whatever you are trying to create in your life.

I am opulent.  
I am affluent.  
I am enriching.  
I am plenteous.  
I am flourishing.  
I am abundant.  
I am triumphant over negative and destructive thinking.  
I am a radiant soul.  
I am exuberant.  
I am lavish.  
I am overflowing.  
I am profuse.  
I am copious.  
I am plentiful.  
I am ample.  
I am rich.  
I am wealthy.  
I am blessed.  
I am prosperous. Everything I do prospers.  
I am always increasing.  
I am always expanding.  
I am proficient.  
I am enthusiastic.  
I am inspiring.  
I am powerful.  
I am dynamic.  
I am capable.  
I am competent.

I am attracting into my life the right people and resources to help me accomplish my goal of \_\_\_\_\_.

I am a millionaire in the making. (taken from *The Confident Millionaire* program by Kelvin E. Boston, Nightingale Conant)

I am attracting more money every day.

I am opening myself to more and more prosperity every day.

Every day my wealth continues to grow, expand and flourish.

Money flows to me from unlimited sources.

I now easily and effortlessly attract the rich bounty of the Universe to me.

Every day my money is multiplying.

I am growing in wealth every day.

I am always moving forward financially.

I now allow myself to have more money than I ever dreamt possible.

I always give thanks for the abundance in my life.

I value myself and my talents more and more with each passing day.

My bank accounts and investments keep growing greater and greater every day.

I speak only words of positive prosperity.

Every day I grow in blessings.

I am always advancing and growing as a person.

The unlimited abundance of the Universe is on its way to me now.

I am always attracting good things into my life.

Every day in every way I am growing wealthier and wealthier.

I am now focusing only on what I want to attract into my life.

My skills and talents are building wealth for me with each passing day.

I am growing in rich ideas each and every day.

My savings accounts are growing greater with each passing day.

I am learning to use my money wisely.

I am prospering every day.

I allow myself to have big dreams.

I trust the Universe to provide whatever I need.

I allow myself to expect and receive the very best that life has to offer.

Every day in every way I am more generous with the Universe and the Universe is more generous with me.

I trust the Universe to always serve my higher interests.

No matter how big or small, I always give thanks for whatever I receive.

I am creating financial freedom.

I am building a solid financial future for myself and my loved ones with each passing day.

I am advancing in financial knowledge every day.

I am willing to accept the very best that life has to offer.

I am open to unlimited opportunities for wealth and abundance.

I am creating wealth in every area of my life.

Every day my choices and possibilities are expanding.

I am moving closer to making all my dreams come true.

Every day I am attracting all I desire into my life.

I am inviting and allowing only good into my life.

I am creating what I want easily and effortlessly.

I am choosing to live as a millionaire.

I am surrounding myself with beauty each and every day.

I am creating a millionaire mindset.

I am allowing myself to be a magnet for money.

I am inviting lavish abundance into my life every day in every way.

I am thankful that all my needs are met each and every day.

I choose to be worthy of receiving abundance.

I am attracting mountains of money.

I choose to live the life of my dreams.

Money is forever circulating freely in my life.

I am growing more and more financially successful with each passing day.

I am allowing wealth to enter my life on a level it has never entered before.

My income is constantly increasing.

I am accepting my power to prosper.

I am willing to release my old limiting beliefs about money, wealth and abundance.

I am allowing my money to work for me instead of me working for my money.

I am now creating and living on multiple streams of passive income.

I am now releasing all the negative feelings that block my prosperity.

I am allowing myself to receive.

I am always prosperous no matter what the circumstances.

I am releasing the pattern in my consciousness that is creating resistance to my wealth.

I am attracting awesome, loving people into my life.

I am releasing the need for debt.

I am always rejoicing in the success and good fortune of others.

I am allowing myself to experience prosperity.

I am choosing to allow money to forever flow freely in my life.

I am always investing my time and money carefully.

I am deserving of a wonderful life.

I am now embracing my true potential and greatness.

I am willing to forgive the past.

I am saving more money every day.

I am using my energy wisely to achieve my goals.

I am honoring myself more and more each and every day.

I am using my creativity in ways that I never thought possible.

I am allowing more and more fun things into my life.

I am more loving toward myself with each passing day.

I am always striving to be my best self.

I am allowing myself to think more and more like a millionaire every day.

I am trusting that everything comes to me at the perfect time and in the perfect way.

I am always striving to do my best.

I am managing my money wisely.

I am opening myself to my inner guidance more and more with each passing day.

## About Dr. Helen D. Wix and the MLM Mastery Academy:



### Are You Ready to Finally Be Emotionally and Financially Free?

Dr. Helen D. Wix is a certified life and spiritual coach, psychic, Reiki Master Practitioner, Infinity Healer, spiritual teacher, author, and energy therapist.

Dr. Wix, founder of the [MLM Mastery Academy](#), creates Empowered Freedom Leaders. Think of her as a modern-day Harriet Tubman who empowers men and women to create wealth from the inside out by leading them to emotional and financial freedom. This means that Dr. Wix teaches how to free yourself from negative emotions such as limiting beliefs, worries, doubts, and fears.

You will also learn how to create generational wealth for yourself, and your family and leave a legacy. More importantly, Dr. Wix provides transformational tools through the “[My Life Mission Mastery Course](#)” which assists people in clearing their own past traumas plus the unresolved traumas we’re carrying from our ancestors so that we can finally achieve personal fulfillment and world peace. Her “Build Wealth from the Inside Out” YouTube Channel teaches you how to create wealth from the inside out because wealth is an inside job. This will enable you to create a life of happiness, abundance, and success.

### What is an Empowered Freedom Leader?

An Empowered Freedom Leader is a man or woman who has decided to free himself or herself emotionally and financially by using the tools available at the MLM Mastery Academy website, and then, as an Empowered Freedom Leader, helps others to free themselves. Empowered means that he or she will be taught how to access their inner Divine Power, so they can write their own ticket for the life of their dreams.

Dr. Wix worked in corporate America for 25 years before leaving to pursue a mission that was more meaningful and truly spoke to her soul. She wants to help others do the same. Contact her at [helen@mlmmasteryacademy.com](mailto:helen@mlmmasteryacademy.com).

Copyright © Dr. Helen D. Wix

All Rights Reserved