

## **How to make affirmations work Y Sethi**

Success and prosperity will mean something different to each of us. Many of us spend time and energy chasing mirages of what we think will make us successful and happy, only to find that once achieved it only delivers a fleeting sense of happiness that is not sustained. Few of us are born with a strong sense of destiny and purpose. It seems that we need to chase a few mirages and experience disappointment, to become more grounded and focused about what is really important to us. If you are lucky this will be your wake up call or mid life crisis. Let's say you have found your life purpose and are passionate about what you want to do or be in life, but find that you appear to be blocked at every turn, in spite of your best efforts. You know about positive thinking and magnetization and affirmations, but even these do not seem to be working for you. It could be that the time is not yet ripe for you to pursue this new goal (there is a time for everything) or it could be that you are being influenced by the energy of your family group. Perhaps your people have experienced hard work and poverty or possibly injustice, guilt or shame. Alternatively, your family may have done well in life through conservative professions or business, but for some reason you are finding it very difficult to come out of feeling "not good enough."

If you find yourself feeling that "I have to work hard to survive" or "There is not enough wealth in the world, so I will take less." These deep seated beliefs will have the effect of undermining any positive affirmations you may try to put into action. Only 20% of our mind is conscious. Approximately 80% of our mind is unconscious, so repeating affirmations, magnetizing or visualizing your dreams, though useful, may be a relatively small influence to the avalanche of counter feelings and motivations that might be occurring at a deeper level.

Why? Because most of our blocks are;

- Below the surface,
- Due to family or group dynamics,
- Part of past life karmas,
- Due to the choices we make,
- or all of the above.

It is necessary to make deep changes in a multi-dimensional Mind, Body and Soul levels.

Of course it is very possible to be radiantly happy with very little material or social success, if this your souls' desire and this is in alignment with your life's purpose, ego, intellect and emotional state. However, for most of us who are in relationships and supporting households, we also have the desire to fulfill our practical responsibilities as well.

Unfortunately, many of us are out of touch with the deepest part of ourselves and therefore depend on the expectations of society, parents and family to give us our aspirations. This often creates inner conflicts if the perceived notion of success is a degree and a highly paid profession or business with all of the material trappings, while the inner soul is crying out for artistic creativity or adventure. Vedic astrology can help in clarifying your dharma (life purpose), desires, skills and challenges.

Think of the great Australian adventurer Steve Irwin. It is hard to doubt that he was very much in touch with his soul purpose. He appeared to have wasted no time in pursuing only what he felt drawn to and appeared to have thoroughly enjoyed his life experiences. Had he not been in touch with that inner desire and chosen to pursue a more conventional career, it is very likely that he would have felt empty, unfulfilled and unsuccessful.

For you to do

1. Decide which area of life you are going to focus on.
2. Make a list of what you want in your life now and in the future.
3. Re-arrange the list into priorities by numbering them from the most to the least important.
4. Now shut your eyes and see if you can visualize yourself achieving the things on your list.
5. Notice how you feel when you do this process.
6. Notice the beliefs and feelings that come up.

If these are all in line with what you want, then you could be in the process of achieving your dreams. If however doubt or fear or anxiety has risen, then you may need some help in clarifying and clearing blocks to come into line with your aspirations at all levels of your Mind Body & Soul.

*I have made it my life's work to help you contact your soul's purpose and to remove any blocks to fulfilling your potential, whether these are internal blocks or family or group dynamics that restrict you. I use Hypnotherapy, NLP, Counselling, Family and Business constellations and Vedic astrology according to your unique requirements. This is a unique high quality, professional approach of clearing karma and unconscious patterns, so that you can now fulfill your life's potential.*

See Yildiz's book on Be Rich AND Spiritual on [yildizsethi.com](http://yildizsethi.com) or Amazon for more details of how to make affirmations work.