

Table of Contents

Dedication	vi
Acknowledgments	vii
Table of Contents	viii
Foreword	xxii
Preface	xxiii
Introduction from the Author	xxiv
Laying the Foundation	xxvi
Affirmations ... What are they really?	xxvi
Do affirmations really work?	xxviii
Are affirmations magic?	xxix
Are affirmations a form of brainwashing?	xxx
Why should you use affirmations?	xxxi
When should you use affirmations?	xxxi
Random thoughts to ponder	xxxii
Affirmations in Action	xxxiii
What affirmations do	xxxiv
How affirmations work	xxxiv
Summary review	xxxv
Affirmations and side effects	xxxvi
Affirmations and energy	xxxvii
How to make your affirmations effective	xxxviii
Believing heals	xl
Teaching yourself how to believe	xli
1) Understand what the TRUE “facts” are and how they relate to your illness	xli

2) Understand that part of you is always healthy	xlii
3) Understand that you can learn to believe.....	xliii
Affirmations and religion	xliv
Spiritual Law and Natural Law explained.....	xliv
Spiritual Law	xliv
Natural Law (also known as the Laws of Nature).....	xlv
How you are governed.....	xlv
Random quotes to ponder about “thoughts and thinking”.....	xlvi
Affirmations and medical care – two different methods of healing.....	xlvii
Affirmations and medical care work well together.....	xlvii
Affirmations and medical care differ	xlviii
Affirmations use invisible spiritual energy for healing	xlviii
Medical care uses tangible substances for healing.....	xlviii
Why some individuals can’t seem to be healed.....	xlviii
Reasons why unwanted conditions come back	xlix
Affirmations can help you to be consistently healthy	lii
How many affirmations you have to say to realize healing	lii
How long it takes to see results.....	liii
About seeing results	liii
Factors that determine how long it takes to realize healing	liv
Random thoughts to ponder	lvii
THE WORKBOOK SECTION.....	lviii
work•book.....	lviii
Workbook Section Part One	lix
Basic Affirmation Techniques.....	lix
Learning how to create affirmations	lix
What your affirmations should and should not do	lx
Affirm in the present tense (the here and now).....	lxi
Affirm positively ... not negatively.	lxii
How to affirm health positively	lxiii

Concentrate on what you are saying	lxiii
Focus on health and healing	lxiv
On-going mental discipline is necessary	lxv
Affirmation problems	lxviii
How to overcome affirmation problems	lxix
Moving on	lxix
Random thoughts to ponder	lxx
Workbook Section Part Two	lxxi
Intermediate Affirmation Techniques	lxxi
Learning About Affirmations and Visualizations	lxxi
Affirmations – How to structure them	lxxi
Affirmations should always declare a current action or state of being	lxxii
Affirmations may be used singly or in a series	lxxii
Affirmations may be any length	lxxii
Affirmation parts	lxxiii
Affirmation parts explained	lxxiii
1) Reference words	lxxiii
2) Action words	lxxv
3) Outcome words and phrases	lxxvi
4) Support words	lxxx
Affirmation types explained	lxxxi
A list of affirmation types	lxxxi
Declarative-basic affirmations	lxxxii
Visual affirmations	lxxxiii
Opening affirmations	lxxxiv
Closing-outcome-healed affirmations (also known as Affirmations of Closure)	lxxxiv
Closing-outcome-healed affirmations include release	lxxxv
Closing-outcome-healed affirmations have several functions	lxxxv
Inclusive affirmations	lxxxv

Exclusive affirmations	lxxxvi
Scheduled affirmations	lxxxvii
Unscheduled affirmations	lxxxviii
Visualizations for healing – What they are	lxxxix
Facets of healing	lxxxix
Types of visualizations for healing.....	xc
Structural visualizations explained	xc
Brief visualizations	xc
Detailed-extended visualizations.....	xc
Actual visualizations.....	xcii
Metaphoric visualizations	xcii
Opening visualizations	xciii
Closing visualizations.....	xciii
Special Category visualizations explained	xciv
General visualizations	xciv
Steady visualizations.....	xciv
Moving (action) visualizations	xciv
Replacement visualizations.....	xcv
Progressive visualizations (also known as changing visualizations)	xcvi
Replay visualizations.....	xcvii
Flash visualizations	xcviii
Diminishing visualizations	xcviii
Denial-rejection visualizations	c
Healed visualizations	ciii
Outcome Visualizations.....	civ
How to create visualizations	cv
How visualizations work.....	cv
How to overcome visualization problems.....	cvii
Moving on.....	cviii
Random thoughts to ponder	cix
Workbook Section Part Three	cx
Intermediate Affirmation Techniques Continued	cx

Learning about affirmation healing programs	cx
Affirmation healing programs and crisis situations.....	cx
Types of affirmation healing programs	cx
The components of affirmation healing programs	cx
1) Identify the condition you want to heal	cx
Select what needs healing the most	cxii
Set your focus and concentration on healing NOT on illness or symptoms	cxiii
2) Create, define, and/or select the affirmations and visualizations you will use to heal this condition	cxiii
Be prepared – plan ahead	cxiv
3) Set scheduled and unscheduled time aside to say your affirmations (Decide when you will say your affirmations)	cxiv
Using a timer	cxiv
4) Do it (Say your affirmations and picture your visualizations).....	cxiv
The mechanics of affirmation healing programs	cxv
Putting it all together.....	cxv
Using worksheets to help you put it all together	cxv
Making copies of your blank worksheets	cxvi
How to identify the condition you want to heal.....	cxvi
MY HOW TO IDENTIFY THE CONDITION TO BE HEALED WORKSHEET.....	cxviii
Random thoughts to ponder about improvement	cxix
Random affirmations and saying affirmations without using a healing program.....	cxx
Using a random affirmations worksheet.....	cxx
MY RANDOM AFFIRMATIONS WORKSHEET	cxxii
Learning about basic affirmation healing programs.....	cxxiii
Two types of basic affirmation healing programs.....	cxxiii
1) The <i>single choice</i> basic affirmation healing program.....	cxxiii
2) The <i>multiple choice</i> basic affirmation healing program.....	cxxiii

Random thoughts to ponder	cxxiv
How to create a SINGLE CHOICE basic affirmation healing program using a worksheet	cxxv
MY SINGLE CHOICE BASIC AFFIRMATION HEALING PROGRAM WORKSHEET	cxxix
How to say SINGLE CHOICE BASIC affirmations during scheduled affirmation time	cxxxii
How to say SINGLE CHOICE BASIC affirmations during unscheduled affirmation times	cxxxiii
How to create a MULTIPLE CHOICE basic affirmation healing program using a worksheet	cxxxiv
MY MULTIPLE CHOICE BASIC AFFIRMATION HEALING PROGRAM WORKSHEET	cxxxix
How to say MULTIPLE CHOICE basic affirmations during scheduled affirmation time	cxlii
How to say MULTIPLE CHOICE basic affirmations during unscheduled affirmation times	cxliii
Workbook Section Part Four	cxliv
Learning About Advanced Affirmation Techniques and Advanced Affirmation Healing Programs	cxliv
Random thoughts to ponder	cxlv
Impact Affirmations with Steady Visualizations.....	cxlvi
How to create impact affirmations using an Impact Affirmations Worksheet.....	cxlvii
MY IMPACT AFFIRMATIONS WORKSHEET	cli
How to say impact affirmations during scheduled affirmation time	cliii
How to say impact affirmations during unscheduled affirmation times.....	clvi
Flash Affirmations with Flash Visualizations	clvii
How to create flash affirmations using a Flash Affirmations Worksheet.....	clix
MY FLASH AFFIRMATIONS WORKSHEET	clxiii
How to say flash affirmations with flash visualizations.....	clxvi
Intense Affirmations with Replay Visualizations.....	clxviii

Example of a brief 3-part Replay Visualization	clxix
How to create intense affirmations with replay visualizations using an Intense Affirmations Worksheet.....	clxxi
MY INTENSE AFFIRMATIONS WORKSHEET	clxxv
How to say intense affirmations with replay visualizations during scheduled affirmation time	clxxvii
How to say intense affirmations with replay visualizations during unscheduled affirmation times	clxxix
Progressive Affirmations with Progressive Visualizations	clxxx
Progressive affirmations with progressive visualizations require closure	clxxxii
Examples of progressive affirmations	clxxxii
Progressive visualizations (also known as changing visualizations).....	clxxxii
The three steps of progressive visualizations	clxxxii
Types of progressive visualizations.....	clxxxiv
Random thoughts to ponder	clxxxv
How to create progressive affirmations with detailed and extended visualizations using a worksheet	clxxxvi
An “Actual” Detailed and Extended Progressive Visualization	clxxxix
A “Metaphoric” Detailed and Extended Progressive Visualization	clxxxix
MY PROGRESSIVE AFFIRMATIONS WORKSHEET	cxcii
How to say progressive affirmations during scheduled affirmation time	cxcv
How to say progressive affirmations during unscheduled affirmation times	cxcviii
Affirmations of Denial with Denial-Rejection Visualizations	cc
The Affirmations of Denial Healing Program and Crisis Healing	cc

Affirmations of Denial are also known as Denial- Rejection Affirmations and Crisis Healing Affirmations	cc
Affirmations of Denial always focus on healing and health	cci
Affirmations of Denial require closure	ccii
Time is of the essence when it comes to healing	cciii
When to use Affirmations of Denial	cciii
Examples of Affirmations of Denial	cciii
Affirmations of Denial affirm that <i>something positive</i> <i>IS happening</i> , NOT that <i>something is NOT</i> <i>happening</i>	cciv
Right Thinking vs Wrong Thinking	ccv
It's a choice you have to make	ccvi
A healing story – How affirmations of denial reversed my accident injuries	ccvi
How to create and say affirmations of denial in an emergency/crisis situation WITHOUT using a worksheet.....	ccviii
How to handle an emergency crisis situation using denial affirmations.....	ccix
Steps to take as soon as you are able	ccix
Examples of emergency/crisis healing affirmations said WITHOUT using a worksheet.....	ccx
How to create affirmations of denial to be used as follow-up after an emergency/crisis situation, or to heal terminal, incurable, chronic, or passing unwanted conditions (headaches, cuts, diarrhea, etc.) using an Affirmations of Denial worksheet	ccxi
MY AFFIRMATIONS OF DENIAL WORKSHEET.....	ccxvii
How to say affirmations of denial during scheduled affirmation times.....	ccxx
How to say affirmations of denial during unscheduled affirmation times	ccxxii
Unceasing Affirmations.....	ccxxiv
Energy can be both active and cumulative	ccxxiv

When to use unceasing affirmations.....	CCXXV
Unceasing affirmations are not recommended for daily use.....	CCXXVI
Unceasing affirmations may be any type of affirmation or visualization.....	CCXXVII
Examples of affirmations which can be used as unceasing affirmations.....	CCXXVII
Examples of outcome words which can be used as unceasing affirmations:.....	CCXXVII
Examples of outcome phrases which can be used as unceasing affirmations.....	CCXXVII
Examples of visualizations which can be used while saying unceasing affirmations.....	CCXXVIII
Looking ahead.....	CCXXIX
How to create and say ON-THE-FLY UNCEASING AFFIRMATIONS without using a worksheet, a plain piece of paper, or a form.....	CCXXX
Example and Guide: How to use ON-THE-FLY UNCEASING AFFIRMATIONS WITHOUT A WORKSHEET following an accident.....	CCXXXII
How to create and use an ON-THE-FLY UNCEASING AFFIRMATIONS WORKSHEET USING A PLAIN PIECE OF PAPER.....	CCXXXIII
MY ON THE FLY UNCEASING AFFIRMATIONS WORKSHEET USING A PLAIN PIECE OF PAPER.....	CCXXXIII
Instructions for how to use ON-THE-FLY UNCEASING AFFIRMATIONS using a plain piece of paper or a printed form.....	CCXXXIV
How to create and use an ON-THE-FLY UNCEASING AFFIRMATIONS WORKSHEET USING A PRINTED FORM.....	CCXXXV
MY ON-THE-FLY UNCEASING AFFIRMATIONS WORKSHEET USING A PRINTED FORM.....	CCXXXV
Rosary Affirmations (also known as Bead Affirmations or Knot Affirmations).....	CCXXXVII
Background information about rosaries.....	CCXXXVII
Overview and description of how to use a rosary, beads, or knots to say rosary/bead/knot affirmations.....	CCXXXVIII

Rosary/bead/knot affirmations use three types of energy	ccxxxviii
Myths and wrong ideas about rosaries	ccxxxix
Using a rosary	ccxl
Using a string of beads	ccxli
Using knotted twine	ccxli
How to create rosary/bead/knot affirmations using a Rosary/ Beads/Knotted Twine Affirmations Worksheet.....	ccxlii
MY ROSARY/BEADS/KNOTTED TWINE AFFIRMATIONS WORKSHEET	ccxlii
How to say rosary/bead/knot affirmations during scheduled affirmation time	ccxlix
How to say rosary/bead/knot affirmations during unscheduled affirmation time	ccli
Workbook Section Part Five.....	ccliii
Saying Affirmations for Others	ccliii
Learning about saying affirmations for others	ccliii
Can you say healing affirmations for others?	ccliii
Getting permission to do healing work.....	ccliii
Why getting permission is so important	cclv
Why some people don't want to get well	cclv
Why some people find it difficult to ask for permission	cclvi
What happens when you say affirmations for others ... with or without permission.....	cclvi
If someone really <i>wants</i> to get well	cclvi
If someone really <i>does not</i> want to get well	cclvii
You can never force someone to become well	cclvii
ABOUT GETTING WELL.....	cclviii
Why some people get well and others don't	cclviii
After all is said and done	cclix
Doing conditional affirmation work.....	cclix
A warning.....	cclx
How to create and say affirmations for others	cclx

Saying affirmations for others using any of the worksheets found in this book other than the SAYING AFFIRMATIONS FOR OTHERS worksheet	cclxii
Conditional statement to be used when saying affirmations for others without permission.....	cclxii
How to create a “Saying Affirmations for Others” Worksheet	cclxiii
MY SAYING AFFIRMATIONS FOR OTHERS WORKSHEET.....	cclxviii
How to say affirmations for others during scheduled affirmation time using a “SAYING AFFIRMATIONS FOR OTHERS WORKSHEET:”.....	cclxxi
How to say affirmations for others during unscheduled affirmation times using a “saying affirmations for others” worksheet	cclxxiii
Workbook Section Part Six	cclxxiv
Cyclonic Healing Energy	cclxxiv
Cyclonic Healing Energy is created from mind energy	cclxxv
Energy as explained through physics	cclxxv
Cyclonic Healing Energy explained using physics	cclxxv
Cyclonic Meteorological Energy and Cyclonic Healing Energy compared.....	cclxxvi
A comparison of the force, power, and magnitude between Cyclonic Meteorological Energy and Cyclonic Healing Energy	cclxxvii
The Horizontal and Vertical Rotations of Meteorological Cyclones and Cyclonic Healing Energy.....	cclxxviii
A Satellite View of a Meteorological Cyclone and Cyclonic Healing Energy	cclxxix
A Side View Illustration of Cyclonic Healing Energy at Work	cclxxx
Workbook Section Part Seven	cclxxxii
Summarizing what you have learned.....	cclxxxii
A brief summary of how to make affirmations work successfully for you	cclxxxii
A final reminder	cclxxxiv

Additional notes	cclxxxiv
Wrapping Things Up	cclxxxv
APPENDICES	cclxxxvi
Appendix A.....	cclxxxvii
A Comprehensive List of Affirmation Definitions	cclxxxvii
Appendix B.....	ccxc
Quick Reference Lists of Affirmation Types and Specialties	ccxc
Types of Structural Affirmations	ccxc
Types of Advanced Affirmations	ccxc
Types of Healing Specialties - Structural Affirmations	ccxcii
Types of Healing Specialties - Advanced Technique Affirmations.....	ccxciii
Appendix C	ccxciv
A Quick Reference List of Visualization Types.....	ccxciv
Appendix D	ccxcvii
A List of Affirmation Healing Programs, and Printable Worksheets	ccxcvii
Appendix E.....	ccxcix
Printable lists of affirmation words to help you create your affirmations.....	ccxcix
Reference words	ccxcix
Action words.....	ccxcix
Outcome Words and Phrases	cccii
Condensed list of outcome words.....	cccii
Expanded list of outcome words and phrases	cccii
Support words	ccc
1) Time Oriented Support Words.....	ccc
2) Descriptive Support Words.....	ccc
3) Progressive Support Words	cccv
4) Denial Support Words (alphabetically)	cccv
5) God Support Words (alphabetically)	307

6) Energy words (alphabetically)	307
Appendix F	308
Printable lists of health affirmations	308
Guidelines in using the following affirmations	308
Random thoughts to ponder	309
Affirmations that target the body as a whole	310
Affirmations that target specific parts and functions of the body	315
Arthritis - Body Joints	315
Blood Pressure	315
Breathing	315
Digestion	316
Energy	316
Hearing	317
Heart	317
Incontinence (Lacking normal voluntary control of urinary functions)	318
Migraine headaches	319
Mobility Problems (Motion, movement)	319
Muscles	320
Pain	320
Paralysis (mobility problems of any kind)	322
Skin	323
Sleep	323
Stress, tension, worry, relax, calm down	324
Printable Affirmation Cards	325
Tiredness (Lack of energy)	326
Printable Affirmation Cards	326
Throat	327
Printable Affirmation Card	327
Vision	328
Affirmation Spiritual Healing Treatment #1 to heal vision problems	328

Affirmation Spiritual Healing Treatment #2 to heal vision problems	329
Printable Affirmation Cards	329
Weight	330
Printable Affirmation Cards	330
Other diseases or conditions	331
Adaptable Affirmations.....	331
Progressive Affirmations	332
Summary	332
Progressive Affirmations with one progression.....	332
Printable Affirmation Cards	334
Progressive Affirmations with multiple progressions.....	335
Affirmations of Denial	337
Summary	337
Printable Affirmation Card.....	337
Single Affirmations of Denial followed by a closing- outcome-healed affirmation	339
Affirmations of Denial in a series	340
God Affirmations	341
Summary	341
Affirmations	341
Additional Miscellaneous Affirmations	343
Random thoughts to ponder	345
Appendix G	346
Printable Affirmation Cards	346
Appendix H	353
About Grace Michael, Spiritual Healer and Metaphysician	353
Healing techniques and methods used by Grace	354
Random thoughts to ponder	355
Index	356