

## 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? .....	xxxii
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).....	xl
How you are governed.....	xl
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 .....	lxxx
A list of affirmation types .....	lxxx
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 .....	cx
Set your focus and concentration on healing NOT on illness or symptoms .....	cx
2) Create, define, and/or select the affirmations and visualizations you will use to heal this condition .....	cx
Be prepared – plan ahead .....	cx
3) Set scheduled and unscheduled time aside to say your affirmations (Decide when you will say your affirmations) .....	cx
Using a timer .....	cx
4) Do it (Say your affirmations and picture your visualizations).....	cx
The mechanics of affirmation healing programs .....	cx
Putting it all together.....	cx
Using worksheets to help you put it all together .....	cx
Making copies of your blank worksheets .....	cx
How to identify the condition you want to heal.....	cx
MY HOW TO IDENTIFY THE CONDITION TO BE HEALED WORKSHEET.....	cx
Random thoughts to ponder about improvement .....	cx
Random affirmations and saying affirmations without using a healing program.....	cx
Using a random affirmations worksheet.....	cx
MY RANDOM AFFIRMATIONS WORKSHEET .....	cx
Learning about basic affirmation healing programs.....	cx
Two types of basic affirmation healing programs.....	cx
1) The <i>single choice</i> basic affirmation healing program.....	cx
2) The <i>multiple choice</i> basic affirmation healing program.....	cx

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
<b>MY INTENSE AFFIRMATIONS WORKSHEET .....</b>	<b>clxxv</b>
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
<b>Progressive Affirmations with Progressive Visualizations .....</b>	<b>clxxx</b>
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
<b>Random thoughts to ponder .....</b>	<b>clxxxv</b>
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
<b>MY PROGRESSIVE AFFIRMATIONS WORKSHEET .....</b>	<b>cxcii</b>
How to say progressive affirmations during scheduled affirmation time .....	cxcv
How to say progressive affirmations during unscheduled affirmation times .....	cxcviii
<b>Affirmations of Denial with Denial-Rejection Visualizations .....</b>	<b>cc</b>
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