

Intentional Coaching - Affirmations of Points of Power

(I have taken some of the work of “*The Secret*”, by Rhonda Byrne, and incorporated some tasks from each of these points of power. Meditate on these and apply them to your life on a daily basis and see how powerful they allow you to have what you want. This is a step by step approach to affirm for yourself as many of us do not know how to reframe and affirm in words what we need.)

1. To harness the force of love in your life to bring something you want or change something you don't want, the Creation Process is always the same: Imagine it. Feel it. Receive it. (What are three things you want to change in your life?)

2. Your imagination connects you to what you want. Your desire and feelings of love create the magnetism, the magnetic power, drawing your desire to you! (Find a space that allows your 'love' to come through, feeling your heart expand and your mind free of clutter. (Name three things that allow you to know you are in that space.)

3. Imagine yourself being with your desire. At the same time, feel love for what you're imagining. (Name three things or processes which you desire and be specific as to how they look to you once they are manifested.)

4. Desire what you want with all of your heart because desire is a feeling of love, and you must give love to receive what you love! (Name three ways that you know you are giving love and be specific as to knowing when you are in a 'love space'.)

5. When you imagine anything positive that you want and love, you are harnessing the force of love. Push your imagination to the limits, and imagine the best and highest that you possibly can of whatever it is that you want. (If you want to leave your creativity on this earth before you go onto the beyond, name three things you want to be remembered for.)

6. Whatever desire you can imagine already exists! It doesn't matter what it is: if you can imagine it, it already exists in creation. (Look around you and see if what you desire is present in your life in some form or manner. Name how that looks to you now.)

7. In conversations and in your thoughts say, "Imagine if....." and then complete the sentence with what you want. (Name three things you imagine.)

8. Use props. Surround yourself with items of clothing, pictures, photographs, and relevant objects, so you can imagine and feel the feelings of having what you want. (Describe in detail the things that you will feng shui around you to bring these creations

9. Your senses are props too. Use all your senses to help you feel that you have what you want. Feel it, taste it, smell it, see it, and hear it! (Describe in details how you are sensing, not thinking through this.)

10. When you have completed your part in the creation process, you have moved into a new world that contains the very thing you want even if you can't see it yet. Know you will receive it.! (Tell how you will know you are getting what you want. Describe that in detail.)
