



Vibrant Affirmations™

Release, Allow and Receive

Vibrant Affirmations™ combines the practice of affirmations/intention setting, the use of the TriVibrance oils™ and some constructs adapted from neurolinguistic programming or NLP. NLP has been referred to as “the language of the mind.” It purports that your neurological system, your conscious and subconscious mind, are directly linked to your linguistic and behavioral patterns. It is believed that eye positions in particular help access different sensory systems and different areas of neurology. For instance, when a person looks up and slightly to the right they are constructing a visual picture. And when a person is looking down and to the right, they are accessing feelings and emotions. Additionally, it has been suggested that when people look up, it moves their nervous system into the relax mode. Even further, when someone is looking up, it places the mind into an impressionable place. Think about where politicians and preachers stand. They are typically up above people they are trying to impress a message upon, high on podiums. Vibrant Affirmations™ utilizes purposeful eye placement (up and to the right and down and to the right) because the power in manifesting our affirmations is to be able to actually visualize ourselves performing the content of the affirmation and at the same time accessing the positive in high vibration emotions associated with achieving the affirmation.

1. Choose an affirmation and write or type it on 2 different 8 x 10 blank pieces of paper.
2. Make up your own individual affirmation or borrow ours: “I am vibrant and abundant in all areas of my being! I am healthy, wealthy and happy!”
3. Guidelines for writing the most powerful affirmations:
 - Always write them in 1st person
 - Always write what you do want and not what you don’t want (positive statements versus negative)
 - Ensure that you have a belief that this is happening and if you feel doubt, modify your affirmation by adding phrases such as “I am willing” or “My intention is”
 - End with an exclamation mark
 - Avoid words such as try, but and or
 - Use words such as immediately, now, always, no matter what, permanently
 - Be specific
4. Tape one of the affirmation papers on the top right corner of a door threshold that you walk through several times a day.
5. Tape the second affirmation paper on the bottom right threshold of the same door.
6. Apply your clarity and manifestation oil to your heart space.
7. You may use any of the five oil blends. If you are not using clarity and Manifestation use the following placements: apply peace and freedom to the stomach, apply faith and security to the kidneys, apply compassion and forgiveness to the liver or apply joy and purpose to the lungs.
8. Choose a time each day to set your timer for 1 minute, 8 seconds while working with your affirmations and oils. (It has been said that it takes 68 seconds to affect the quantum field!)
9. Stand in the doorway a little to the left of the affirmations and with your oils applied and timer set, read the top right affirmation for at least 30 seconds or so and the bottom right affirmation for the remainder of the time.
10. When looking up and slightly to the right, create visual stories using pictures of yourself actually experiencing the affirmations. Visualize with great detail, engaging all the senses. These visualizations will drum up excitement, making the next step easier.
11. Move your eyes down and slightly to the right. Feel the high vibration emotions and reach for the feeling of anticipation and excitement that the affirmation is already happening.
12. Throughout your day, each time you walk thru this door, stop, take a deep breath and allow your eyes to look up to the right and read the affirmation and down to the right and read it again.
13. MODIFICATIONS:
 - a. Once you have your vibrant affirmation memorized, try doing it with the eyes closed. You can still move the eyes up/down and to the right.
 - b. Try taping your two affirmations on a mirror (top and bottom right corner) and say them while you catch a glimpse of yourself in your peripheral vision.
 - c. Do a “power pose” or “The Wonder Woman pose” while reciting your vibrant affirmations. Stand with feet hip width apart and place hands on hips.