

Turbo Charge Your Affirmations Today

by

Jennifer Shepherd, the Lipstick Mystic®

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Jennifer Shepherd, the Lipstick Mystic® here, checking in to see how you are you doing with your affirmations. Have you been seeing good results?

I receive letters every day from people who seem to fall into one of two categories:

Category 1:

1) People who have yet to see any results from their affirmations and visualizations and

Category 2:

2) People who have already manifested great stuff with affirmations.

The folks in Category 2 have found wonderful romantic soulmates, manifested windfalls of money, landed great jobs, attracted cool new clients, achieved major health improvement, and more. These stories are SO inspiring!

Along the way, I've realized that there are some specific things that seem to separate those who are seeing good results from those who have yet to see results.

People who are seeing good results with their affirmations are taking action in similar ways as they work with their affirmations. Here are a few of the common factors:

Guidelines from People Who Are Having Success with Affirmations

1) **Don't force yourself to do affirmations every day if you're not into it that day.** Only do affirmations when you're in a relaxed state of mind, when you feel optimistic and energized. You want to accumulate an energy charge that is all positive, so you don't want to inject feelings of depression, fear, or tiredness into the equation. Do affirmations when you're feeling good.

One powerful time to do affirmations is first thing in the morning, right after you wake up. Another excellent time is right before you go to sleep at night. At both times you will be in an "Alpha" state, and affirmations can impress themselves more easily on the subconscious mind when you're in an Alpha state. So avoid a rigid, regimented approach and just do affirmations when you feel relaxed and open to possibility. This will allow you to plant those seeds of success more easily.

2) **Don't get all weird about doing your affirmations unless you enjoy spiritual ritual.** Namely, don't feel that you have to light a candle, burn incense, sit at an altar, pray beforehand, or any of that stuff. You CAN do that. You SHOULD try these things if they are already part of your spiritual routine and you enjoy them. If lighting a candle helps you to feel more relaxed and more open to connecting with positive energies, then go for it. But if you think that those things are a bunch of mumbo-jumbo, then don't do them! Approach affirmations in a way that makes you feel comfortable, happy, and confident. Forcing yourself to just go through the motions and do stuff that you think is "weird" is going to cancel the positive effects of your affirmations. So if wearing a turban and chanting by the full moon turns you cold, avoid doing this at all costs or you'll end up sabotaging your affirmations.

3) **Steer clear of the “gurus” for a while.** People tell me that when they put away the videos and the books and just get down to spending quiet time with themselves, focusing in their own private way on doing affirmations, they are able to experience more “instant” manifestation of their desires. When they are studying one “expert’s” course after another, chasing after the next piece of esoteric wisdom, they tend to lose steam. So give that stuff a break for a while.

Now, I’m not saying that you should stop reading inspirational literature or avoid taking workshops with gifted teachers forever! But give yourself a break from taking in so much information. Focus on using the techniques you already have learned, make use of the stuff you’ve already absorbed. Don’t overload your brain with lots of new techniques or ideas because that can just serve as a distraction sometimes. Work with what you already have.

4) **Focus on small projects first.** As I teach in my eBook, [Why Most Affirmations Fail and the Four Building Blocks of Successful Affirmations](#), you should work with some small goals to build up steam and increase your confidence. When I say small goals, I mean REALLY LITTLE, silly, fun goals.

Here are some fun examples of smaller affirmations projects I have worked on as well as some success stories from readers:

Examples of Small Affirmations Projects That Worked

- * Manifesting the appearance of a certain wild animal I love while I was out taking a nature walk
- * Manifesting a phone call from a dear friend or relative I hadn’t spoken with in a while
- * Manifesting the sudden appearance of a specific rare, extremely expensive vintage car while out on a drive. The man who did this was a car fanatic who had just been looking at photos of this rare car. He found himself hoping that this type of car would show up somewhere so he could see one in person. It happened a few days later when he passed the exact same car on a deserted back road in the country.
- * Manifesting improbably great seats at a crowded movie theater on opening night for a hit movie

* Manifesting great seats at a ball game playoff for free. A friend gave the guy tickets out of the blue to watch his favorite team play in the championship.

* Manifesting a wonderful table by the window at a nice restaurant when the place was packed and seating was by reservations only. The couple who did this turned up without reservations – they just walked in and had a clear intention that they wanted the best seating in the house, and sure enough, they were given the perfect table even though other people with reservations were waiting behind them in line!

* Here's one of the funniest affirmations stories a woman shared with me. Apparently, she was running short on cash one week and she needed to complete an important freelance project at home using her inkjet printer. If you've ever used an inkjet printer, then you know that ink cartridges are rather expensive. If you're on a really tight budget, you can either choose to buy groceries that week or buy yourself an inkjet cartridge!

Well, wouldn't you know it, just when this lady needed to print out a huge print job on her printer, she got that warning message that the printer was almost completely out of ink. She saw the little graphic come up on her computer where it said something like "Warning, only 1% of the ink remaining, print job might not complete."

When she saw this, the woman said, "\$%&!" to herself. Then she thought, "Wait a minute, I'm learning how to do affirmations, and I know they work, so let me take charge of this situation. I affirm that there is plenty of ink in my printer and that I can easily print out this big print job." She focused on her affirmation for several minutes, feeling oddly confident that the affirmation would work.

Then she pressed PRINT and held her breath. Would the printer run out of ink?

The print job went through just fine, much to her relief. She still didn't have enough money to buy another ink cartridge the next day, but she didn't worry about it. That night she went to bed feeling grateful that she had had enough ink to complete that big print job, and she let the whole event pass from her mind.

The next morning she logged into her computer and ran another print job, this time a very small one. Then she remembered the prior day and realized that surely, she must be out of ink by now!

She checked the printer information on her computer and couldn't believe her eyes. Instead of saying "1% of ink remaining" it said "40% ink remaining."

Whoa! That simply wasn't possible – was it? How could an inkjet cartridge register as being just 1% full the day before, and then she ran a huge print job, and now the printer cartridge was suddenly registering as being 40% full of ink?

Then she remembered her affirmation and how she had set the intention that there would be plenty of ink left in the cartridge to do her work.

Sometimes, the universe delivers a bonus! She was happy to receive the extra ink in the ink cartridge. Whether elves delivered it or she had manifested a reality shift through her affirmation, she wasn't complaining!

Funny, isn't it? The mysterious powers of affirmations can really rock your world sometimes, they're so amazing.

By the way, since that woman manifested extra ink in the empty ink cartridge, she's moved on to bigger and bolder manifestations. Recently she manifested a wonderful, affordable home rental in an area of the country where prices have been horribly inflated for years. So finding this home really was a "steal!" This lady is becoming an affirmations ace, and I'm so proud of her.

So if you've been having troubles seeing results with your affirmations, it's very likely that you've only been tackling BIG projects like trying to manifest huge sums of money or gigantic changes in your romantic life or health situation. You might need to build up to them gradually. I recommend that you work on some smaller projects first, take joy in your successes, and know that:

Whatever you affirm, you can manifest for yourself
on the physical plane – without exception!



I don't mean to shout. But I wanted to put that in big type to make sure that it soaks in, because it's true!

Sometimes you just need a little practice to build up enough energy and confidence in your abilities.

So be patient, have fun, and keep at it, and watch the magic happen.

Thanks very much for reading this report. Here's to your success!

Do affirmations work? They do if you do them correctly! Learn essential tips and tweaks to turbo charge your affirmations in this powerful eBook: [Why Most Affirmations Fail and the Four Building Blocks of Successful Affirmations](#)