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Raise Your Vibration

Masterclass

Video 28: Affirmations and Mantras

Now that you understand the importance of your thoughts, you can take it a step further. In this video, we're going to talk about mantras and affirmations.

An affirmation or mantra is something you repeatedly say to yourself, something you want to become your reality.

An example is: every day, in every way, I am becoming healthier and healthier.

I've been saying these kinds of mantras and affirmations for years, ever since I started with Tony Robbins about 15 years ago.

Another mantra could be: I constantly attract inspiring and high-vibe people into my life.

There are countless websites online where you can find examples of affirmations, and I'll link a few below, but the important thing is that you say them in your own language.

That's how they truly reach your subconscious mind.

You want to repeat these affirmations daily, at least in the morning and evening. Take just one or two minutes to repeat them.

Mornings are the most valuable time for this because your brain waves are still in an alpha state, making it easier to program your subconscious mind.

So the first thing you want to do when you wake up is not look at your phone, check social media, or open WhatsApp messages that might not even be positive.

What you want to do is program your subconscious mind in this crucial moment with the things you want to become your reality.

To take this even further, you can set reminders on your phone using an app like "I Am," which you can download from the App Store.

You can receive your own affirmations as messages throughout the day, and in this way, you're essentially brainwashing yourself into feeling better.

You can also place small post-it notes around your house with affirmations.

Or you could simply eat a lot of Lovechock, which is a chocolate bar that comes with a little affirmation note inside every wrapper.

Just like brainwashing works with mainstream media, it works the same way for yourself. When you keep repeating something, it becomes a belief, and eventually, you will experience it as your reality.

Your emotions, your physical reality, your health, your mental well-being—everything can ultimately be traced back to your beliefs.

If you can rewrite them, then combined with a high vibration and action, you can attract the things you want in life.

Of course, for most things, this won't happen in just one day, but if you keep repeating them, eventually what you say will become your reality.

So integrate these affirmations and mantras into your daily routine and watch the magic happen.

I hope you'll give this a try, and I'll see you again tomorrow for day 10 of this "Raise Your Vibration" masterclass. In tomorrow's module, we'll talk about a simple morning tip that will instantly give you a positive buzz... and no, it's not coffee.

Curious what it is? Then I'll talk to you tomorrow.