

## **AFFIRMATIONS THERAPY PRINCIPLES**

- 1) In our present lifetime, we grow, develop and change as we keep on examining our beliefs one at a time !
  
- 2) It is easier to work with one belief for one week until it becomes our life lesson !
  
- 3) Reading, writing, colouring, recording, imagining, declaring, visualizing and finally praying about our belief to our guardian angel clears obstacles with much more speed and it becomes easier to work on ourselves !
  
- 4) To achieve more faster results, we can choose to experiment with different energy tools, vibrational processes and transformative activities !
  
- 5) And finally for today, handling the moment of truth (Threshold = Growth point = Tipping point) determines whether you evolve to the next higher levels or you stay the same !