

[Affirmations Not Working For You? How To Supercharge Them - Part1](#)

If you have spent any length of time studying Personal Development these days, you must have heard that what you think about is what you will bring about in your reality. If you focus consistently on what you want you will start to really Believe it. When you really Believe it, you will begin to take the appropriate action that will move you closer and closer to what you desire. We often hear that Seeing is Believing, but it's the reverse that is really true. It's called the Law of Attraction and was talked about in the movie 'The Secret.'

When it comes to the way our brains learn things, REPETITION is key. Think about it - how did you learn your times tables in 5th grade math - repetition. How does an actor learn his lines - repetition. How did we all learn to walk and talk - repetition. So it stands to reason that if you want your mind to believe in a different way than it currently believes, you are going to have to teach it how to think that way by repeating what you want to believe.

That seems logical doesn't it? If you repeat something over and over, your subconscious mind will begin to get the message and agree with you, right? So we make up affirmations about what we want to believe. Affirmations, repeated as often as possible are the mainstay of most self help programs and THE method of choice to 'Fake it until you Make it', and keep a positive attitude, because you are essentially repeating over and over what you want to believe.

Still logical isn't it? If we just repeat our affirmations over and over and over, we should all be healthy, wealthy and wise, right? Sounds pretty easy doesn't it? So...Why aren't we all fabulously wealthy if we know this should work? Because we just DON'T DO THEM on a regular basis or for long enough. There are two reasons for this:

1. Deep down we don't really believe what we are affirming to ourselves so unless there is instant change, we lose the momentum, and
2. We don't know how to instantly turn things around when we are thrown into a downward spiral when something happens to upset our plans, and we have no anchor to grab onto, so we stop trying, telling ourselves that 'this doesn't work.'

Probably the main reason that we stop doing our affirmations, even though it makes sense that the repetition should work is because we are trying to change deeply rooted beliefs here - some we don't even know we have. It's not like changing your vacation destination. It has been shown that most of the beliefs that we hold about how we are were planted in our subconscious before we reached the age of 7. Now, if the belief was planted in there that you have to work hard and trade your time to make money, what do you think is going to happen when you affirm "Money flows to me easily?" Your subconscious is going to come back with "HELLO!! Have you checked what we BELIEVE lately?" If that's all you hear back, no wonder most people get give up long before they even crack the surface of their beliefs.

Now if you did do them every single day without fail, you would eventually see a change, but since your belief systems won't allow you to change instantly, most people give up in frustration way too soon. It's not your fault though, at least not in a conscious way anyway.

Here's the rub. We really are made up of two minds - our conscious mind and our subconscious mind - AKA your ego. Our subconscious mind - the one that runs all the minute parts of you that you have no conscious idea are going on (like oxygen and the right nutrients to every single cell in your body) is really the one who is in charge. It has been operating you just fine all these years and likes you just the way you are - even if that is broke and miserable. It knows that program. So when you consciously start to interfere with its operation of YOU, it takes offense. So you begin out of the blue to affirm that "I am successful and free" and it constantly feeds back "No you're not - are you nuts?" So you try to force the change and it will come back at you with every reason in the book why this is a stupid exercise and a waste of your valuable time. This 'Belief Detective' as I call it will keep you right where you are if you can't get past it, or at least acknowledge what is happening. The great irony in all of this is that it truly believe it is protecting you. Go figure!

So what do I do now, you ask? You need to start thinking right now about how to bypass the guardian of your 'Belief Detective.' One way to do this is to put your affirmations into a song. Your subconscious mind stops being on guard when you are singing. It's called suspending your disbelief, much like you do when you see a movie (or did you really believe in Spiderman). And once you get a song stuck in your head, you usually sing it all day long, thus feeding your subconscious on autopilot. Think about it right now and stay tuned for Part 2 where we discuss how to change your negative attitude instantly.

About the Author

Debbie Thomas has created [AttitudeZap! Affirmation Jingles](#). These catchy little jingles with [affirmations](#) built right in will help you keep positive and focused on your dreams and goals.

