

[Affirmations - Why Yours Need To Be Supercharged - Part 1](#)

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.'

Our magnificent brains process and store every single bit of information that we have ever learned or experienced. When it comes to learning new things, the way our brain learns new things is by REPETITION. Think about it. How does an actress master the dialog in a play - repetition. How does an athlete become the best at what they do - repetition. Everything we've learned, from times tables to walking and talking has been learned by repetition. So it would seem reasonable that if you want to teach your brain to believe differently, the way to do it would be by repeating what you now want to believe about yourself and your life.

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. Sometimes things happen to upset our nicely laid out plans and if we don't have an anchor to grab, or a tool to help us stop the negative downward spiral, we let it overtake us and we give up, thinking 'this stuff doesn't work.'

The main reason we don't keep doing daily affirmations, even though we know repetition is the best way to learn is that the affirmations are aimed at changing deep rooted beliefs. It's not the same as changing your nail polish. Most of our beliefs about ourselves were deeply implanted before we were 7 years old. So if you have a deep belief that money is the root of all evil for instance, you can affirm that you are a millionaire all day long and all you will echo back is "Who are you kidding?" it won't take long before the average person gets bored, too busy or out and out frustrated long before the affirmations can start to work.

Now if you did keep on practicing diligently, you would eventually see a change, but since your belief filters won't allow you to change instantly, most people give up in frustration far too soon. But it's really not your fault, at least not your conscious mind's fault.

You see, your subconscious mind or your ego can be your worst enemy. It likes you just the way you are - warts and all. It doesn't see any need to change, it hates change and when you are trying to change by stating things like - "I am wealthy, healthy and happy" - the subconscious 'Belief Detective' I call it, immediately responds with - "No, we're not. We're broke and depressed and I feel like we're coming down with something". Whether you know it or not, your subconscious mind has been driving the bus all along. It knows how to operate you and doesn't want your interference, thank you very much! If you try to force change, it will give you a million reasons why affirmations are boring or too time consuming or just plain stupid. If you can't get past that 'Belief Detective', or at least realize what is going on, your subconscious mind will win and keep you broke, sick and depressed. Ironically, this is how it thinks it is protecting you. Gee, Thanks!!

So...what you need to do, right now while you are reading this, is to start to think of a way of bypassing the belief filters that stop your affirmations in their tracks. How do you do that? Why not try putting your affirmations in a song. Song lyrics are non threatening to the subconscious mind because you suspend your disbelief while you are singing, much like you might do when you see a movie (Ever seen Shrek?). Besides, once you get a song stuck in your head, you usually sing it over and over and over and not get bored with it, feeding your subconscious on autopilot,. Give it some thought right now and stay tuned for Part 2 where we'll discuss more about how to instantly change your negative attitude.

About the Author

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

