

How affirmations affect your mind

Affirmations work when your super-powerful subconscious mind hears your words and programs your experience and behavior to reflect and give life to them. Your subconscious mind is so powerful that some of the magic ascribed throughout history to wizards, psychics, gods, and goddesses can be explained as powers of the subconscious mind.

Affirmations also work on a mundane level. Believing that you're destined to be wealthy inspires you to act with a greater assurance and to make decisions based on a sense of empowerment and security rather than fear or neediness. Approaching life with positive and confident qualities would tend to bring about more favorable and prosperous circumstances.

If you affirm that you will succeed in getting a particular job and convince yourself that this job is already yours, then you'll walk into the interview free from the baggage of doubt, fear, and needy desire, none of which are good friends to take with you into a job interview. If you can walk into the room feeling secure and steady, you'll be much more likely to make a good impression and get the job.

If you're saying to the interviewer, "I know I'm the right person for this job because I have all the right qualifications," but your body language and subliminal speech are saying, "I know you probably don't want me," this inner doubt would likely hamper your efforts.

The interviewer may not necessarily think, "Hey, he says he is qualified, but subconsciously he is communicating what a loser he thinks he is." However, her subconscious mind may read your subtle signals and decide that you're not the right person for the job — perhaps inspiring the interviewer's mind to come up with an unrelated excuse to justify her subconsciously guided decision.

If, on the other hand, you walk into a job interview after using affirmations to set yourself in the certainty that you're absolutely qualified and that the job is already yours, this confidence would do much to bring your subconscious communications in harmony with your outer presentation.

Affirmations are more than just repeated phrases; they're contemplations, visualizations, and emotion-based vehicles that can open and access the magical power of your own imagination. Even beyond the outer words you use, what you think, feel, and desire in your heart is what most determines your life. If you're repeating, "I'm a winner, I'm a winner," and what your subconscious mind sees is someone who thinks they're a loser saying they're a winner, then these robot-style affirmation repetitions won't help you move significantly closer to being a winner.