

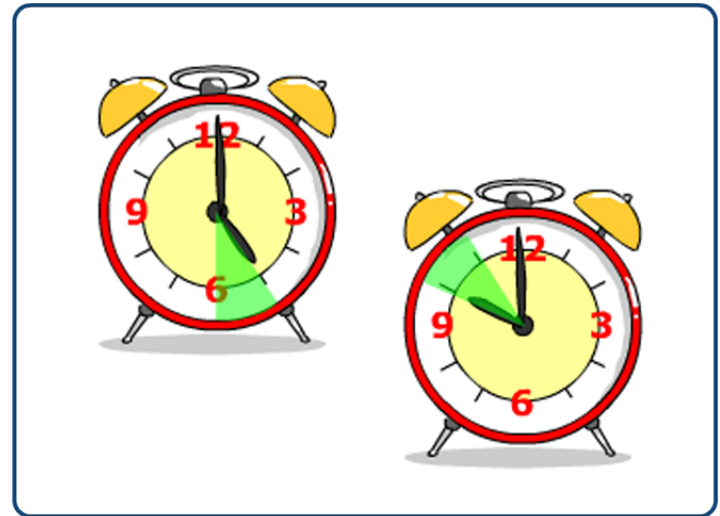


SUMMARY UNIT 4 : Chapter 5 : Imprinting Affirmations

Affirmation Imprinting Reminders

- 1. Read the words aloud.** Close your eyes and visualize the image that these words trigger.
- 2. Picture vividly.** The picture you get by visualization is vitally important. Create the experiential picture, not an observed picture. It is the one you are actually experiencing yourself.

Remember I x V = R (Imagination x Vividness = Reality). The clearer the picture, the more effective it is. The picture in your mind should not be hazy: it should be specific, down to the finest details you can imagine. Clarity and detail are two qualities that we seek. So as you read the words, you imagine the event in vivid detail and see the accomplishment of your goal.



- 3. Feel the emotion, as if the event is happening right now.** You can use a borrowing technique called flick-back/flick-up to help you gain a positive emotion. Simply borrow from a past positive experience and bring the good feeling into your present affirmation. In summary:

- Use experiential imagery.
- Take no more than 20 seconds to imprint each affirmation
- Affirm twice a day (the best times are just before you fall asleep at night and upon awakening in the morning).
- Give yourself feedback.
- Record your affirmations on tape if you wish.
- Affirm that your word to yourself is good.

Remember:

Just reading the affirmation = **good** impact on the subconscious.
Reading and picturing = **better** impact on the subconscious.
Reading, picturing, and feeling = **best** impact on the subconscious.