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# 20 AFFIRMATIONS & DECLARATIONS

*for  
Creating Balance  
and  
Restoring Your Valuable Energy*



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**Thankyou for taking the time to read this mini guide. My intent is that it will inspire you to higher levels of awareness, consciousness, and energy for you to create the experiences that you choose!**

Why do affirmations and decalarations work?

When we realise that everything is energy and vibration we come to know that sounds, words and intentions carry information that can indeed manifest. The power of word and intent has been known for centuries by the ancients. Now we can understand it not so much in mystical terms but in the knowledge of how energy travels in wave frequency .

There are particular ways that we can use words and intents.

**Affirmations** are used to clarify and claim.

**Proclamations** are used to affirm and announce.

**A Decree** is an official statement that carries with it a lawful order. (yours)

**An Invocation** is to call something in.

**A Revocation** is to send something out or to remove.

**Negation** is to cancel.

Affirmations can be used at any time, particularly to create. Proclamations and declarations are used for example in mornings or the beginning of projects so as to claim a particular state of mind or creation that you choose. They can also be to state who you are physically, spiritually and energetically.

Revocation and decrees I keep for clearing any discordant energies or entanglements that I note throughout the day. They help me to clear energetic imprints or debris that can arise from myself or others.

These small examples can highlight more mindful ways for using your words and intents to create your own life experience, body and mind.

Let these affirmations and declarations inspire you to create your own for spiritual and energetic empowerment!

- I choose and create wholeness and balance in all aspects of my body, mind and being.
- I am free, whole, sovereign and eternal.
- I remember who I am and I balance my body, mind and energy with ease.
- My body renews itself at every level of my being with joy and wholeness.
- My mind is nourished with clarity, vision and enthusiasm.
- I create the best outcomes in all aspects of my life.
- I am ready to embody and experience the fullness of my true essence.
- I allow my true essence to radiate in all aspects of my life without restriction or apology.

- My energy is my own, I choose where it goes and what it enables.
- I choose to see my own vision clearly.
- I am empowered through my true heart.
- I fully inhabit my body, mind, environment and world.
- I disentangle from all discordant frequencies and energies.
- I renew my energy, body and mind with intent, and claim it whole now.
- I revoke all programs of decline and limitation now.
- I am the eternal sovereign true Self . I de-activate and remove all programs of limitation and restriction now.

- I fully embody and activate my highest potential for wholeness and fulfilment now in all areas of my life and being.
- My energy is my own, balanced and true.
- I heal and make whole all aspects of myself at all levels of my being
- I call back to me all of the energy I have invested today and claim that it is returned to me in the most highest purified state for my usage and highest good.

