

# Affirmations



## THE POWER OF "I AM" & "I AD"

Whatever you say after **"I am"** casts a powerful spell and energetic conditioning upon yourself to **become that what you have spoken**. As conscious creators we are going to use this spell to programme into our life, light and game all that we wish to be.

When you say **"I ad"** (e.g. **I had** a lot of trauma) - you are actually casting a **secret spell** upon yourself to 'add' that into your life again. Many manifestors talk about things in the past tense to avoid casting those spells into their present and future, however the word 'had' is a trick of the English language that catches people out if they aren't aware of it.

Today's task is to **get really clear** on what we want and who we want to become. The aim is to say these affirmations / spells every day of the challenge to set our goals and short cut us towards them.

**Don't limit yourself**, go all out on these.. they don't have to be achievable in your mind right now, you don't have to know how you're going to get there, aim big as **you are a divine creator** being and have everything you need within to live a life better than you could even imagine (I-Mage-In).

Fill out the following pages, writing **9-11 simple affirmations** of what you want to be (I AM). Then follow it with more detail on what that looks like (I AD)... e.g.

**I am** a billionaire, **I ad** financial freedom and abundance  
**I am** a strong psychic, **I ad** clear channels to receive the truth  
**I am** worthy of everything, **I ad** all I could wish for  
**I am** wise, **I ad** a strong connection to God and my higher self

I have also added 'Avracadavra' at the beginning which means 'As I speak I create', and a seal at the end to close the affirmation spells. These are optional to say, however they will amplify your affirmations whenever you are saying them. **Say each full affirmation x 3** before moving onto the next.

# THE FULL SPELL

Avracadavra,



I am \_\_\_\_\_ , I ad \_\_\_\_\_

x 3



I am \_\_\_\_\_ , I ad \_\_\_\_\_

x 3



I am \_\_\_\_\_ , I ad \_\_\_\_\_

x 3



I am \_\_\_\_\_ , I ad \_\_\_\_\_

x 3



I am \_\_\_\_\_ , I ad \_\_\_\_\_

x 3



I am \_\_\_\_\_ , I ad \_\_\_\_\_

x 3



I am \_\_\_\_\_ , I ad \_\_\_\_\_

x 3



I am \_\_\_\_\_ , I ad \_\_\_\_\_

x 3



I am \_\_\_\_\_ , I ad \_\_\_\_\_

x 3

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I am \_\_\_\_\_ , I ad \_\_\_\_\_

x 3

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I am \_\_\_\_\_ , I ad \_\_\_\_\_

x 3

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I bind, lock and block this light into me,  
And I amplify it by the power o 3  
So mote it be, Atom  
And I seal this spell with the seal o Shalom