



ZENMIND AFFIRMATIONS

PROGRAM INSTRUCTIONS

Detailed Instructions For Zenmind Affirmations

1. Getting started - Please read these instructions carefully. They contain information on how to make the most out of this program.

2. Using Zenmind Affirmations - Listen sitting in a comfortable position or lying down in a relaxed state with eyes closed.



IMPORTANT

USE STEREO HEADPHONES

Even though the soundtracks also works without it. To get maximum benefit from the brainwave technology listen with stereo headphones.

3. Choose one of the 7 Modules: Healing, Self Esteem, Success, Abundance & Wealth, Relationships, Life Purpose, Spiritual Growth that you want to work with for the first 4 weeks.

4. Recommended procedure: There's really no wrong way to listen to Zenmind Affirmations. You can make them part of your daily meditation practice. Or listen when you first wake up in the morning. You can even put them on "repeat" and listen to them all day long.

With that said... Listening while falling asleep at night is a very powerful way to use Zenmind Affirmations, because you will not be interrupted with something else afterwards. This way the affirmations and brainwave entrainment can really sink deep into your subconscious mind overnight. Try out which one of these different ways to use Zenmind Affirmations that suits best for you.

4. Listening Schedule - The best way to listen is to start with the Hypnotic affirmations mp3. Listen to it daily as often as you want for one week. Once you start anticipating the affirmations—like learning the words of a song—you're ready to incorporate the Subliminal affirmations mp3.

You won't hear the affirmations on the subliminal audio with your conscious mind, they're subliminal, and therefore below the threshold of conscious hearing. However, they pass immediately into your subconscious mind.

Week two, start alternating the Hypnotic mp3 sessions and the Subliminal mp3 sessions. For instance use Hypnotic mp3 session on Monday, Subliminal mp3 session on Tuesday, Hypnotic mp3 session on Wednesday, and so on.

Week three, continue as in week two and add that you focus especially on one of the seven positive affirmations recorded in the soundtrack each day. Write it down on a piece of paper and carry it in your pocket wherever you go during the day. Repeat the chosen daily affirmation as often as you can inside your mind, try also to say it out loud in front of a mirror. Let it be your guidance and companion all throughout the day.

The next day do the same with another positive affirmation in the module you're currently working with. And keep doing this day after day until you have focused one day each on all seven affirmations of the module.

Week four, switch to Delta Super Booster Subliminal session for four days. This session contains all 49 Positive Affirmations from all Modules, so it is like a supercharged multivitamin of Positive Affirmations.

This session highlights the deep delta brainwave pattern of 1.0 Hz, associated with feelings of well-being and pituitary stimulation to release growth hormone; increasing the overall view of inter-relationships; harmony and balance and universal love.

Listen to Delta Super Booster Clearing session the last three days of week four. This session has no Positive Affirmations, just the deep beneficial delta brainwave entrainment of 1.0 Hz. This will clear and supercharge your mind, and make you ready for starting next module. This session will also give you some time to contemplate in a super relaxed state of mind, before moving on to the next area of your life to work with and change.

When you are ready to choose the next Module to work with, simply repeat the same listening schedule and implementation in the next module.

A Great Tips For Skyrocketing Your Results...

When using your subliminal versions and/or the Delta Super Booster an amazing way of supercharging the law of attraction in your life is to create a personal affirmation that is Very Specific. Mentally repeat the affirmation with joy while listening to the subliminal or Delta Super Booster tracks. It's important that the personal affirmation you create for each module is 100% specific, so for instance if you want a car, don't just say "I have a car". Instead wholeheartedly express exactly which car you want to attract it into your life... Example: "I have a red Toyota Prius". In this way the universal vibration will connect precisely with your dream to create it.

We're proud of these audios, and really enjoyed making them for you. Please let us know what you think, and how you feel, after you've listened to them for a while.



A List Of All 49 Positive Affirmations In All Modules

Module 1: Healing

I have vibrant health and vitality

I am healing now deeply and completely

Within and without, I feel balanced and healthy

I have a strong and healthy immune system

Today, the sun reminds me that I am made of light

Every day, in every way, I'm getting better and better

I am health

Module 2: Self Esteem

I believe in my words, my actions and in myself

I have something special to offer to the world

I am powerful. I am worthy. I am lovable. I am free

I am beautiful inside and out

The Universe supports my every effort

I can achieve anything

I accept who I am and how I feel

Module 3: Success

I am a success

Success follows me and I follow success

I easily achieve my goals

I can be, do or have anything that I want

I am always in the right place at the right time

I achieve success in all areas of my life

I am happy for the success of others

Module 4: Abundance & Wealth

I live in total wealth and abundance

Wealth flows to and through me through multiple streams of a never ending source

I am one with abundance

Everything I give is returned to me in greater amounts

I allow myself to be rich

My powers of manifestation are growing

I choose to be wealthy because it allows me the capacity to be of benefit to others

Module 5: Relationships

I am loved

Each day I feel closer to my partner

I now have my perfect partner in life

I deserve to be loved fully and completely

I am surrounded with loving, caring people in my life

I communicate my wants and needs clearly

Today I release fear and open my heart to true love

Module 6: Life Purpose

I am meant to do great things

I follow my heart and create my own destiny

I am free to be myself

My life's purpose is manifesting for me perfectly now

My life purpose can be whatever I decide to make it

The dream of my heart is crystal clear

I follow my heart and create my own destiny

Module 7: Spiritual Growth

I give with love and receive with love

I am filled with Divine truth

The Divine provides me with the perfect answers

I am filled with light, love and peace

I am always in harmony with the Universe

I am at peace with myself, and all those around me

I am infinite



Gamma Inspiration - Focus - Higher Learning

Beta Alertness - Concentration - Action

Alpha Relaxation - Visualization - Creativity

Theta Meditation - Intuition - Memory

Delta Healing - Sleep - Cosmic Awareness

Frequently Asked Questions

I tend to feel sleepy while listening to the sessions, is this normal?

Parts of the sessions have dominant frequencies around the Theta and Delta range which causes your mind to feel deeply relaxed and sometimes sleepy. This is quite normal, especially during the initial days starting a new module. However...The deep Theta and Delta states are also very beneficial both for your health and for rooting the affirmations deep into your subconscious.

I have skipped a few days without listening to the sessions, what do I do?

Consistency is always important in bringing faster and better results. But if for some reason you skipped the sessions for some time. Simply start again from where you were.

What exactly is a positive affirmation?

Positive affirmations are short positive statements that are meant to replace negative beliefs with positive self-nurturing ones. The way the sentences are constructed is of utmost importance as they have the power to make you focus on your inner goals. Over time they overwrite your self-limiting negative beliefs that are rooted deep in your subconscious mind. In doing this they become a self fulfilling prophecy and actually become true.

I hear a hum or sound vibration while doing the sessions, what's that?

It is entirely normal to hear a slight hum or vibration sound on the session soundtracks. This is the Zenmind Affirmations Brainwave Technology. It will sound more or less depending on which devices and headphones you are using. If the technology sounds louder or quieter will not affect how well it works. If it seems too loud simply reduce the overall volume or reduce the bass response of your listening device.

**My mind is too busy, I can't concentrate while listening.
What shall I do?**

Often unconscious energies and random thoughts are stirred up while doing any therapy, meditation, hypnosis or similar personal development work. It is totally fine, just let whatever happens happen, and watch it go by. With time you'll find it much easier to let all distractions go, rather than becoming preoccupied by them.

**Can I listen to more than one Zenmind Affirmations
Module in the same period of time. Or do I have to stick to
your recommended schedule?**

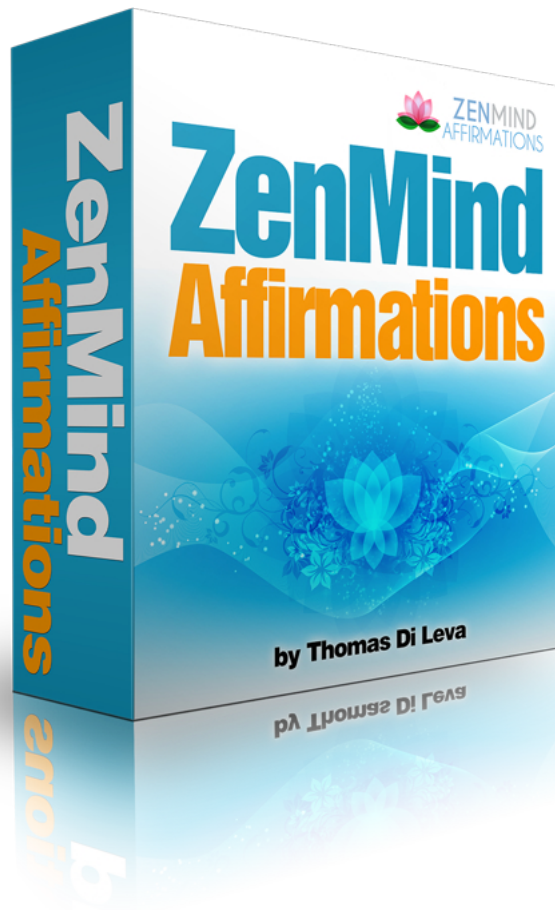
Although we have a proven recommended schedule that is tried and tested by me during many years of experience in Personal Development Coaching, feel free to try and find out what works best for you. Zenmind Affirmations is not to be seen as a rigid unflexible system. It should be the keys to your ultimate freedom. So... If you have any new tips, ideas or positive experiences on how you have found a great way to use Zenmind Affirmations, please write to us and share it.

**The science behind meditation and brainwave entrainment
which Zenmind Affirmations technology use to
supercharge the power of positive affirmations is amazing.
Can you tell me more about it?**

Our sessions design are based on the 100's of studies performed on the effectiveness of brainwave entrainment technology, and 10,000's of scientific studies on the powerful benefits of meditation. In fact there is a rapidly expanding field of research out there which finds more and more benefits in using brainwave entrainment and meditation. It seems like we have only scratched the surface yet of all the great things it can be used for... So once again a Big Welcome and Enjoy!

To Your Success!
Thomas Di Leva





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