

Special Subliminal Listening Instructions

DO NOT LISTEN WITH HEADPHONES...

Play in the background over speakers and go about your daily/nightly activities

DO NOT LISTEN AT A LOUD VOLUME - If you can barely hear it, then its loud enough.

You may want to make sure that small animals (particularly dogs and cats) are not present while playing these recordings)

Affirmations

The following are the affirmations used in the corresponding recordings.

Grow Your Prosperity and Wealth

The riches of the universe come to me effortlessly

I gratefully accept all the wealth and happiness that the Universe pours into me every day

The Universe provides me all that I need and desire

I am now easily and effortlessly attracting unlimited financial prosperity and abundance into every aspect of my life

My outstanding ideas, energy, and passion are now creating new wealth for me and others around me

Wealth is naturally and powerfully attracted to me

Everyday in everyway I'm getting wealthier & richer

Develop Better Relationships

"I now attract the perfect partner into my life"

"I attract only loving and uplifting people into my life"

"My friends are mutually loving and supportive"

"I love and accept myself the way I am and I love and accept others in the same way"

"Everyone I come into contact with appreciates me for the wonderful person that I am"

"I make friends easily wherever I go"

Lose Weight

I look and feel lighter today.

I love the food that makes me thin.

I enjoy being healthy.

My body is getting stronger, slimmer, and healthier every day.

Taking care of my body gives me great confidence.

I eat healthy food and have a healthy body.

I have created the body I've always wanted.

My body is to be kept beautiful, healthy, and sexy.

Water satisfies my food cravings.

Every day I notice positive changes in my mind and my body

Negate The Recession

The economy is strong and I am prospering within it

I am attracted to financial opportunity

Opportunity is everywhere and I attract it like a magnet

I am successful in everything I do

I am joyfully receiving wealth and abundance in my life.

I create a constant flow of money in my life

I reach my goals, joyfully and easily.

I create my own reality and I have unlimited prosperity.

Financial abundance comes to me easily.

Large amounts of money come to me quickly and easily from multitudes of sources now.

Attract The Perfect Partner

I have an attractive personality

Ideal partners are all around me

Meeting new people is fun and exciting

Love is coming to me easily and effortlessly

I am attracting loving relationships into my life

As I share my love with others the universe mirrors love back to me.

I am the perfect partner for my perfect partner.
All my relationships are now loving and harmonious
I now attract the perfect partner into my life
I attract healthy relationships

Anti StressAnd Tension

I am calm now
I am completely relaxed
I am happy now
I am in control of my life
I am stress free now
I embrace today happily
I make good decisions
I relax instantly
I release all worries
I think happy thoughts

Accept Criticism

Feedback strengthens my abilities
I am grateful for advice
I am open to criticism
I choose whom I accept criticism from
I enjoy receiving critiques
I handle criticism better every day
I recognize helpful feedback
I request feedback from strong people
I request sincere critiques
I see the truth in criticism

Improve Your Memory

I am the master of my memory

I have an accurate memory

I recall instantly

I remember easily

I remember everything

I remember information easily

I sharpen my memory every day

My memory is complete and accurate

My memory is razor sharp

My memory is stronger each day

Develop Super Positivity

I am a positive person

I am in control of my feelings

I am in control of my thoughts

I feel empowered by positivity

I feel positive right now

I see good in all

I see the positive

I feel good

I feel positive

There is good in everything