

MINDSHIFTERS®

A MINDSHIFTER® is a thought about an issue in your life about which there are negative thoughts. MINDSHIFTERS® are designed to be used as a written process. When properly used they are an opportunity, through resonance, to surface, process and release the negative thoughts.

1 HEALING INTO ALIVENESS

1. I deserve Love just because the breath of life was put into me.
2. Telling the truth is safe, healing and nurtures me and my relationships.
3. I, Love, survive when someone tells me "no."
4. I enjoy Lovingly expressing my power, especially in the presence of women/men/_____.
5. I now attract the ideal relationship and heal through love, gentleness and respect.
6. It's easy for me to be aware of any disintegrative thought and heal it.
7. I am inclined to do everything necessary to be in charge of my life.
8. Commitments are easy to keep, bring joy and fulfillment and serve the purpose of my life.
9. It's safe and healing to ask _____ for what I want.
10. My vitality and alertness increases as the years unfold and as the day goes on.
11. Every criticism that I see or hear reminds me to connect with my Source.
12. I take responsibility and heal all ideas of being wrong, guilty or at fault.
13. Being addicted to _____ heals me of that addiction.

2 HEALING FEAR AND HOSTILITY

1. Being Love in the presence of mother's/father's/_____ 's faults heals me.
2. Mother's/father's/_____ 's hostility and / or disrespect heals me.
3. My mother/father/_____ is/was always there for me.
4. It is safe and healing to feel and forgive my hostility.
5. I always receive total approval and affirmation from my parents and_____.
6. The craziness that was / is in our house is healing us all.
7. My existence and aliveness is supported by my parents, friends and everyone I contact.
8. My birth was a loving, gentle and wondrous experience.
9. Healing my relationship with my mother/father/_____ heals my attitude toward life.
10. Forgiving realities in my mind about father/mother/___ opens healing thru that relationship.
11. All my actions toward my mother/father/_____ are highly pleasing to them and myself.
12. Humility, seeing the highest and best in myself and others, is easy and natural for me.
13. It's safe and healing for me to be in touch with my _____.

3 CREATING ABUNDANCE AND ALIVENESS

1. I freely create and give of my substance and the universe acknowledges with full support.
2. As I forgive, I youth and strengthen.
3. I have all the love, wisdom, time, money and energy needed to accomplish all my aspirations.
4. I am always in the right place at the right time, successfully engaged in the right activity.
5. God, my mother, father and I approve of my being a sexual being.
6. Everyone supports my full expression and aliveness.
7. My relationship with _____ heals my guilt.
8. I have an abundance of time in all of my relationships.
9. It's safe and healing for me to be in a totally committed relationship.
10. Everyone on the planet now acknowledges and supports my work and True Purpose.
11. Motivation to "do" easily comes from inside of me according to my choices.
12. The sole purpose of the universe and everyone in it is to nurture, care for and support me.
13. I am intuitively guided to inspire the decision makers to provide all the support I need.

FROM THE FORTHCOMING BOOK, "MINDSHIFTERS—KEYS TO THE UNCONSCIOUS"

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