

Old low vibe / inaccurate / out
of alignment thought habits
from faulty beliefs

New high vibe / accurate / in alignment
thought habits from natural high vibe
beliefs

I am sick / ill
I am worried about what
is happening to my body
I don't know what to do
I have X disease
and I require medication
or medical treatment to be well
I require some activity or
supplement, or food to be
well
I feel uncertainty, insecurity
and vulnerable because
I feel out of control with
what is happening in my
body
I don't know how to fix this
Medicine may not even how
to fix this

All is well, I am receiving awareness about emotional
dissatisfaction in my life and / or about my self, my body is
supposed to alert me to this, this is all very natural, my body is
perfectly doing it's job
I am receiving guidance to bring my thoughts, about myself and /
or my life back into alignment with how good I am and how good
life is setup to be for me
I have a **temporary** health condition going on related to my
emotional dissatisfaction about my self and / or life
My body is giving me an indicator (ailment) that I have some
dissatisfaction somewhere in my self / life and as I clean it up my
wellness returns
This is nothing more than a thought energy misalignment
My body is self healing once I achieve emotional satisfaction in
the way I see my self and my life matters
There really is no such thing as dis-ease, sickness or illness, they
are terms that show a misunderstanding of what is happening with
my body
I only ever have an energy misalignment (emotional
dissatisfaction) to which my body alerts me by displaying some
dysfunction. The misalignment simply has to do with some
persisted dissatisfaction in some area of my life or about myself,
in this way my body is always 100% perfection doing it's job
perfectly
Basically, what has happened here is that in my dissatisfaction, I
have disabled parts of my immune system and as I learn to release
the dissatisfaction, I allow my immune system to turn back on and
it goes to work to restore my well-being

I am a loser
Not good enough
Unworthy, no value
Have to justify myself
Seek approval, validation

I am under the influence of a faulty belief
I have accepted something about my self that is no where near
accurate
I am a powerful being of the universe, to create my own reality
I can be do and have anything I want
I have unique gifts and talents
I have the full support of the universe to receive what I want
I am a born success, perfect in all ways

I am lacking X abundance

Abundance flows naturally to me in accordance with the Creative
Process
Life causes me to ask for abundance and
my Inner Being sets up joyous paths to the abundance that I have
asked for
Feeling good allows me to receive abundance of all kinds

I am abundance

In this situation that is not as I want, I am asking for . . . My Inner Being instantly creates the wonderful path to it
Feeling good means I am receiving

Someone appears rude

Thank you for the awareness of my vibe
They are all my vibrational friends
Thank you for causing me to ask for what I want
Ask them, how does that feel, and how that affects them
Ask yourself, what's going on here vibrationally

Things are not working out for me
Nothing ever works out for me

Everything is a reflection of my vibration, so I can change anything
Something better is on the way
More joyous paths are now available for me to receive
My life just got better
Everything is always working out for me, that's the way of this universe is

I can't change this

I have not learned how to change this yet, but I am willing to start
I am the creator and receiver of my reality
I don't have to know the details of how to change anything
I just have to know the change I want and feel it, trust it's mine
I have an Inner Being that figures out and orchestrates all details

Money does not grow on trees
Money is hard to come by
You have to know the right people
The rich get richer . . .

Money is a manifestation of energy
Money feels like joy, freedom, fun
I can offer the vibration of joy, freedom and fun in so many ways
That means I can offer the vibration of money
Unlimited money is available for me to receive because energy is unlimited and my ability to feel joy, fun, satisfaction and freedom is unlimited
I don't have to work for money, I just have to feel good and money flows, in fact abundance of everything flows when I feel good because that means no resistance, nothing to stop the flow, the flow is automatic and natural
My life experiences have caused me to ask for money and so I know for sure it is there for me to receive, I know my Inner Being has so many paths setup for me to receive it, and those paths only require that I feel good, nothing else

I will never get this
I am a failure
Why do others get all of the . .

ah, that's just an old habit of thought
I can create new habits of thought, I have the ability
I just have to identify the better feeling thought and choose it repetitively until it's my new habit
I can be in charge of thought choices, that's a choice
I can change anything because I can learn new thoughts
New thoughts means new energy and different manifestations

I can learn anything, it's just a daily process and practice
I can be, do and have what I want
As I create the new thought habits I change what is manifesting

It's all their fault

I always receive exactly what matches my energy
I am the asker, creator and receiver of my reality
They are giving me awareness of my vibration
I did this with my choice of thought energy
Thank you for the awareness of my vibration
I am receiving guidance about my vibration / beliefs
If I don't like it, change my thoughts, change my energy and
change what is manifesting
The only one determining what is showing up in my life is me
because everything is coming to me based on my vibration
They caused me to ask for something better

I feel bad because of them / that

I feel bad because of my perspective on the situation and that
perspective is out of alignment with my Inner Being
I am going to the top of the hill and visit with my Inner Being
it allows me to see a perspective that is good feeling
Feeling emotionally bad only comes from one place, my choice of
thoughts on the situation
I always have thought options and only feel bad when I take the
options that are out of alignment, low vibration

I am afraid of rejection
I feel bad when others don't
have a good opinion of me
I got to prove myself

I am going to mind my own business, and that is my vibe
What others think about me is none of my business, that's their
vibe and if they were wise they would clean it up
I did not come to prove my self to anyone or win anyone's favor
or approval, or to please others, I came to create the reality I
want and if others were wise they would tend to their own creation
I did not come to explain or justify myself, I am a powerful
creative being with unique gifts, talents and interests and came to
express my gifts and talents in a way that feels good to me and
that is nobodies business, and they would be wise not to make it
their business
I like knowing that when my vibe is high it is attracting kind,
supportive, encouraging, friendly, compassionate people, who
value me just as I am

There is no certainty or
security, you never know
what life will bring you,
it's just not fair

Everything happening in my life is in direct agreement with my
dominant vibration, as I believe and expect things to be, they
are
I can be in complete charge of the unfolding of my life to be, do
and have as I like if I will learn to take charge of my thought
energy and master it
The Creative Process ensures that everything is setup to work out
for me just as I like, the only thing I got to supply is the high vibe,

and so my life is guaranteed to be as I want if I will supply that
high vibration thought energy

You are blaming others for
how you feel or for not getting
what you want

I just have to offer the vibration of what I want