

# Affirmations

Once you've had your session you will be given you some affirmations to do at home. At this point ou may be thinking - 'I'm a bit old for homework – why bother?!'



Going back to basics the therapy session aims to 'clear', or to understand something that has been blocking us like a negative belief system. In the session we will have looked at how this was created and then found a way to then release it from subconscious.

Once we have released the pattern from subconscious, that habit of this issue in still held in our memory! We also know that the human mind be resistant to change! So in order to break 'the habit' of the issue and concrete in the changes we use affirmations. The affirmations will in effect recondition the subconscious mind from a negative reaction to a positive response.

The affirmations are to be read or spoken 11 times once a day. The length of time we use affirmations is for 42-44 days.

Some people will find this a challenge! (Like we've already said, the mind can be resistant to change). Some people find recording them on to their phone and then playing them back helps and some like to count the amount of times they have said them on beads so they don't lose track of how many times they are said.