

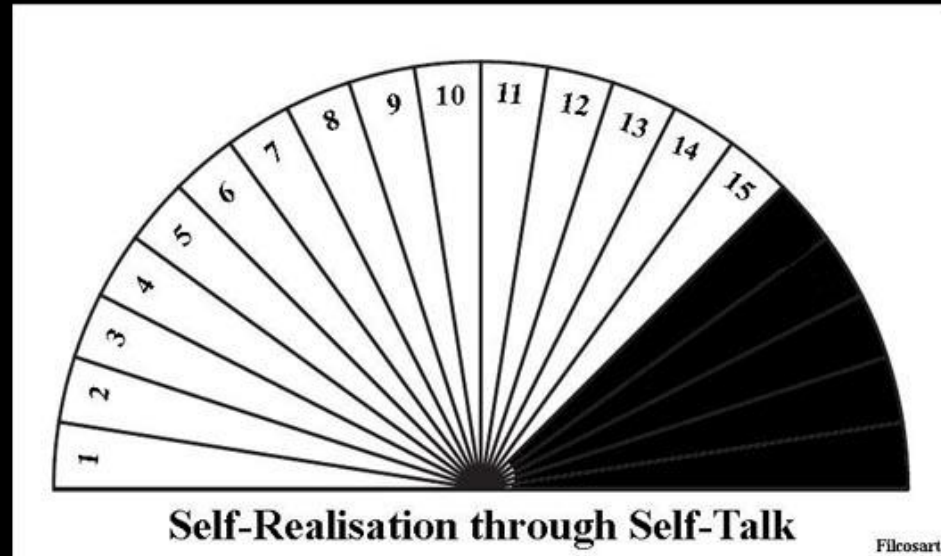
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Self-Realisation through Positive Self-Talk in Radiesthesia

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For Dowsing on iPad



Learn how to invest in the lives of other
people around you, and Life will open
the doors to invest in you as well.

Self-Realisation through Positive Self-Talk in Radiesthesia on iPad

What are positive affirmations?

This definition is still a little ambiguous so to elaborate, basically positive affirmations, what most people mean by them are positive phrases which you repeat to yourself which describe how you want to be.

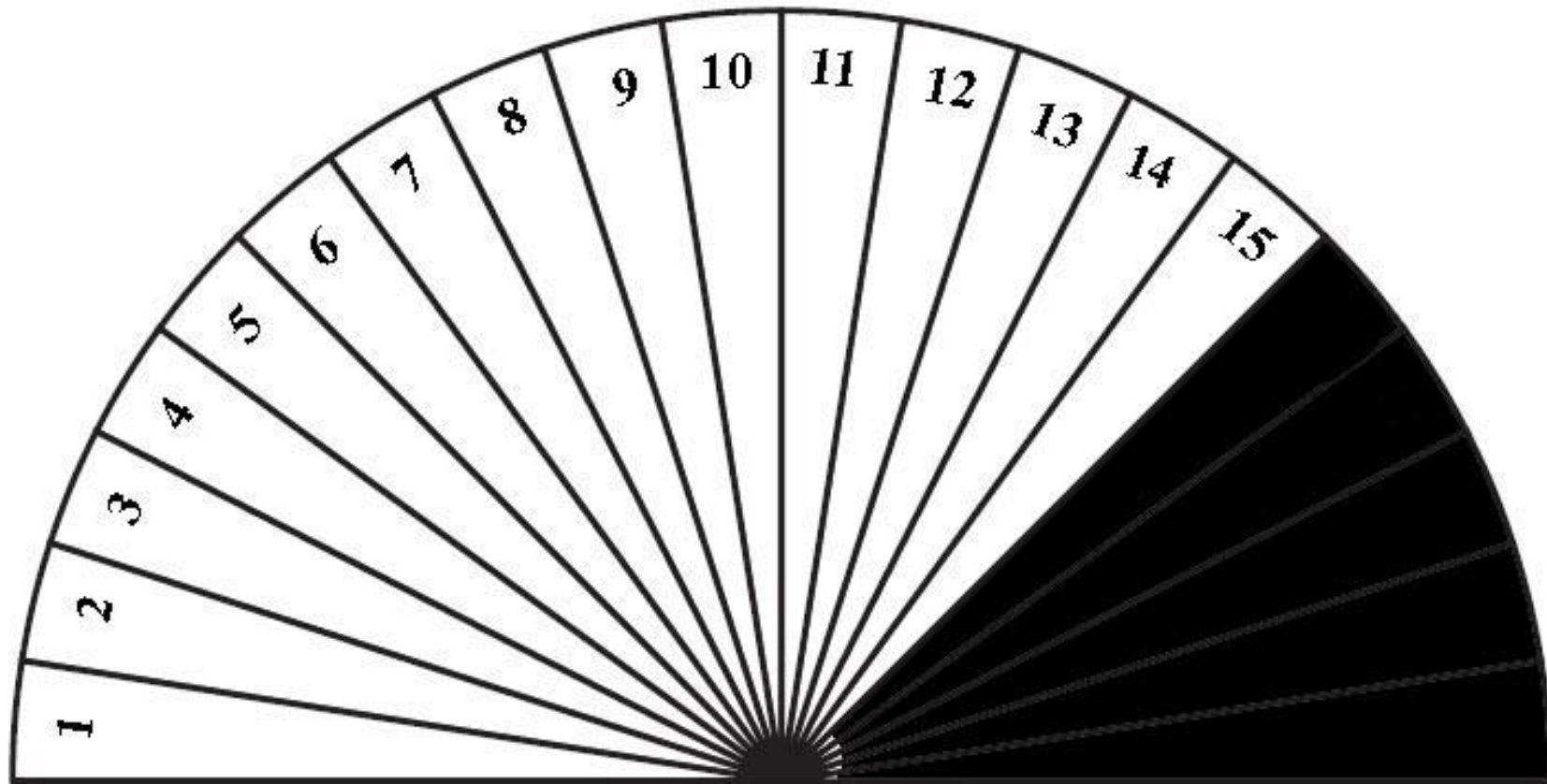
The theory (we believe it is much more than just a theory!) is that when you first start saying your positive affirmations, they may not be true, but with repetition they sink into your subconscious mind, you really start to believe them, and eventually they become your reality, they become a self-fulfilling prophecy and actually become true.

Over time they overwrite any limiting or negative beliefs you may have about yourself or about not being able to do something, and replace them with positive thoughts and beliefs which instil confidence, belief, positivity, ambition and much more.

Someone who is perhaps a little shy or un-confident would repeat these affirmations. They would want to change themselves from being shy and introverted to becoming self-confident and more outgoing perhaps, and so they would use positive affirmations and repeat them over and over.. and eventually they would start to sink in – the repetitive, positive self-talk would start to become a self-fulfilling prophecy.. Well in just the same way (but reversed) you can use the power of positive repetition for yourself!

Using positive affirmations gives you back control of your mind and the information it receives. It puts you in the driver's seat of your mind and lets you flood it with positive information which will change you for the better!

Your Dowsing Main Chart



Self-Realisation through Self-Talk

Filcosart

One-hundred-fifty Positive Affirmations

We truly believe in the power and potential of the human mind and that we have the ability to take positive action towards changing our minds, our beliefs, our behaviour and our lives.

Ray 1

1. Today is the first day of the rest of my life and I will take notice of the many positive things this day has to offer.
2. I am beautiful.
3. I like myself.
4. I like my body.
5. I can feel how beautiful I am.
6. I do not need to respond to my emotions with food. Rather I am in control of my eating habits and eat only when I am hungry.
7. I have the time to exercise and see and feel my body has strength, poise and assurance.
8. I walk with determination and confidence.
9. I can see and feel that I am physically fit.
10. I hold my head high.

Ray 2

11. I am strong physically and mentally and emotionally.
12. Every day, in every way, I am getting better and better.
13. Every failure can be a learning experience.
14. Live in the present moment.
15. I create value in other peoples' lives.
16. I am always changing.
17. I am worthy of positive relationships in my life.
18. I wish the best for everyone.
19. I learn something new every day.
20. I am genuinely interested in other people.

Ray 3

21. I have many strengths.

22. I don't worry about the things I can't control.
23. Listening to my emotions can help guide me to make better decisions.
24. My anxiety is motivation to change or improve.
25. I can overcome obstacles in my life.
26. I am a positive role model to others.
27. I will try something different today.
28. Stepping outside of my comfort zone is necessary for growth.
29. People are generally good.
30. I forgive anyone who has hurt me in the past.

Ray 4

31. I have a rich and supportive social circle.
32. What doesn't kill me only makes me stronger.
33. My past is one big learning experience.
34. I must be the change I wish to see in the world.
35. I will try to be more understanding of others.

36. Depression is just a stepping stone.
37. This too shall pass.
38. I can find happiness in every moment.
39. I'm a proactive problem-solver.
40. When I open my mind and senses, I'm much more creative.

Ray 5

41. I can create my own positive energy.
42. When people get to know me, they really like me.
43. I am just doing it, because I know it's right.
44. I can see the bigger picture.
45. I see money as a useful tool for helping myself and others.
46. I take small steps every day to be more healthy.
47. I'm dedicated to my passions in life.
48. I have the resources to take care of my family.
49. My negative emotions can serve a positive function.

50. I determine the meaning of my life.

Ray 6

51. Every decision I make helps shape my destiny.

52. No risk, no reward.

53. I remain focused on what matters.

54. I participate in life, I don't wait for it to happen.

55. I will be more conscious when acting and making decisions.

56. I can think rationally and intelligently.

57. I'm dedicated to self-improvement.

58. I treat others with kindness and respect.

59. If I want something I've never had, I must do something I've never done.

60. I know when to relax and not take life so seriously.

Ray 7

61. Nature doesn't hurry, yet all is accomplished.
62. I can accept criticism without taking it personally.
63. I love and accept my body the way it is.
64. When I love myself, I allow others to love me too.
65. Most of the limitations in my life are fictional.
66. I narrate the story of my life.
67. I exude purpose and joy.
68. All is well, right here, right now.
69. Today, I open my mind to the endless opportunities surrounding me.
70. I am grateful for the people in my life.

Ray 8

71. I am my own best friend.

72. I can find balance in my life.
73. I am mindful of my health and well-being.
74. I exercise freedom in all aspects of my life.
75. I know when to trust my intuition.
76. I can gain knowledge in anything if I'm willing to learn.
77. I strive to achieve my goals and values in life.
78. I can only give happiness to others once I have found happiness in myself.
79. I'm optimistic about the future.
80. I have all the material luxury I need.

Ray 9

81. I'm thankful for everything in my life.
82. I'm interconnected with everything in the universe on the wings of thought.
83. I'm productive in achieving what I want in life.
84. Small changes on a daily basis lead to big changes over time.
85. Most of the time there is nothing to fear.

86. When life gets tough, I can persist.
87. It is easy for me to be in control of my body; both with my eating and exercising habits.
88. I enjoy looking good and feeling healthy.
89. I live a healthy, positive lifestyle.
90. People like me and I like myself and I am happy.

Ray 10

91. I can see how much people like me and how much I like myself.
92. I am loved and supported by people who are important to me.
93. I love and care about others and they know this because I show it to them.
94. I am a loving and caring person
95. I sometimes enjoy being with people and feel good about my interactions.
96. I see myself as beautiful and intelligent and confident and that is how others see me.
97. I have friends who care about me, and I care about them.
98. I feel great as I live with the confidence to be myself and live by my own inner guidance and can interrelate to those around me, without sacrificing my own values, goals and purposeful direction.

99. I have a lot to be proud of.

100. Today I feel good.

Ray 11

101. I am happy.

102. I am glad to be alive.

103. I am in control of my life.

104. I have personal power.

105. I am perfectly me.

106. I am the best I can be.

107. I am centred and well-balanced.

108. I have confidence and poise.

109. I live by my positive choices.

110. I accept myself for who I am and I like myself.

Ray 12

- 111. I know that I am not perfect and never will be, but I like who I am.
- 112. I have perseverance.
- 113. I am intelligent.
- 114. I make wise choices to the best of my ability.
- 115. I enjoy the process of learning and becoming all that I want to be.
- 116. I am able to express my emotions in a healthy, positive way.
- 117. I can do anything I want.
- 118. I have many options and always make the best decisions I can.
- 119. I have stability in my life and in myself.
- 120. I am willing to take the risks necessary to being happy and living the kind of life I have chosen for myself.

Ray 13

- 121. I am moving in a positive direction towards my goals.

122. I have everything I want and need.
123. All that I want and desire is within me to achieve.
124. I have limitless resources and I use those resources for good.
125. There is enough time in the day to do all that I want to do.
126. There is nothing I cannot do or be if I want to.
127. Today I will be calm and confident.
128. I am everything I want to be.
129. I am happy with what I do.
130. Every day is better than the next.

Ray 14

131. My life has purpose
132. There is no one else I would rather be.
133. There is no place else I would rather be.
134. I am in control of my choices and I like them.
135. All that life has to offer me is wonderful and it is my daily choice to enjoy that beauty.

136. There is abundance in the Universe and it is there to help me and I can use it.
137. No matter what the events of the day, the Universe is positive and will always be with me to help me through my choices, and struggles and acts as my inner guidance, direction and purpose and this is something I can always count on.
138. Today is my day. There is no person, nothing, no event or activity that can destroy this day for me.
139. I have the courage to accept the things I cannot change, to make choices to change the things I can and the wisdom to know the difference.
140. There is no limit to what I can do today, to what I can be, to the attitude I can possess.

Ray 15

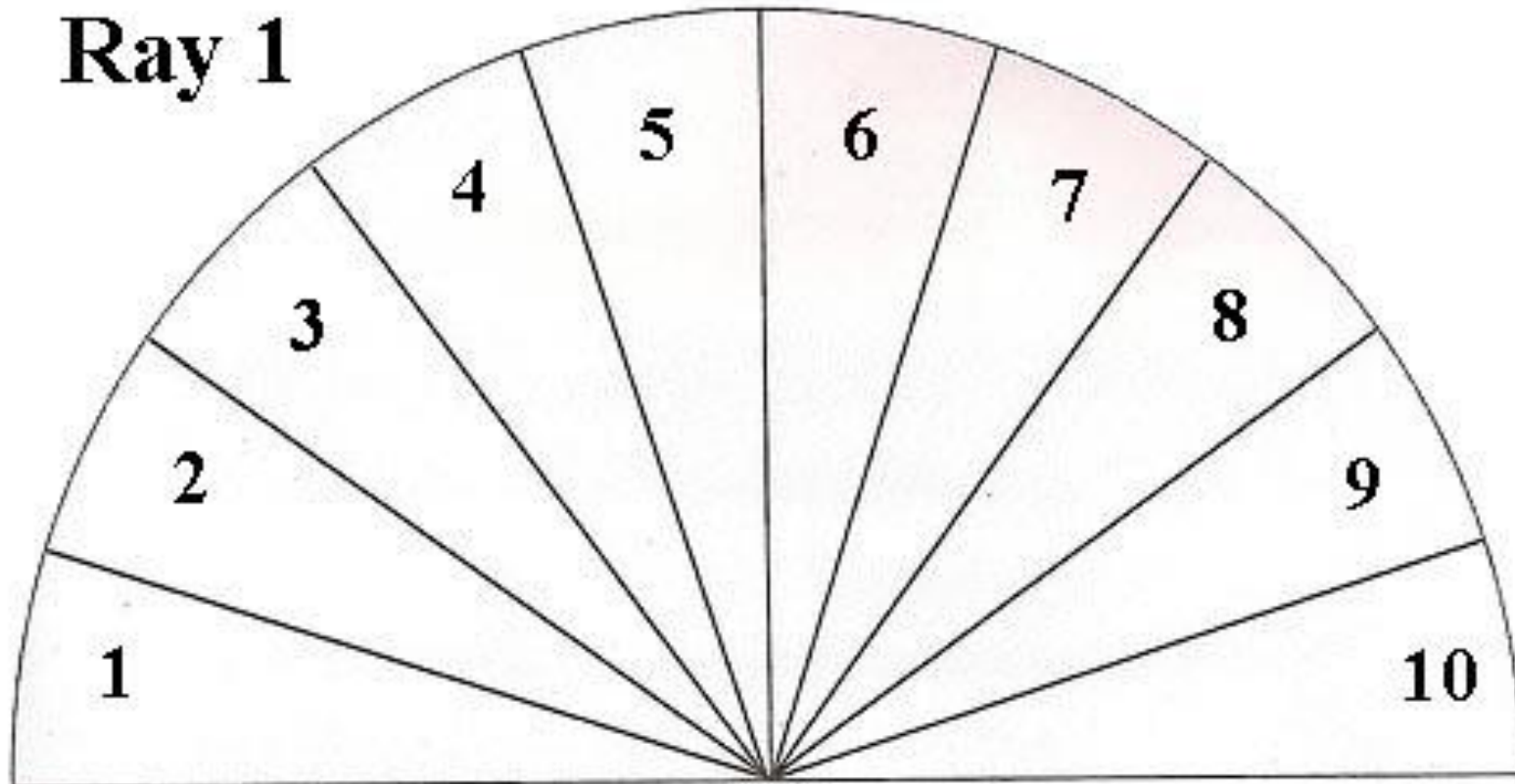
141. Today is the first day of rest of my life and I will take notice of the many positive things this day has to offer.
142. I am myself when I'm with my friends.
143. I am always open to making new friends.
144. I am the go-to person for remembering things.
145. I am completely dedicated to acquiring more money.
146. I am totally focused on achieving financial success.
147. I am attracting large amounts of money into my life.
148. I believe in myself and my ability to acquire massive wealth.

149. I always stay positive in intimidating social situations.

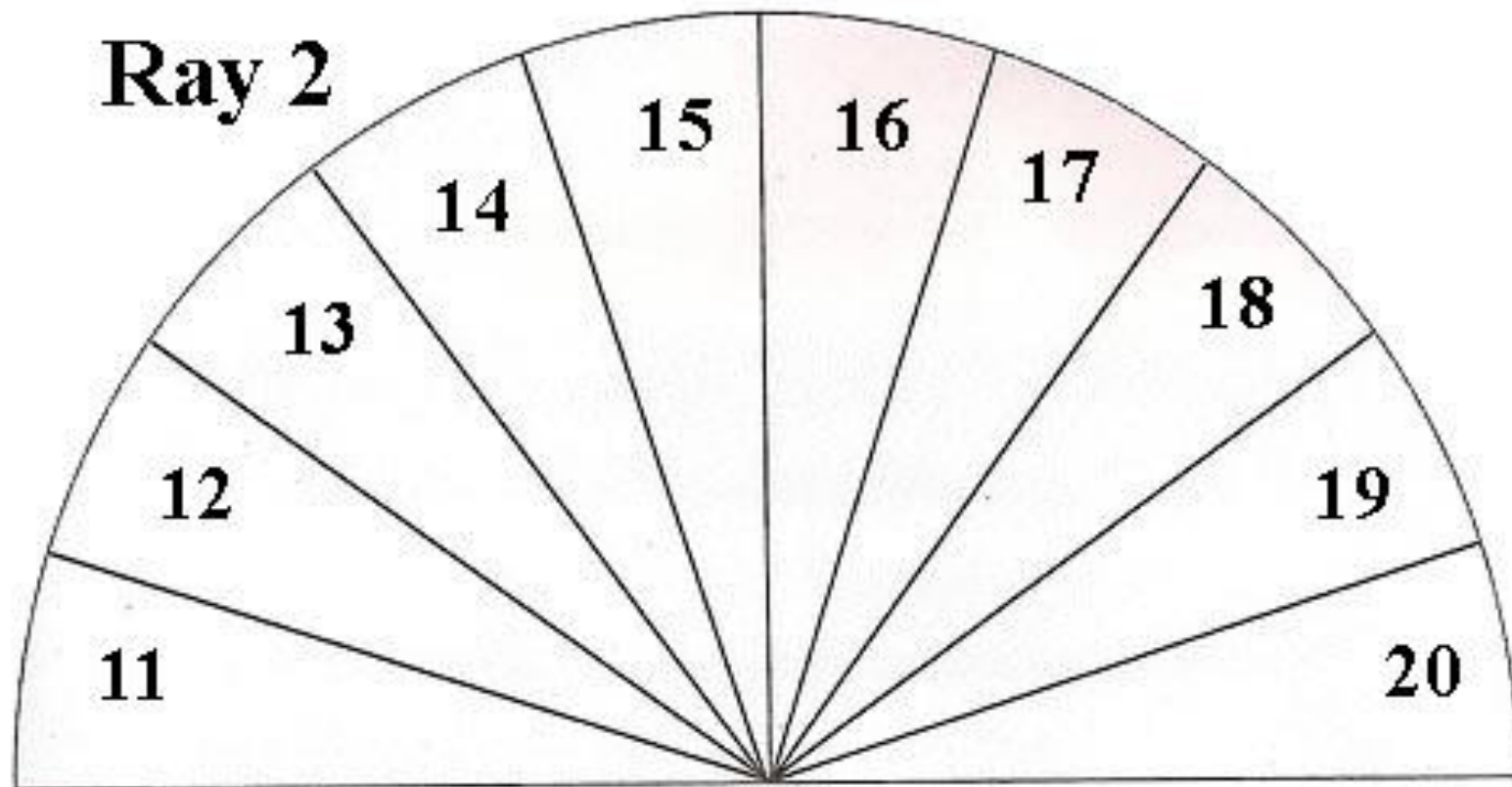
150. I always take the risk of going after something I want.

Find out in which ray you may find your “Positive Affirmation” that will help you most at present. When your pendulum oscillates on a ray, go that ray below, and found out the self-talk affirmation you mostly need at the time.

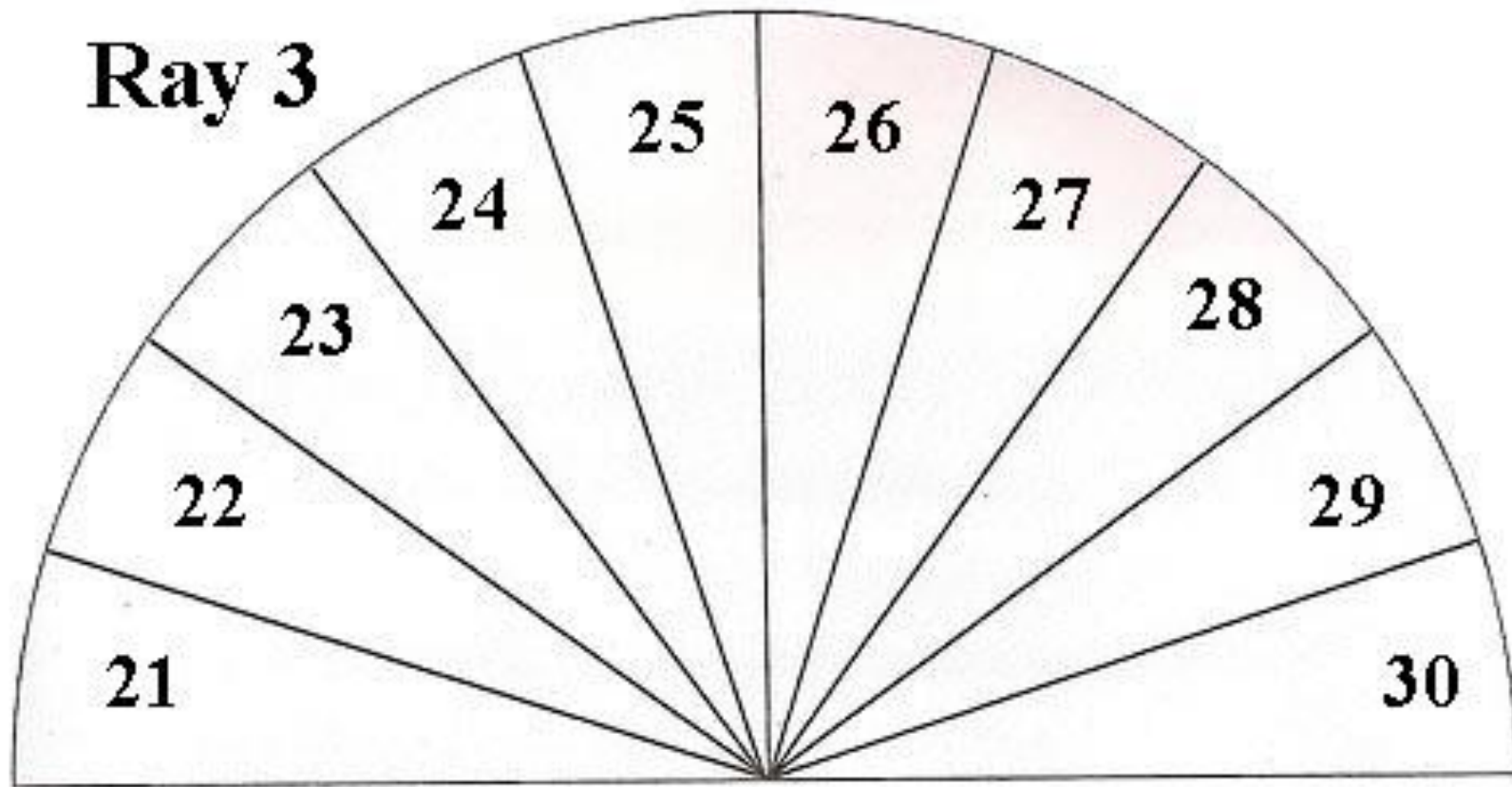
Ray 1



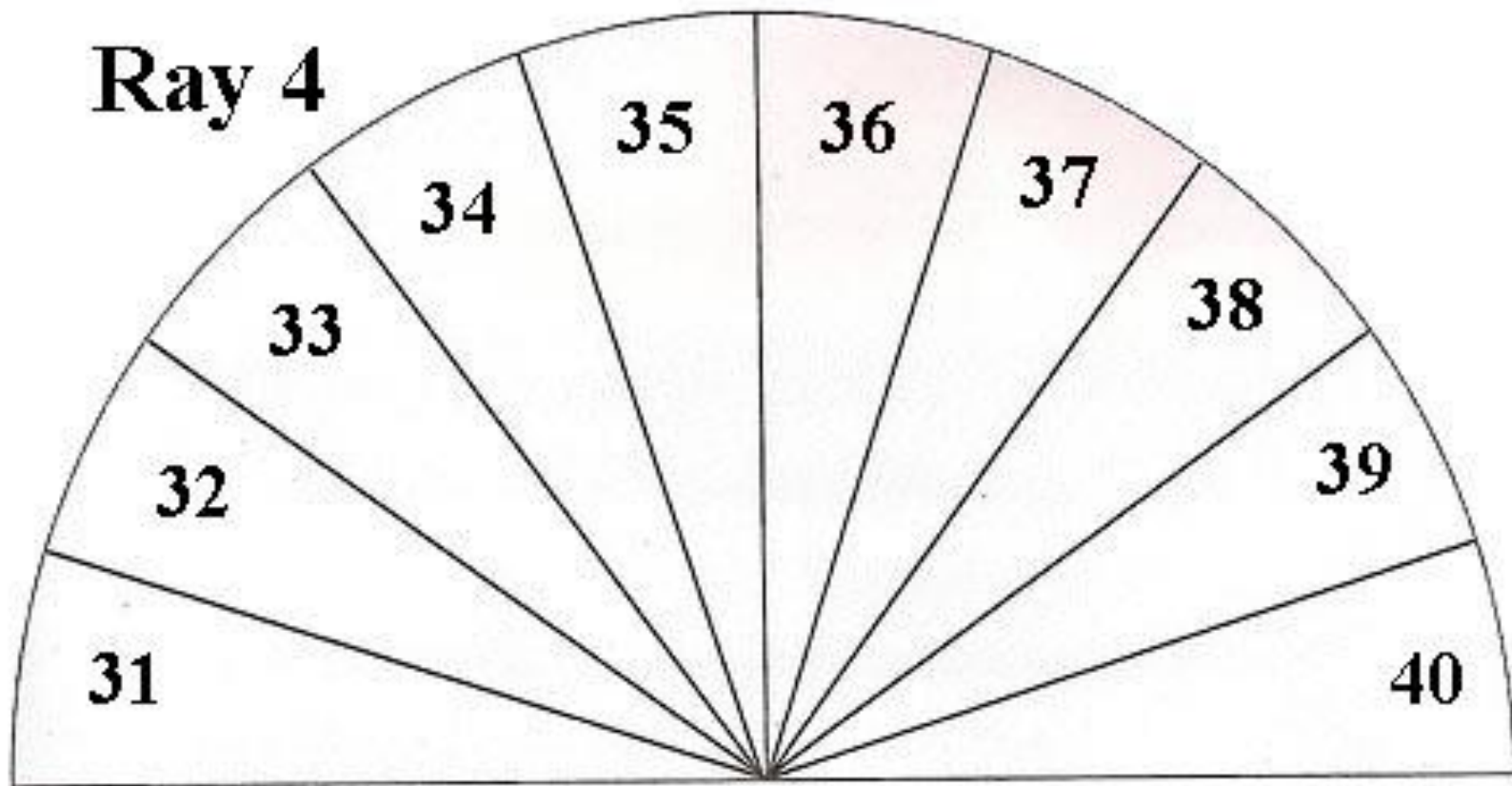
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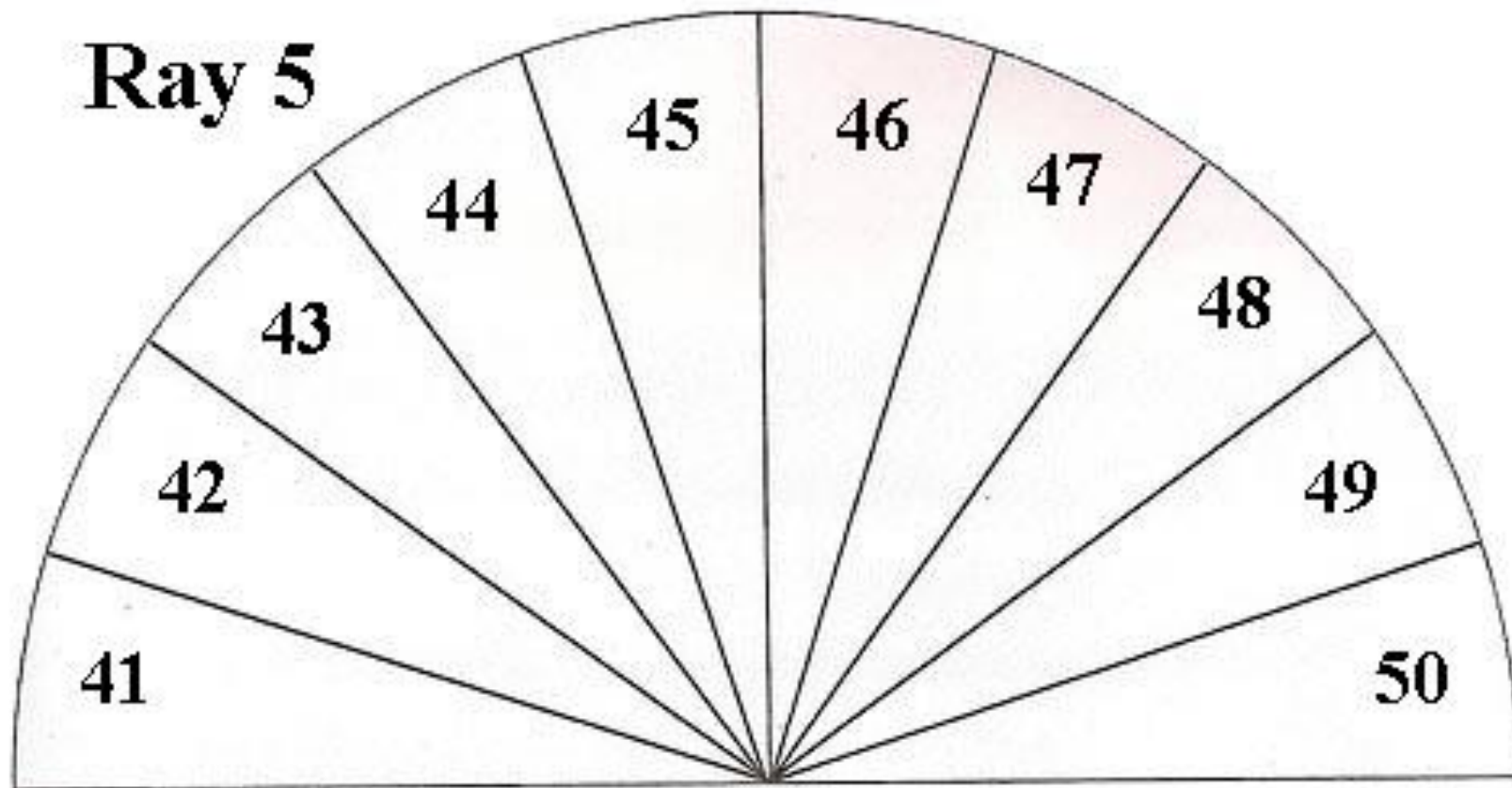
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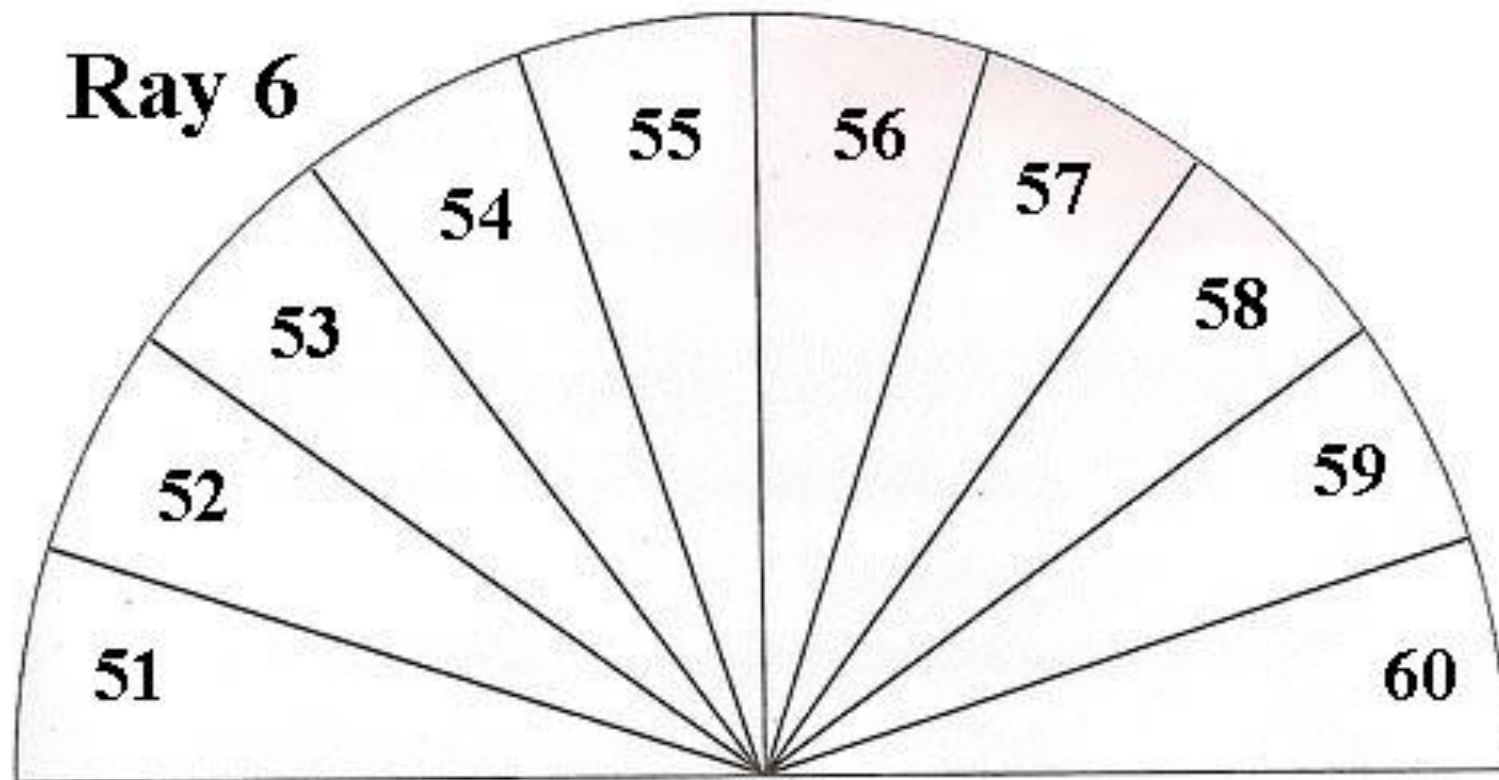
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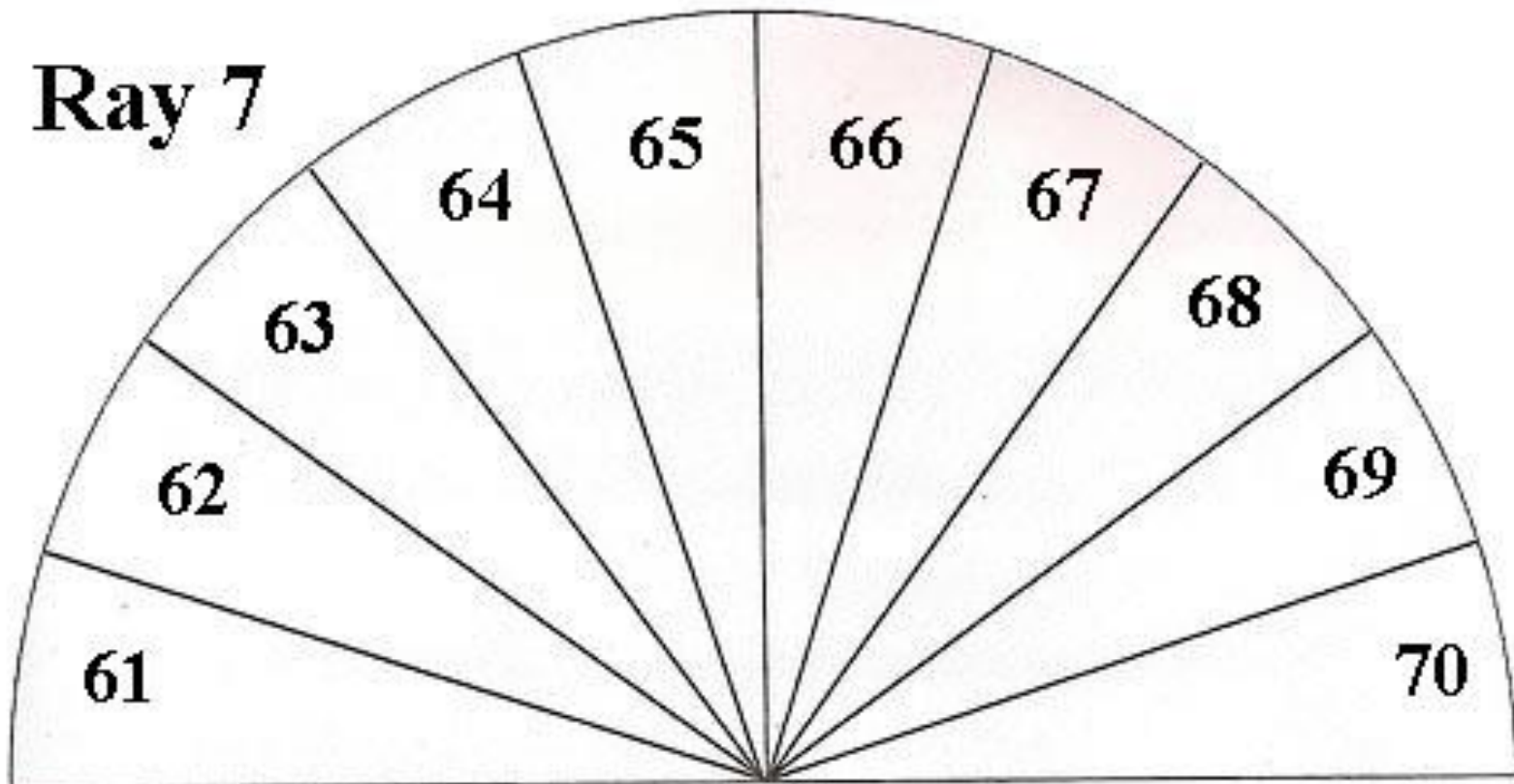
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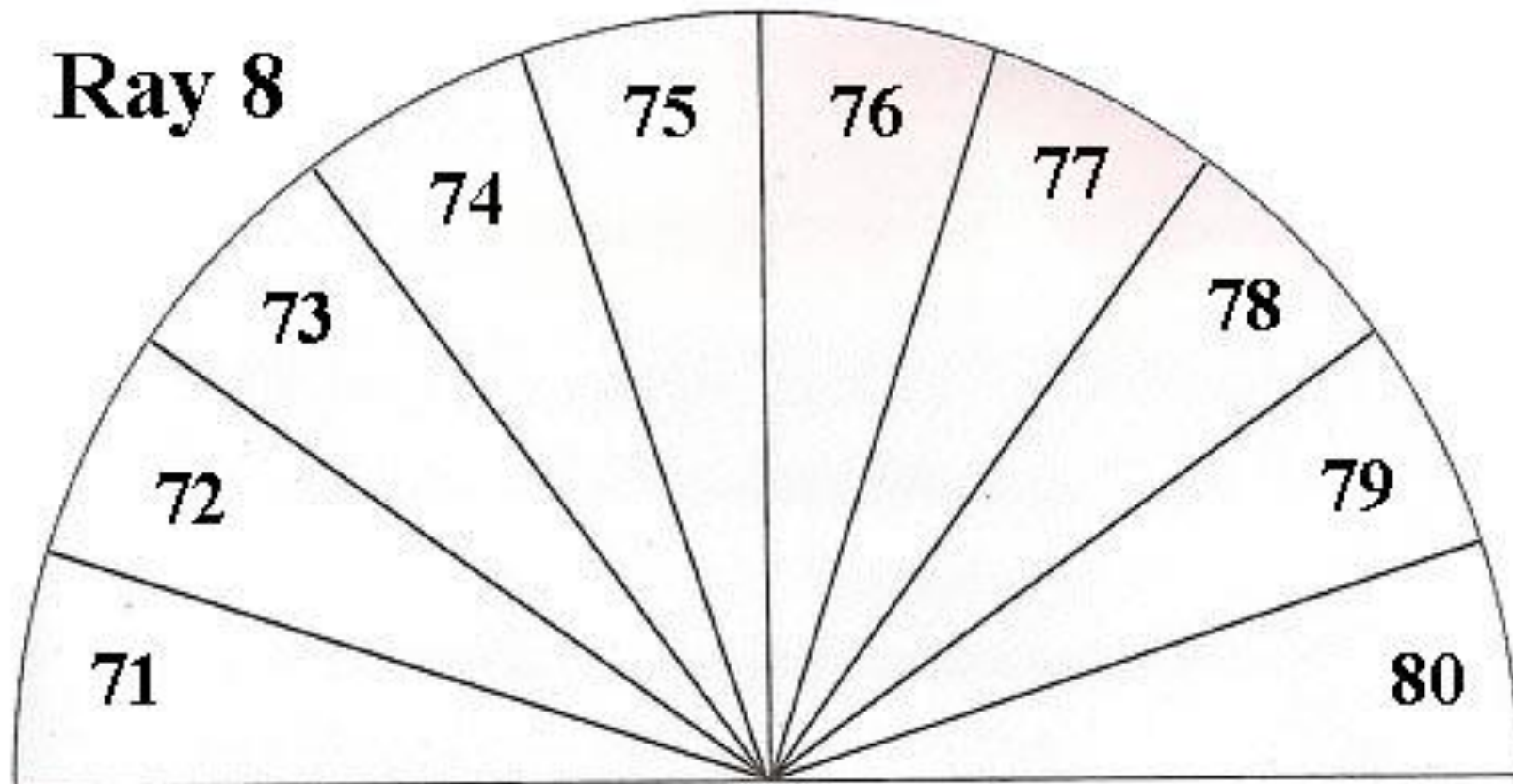
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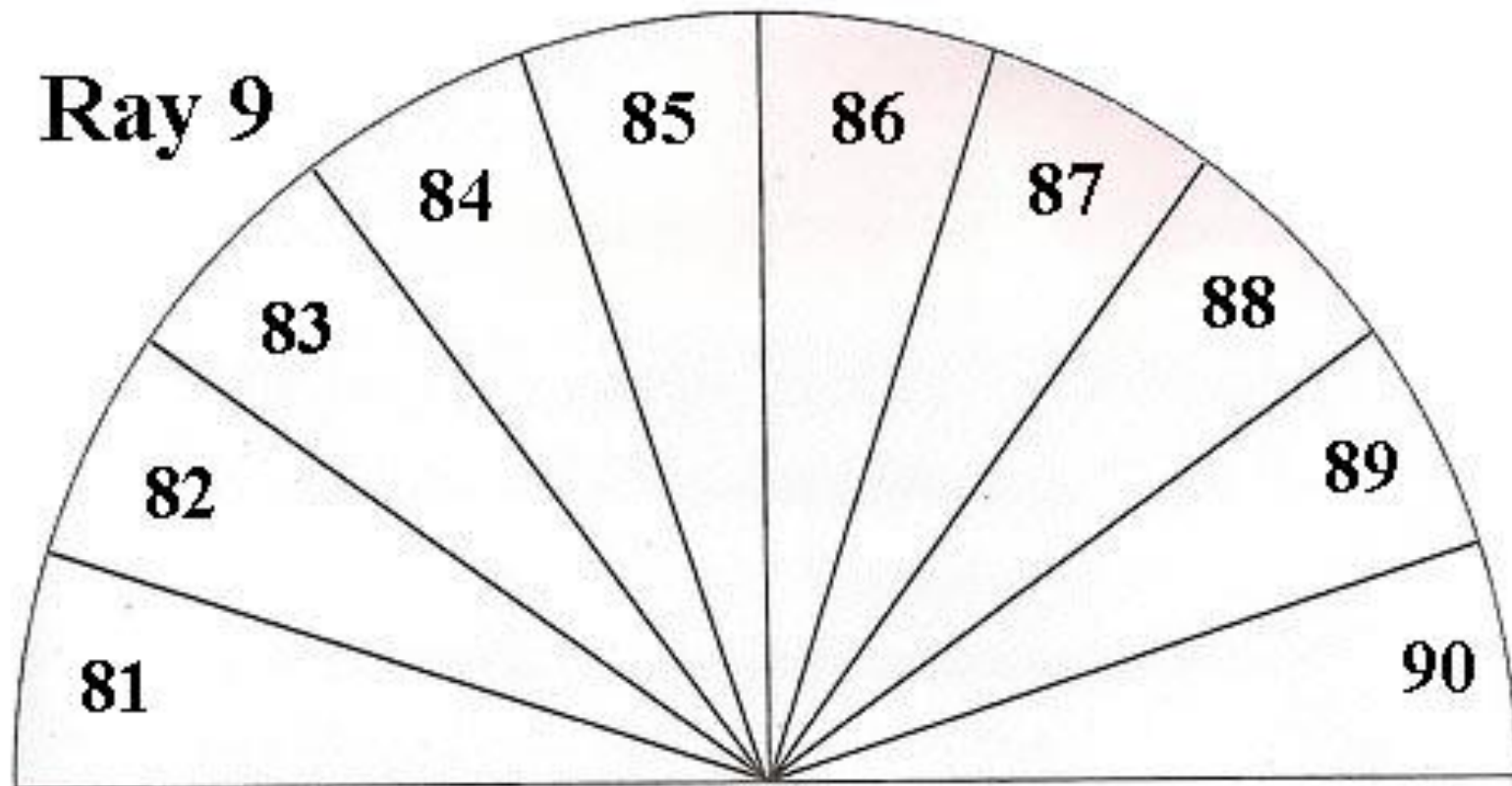
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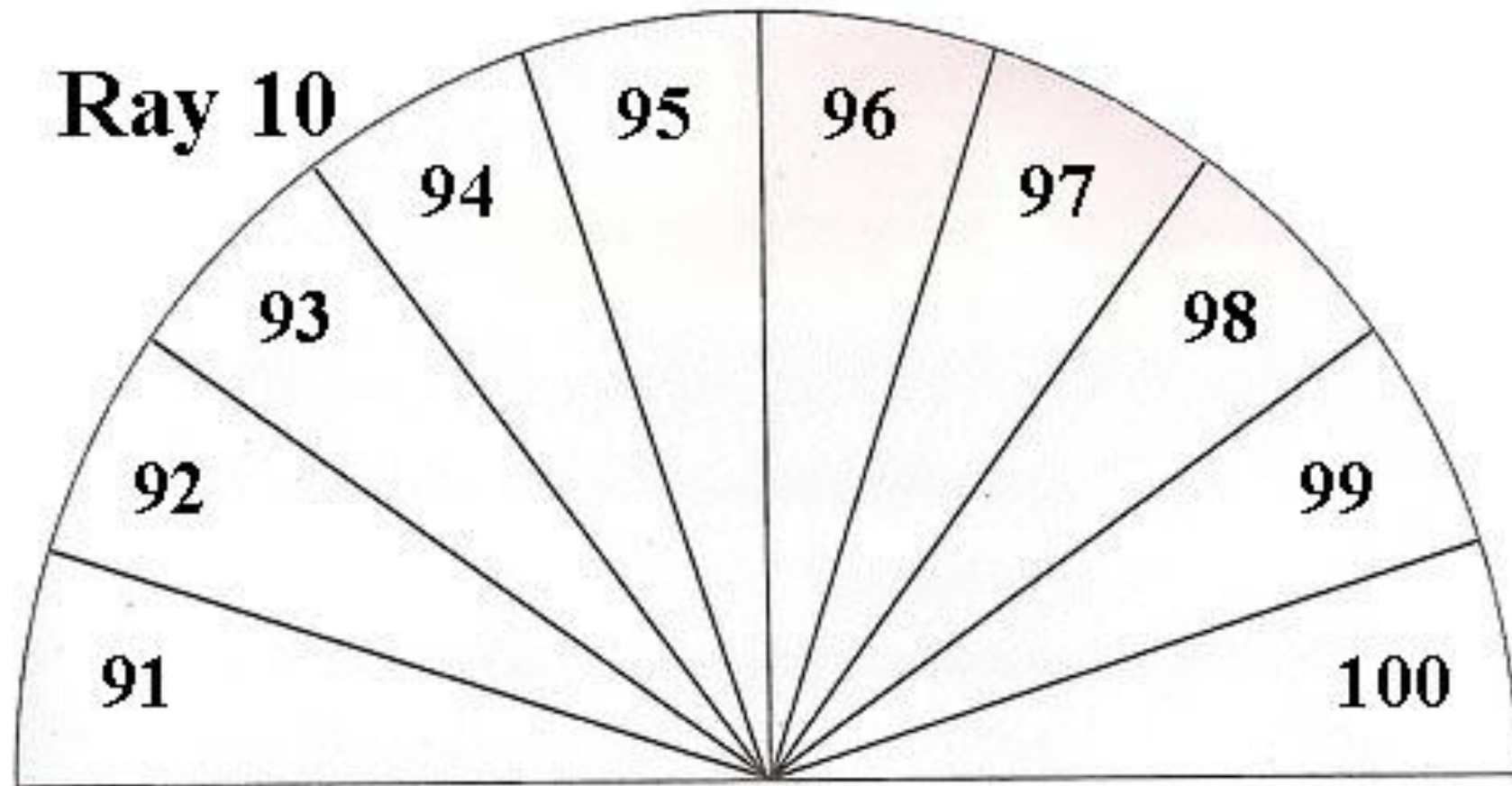
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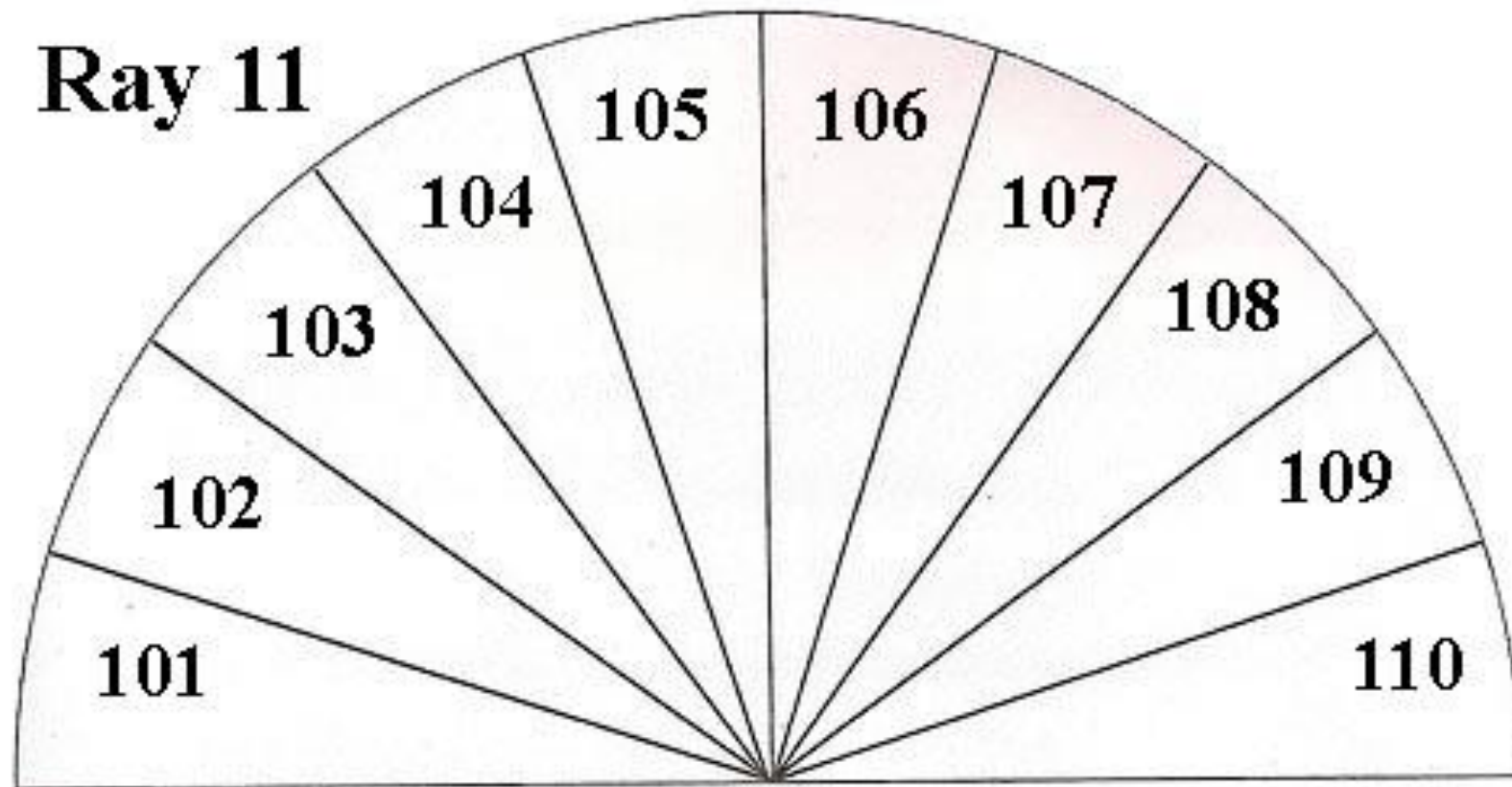
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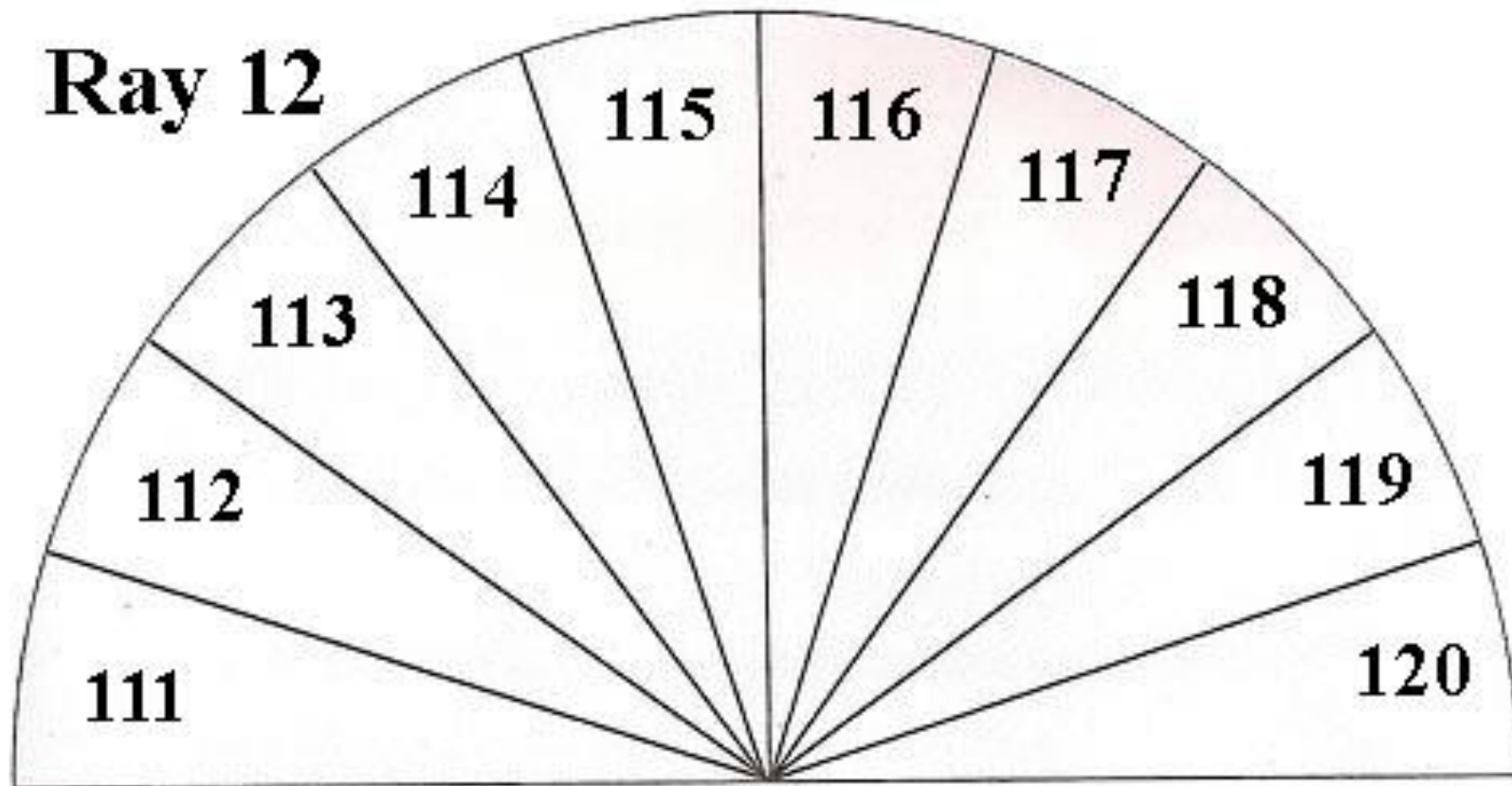
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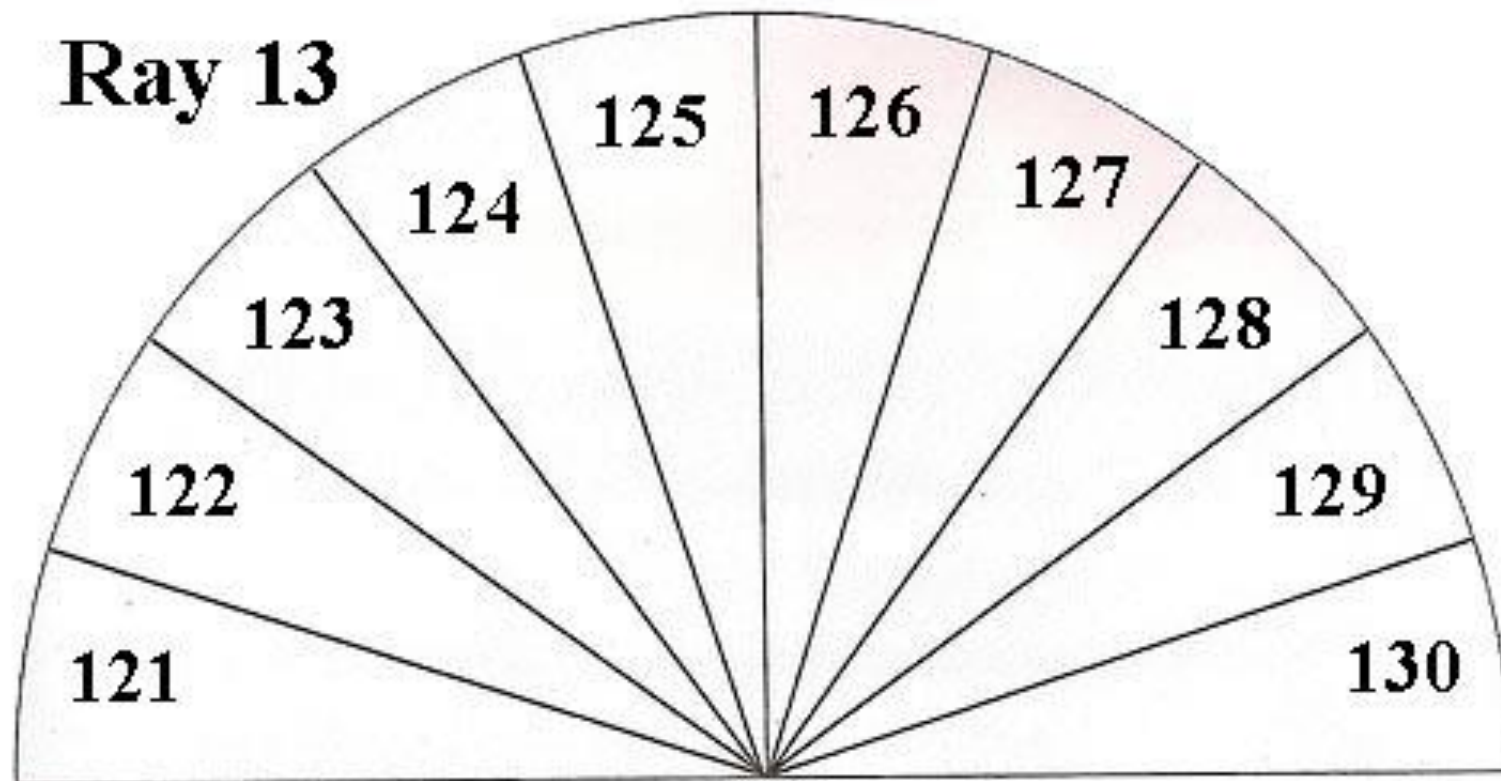
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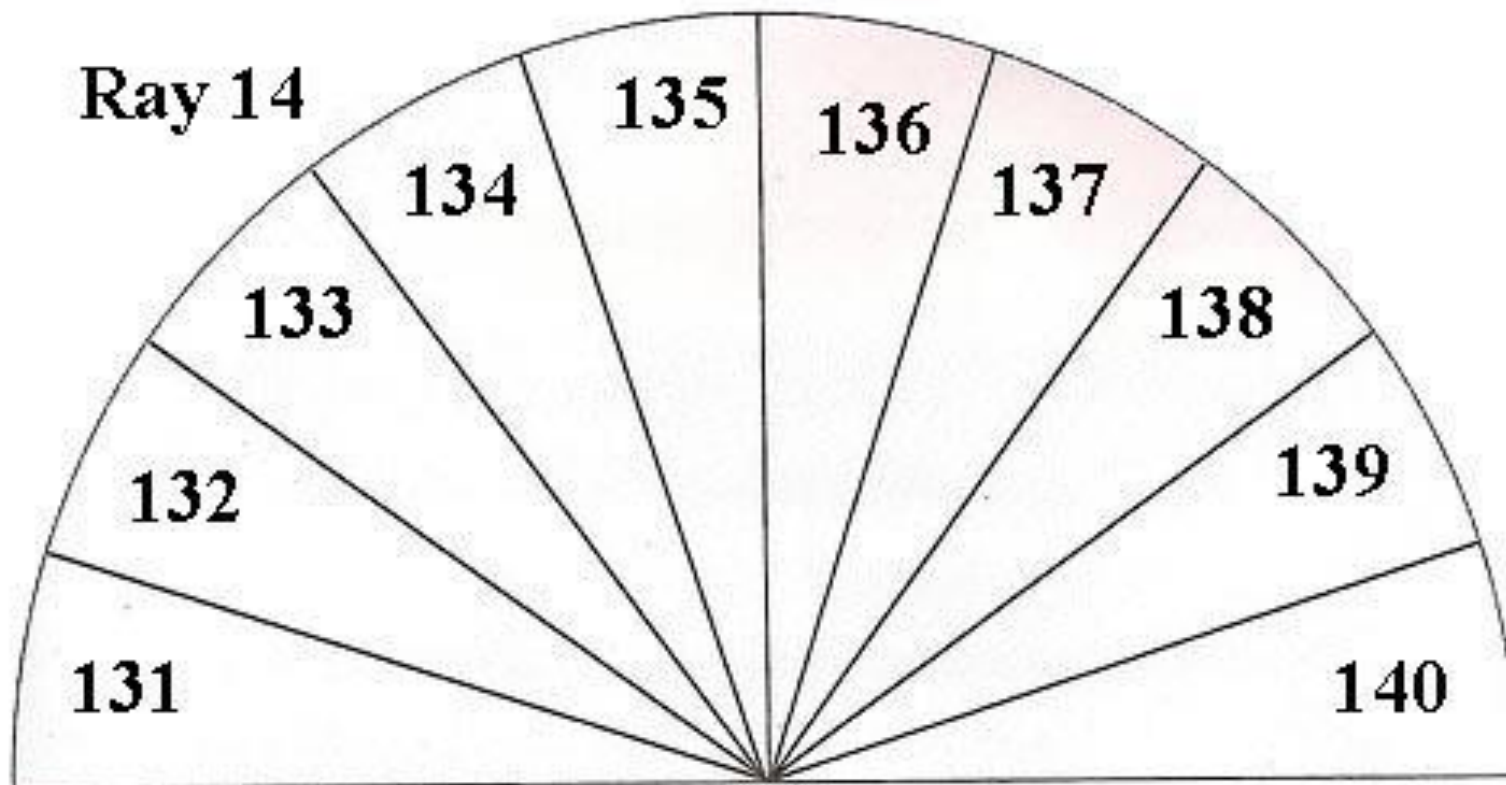
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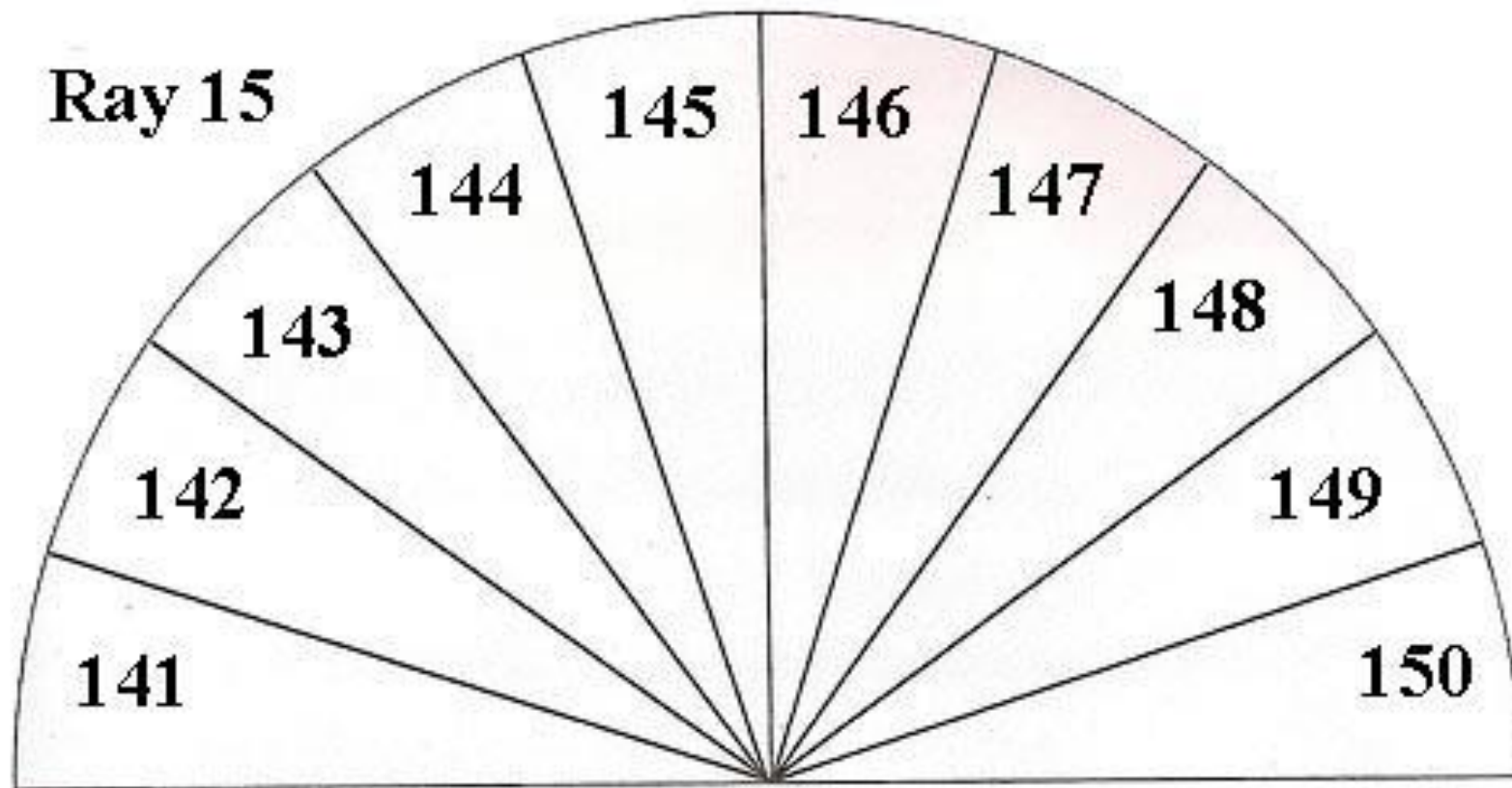
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Self-Affirmation – How it Works

Now you have found through the science of radiesthesia the self-affirmation sentence that you need mostly to develop just now. Self-affirmations are positive statements or self-scripts that can condition the subconscious mind to help you develop a more positive perception of yourself. Affirmations can help you to change harmful behaviours or accomplish goals, and they can also help undo the damage caused by negative scripts, those things which we repeatedly tell ourselves (or which others repeatedly tell us) that contribute to a negative self-perception. Affirmations are easy to create and use as proposed in this EBook, but you'll need dedication and determination to make them work.

Most people want to dive straight in, and that is actually totally fine, affirmations are not rocket science, and this simple guide will just show you a couple of methods you can use, and we promise you, this will only take 3 minutes to read, so you can be using them straight away and making changes in your mind and in your life TODAY, from this very moment!

Eventually you will find your own style, way to say them, timing etc., but here is a really simple way to start.

Stand tall, relax your shoulders and stand with good posture – take a confident standing position.

Have your affirmations in front of you, written down or printed out – especially if it all is a new to you.

Say the suggested sentence drawn from your pendulum exercise, in a slow, confident tone of voice the way you mean it, like you believe it, and as if it is actually real or already happened.

Speaking slowly and confidently is important. Confident speakers take their time, they don't rush their words, they pronounce each one properly and speak with meaning.

Optionally you can stand at a mirror and look at yourself as you talk. You might find you feel awkward, but with practice this will be normal to you. Standing at a mirror shows you your posture and your confidence so you can ensure you are doing them properly – adjust your voice tone and posture as needed to always stand positively, and look yourself in the eye.

Getting a little deeper, it is good to add a little structure, and consistency.

Consistency is actually key, you need to repeat them day in, day out, so having a real structure, a daily routine will really help. Here is a standard routine for you to try, you can adapt it as needed, but it is a great place to start.

Say your affirmations twice a day.

Start in the morning, as soon as you can after waking up. This ensures you have a positive start to the day – that the first thing you start thinking about are your goals and ambitious, and of course, that you are thinking positive thoughts!

Say it the second time as close as you can before going to bed. This ensures that you have positive thoughts in your mind as you go to sleep, you are thinking about your goals and these will seep into your subconscious mind and solidify as you sleep.

Say it (or them) multiple times. It is up to you, but we recommend either five minute sessions (so just 10 minutes a day total), or alternatively, saying your chosen affirmations (one or more) ten times each, in a slow, confident voice – whatever suits you really, don't take too long, 10-15 minutes is probably too much and you might seem like a chore after some time, 5 minutes really is enough for permanent, lasting change.

Again, that's it, a little structure is good, try to stick to it – if you really do stick to this affirmation as proposed through your dowsing search for two weeks then you will see a real difference in yourself! Then it won't be like a structure you are trying to stick to at all... it will be something you want to do because you will have seen the powerful changes that positive affirmations can produce.

An extra step you can take is to write your affirmation(s) down, or just print it (them) out right from the EBook.

You can pin it (them) up around your house in key places that you will see them each day. On the fridge, in your school/work/gym locker, on the inside of your bathroom mirror, on the dashboard of your car.

This just adds a little extra, you will simply see your affirmation(s) randomly each day in the middle of the day, this will just jog your memory and remind you to stay positive and focused on your goals.

When you are constantly reminded about your affirmations and goals like this, you can accelerate your results as it's not just when you are saying your affirmations that you think about them and your goals, but constantly throughout the day you encounter little reminders and as a result you are always focused and develop a complete consciousness around achieving success and realizing your goals!

Some extra tips

Start with a focus. Don't pick too many subjects at once, keep yourself to the one proposed by the pendulum, as this is what you need most. It's the information right from your brain.

Be consistent. Repeat them daily and often.

Make a commitment to do them, maybe, for 30 days, no matter what. Think long term, and don't give up.

Monitor your mood first. Before you start your daily session, just take 30 seconds to "look inside" yourself, see how you feel, see how your emotions are, do you already feel positive, negative, a little tired.. just take note. Then, say your affirmations, slowly, take your time, and then do a "mood check" again. See how you feel, see how positive you now feel, see how you feel differently about yourself. This can be a great way to gain confidence in your affirmations early on. Before you even see the life changing results you really want, this simple experiment should show you how they can instantly lift your mood and change how you are feeling in an instant and inspire you to keep going so that you really do get to see the bigger and lasting changes you really want!

That's it.. lots of people go looking for that magic formula to self-improvement, looking for that powerful, complicated hidden technique... it really doesn't need to be like that – positive affirmations are for real, they can have a really powerful cumulative effect, and they can make real, lasting, dramatic changes to your life – to how you think, to how you act, to how you live your life!

Conclusion

That little voice in our brains can be incredibly critical. It's a constant reminder that we aren't good enough, ranging from slightly inept to a hopeless loser. It somehow finds a way to apply to any situation or circumstance so that we never quite measure up. Even when there is no denying that we actually succeeded at something, our inner voice will find a way to discount it so that all credit goes to someone or something else, or to just dumb luck.

Even worse, we believe all those negative thoughts. They aren't true. In fact, they aren't our own original thoughts. For the most part they are things that others have said to us, often in childhood. Constant criticism from parents, teachers, and others can do damage that stays with us for years. By the time we reach adulthood we have accepted those critical remarks as absolute truth. That "truth" is so ingrained in us that it has become a belief system.

You cannot possibly ask the pendulum whether God exists or does not, as the answer will always be the way you believe in religion or not. The kind of question is too abstract for words, and cannot be answered. You either believe in God or not. And if you believe in God, just proof it, avoiding representational answers.

Stephen Hawking¹ says he's an atheist, arguing that science offers a "more convincing explanation" for the origins of the universe and that the miracles of religion "aren't compatible" with scientific fact. "Before we understood science,

¹ Stephen William Hawking, CH, CBE, FRS, FRSA, born 8 January 1942) is an English theoretical physicist, cosmologist, author and Director of Research at the Centre for Theoretical Cosmology within the University of Cambridge His scientific works include a collaboration with Roger Penrose on gravitational singularity theorems in the framework of general relativity, and the theoretical prediction that black holes emit radiation, often called Hawking radiation. Hawking was the first to set forth a theory of cosmology explained by a union of the general theory of relativity and quantum mechanics. He is a vigorous supporter of the many-worlds interpretation of quantum mechanics. He is an Honorary Fellow of the Royal Society of Arts, a lifetime member of the Pontifical Academy of Sciences, and a recipient of the Presidential Medal of Freedom, the highest civilian award in the United States. Hawking was the Lucasian Professor of Mathematics at the University of Cambridge between 1979 and 2009 and has achieved commercial success with works of popular science in which he discusses his own theories and cosmology in general; his book *A Brief History of Time* appeared on the British Sunday Times best-seller list for a record-breaking 237 weeks. Hawking has a rare early-onset, slow-progressing form of amyotrophic lateral sclerosis (ALS), commonly known as motor neurone disease in the UK and as Lou

it was natural to believe that God created the universe, but now science offers a more convincing explanation,” the celebrated physicist said in a video posted by Spanish newspaper El Mundo. “What I meant by ‘we would know the mind of God’ is we would know everything that God would know if there was a God, but there isn’t. I’m an atheist.”

Hawking’s remarks came in response to a question from El Mundo journalist Pablo Jauregui, who quizzed Hawking about his religious leanings in the lead-up to this week’s Starmus Festival in the Canary Islands. The “mind of God” reference was Hawking’s effort to clarify a passage in his 1988 book “A Brief History of Time,” in which he wrote that scientists would “know the mind of God” if a unifying set of scientific principles known colloquially as the theory of everything were discovered.

In 2011, he told The Guardian that he didn’t believe in a heaven or an afterlife, calling it “a fairy story for people afraid of the dark.” In 2007, he told the BBC that he was “not religious in the normal sense,” adding, “I believe the universe is governed by the laws of science. The laws may have been decreed by God, but God does not intervene to break the laws.”

The science-religion debate has been going on since science was born, centuries ago. Until relatively recently, it seemed to have quietened down, but now Hawking and others have brought it back into the limelight. It's striking that the scientists who contribute most vociferously to the arguments work in the field of evolutionary biology and fundamental physics. These, at least superficially, appear to be the territories where science and religion can make conflicting claims, leading us to ask which has the better case. But are they alternatives? Is there really any serious argument between the two?

Science and religion are about fundamentally different things. No religion has ever been rendered obsolete by facts or observations, but this happens to most scientific theories, at least in the long run. Science advances over the wreckage of its theories by continually putting theoretical ideas to experimental test; no matter how beautiful a theoretical idea

Gehrig's Disease in the US, that has gradually paralysed him over the decades. He now communicates using a single cheek muscle attached to a speech-generating device.

might be, it must be discarded if it is at odds with experiment. Like any other human activity, science has flaws and does not always flow smoothly, but no one can seriously doubt the progress it has made in helping us understand the world and in helping to underpin technology.

As such, positive affirmations are a way of changing that false belief system. Some will argue that this won't work because you can't just shut down those negative thoughts, but they misunderstand. The point is not to get into a mental screaming match with yourself, nor is it to deny they exist – quite the contrary!

The purpose of positive affirmations is to raise your awareness, and to question and challenge the negative. It's about learning to stop letting your head run on autopilot and accepting every bad thought as some kind of gospel. It's about listening to yourself and realizing that, oh my gosh, that garbage isn't even true!

Positive affirmations help you stop being so judgmental of yourself, and they can also help pull you out of the gutter of gloom. It's easy to get stuck focusing on problems, and when that happens we remain blinded to solutions. We have made the final decision that there is no solution. Period. With such a closed mind, the solution could show up on our doorstep and we wouldn't even see it.

If we choose to focus on the positive instead, we are at least leaving a window open. We're allowing ourselves to believe that maybe we don't have all the answers yet, and maybe possibilities do exist. We are letting down our walls of resistance, and when that solution does show up we'll recognize it at once. We won't even be surprised because, after all, we knew it was coming.

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