

Mantra/Affirmation Tool

Using mantras and affirmations have long been a technique to rewire your thinking from limiting beliefs that get in your way of goal successes. Recently, I created a new way of using them that helped me shift some thinking that was getting in the way of my goal to reverse diabetes.

The Process

It was an easy two-step process: (1) I Googled some mantras/affirmations about healing to help put together a long list—a whole 8.5 x 11 page full. I used ones that resonated with me. (2) Then, each day I rewrote, by hand, the list once or twice a day.

Rewiring My Mind

I even created a few different lists related to other long-standing thinking that had hindered other goals. My goal with these lists was to give my mind some new alternative, more empowering, thoughts to get my subconscious to remember whenever the old past baggage showed up.

A New Voice

It worked. After a month or so of doing this process, I found myself with a new “voice”; a voice that encouraged me to move forward whenever I started thinking about bingeing or felt stuck. It was a powerful, life-changing experience.

What to Consider

This is a simple process that the mind absolutely gets because doing this gets your reticular activating system thinking it is very important to you which triggers it to bring up thoughts and feelings to support this important focus.

When you create your list(s), here are some hints to make your mantra/affirmation list most effective:

1. This is not an intellectual exercise. Your mantra/affirmations work when you actually feel something fulfilling when you create them. For example, one of my reversing diabetes list items was: “Every cell in my body supports succeeding in reversing diabetes.” It always felt so good to write that.
2. Always create your mantra/affirmation in a positive statement. Instead of saying something like, “I no longer hesitate to exercise,” reframe it to, “My body loves to stretch, swim, walk, and lift weights.”
3. Challenge any negative labels you have about yourself as part of your list. For years in the back of my mind, I labeled myself as a failure in letting go of weight. So, in my list, I added statements like these:
 - I am building a Cycle of Success.
 - I am calm, clear, and empowered.
 - I have all the emotional and mental pieces to be successful reversing diabetes.
4. Include mantras/affirmations about the many aspects of your life because to find balance in healing you will need to come to some conclusions in a wholesome sense – I call them the components of *coming alive*:

- Emotional strength – Examples: “I give my feelings full attention,” or “It is an act of love to express my feelings.”
 - Mental Focus – An example: “I stay focused on my goals until I achieve them.
 - Physical Well-Being – An example: “I see what reaching my weight goal looks like, feels like, the energy I will have, and how others positively react.”
 - Spiritual Awareness – Examples: “All my challenges are a sign I am ready to grow and evolve even further,” and “I have all the resources of the Universe supporting my healing.”
 - Relationship Connection Skills – An example: “My relationships are a joy these days because I have tapped into the energy and spirit of the meaning of love and how to express it.”
 - Manifesting – An example: “Fantastic adventures have been set in motion for me because I am clear about my purpose and daily intentions.”
5. Address your worthiness. Many times we have doubts and fears about what we want to change because we have some baggage about worthiness: Examples: “I am worthy to reverse diabetes,” or “I deserve to reverse diabetes.” You have worked hard so acknowledge that worthiness.
 6. Include celebration mantras/affirmations: Example: “I choose joy and excitement to celebrate my success in reversing diabetes.”
 7. Do you have a core issue that has followed you through your life? Mine was the fear of rejection so I included a statement in my list: “I believe with all my heart I can successfully connect with others who come into my life.”

Last Thought

You will likely discover whatever goal you are working on has several levels in need of a separate list. In reversing diabetes, I included lists about reacting differently to cravings or binge modes, body and body image, sleeping, healing, and even acknowledging myself more deeply.