

ASK Dr. Evers

- The Affirmation Doctor

By Dr. Anne Marie Evers



Ask Dr. Evers will be a regular feature in The Violet Ray. Send your questions and emails to: annemarieevers@shaw.ca

Even if your question does not appear here, Dr. Evers will answer each one in the order in which it is received.

Dear Dr. Evers

I have heard about Affirmations working wonders in people's lives and my buddy Frank swears that he received a large sum of money by doing Affirmations regularly. But for some reason they have not been working for me. I am not sure if I am doing them correctly, but I tried to do it the way he told me. Could you please take the time and explain to me what an Affirmation is, how it works and most importantly how it can work for me. I am most unhappy at my career and have been passed over for promotion at least three times. Sometimes I suffer from really low self-esteem and even think thoughts of being let go. Can you show me exactly how to do an Affirmation so that it will work for me? I will be forever grateful.

~ Darryl, Computer Programmer Calgary, AB ~

Dear Darryl:

First of all, thank you for moving out of your comfort zone and emailing me. When explaining just what Affirmations are, I like to use the 5 W's, *What, Where, Why, Who and When*. And then discuss the How.

Note:

Before doing any Master Affirmation, it is so important to clear your mind of all thoughts, worries and concerns. You could practice meditating on the word 'Peaceful.' Say it over and over until you begin to actually feel peaceful.

WHAT - An Affirmation is similar to a prayer, wish or goal only it is more structured and specific. To affirm is to make firm and, simply put, the basis of all Affirmations is positive thinking (which has been around for thousands of years).

WHERE - Affirmations can be said, read or written anywhere. Say your Affirmations while waiting at a Doctor's office, say them while waiting for a light to change when driving, around the house, while showering, while walking on your treadmill or just anywhere.

WHY - We do Affirmations to change our lives into what we wish them to be, to help us be the very best we can be and to stir up that wonderful, creative and powerful energy within each and every one of us.

WHO - Anyone can do Affirmations. I have taught Affirmations to a 6 year old girl and a 103 year old great, great grandmother. Affirmations are no respecter of person.

WHEN - You can say Affirmations any time. I suggest you do them first thing in the morning and last thing before you go to sleep at night. This way your mind has all night to work on gathering the ingredients to make your Affirmations manifest as affirmed.

HOW - I believe that Affirmations work within the Law of Attraction, which is always turned on; in fact you cannot turn it off. The Law of Attraction says, "More gather more; like attracts like; what you think about you bring about; what you are seeking is seeking you," and more. This Law like every other natural Law of the great Universe is no respecter of person and works for every one ALL of the time.

The Affirmation Process I teach is built on a foundation of 5 Building Blocks

1st Building Block - Forgiveness

Forgiveness heals even the deepest of wounds.

2nd Building Block - Thoughts

Thoughts become things.

3rd Building Block - Mind Power

Harness and use the power of your mind to create your wishes. Remember your mind does not know the difference between a real and an imaged event. It takes it in as truth and stores it for all time.

4th Building Block - Affirmations

They are commands or decrees of what you desire. This is Your Order to the Universe.

5th Building Block - Creative Visualization

Picture in vivid colour and great detail in your mind what you want and see it manifest in your reality. This process is called 'Seeing in Mind Pictures.'

Darryl you say that you are unhappy at work so why not change it? There are numerous career and business opportunities in your line of work, so now may be the time to move out of your comfort zone and find a career where you are happy. Have you ever stopped to think about how many hours of your precious time you actually do spend in the work place? I always say when one door closes, another one opens. I found looking back over my career, when I was most unhappy I was pushed out that career by outside influences and looking back now I realize that these situations worked out to my overall benefit. There is no such thing as a failure. I use 'so called' failures as exceptional fertilizer for my great successes.

Continued on next page

Ask Dr. Evers continued ...

So Darryl the world is your oyster. It is really up to you and you alone to find and stay in that perfect, lasting and successful career for you where you will be happy and excited to get up and go to work each day. I like to say when you *fall in love* with what you do; you never have to work again. I know that is true because I have *fallen in love* with teaching Affirmations and ***I never have to work again.***

Now create your Master Career Affirmation (This in only created once, like preparing your Will. It can be changed as your desires change).

MASTER AFFIRMATION FOR CAREER

"I, (Darryl), deserve and now have the perfect, lasting, successful career for me wherein I receive in excess of \$_____ (net or gross) yearly. My employers and all others appreciate my great work and reward me accordingly. I use my creative abilities and enjoy a harmonious and happy working environment. I am happy and fulfilled to the good of all parties concerned. Thank you, thank you, thank you."

I fully accept

Signed _____

Dated _____

When you date and sign your Master Affirmation you have made a firm and binding contract with God, Universal Mind, Creator, or whomever you believe in. However there are the Affirmation Rules that need to be followed:

AFFIRMATION RULES

- ~ Never hurt or take from anyone.
- ~ Every Master Affirmation must be worded with the safety clause 'to the good of all parties concerned.'
- ~ You need at least a 51% believability factor that your Affirmation can manifest as affirmed.
- ~ Excitement and belief.

Now act 'As If' you already have that perfect, lasting successful career and then enjoy your creation!

Happy Affirming Darryl! Affirmations Always Work When Properly Done!

Reverend Dr. Anne Marie Evers is an ordained Minister and Doctor of Divinity and Philosophy. She is also a best-selling author of many books on positive thinking, some of which are, Affirmations Your Passport to Happiness 7th edition.

She co-authored the best-selling series Wake Up and Live the Life you Love in Spirit with Dr. Deepak Chopra and Dr. Wayne Dyer.

**Please check out her website www.annemarieevers.com
Send your questions to annemarieevers@shaw.ca**

The Violet Ray LUNCH & LEARN WORKSHOP

Featuring Dr. Anne Marie Evers

~ The Affirmation Doctor

Dr. Evers has been passionately involved in the personal growth field for many years.

Her accomplishments include:

- ~ Ordained Minister
- ~ Doctor of Divinity

~ Awarded Honorary Doctor of Philosophy
by Moffett University

For her lifetime achievements and dedication to uplifting, education and empowering people worldwide. Her significant contribution to the world of self-realization, psychology and personal development optimize the human spirit of service and speak to the oneness and potential for good available in all people.

International Motivational Speaker

- ~ Affirmations Coach - Groups and Individuals
- ~ Lecturer and Teacher
- ~ Columnist
- ~ Radio Talk Show Host (5 radio stations - coast to coast, worldwide on the web - The Dr. Anne Marie Evers Show),
Producer of the Dr. Anne Marie Evers Talk Shows

Author / Creator of:

- Affirmations Your Passport to Happiness (7th Printing)
- ~ Affirmations Your Passport to Lasting Loving Relationships
 - ~ Affirmations Your Passport to Prosperity/Money
 - ~ Six Affirmation Booklets
 - ~ Numerous e-books
- ~ Affirm and Learn Enhancement Program for Children
 - ~ Kids Affirmation Program (KAP)
 - ~ Kids Affirmation Club (KAC)
- ~ CD - Don't Die With Your Dreams Inside
 - ~ The Cards of Life
- ~ Co-author of the best-selling series,
Wake Up and Live the Life You Love In Spirit
with Dr. Deepak Chopra and Dr. Wayne Dyer

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