

CREATING AN AFFIRMATION NUMBER CODE TO USE FOR A SPECIFIC OBJECTIVE.

This is only a launching pad for what you can do.

Let's create a code for excellent health

- 1) State your intent for what you want. This can be as short or as extensive as you desire.
- 2) Do you clearing can I, may I, should I exercise.
- 3) Tune to dimensional frequency of the experts in that field (optional step)
- 4) Write out your affirmation.
- 5) Ask how many numbers in the code.
- 6) Dowse each number.
- 7) Write this number down and keep it with you, repeat this number mentally or out load throughout the day each time envisioning and feeling yourself in the vibration of the energy.

Example

Intent: To be in Excellent health

Affirmation:

- I TUNE TO THE 26th DIMENSION TO MAINTAIN EXCELLENT HEALTH
- I KNOW I AM IN EXCELLENT HEALTH
- I KNOW I FEEL VIBRANT, YOUTHFUL FULL OF ENERGY
- I KNOW MY BODY IS FULL OF LIFE, ALIVE AND FEELING EXCELLENT
- I AM THANKFUL FOR A STRONG, HEALTHY, INVIGORATED. REJUVENATED BODY
- I LIVE WELL EVERYDAY
- I KNOW EACH DAY I AM HEALTHIER THAN THE PREVIOUS DAY
- I KNOW MY BODY TUNES TO THE FREQUENCY OF OPTIMUM HEALTH
- I LOVE LIFE EVERY DAY
- I RESONATE AT THE FREQUENCY OF PERFECT HEALTH

Code

Numbers: 6
Code: 876987