



SUGGESTIONS

ABOUT AFFIRMATIO

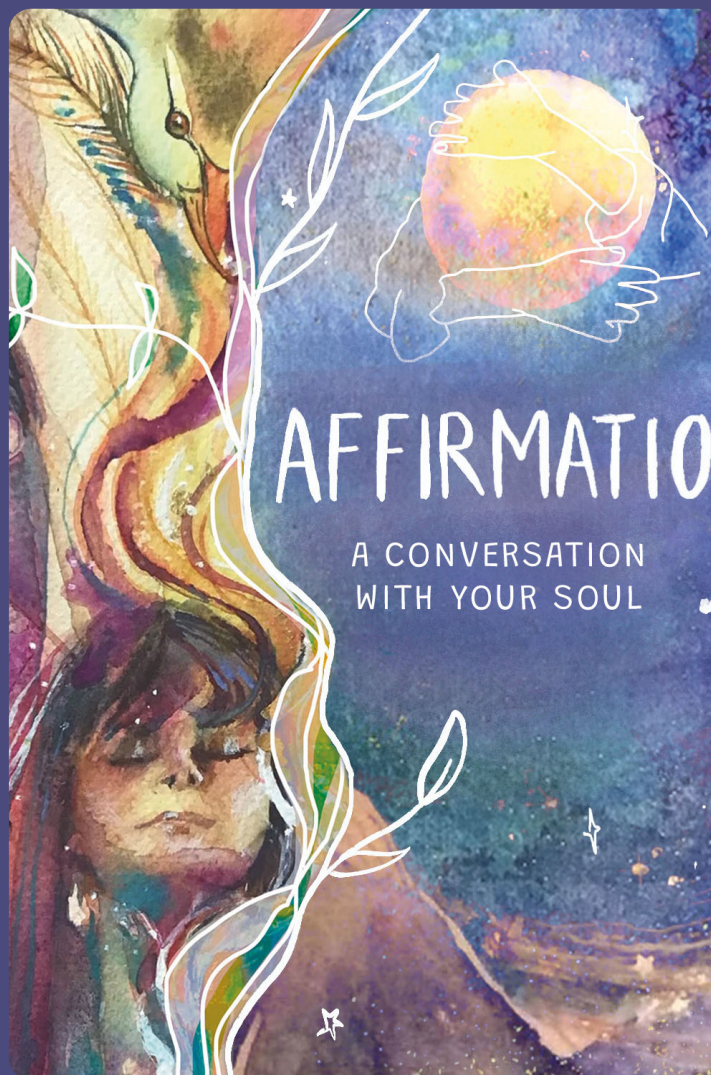
Affirmatio consists of 52 cards, each of which has a positive statement written in the present tense - an affirmation. On the back you will find further information about the affirmations or questions. They help you to develop a deeper understanding of a topic and to discover possible blockages that have prevented you from approaching your life's dream.

Four of these cards contain guided meditations that you can activate via a barcode on the back with the help of your mobile phone or listen to them directly at www.affirmatio.cards/en/meditationen. Try to immerse yourself completely and let inner images and feelings arise.

On four other cards there is an unfinished statement to which you can freely associate and complete in your own way. Don't overthink your responses, but complete them as your intuition tells you. Are you surprised by what you have written down? Is it a new or old theme? Is there a possible consequence?

Working with a notebook

We recommend that you work with a notebook to write or draw your thoughts, questions and insights. If you find it difficult to express your feelings in words, you could try using colours, shapes and symbols in a free way.



Write down the date so that you can get an overview of the issues that interest you at a particular time. In retrospect, you will often be able to establish a connection with your feelings and thoughts during later life events.

Our soul often recognises a situation, before we are consciously aware of it. This realisation can help you to develop a deeper trust in your inner voice and to follow its guidance. And that is what Affirmatio is all about.



SUGGESTIONS

Affirmatio exclusively for you

If you want to learn more about yourself, reserve a time to make yourself comfortable, create a good atmosphere and ensure that you are undisturbed. Whether you work intensively with one card or with several is up to you.

Shuffle the cards, fan them out, consciously choose one or draw a card with your eyes closed. Look at them and let the affirmation and the image affect you. How do the words make you feel? Do they make you happy? Do they give you courage? Do you feel resistance? Do you feel uneasy? Do you prefer certain colours? Do you feel nothing in particular? That is also interesting. Write down your feelings in your notebook.

After these first intuitive thoughts turn the card over and ask yourself the following question: What comes to your mind? Write this down too. Write or draw everything that your inner voice wants to tell you. Do not judge anything and let it flow. Everything that moves you is justified. There is no "right", only what is "important" - for YOUR life.

Affirmatio with others

Affirmatio is a wonderful opportunity to engage in conversation with others. You will find that our experiences and feelings are often more similar than we think. Affirmatio connects.

If you invite some friends, they will maybe even bring someone you don't know. Especially then interesting conversations can arise.

You could form one or more groups. Allow about 10 minutes per card for individual work and 20 minutes for sharing in a large group. If your group has four members, a game round will take about two hours. Shuffle the cards. Decide whether you want to draw face up or face down. You now have two options:

You can either:

- Take turns to draw a card and discuss it with the group. Returning the card to the deck opens up the chance for another player to draw the same card again. This would then be a great opportunity to deepen a topic and says a lot about the shared energy of the group.

Or:

- If you prefer to discuss different topics, start off by drawing a card each. This avoids duplicating a topic.

After you have decided which of the two options you prefer, the first person introduces the theme of their card, which applies to everyone in the group. If someone has drawn a meditation, everyone listens to this, whether through a speaker for all to hear or on headphones.

Use "Affirmatio exclusively for you" as a guide: everyone first deals with the topic of the group card alone. Then you come together to discuss your findings. Questions are allowed, but try not to interpret or evaluate anything.

When you have finished, it is the next player's turn - until everyone in the group has presented their card.



SUGGESTIONS

How long should you spend time with Affirmatio?

That's up to you and your time constraints. Just imagine you are spending time with your best friend - yourself - and want to make use of every moment. Don't force anything and stop when you lose the desire.

If you play Affirmatio in a group, one round will take about two hours with a group size of four (see above). Of course, you can also agree on other times, but make sure that you give each other enough time to talk about their responses.

How often should you use Affirmatio?

As often as it is good for you. Look at your further development playfully. Let the cards inspire you. Surround yourself with people who are good for you. Do things that bring you joy. Listen to your longings. Read your notes or write down when something moves you. Pay attention to your inner voice and follow its recommendations. New impulses bring new results. Be open to new things and be prepared to surprise yourself.

If you feel like you are finished with a topic, then draw a new card. You already know the card? Then maybe you can deepen the knowledge about yourself even further ...



Why it is resonable using affirmations

An affirmation is a positive statement about a situation or a desired event. It is always formulated in the present, as if what you want to achieve has already happened.

Affirmations are most effective when you link them with a feeling of joy and the inner certainty that your wish is on its way to you. "I can do it!", carries you to your goal.

Sometimes it can happen that an affirmation and (your) reality are energetically too far apart. When you affirm, it may feel wrong.

Then simply change the affirmation until it suits you. If "I love myself as I am" doesn't feels right, then maybe "I am willing to find beauty in myself", "I accept myself as I am" or "I allow myself to be me." Try it out. You can't go wrong.

Affirmations not only help you become aware of what you want and support your journey towards it. They are very individual - just like you.