



The Wise Leaders Academy

AFFIRMATIONS

# *Self-Mastery And Personal Transformation*

How to best use this method  
Powerful affirmations

Ana Barbosa



This ebook is designed to help you better understand your emotional, mental, and energetic systems, so that you can use transformative affirmations more effectively.

Through these affirmations, you can change your perspective on certain areas of your life and learn how to internally resolve any challenges you face.

Ana Barbosa



When I say something in the form of a statement,  
a certain assertion I am effectively making my system  
listen to me.

The more we speak to our cells, to our body, to ourselves,  
the more we gradually empower ourselves.

When we speak to ourselves, as if we are giving a command  
firmly but lovingly, our cells hear us and absorb that affirmation.

We must effectively be in the vibration of what we are going to  
affirm/declare. If I am going to say a  
command 'I am in alignment with the energy  
of unconditional love'

and I am feeling irritated or overly negative, it will not  
work like it would in someone who feels calm at that moment.

Affirmations work quickly, like some that are in this e-book;  
however, check if you feel any physical  
reaction after the affirmation:

Usually, the installed negative belief reacts to the positive  
affirmation we want to install, so first we must analyze  
'what contrary voice did I hear when I made this affirmation?'

That is your belief, and you must work to deprogram it."

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## How to raise out vibration

The fastest way to raise our vibration is to do something we enjoy:

Listening to music

Dancing

Drawing

Cooking

Walking in nature, whether in the countryside or by the sea

Whatever inspires you...

But another immediate method comes through a simple command:

"I am feeling... (Say what you feel: loneliness, anxiety, poverty, anger, panic, confusion, fear, guilt, resentment, etc.)

Because I chose to believe that I had to feel this way,  
I now choose to feel/be... (Say what you want to feel: peace, security, love, courage, fulfillment, prosperity, love, relief, lightness, etc.)."

Take a deep breath, and from this moment on,  
your inner intelligence will become the dominant energy,  
and your affirmations will have greater power to integrate  
into your mental and emotional system.

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## Affirmations for mental expansion

I am open to discover the best in me.

I am willing to learn more about myself.

I am prepared to receive knowledge about myself.

Everyday day, I feel more open to my essence.

Everyday, I understand more that I am not my emotions.

Day by day, I feel closer to myself.

I now allow the infinite intelligence within me to reveal itself.

I now allow the infinite intelligence within me to take  
command of my mind.

The highest intelligence is in my mind, and I only have  
extraordinary ideas.



Ana Barbosa



## Affirmations for Acceptance and Uncondicional Love

I am in total alignment with the energy of unconditional love  
(with hands on my heart).

I am in total alignment with the energy of unconditional love.

I allow myself to be loved and to love in a light and open way.

I allow myself to love and be loved in a light and open way.

I let love enter me;

I let love flow through me.

I allow all my shadows to be bathed in this love.

I allow all my shadows to be transmuted with this love.

I am in total alignment with the energy of unconditional love.

And now, focusing on our heart, as if our voice could  
penetrate deep into our cells, giving this order,  
giving this command:

I am embodying unconditional love within me now.

I am a channel of unconditional love.

I am unconditional love.



Ana Barbosa



## Affirmations for Acceptance and Uncondicional Love

I love the child I once was unconditionally.

I love the teenager I once was unconditionally.

I accept the child I once was unconditionally; I forgive myself and everyone around me.

I accept the teenager I once was unconditionally; I forgive myself and everyone around me.

I unconditionally love all my phases.

I unconditionally love every inch of my body.

I unconditionally love every part of me; I am unconditionally loved by myself.

I let unconditional love flow within me.

I allow the infinite source of creation to flow through me.

I allow myself to feel true love and to love myself unconditionally.

Each day, I love myself more.

Each day, I accept myself more.



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## Affirmations for Self Worth and forgiveness

I am in complete alignment with my desire (say what you want: union, financial abundance, success, peace, etc...)

I am in total alignment with the energy of receiving

I am in complete alignment with the energy of comfort (say what you want that brings you comfort)

I've made peace with every part of me

I forgive myself for all the resistance in receiving the blessings I desire

I see my worth

I feel my worth

I free myself from all the guilt I carried unconsciously

I free myself from all resentment towards myself and others

I free myself from all the shame

I free myself from guilt

I free myself from resentment

I forgive my arrogance, my bitterness, my ignorance

I forgive my greed

I forgive my ingratitude

I forgive my fear

I forgive my self sabotage

I forgive my self-punishment

I forgive the punishment I unconsciously imposed on myself

I forgive me I forgive me I forgive me

Thank you thank you thank you





## Affirmations for Change

I am in total alignment with the energy of union

I am in complete alignment with the energy of Joy

I am in total alignment with the energy of giving and receiving

I am in complete alignment with the energy of acceptance  
from every part of me

I see all parts of myself and accept them with unconditional love

I am in total alignment with the energy of change

I am in complete alignment with openness to change

I'm flexible and I'm flexible to change

I am open to change. Every part of me that doesn't accept the change

I am now filled with unconditional love and forgiveness

I deserve the change I desire

I offer myself the change I intend

I allow the change within me

I allow the infinite intelligence within me to  
become conscious wisdom, love

and lightness of forgiveness so that I open my heart to myself,

so that I can let go of my fear,

so that I can open myself to receive in life,

So that my life is the reflection of my heart desires.

Ana Barbosa



## Gratitude and a Special Invitation

I am deeply grateful for you choosing this ebook as a transformation tool on your journey.

I hope each statement shared here has provided you with more clarity, strength and connection with yourself.

If you feel like this is just the beginning of something bigger, I'm happy sharing that there are more tools at your disposal, whether in digital format or in individual sessions.

On my bumble, you will find voice sessions, self-hypnosis, affirmations and exercises of the highest connection to unconscious, created with the same purpose: to help you unlock your highest potential.

I'm always here, ready to support the next one step in your personal evolution.

With gratitude,

*Ana Barbosa*

Mentor, Coach and Personal Transformation Facilitator

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