

the \lesssim UCCESS \mathcal{F} ORMULA

ASK, ACT AND PRAY

it's on its way!

The Runes at the beginning of the words Success Formula symbolize that this relates to the Law of Attraction. \lesssim is the Rune for the Life Force (your Flow here) and \mathcal{F} is the Rune that represents Success. There is a free download of a True Type Font set of Rune symbols at <http://awenman.com/runetide.zip>

ASK

There is great truth in the old Biblical adage (Matthew 7) “Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.” Or as reworded: “Ask, and Ye Shall Receive; Ye Have Not, Because Ye Ask Not!”

This is also reflected in the Law of Attraction axiom that the universe abhors a vacuum. If you ask for something it creates a vacuum that is only filled when you receive it. The first step to receiving is to ask and this can be done by creating an Intend (a mental intention to have it usually in the form of an affirmation) and then backing this up with the affirmation work discussed later.

ACT

Another Biblical adage is that God helps those who help themselves. **BE PROACTIVE.** Those that help themselves are the ones that get results and not the couch potatoes that expect everything to be done for them. The most important aspect of ACT comes from the Goethe quote:

Whatever you can do, or dream you can do, begin it.

Boldness has genius, power, and magic in it.

Begin it now

PRAY

Why pray? Because if you could do it yourself, it would already be done. Even Buddhists without a god pray. Prayer is universal across mankind and has a history of working, so why not make use of a proven thing? A secondary benefit is that praying to an outside source gets you away from concentrating on yourself. With the Law of Attraction you are petitioning forces outside yourself and you don't put a roadblock to these forces by turning all attention back on yourself. A historically based Oyar's Prayer considered later is a good one to use if you are not composing something specific.

IT'S ON ITS WAY!

Yes your Intend is on its way so it is important to facilitate this and not put up roadblocks at this point. Belief in the outcome to the point of where it has been called “pregnant expectancy” (assured knowledge as to what will happen) is needed. Negative thoughts will surely turn away positive outcomes. What is also needed is for you to be open to what comes along. An answer doesn't always hit you over the head but sometimes comes as a gentle, almost hidden, event that then can be nurtured into the result you want.

THE POWER OF AFFIRMATIONS

If you want to manifest something that is against your Personal Flow the obvious solution is to change your Personal Flow. A tried and true road to success is the use of affirmations. The psychology of brain washing teaches that if something is heard often enough, then it is believed no matter what it is. This applied method of repetition is actually not much different then how you acquired your Personal Flow in the first place. The difference is that then it was called being socialized into society as part of your maturation as a growing child. Affirmations must be repeated repeatedly with an absolute minimum of being said on going to sleep and immediately on rising

Affirmation methodology comes in various flavors. Flash cards are another method that comes to mind as well as just good old rote learning. The method of repetition is even used to reinforce faith as in doing ritualized multiple daily prayers as in Islam, the mantra chanting in Hinduism, the Prayer Wheels of Buddhism, the Catholic prayer hours and the Rosaries (prayer beads) of numerous religions.

To properly condition your mind there are rules and these can be found as a checklist attached to the free downloadable Affirmation Enabler worksheet. Aid with repetition is also offered in this download package: <http://awenman.com/affirmation-enabler.pdf>

Repeating Affirmations is both an ASKing and an ACTION Measure (creating a mental attractor)

A book like my ASPS at: <http://awenman.com/asps.htm> is very helpful in reconditioning yourself by first ferreting out detracting factors

NOTE ON THE IMPORTANCE OF PERSONAL FLOW

The importance has been actually known for centuries as the Gospel of St. Thomas (Verse 70) quotes Jesus as saying: "If you bring forth what is within you, what you bring forth will save you. If you do not have that within you, what you do not have within you will destroy you." This quote is in the same spirit as Nietzsche's "What doesn't kill you makes you stronger." Putting hope and faith into outcomes that are not in your Personal Flow is dangerous as only failure will result. Depending on what concomitant commitments you have made, you could be in serious trouble when failure finally hits home.



**Awen is Celtic for spirit, as in the spirit of the light within.
Awen is defined to capture the essence of human sentience:
Awen as the consciousness of the subconscious.
This is of knowing yourself so that you can self-actualize yourself
to be all that you can be.**

How To Use Affirmation Worksheet

What follows is an Affirmation Worksheet. It is simple but the instructions below should clarify any confusion that you might have. Print out as many copies as needed and follow the Implementation Plan given above in its use. With the extra mental reinforcement that writing gives it needs only be done once a day (unless you are fighting a very stubborn ingrained Legacy.)

Affirmation By

Entering your name here is optional as you will be claiming ownership by signing later. This space is primarily for group work where the paperwork has to be kept straight.

The Affirmation

Fill in your affirmation on the line above “The Affirmation” in preparation for the actual affirmation work. Write it exactly word for word as you want your affirmation to be. This is your guide so that you can concentrate on the affirmation later and not the mechanics of how it is to be correctly worded. If you do not yet have the wording for your affirmation please use the Affirmation Checklist to create one.

The Lines

There are sixteen lines to write out the affirmation sixteen times. **Don’t rush doing them, this is not a race.**

I am a strong and worthy person

This is a general affirmation to help set the right frame of mind. Consider it like line seventeen to be read after you finish writing the first sixteen and the reread again when the whole sheet is reread.

Thank you for . . .

Experience has found that there is less internal resistance to a new mindset if you ask rather than demand. Treat your subconscious mind as another being, one that likes being treated gently and thanked. (Think of it as entreating your “inner child.”) This is an important part of the Affirmation Sheet where you give thanks. It focuses your mind on the fact that the benefits of your new mindset will be answered by forces outside your conscious mind. You can say thank you in anticipation of having received the benefits of your new mindset or it can be a general thank you for all you currently have, after all you could be worse off. These are only suggestions of what you can be thankful for, use whatever you feel most comfortable with. You need not start with the suggested words “Thank you for.” Scratch them and write whatever you feel is appropriate if you so wish.

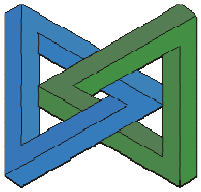
The human mind is complex, so that even if you are just trying to reprogram a bad habit, or a complex mindset like personality, still say thank you. Different parts of the mind seem to respond well to being treated independently and you want to be thankful that all are working in the direction that you desire.

Read The Affirmation Out Loud

Read the whole Affirmation Sheet out loud, starting with line (1) and finishing with the thank you statement. Vocalizing has a very positive unifying effect on the mind and you want to be as committed as possible.

Dated / Ownership of Affirmation

Now that you have filled out the Affirmation Sheet and read it aloud, date and sign it. This is a final act of ownership of the affirmation and a good mental reinforcer.



AFFIRMATION BY _____

the affirmation

To Be Rewritten and Read Aloud Daily

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

(7) _____

(8) _____

(9) _____



(10) _____

(11) _____

(12) _____

(13) _____

(14) _____

(15) _____

(16) _____



I am a strong and worthy person

Thank you for

_____ Dated

_____ Ownership of Affirmation (as shown by signing on completion)

Originally presented on:

<http://awenman.com/learnINGblog>

copies available at

<http://awenman.com/affirmation-enabler.pdf>