

I am relaxed



The words you speak and think create your life. What you are saying and thinking determinate your life. Affirmations are words or phrases said over and over again to affirm a thought about yourself or about others. That is the way you have form your negative and positive programming through out your life, saying things about yourself over and over again. When our thoughts are repeated long enough, they soon become a belief and then we think this belief is our reality, what cant be further from the truth. This is how we form fears of lack, poverty, health, not enough, weight, relationships, etc. Because we created these beliefs we can change them. This is where the real freedom comes from. Practice saying your affirmations for 20 minutes a day every day. The most important thing is to do it consistently. This is where most people fail. They dont do it consistently, they do it on and off, and so they dont get the results. If youre not going to do it consistently and every day 100%, then dont even buy this book. Its not going to work for you. Do not wait around for your life to get better. Use affirmations today to set an intention for your wonderful life.

Digite algo e pressione Enter

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QUEM SOMOS

Seja Bem Vindo

E conhecereis a verdade, e a verdade vos libertará. João 8:32

CANAL SEGUINDO A VERDADE

Mensagem da semana - Semeai em Justiça

Mensagem da semana - Semeai em Justiça

A Bíblia em 1 minuto - 1 Pedro 5:7-8

A Bíblia em 1 minuto - 1 Pedro 5:7-8

Mensagem da semana - Pedindo e recebendo

Mensagem da semana - Pedindo e recebendo

I am relaxed

Mensagem da semana - Andar no Espírito

Mensagem da semana - Andar no Espírito

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...

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Próximo »

MENSAGENS

Não Desista Nunca!

Não Desista Nunca!

Existem pedras. Não desista de andar! Existem barreiras. Não desista de passar! Existem os nós. É preciso desatar! ...

[leia mais]

Vale sempre a pena

Vale sempre a pena

Nem tudo o que você fizer bem será elogiado. Haverá momentos em que tentará com muito esforço demonstrar um bom coração ... [leia mais]

O Deus do impossível

O Deus do impossível

Um jovem que trabalhava no exército era humilhado por ser cristão. Um dia seu superior querendo humilhá-lo na frente d... [leia mais]

Deus sabe o que faz

Deus sabe o que faz

Conta-se que um homem chamado Okiba teve que abandonar sua terra por motivos particulares, e, assim, peregrinou em reg... [leia mais]

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