



Rekindled Ancient Wisdom Affirmation Books

AFFIRMATION BOOK 1 - GENERAL

Rekindled Ancient Wisdom Book 1 - General is the first in the series of affirmation books that cover various topics designed to reprogram our systems to change the beliefs that lock into our system on many levels. These beliefs can stop us achieving our goals, block forward movement, affect our physical health and stop us from being empowered in life.

This book contains over 5500 affirmations in the format of 140 lists of affirmations with 40 affirmations on each list covering general topics including affirmations for:

Health, Money, Destiny, Commitment, Weight, Fear, Career, Learning, Anger, Sabotages, Addictions, Soulmate, Decision Making, Digestive System, Pain, Grief, Self-Love, Personal Power, Brain Integration, Curses, Freedom, Potential, Trusting, Comfort Zone, Enlightenment, Creativity, Family, Manifesting, Allergies, Change, Transformation, Relationships, Worry & Anxiety, School, Letting Go, Communication

AFFIRMATION BOOK 2 - PHYSICAL BODY

Rekindled Ancient Wisdom Book 2 - Physical Body is the second book in the series of affirmation books that cover various topics designed to reprogram our systems to change the beliefs that lock into our system on many levels. These beliefs can stop us achieving our goals, block forward movement, affect our physical health and stop us from being empowered in life.

This book contains over 5500 affirmations in the format of 140 lists of affirmations with 40 affirmations on each list. It contains physical and metaphysical affirmations for the physical body including affirmations for: Skin, Sinuses, Eating, Digestion, Detoxification, Sleep, Hearing, Virus, Puberty, Hydration, Conception & Gestation, Gall Bladder, Hips, Heart, Kidneys, Neck, Back, Thyroid Gland, Knees, Shoulders, Joints, Nervous System, Jaw, RNA & DNA, Cells, Ligaments, Hormones, Coordination, Infection, Ankles, Hearing, Fertility, Scars, Eyes, Mitochondria, Vitamins, Fitness, Sacrum & Coccyx, Chromosomes

AFFIRMATION BOOK 3 - PROGRAMS

Rekindled Ancient Wisdom Book 3 - Programs is the third book in the series of affirmation books that cover various topics designed to reprogram our systems to change the beliefs that lock into our system on many levels. These beliefs can stop us achieving our goals, block forward movement, affect our physical health and stop us from being empowered in life.

This book contains over 5500 affirmations in the format of 140 lists of affirmations with 40 affirmations on each list. It looks at diffusing the programming that is in our systems with the use of affirmations. We are a product of what we believe and it doesn't matter if those beliefs are conscious, subconscious or unconscious, they are being driven by our programming.

Some of the Programs contained in this book are:

It Runs In The Family, You're Just Like Your Mother, No Pain No Gain, You Can't Have Your Cake And Eat It Too, It Will Take Its Toll In The End, Damned If You Do Damned If You Don't, I Don't Fit In, I Am A Failure, School Are The Best Years Of Your Life, Do As You're Told, The Grass Is Always Greener On The Other

Side, Life's Tough, I'm Too Busy Now We'll Deal With It Later, What If Something Happens, Children Should Be Seen And Not Heard, It's All My Fault, It Never Rains It Pours, You Can't Have Everything

AFFIRMATION BOOK 4 - EMOTION

Rekindled Ancient Wisdom Book 4 - Emotion is the fourth book in the series of affirmation books that cover various topics designed to reprogram our systems to change the beliefs that lock into our system on many levels. These beliefs can stop us achieving our goals, block forward movement, affect our physical health and stop us from being empowered in life.

This book contains over 5500 affirmations in the format of 140 lists of affirmations with 40 affirmations on each list. It has affirmations to help dissolve the emotions creating havoc in our systems. It includes affirmations under the heading of:

Undervalued, Angry, Stupid, Paranoid, Victimized, Peaceful, Grief, Guilt, Confined, Immature, Lively, Belittled, Antisocial, Betrayal, Worried, Obsessed, Abused, Strict, Punished, Freedom, Confrontation, Suffering, Clumsy, Unfocused, Depressed, Lazy

AFFIRMATION BOOK 5 - SABOTAGE

Rekindled Ancient Wisdom Book 5 - Sabotage is the fifth book in the series of affirmation books that cover various topics designed to reprogram our systems to change the sabotaging beliefs that lock into our system on many levels. These sabotages can stop us achieving our goals, block forward movement, affect our physical health and stop us from being empowered in life.

This book contains over 5500 affirmations in the format of 140 lists of affirmations with 40 affirmations on each list. It has affirmations to help dissolve the sabotages creating havoc in our systems. It includes affirmations under the heading of:

Sabotage On Finances, Sabotage On Health, Sabotage On Relationships, Sabotage On Money, Sabotage On Career, Sabotage On Business, Sabotage On Success, Sabotage On Fitness, Sabotage On Energy Levels, Sabotage On Advancement, Sabotage On Organization, Sabotage On Choosing The Right Path, Sabotage On Releasing Karma, Sabotage On Goals, Sabotage On Overcoming Ended Relationships, Sabotage On Letting Go, Sabotage On Transformation, Sabotage On Releasing Fear

AFFIRMATION BOOK 6 - FEAR

Rekindled Ancient Wisdom Book 6 - Fear is the sixth book in the series of affirmation books that cover various topics designed to reprogram our systems to change the fear based beliefs that lock into our system on many levels. These fears can stop us achieving our goals, block forward movement, affect our physical health and stop us from being empowered in life.

This book contains over 5500 affirmations in the format of 140 lists of affirmations with 40 affirmations on each list. It has affirmations to help dissolve the fears creating havoc in our systems. It includes affirmations under the heading of:

Fear Of Betrayal, Fear Of Failure, Fear Of Being Alone, Fear Of Learning, Fear Of Trusting, Fear Of Success, Fear Of Destiny, Fear Of The Future, Fear Of Showing Weakness, Fear Of Showing Emotion, Fear Of Being Made Fun Of, Fear Of Debt, Fear Of Being Judged, Fear Of Abuse, Fear Of Accidents, Fear Of Being Gullible, Fear Of Feeling Good, Fear Of Losing Control, Fear Of Doctors, Fear Of Dentists



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