

CATCH A SLEEP

simple
crystal affirmations



For Love, Confidence & Success

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CATCH A SLEEP

CHAPTER 1



WHAT IS AN AFFIRMATION?

What is an affirmation? To 'Affirm' is stating what is true. When we use affirmations in a powerful mindful way, we put our truths out in the universe.

Affirmations are a practical tool. Because they are based on our true facts from our subconscious, they work as a tool to awaken our conscious selves to what we already know.

The power of change can be unlocked by using affirmations, helping to shape and change our inner selves and reach our full potential in life.

HOW TO USE AN AFFIRMATION?

Affirmations should be used in a quiet space, repeated with intent and focus with a present mind. The use of repetition is essential as it allows us to tune our consciousness and start to change our habits, attitudes and emotions physically.

Ideas for affirmation recitation:

Every morning in the mirror, look at your reflection and focus on your forehead and with a strong voice, repeat your affirmation 4 times out loud and 4 times in your mind.



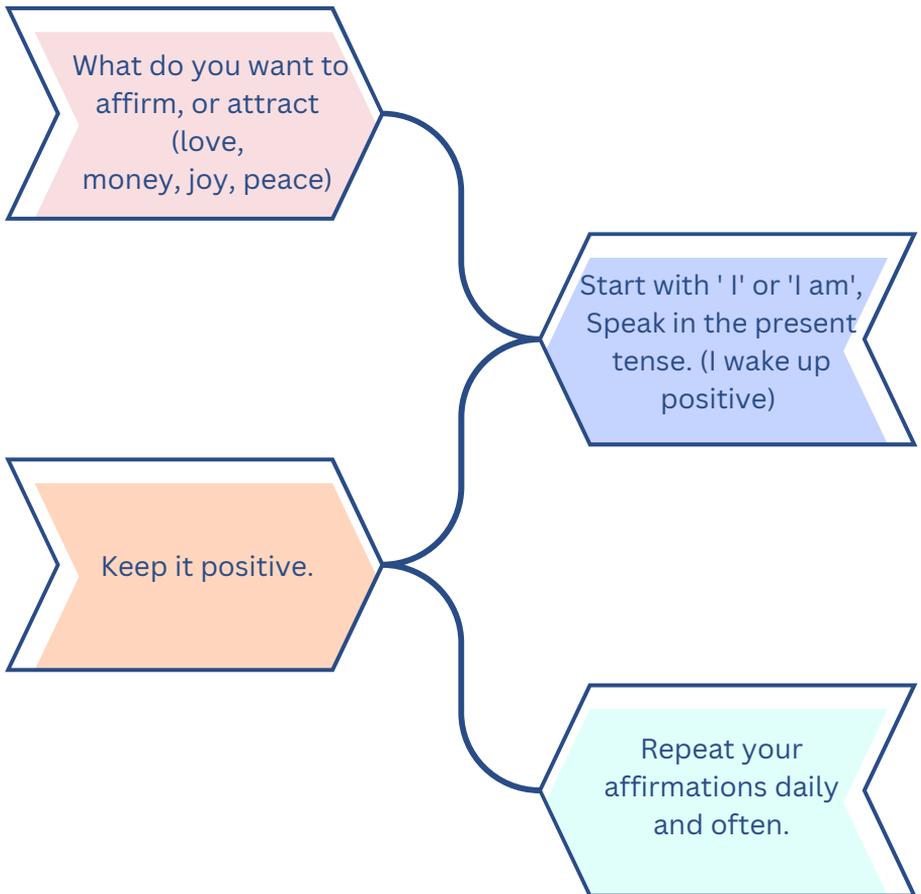
HOW TO CHOOSE YOUR AFFIRMATION

An affirmation is personal to you. The meaning should resonate with your subconscious, and you should feel deeply connected to the words and their purpose. The affirmation should feel confident and powerful. So when choosing, see what one speaks to you. When you find it, you will know!

THE POWER OF MANIFESTATION

Manifestation is a potent tool you can apply to your life to see changes in your mind and body instantly. Manifesting is when you take a thought or idea and bring it to life. Making and reciting affirmations are a way of bringing your ideas, desires and goals to fruition.

HOW TO CREATE YOUR OWN AFFIRMATIONS





HOW TO USE CRYSTALS FOR AFFIRMATION

The way I give affirmation with crystals is quite simple. Any time I want to recite my affirmation, I would find a comfortable place where I can lie or sit down. With the meditation crystal, I would hold it in my hand and lay it on my body or head while I recite. While I deepen my breath and clear my mind, I focus on the gemstone. I will use it as a focal point to enter a meditative state. I am using my imagination to recall every detail of the crystal, from its shape, colour, temperature and how it feels on my skin. After a while, my mind will focus, and I will repeat my affirmation 4 times out loud and 4 times in my head.

Affirmation CRYSTALS

Amethyst

Peace, Spirituality,
Pain management



Clear Quartz

Balance, Happiness,
Harmony

Smokey Quartz

Emotional balance, Grounding
Overcoming Failure

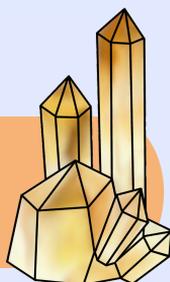


Rose Quartz

Love, Tranquillity,
Meditation

Citrine

Positivity, Protection



CHAPTER 2

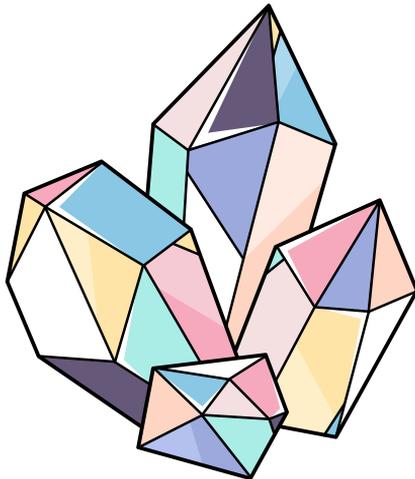


LOVE

- I love myself and am open to love.
- The more love I give, the more I receive.
- I love to give and receive love.
- I deserve real and authentic love.
- I am open and ready to find true love.
- I believe in love.

- I deserve love as I am.
- My love is precious.
- I am meant to have lifelong love.
- Love is my priority.
- I am at peace, knowing love comes naturally to me.
- I am unique, engaging, and intelligent.
- I spread love, and it returns to me.
- I am open to love in all forms.
- The universe is guiding me to love.
- I am fulfilled.
- I make time for those I love.
- The love I seek also seeks me.
- I am letting love into my life.
- I feel surrounded by love everywhere.
- I receive love in abundance from everyone I meet.
- I am grateful for all the love and affection I get.
- I deserve fulfilling relationships.
- My heart is open.

- I find love everywhere I go.
- I am thankful and deserving to have love.
- I will never give up on finding true love.
- The love of my life is on his (her) way.
- My heart is open and ready for love.
- I am capable and deserving of a long-lasting relationship.
- My heart is prepared to receive love.
- I am truly loved.
- I feel free to be myself in my relationship.
- I am grateful that I am married to my soulmate.
- I am blessed to have a partner I can trust with my secrets.



CHAPTER 3



CONFIDENCE

- I don't need to apologize for who I am.
- The most important person in my life is ME.
- My happiness matters the most to me.
- I inspire myself and others around me.

- I am enough.
- I am happy to be me.
- I did a good job.
- I can figure out anything.
- I control my reality.
- I am persistent.
- I am extremely capable.
- I often step out of my comfort zone.
- I can do anything that I put my mind to.
- I am fearless.
- I am confident.
- I am a born leader.
- I can do this!
- There is no obstacle that I cannot overcome in life.
- I love the body that I have.
- I am grateful for my creative mind.
- I have done my best today, and that's enough.
- I have a bright future.
- I am pretty talented.
- Others love to be around me.

CHAPTER 4



SUCCESS

- I can rest peacefully knowing I have made progress on my goals.
- I'm so excited about the opportunities tomorrow will bring.
- All the small steps I took today to bring tremendous success tomorrow.
- I am ready to experience miracles in my life

- -I am succeeding in life.
- I know I can achieve anything I want in life.
- Prosperity flows to and through me.
- I will succeed by attracting people who can help me.
- I know a positive attitude can bring me success.
- I am full of vitality. My confidence, positive attitude, and self-belief are my biggest assets to take me a step closer to my success.
- I am happy with who I am and can be.
- Today I am going to bid farewell to old bad habits and welcome a positive change in my life.
- I am worthy enough to follow my dreams and manifest my desires.
- Today I am prepared. I am prepared for success, love, happiness, peace, joy, and abundance! I am prepared for my wildest dreams to come true.
- I am the architect of my fate. I can achieve what I have dreamt for myself.
- I am harder than all the challenges and hurdles lying in my way.
- I am blessed to have everything in my life to make it successful.



ABOUT



Hello,

I am Michael, the host and creator of Catch a Sleep, a mindful and wellness website and Youtube channel producing content to nourish your mind, body and soul. I also specialise in guided meditation.

I have been on my mindful journey since 2015, and since then, I have transformed my life physically and mentally. I left my well-paid private healthcare management job in London to travel the world and have visited over 40 countries since then. I have had the opportunity to explore many different cultures and meet many interesting and unique people on my travels. I also started to eat healthily, run, do yoga and practice daily meditation.

I aim to spread the message of mindful living and meditation as a tool for success and contentment. I hope this book of simple sleep affirmations will be a great starting point on your path!

I am grateful,

Michael

If you like this free ebook, check out my Youtube Channel and Website for more mindful and wellness content.

YOUR OWN AFFIRMATIONS WORKBOOK

















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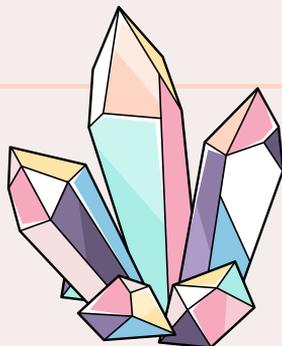












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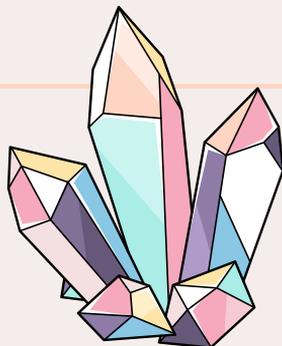












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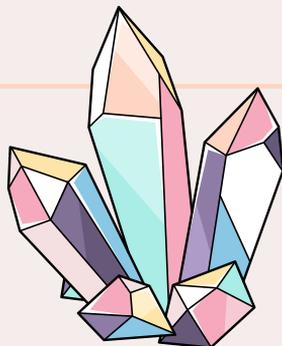












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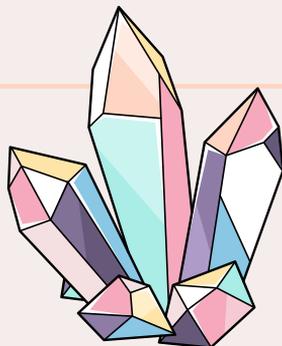












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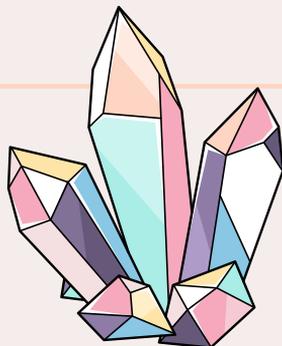












CATCH A SLEEP

simple *crystal affirmations*

For Love, Success and Confidence

In this book, you will find out what an affirmation is, how to use one and how to make your own. Plus, you are provided with many affirmations to use with crystal manifestation for Love, Confidence & Success. Plus a helpful place for you to write and create your own affirmations.



WWW.CATCHASLEEP.COM