

# ALIGN WITH YOUR DIVINE DESIGN

Connect-Heal-Release-**INFUSE**-Activate



## Module 5, Lesson 1:

### Affirmations:

### Asking Why—The Right Way

Your next tool will be all about identifying and transforming your “truth” you’ve been living by, in order to Release the lie and Infuse the Truth that transforms.

The best thing about is—it seems to do this effortlessly. Or, as Noah St. John, who invented this approach, says, “*automagically.*”

This is a tool I’ve been using for years, and it’s my favorite of all of them because it’s the most *fun*. I can’t wait to hear *your* stories of what Affirmations do for you!

### Asking Why—The Right Way Foundation: Identify Negatives, Turn Them Into Positives

Since becoming a [Certified Healing Codes Coach-Practitioner](#) in 2010, I have worked with thousands of clients. I have had lots of opportunity to observe and to ponder why exactly The Healing Codes work.

I believe the reason is that it helps us to do two crucial things: identify the negatives (images, beliefs) and deliberately, through a physical mechanism that changes things at the cellular level, transform them into positives.

When you identify the negative things in the Heart, and point to the Healing Centers while focusing on a positive Truth Focus Statement and/or Love Picture, you are infusing *positive* energy back into those Healing Centers in such a way that the whole body is imbued with specific positive energy that cancels out the negative.

When the negative energy pattern is changed to neutral or positive, the stress signals no longer broadcast into the cells. The body's own intelligent immune system takes over and heals what needs to be healed.

The body is always seeking a state of positive balance, so by removing stress your body already knows what to do to heal.

The mind and spirit, however, don't automatically know what to do. We need to *reprogram* those parts of us for success, wholeness, health and happiness.

Now, when we think of "reprogramming," many people think about "affirmations." The self-help industry has for decades taught that if you tell yourself enough positive statements, eventually you will begin to believe them.

Tell yourself, "I am rich" enough times, and somehow you will come to believe it.

Well, if you tell yourself something that your Heart doesn't believe, not only will it not work—it will set up conflict, creating *more stress*—just what you DON'T need.

### Questions: The Language that Drives the Mind

Now I want to introduce you to one of my favorite authors, Noah St. John, who wrote a wonderful book called [\*The Secret Code of Success\*](#). He is also the founder of The Success Clinic.

In his book, Noah comes up with a profound observation, and a related question. He called it The Question That Changed Everything.

**Observation: "The human brain is always asking and searching for answers to questions. ... [therefore], thought itself is the process of asking and searching for answers to questions."**

**Question: "If human thought is the process of asking and searching for the right answer to questions ... Why are we going around making statements that we DON'T BELIEVE?"**

This was an "aha moment" for Noah, and for me when I read it.

Noah further goes on to say that every problem is simply *a question that hasn't been answered yet*.

Let that sink in: Any problem is simply a question that hasn't been answered yet.

For instance, here are some problems, global and personal, and their corresponding questions:

*Problem:* Global Warming. *Question:* “How can we stop destroying the Earth and still live the lives we want?”

*Problem:* Unemployment. *Question:* “How can we get everyone working in jobs that produce wealth for themselves and help society function better as well?”

*Problem:* Lack of organization. *Question:* “Why can't I find what I'm looking for?”

*Problem:* Lack of success. *Question:* “How can I be more successful in my life and business/career?”

Do you see how problems are really questions without answers yet?

Merely asking the above question moved you toward an answer, didn't it?

So can you see how it's *questions*, not statements, that can provide energy to move forward? Questions almost *force* you to come up with answer—and that means you are moving toward something. Your foot is off the brake!

In fact, psychologists and neurolinguistic programming experts have found that your mind is like Google. It has a sort of Automatic Search Function that immediately gets to work searching for the answers to the questions we ask—particularly the “why” questions. (Psychologists call this the *embedded presupposition factor*.) It's as if your brain is hard-wired to come up with answers to such questions.

We are constantly creating our lives not only by the statements we make to ourselves and others, but by the questions as well. Most traditional self-help teachers focus on the conscious statements. Change those, and you change your life, they say. Well, that's the way of affirmations, and we've already seen why they don't work.

It's the unconscious and subconscious statements and questions that really drive our lives. These come from the Heart, and it is the Heart that truly rules our lives.

We need to discover what *disempowering* statements and questions we're subconsciously repeating to ourselves, and then turn them around into *empowering* conscious "why" questions that will reprogram your mind and Heart to find or create new answers.

Noah has coined a term for these empowering why questions: *Affirmations*. We are *forming* a new reality for ourselves. As we form new thought patterns, we are also forming a new life.

## **Affirmations: Turn Your Mind into a Giant Search Engine for Solutions**

The thing to realize is that whether we're aware of it or not, we are always asking ourselves questions. If not consciously, then we ask them subconsciously.

"Why can't I ever get ahead?"

"Why don't things ever work out for me?"

"Why is there never quite enough?"

"Why am I so disorganized?"

"Why am I always alone?"

"Why can't I improve my health, no matter how hard I try?"

Say the above questions out loud. How do they make you feel?

I'm guessing you feel low on energy when you say them. These kinds of questions do NOT empower you. Worse, they feed the wrong kind of question to that part of your mind that is like the Google search engine. The mind, like Google, just goes about searching for an answer. It doesn't stop to reflect on whether the question is good or bad, empowering or disempowering, based on truth or lies.

You have to *consciously* feed it the empowering questions grounded in Truth and Love.

“Why is it so easy to pay my bills and save now?”

“Why are things working out so well for me now?”

“Why am I so blessed?”

“Why do I always have more than enough?”

“Why is it so easy to give and receive love?”

How do you feel when you say these questions out loud? Aren't the above questions a whole lot nicer than the former set?

Some people ask me how Affirmations are different from Affirmations. If the question isn't yet true, and your Heart and Head know it, wouldn't you be setting up the same conflict as we discussed with affirmations?

(That is, by the way, I always stressed with the Truth Focus Statements that *you must believe them* when you use them.)

Noah has a fascinating YouTube video that demonstrates the difference between affirmations and Affirmations: <https://youtu.be/JF9EykVhtTc?si=VyMuN7nXvivIyVne>.

Here's why I don't think you're setting up the same conflict with Affirmations. When you *ask a why question*, it engages a different part of your brain and Heart. It engages curiosity, which, as I found out from a neurotheologian, works on the same brain circuit as fear and anxiety. You can't feel both curiosity and fear at the same time, so if you consciously switch to curiosity, it frees you from fear. Fear is what constricts. Curiosity expands options.

What you are affirming wasn't true before, perhaps. But when you ask the why question, you open up a whole new option. It's like putting a stake in the ground and saying, “It may not have been true up to this point, but now we can search for or create a different reality.”

That's why I like to include “now” in a lot of my Affirmations. Paradoxically, it seems to take it out of the factual state of things, and move it to the realm of possibility.

“Why do I always have more than enough now?” Maybe before I never had more than enough, but now is different. “Now” is the starting point for a whole new direction.

You can ask your Why Questions either in the present tense (add “now” If you need to), or in the past tense.

For instance, I often say at the beginning of the day, “Why was today so peaceful, productive and joyful?” I’m projecting myself to a point in the future and looking back. My brain and Heart will get busy making sure that the things I do in this day will create the answer to the question I’m asking at the beginning of the day.

This requires you to sort of give yourself to the question. You *allow* it to happen. You trust that the answer will come. When you type in a search term in Google, do you agonize over whether it will come up with an answer? No. You know it will. You just wait for it. Thus, you ask your question, and let things unfold.

And *unfold* is a good word for it. I find that when I affirm something, often the next thing needed or the answer comes through a person, something I read, or any other way if I’m open. I believe Affirmations sort of “grease the wheels” for God’s work in our lives somehow. Maybe it’s that they allow us to better “ask and receive” what God has for us. At least, that’s how I’ve experienced them for the past almost two decades of using them.

## How I Set Up My Day

I like to set up my day up in the morning with several empowering questions. Besides asking, “Why was today so peaceful, productive and joyful?” I may also say things like these:

- Why do I look and feel so good?
- Why do I have so much energy?
- Why am I so healthy?
- Why do I only feel like eating and drinking healthy things?
- Why do I give such powerful Codes to my clients?
- Why are my clients healing so well?
- Why is my life filled with so much love?

- Why are we such a happy family?
- Why is it so easy to make more money than I need?
- Why is it so easy to get to bed on time?
- Why is it so easy to be organized?
- Why is decluttering so fun and easy?

## Affirmations and Goals

When I have a goal, such as to make a certain amount of money per month or a certain project I want to complete, I like the “so easy” format: “Why is it so easy to make \$X per month?”

I used this “so easy to” format to get out of debt several years ago. “Why was it so easy to get out of debt?” my husband and I regularly asked ourselves. You know what? It was! It was not arduous at all. We did not set a tight monthly budget and pay attention to every penny, etc. We just ... did it. We paid off our house, and the dental bills, and never had to take any loans out for anything else.

I think what happened was that by asking the question, it oriented us to making wise decisions about spending. We didn't *feel like* spending money we didn't have. It wasn't stressful to pay as much as we could on the credit cards every month. One month I realized, “This is the last payment on the last card.” And voila! It *was* easy to get out of debt.

When you use a “so easy to” format for achieving a goal, the results seem to come almost effortlessly. But that requires that you do something else: Take new actions based on your openness to new answers in your life.

This is where The Healing Codes really help. If you find yourself continuing to do Harmful Actions that undermine what you're trying to accomplish, look for the wrong beliefs and negative feelings, and the memories attached to them, and heal them. Change the frequency and you will find yourself taking the actions and making the decisions that support your goals.

## About Goals and Deadlines . . .

Most of the success literature makes a big deal about setting deadlines for goals.

I almost never do.

When you use Affirmations, you need to have a patient, *allowing* attitude. Deadlines set up stress, at least for my personality type. I think it fosters impatience. I trust God to work things out in the right timing, which may not be my own timing. I much prefer the peaceful “waiting on God’s timing” approach to “I must do this by such and such a time.”

Had I set a time limit to when we got out of debt, I would have been focused on whether I’m making strides toward that goal. That’s exactly what the typical success advice tells you to do. But then you’re focused on the thing you’re trying to change. What I focused on, it seems as I looked back, was doing what I enjoyed doing: working with clients, loving my family and friends. And as I provided more and more value for my clients, I got more and more clients, which raised my income, which allowed us to get out of debt. I wasn’t focused on the income, I was focused on loving people and creating valuable experiences for them.

I’m not saying never set deadlines; sometimes we have to. Or they’re imposed on us. But be relaxed as you meet them. Be open to things taking as long as they take whenever possible. Focus on enjoying the ride as you journey toward the destination.

Also be open to the detours and attractions along the way. The destination may not turn out to be the main point. You may discover something better along the way.

## Another Use of Affirmations

I think that Affirmations work not just by setting our Automatic Search Function in the right direction. I think they work on the quantum physics level.

The quick layman’s version is that every possibility exists on the energetic level, i.e. a wave pattern. (I think of this as all possibilities exist in the mind of God. In fact, one day God dropped into my mind the words, “All perspectives exist in the quantum realm. Choose the one that keeps you in gratitude, joy, and peace.”)

When one puts focused attention on a particular possibility or perspective, that very focus *changes the form from a wave to a particle, i.e. a physical outcome.*



To me, this is precisely how faith operates. Hebrews 11:1 says, “**Now faith is the substance of things hoped for, the evidence of things not seen.**” When you Affirm something, you focus on that possibility, which targets that reality that exists in the quantum field as a wave, and “collapses” it into a physical reality. It’s a form of belief, which does the exact same thing, such as when you trust and believe a promise of God. Affirmations, however, can be used before you are certain of something; you just believe that the possibility of that thing you’re Affirming can happen.

Another possible explanation for how Affirmations work is they allow us to access the part of our brain (the right side, the intuitive part) that draws upon a whole lot of data that isn’t normally available to our conscious minds.

In a fascinating book called [\*Blink: The Power of Thinking Without Thinking\*](#), Norman Gladwell writes about what scientists are calling “the adaptive unconscious,” a kind of “giant computer that quickly and quietly processes a lot of the data we need to keep functioning as human beings.”

We’ve developed a mind that “operates most efficiently by relegating a good deal of high-level, sophisticated thinking to the unconscious, just as a modern jetliner is able to fly on automatic pilot with little or no input from the human, ‘conscious’ pilot. The adaptive unconscious does an excellent job of sizing up the world, warning people of danger, setting goals and initiating action in a sophisticated and efficient manner.” (Larry Napier calls this “adaptive unconscious” the Lion, and believes that this is why we need to let the Lion tell the “Ox”—the conscious part of our minds—what to do.)

I propose that Affirmations allow you to access the information in this “adaptive unconscious” so that you reach your goals in an extremely efficient way.

The adaptive unconscious contains just about everything you’ve ever experienced. Including where you last saw your car keys. Now, you may not *consciously* remember where you set those keys down. But your adaptive unconscious knows. When you affirm, “Why did I find my car keys so quickly?” your brain will go searching its database of images and memories to come up with an answer. You will likely find yourself, without thinking, going to the exact spot where your car keys are “hiding.”

Try it the next time you misplace or lose something. “Why am I finding the X so quickly and easily?” Nine times out of ten, you will go right to it.

I can’t tell you how many times this has worked for me and others. I’ll share just 3 of my favorite stories.

Just recently, I misplaced my cell phone. (A regular occurrence with me.) I called the number; nothing. I then affirmed, “Why did I find my cell phone so easily?” and then I let my feet lead me down the stairs, to the laundry room, where my eyes fell on the phone lying on top of the dryer. It took less than a minute.

I was talking to my mom on the phone one time, and she said she had no idea where she had put the Healing Codes Manual. She had looked everywhere, she said. I said, “Try saying to yourself, ‘Why did I find the Healing Codes Manual so easily?’” Do you know, she walked right up to a bookshelf and immediately pulled it off the shelf! “But I looked there before!” she exclaimed. What can I say?

My favorite Affirmations “finding” story was when my husband lost the side piece to his eye glasses. He had run three errands that day; the fourth and last planned stop was the optometrist to fix his glasses. On the way, however, he realized the piece to be fixed was no longer in his possession. It was a wet, rainy, muddy day. He retraced his steps, affirming all the time, “Why did I find my glasses piece?”

He found himself returning to the first place he’d stopped, the car mechanic shop. As I said, it was a wet day and the parking lot to the mechanic’s shop was very muddy. His glasses earpiece was also brown. Do you know, he found that piece in the mud?

I honestly don’t think he would have ever found it without the Affirmations. Part of his brain remembered where he’d dropped it in the mud. His conscious mind could not access that information.

Have fun with the Affirmations! They really are a lot of fun. The light-hearted approach helps them work better as well.

## Wrong Uses of Affirmations

Affirmations are not magic (although they almost seem like magic). They should not be used for manipulation. It is fine to affirm, “Why are my children doing so

well in life?” It is not OK to say, “Why is my son such a successful doctor?” Such an affirmation is only valid if he’s already a doctor or studying to be one, and your intention is that he become successful as a doctor. This affirmation would be totally wrong if your intention is that your son, who has no interest in becoming a doctor, will suddenly want to become one.

All goals—and I would add, all Affirmations—must be based in love and truth.

You also have to realize that God can always overrule what you affirm.

I remember one summer, when we were having a thunderstorm, I affirmed, “Why did our power stay on?”

It did not. I was initially frustrated, thinking of all the things I was unable to do that in my mind absolutely needed to be done.

But you know what? That night I slept better than I had in years—and longer, too. When the power came on the next day, I realized I had gotten some much-needed rest only because what I affirmed had not come true.

AND—later on, when I was researching possible reasons for some health issues my family was experiencing after our “smart meters” were put in, I remembered that experience. It put me onto the path of researching whether EMFs and/or “dirty electricity” are an issue. I *never* would have thought of the possibility that electricity and electromagnetic frequencies might be causing my husband’s sleep issues if I hadn’t remembered how well I slept the night our whole neighborhood’s electricity was off.

If an Affirmation doesn’t work, thank God for it. Then, look for the lesson in the thing you didn’t get. My faith tells me that God has something better in mind than our puny human brain can concoct or fathom.

## Using Affirmations with Your Energy Work

You can say your Affirmations to yourself any time.

As mentioned, I usually set up my day with Affirmations. When I’m about to start a project, I will affirm something. When writing this document, for instance, I

said, “Why is this document so helpful to so many people? Why was it so easy to write?” (I use that “so easy to” formula a lot!)

You can also use Affirmations when you’re doing a Healing Code. For instance, if you’re working to heal anxiety-related memories, you can affirm, “Why is my life so peaceful now? Why do I have such peace about my decisions? Why is it so easy to trust God about this [person/situation]?”

Of course, you can affirm success things in a similar way.

“Why is it so easy to make \$X per month?”

“Why am I able to save so much money so easily?”

“Why am I such a good money manager?”

“Why am I able to make more than enough money than I need?”

“Why am I able to be so generous with time, talents, and treasures?”

“Why is my life so abundant?”

## **Best Way to Do Affirmations**

I think the best way to do Affirmations is to do them in your CHRIA work, after the EFA and Release & Infuse Technique.

It also helps to do the Butterfly Tap when saying/thinking your Affirmations. Cross both arms over your chest, and tap each shoulder alternately. I explained earlier what the Butterfly Tap does in your brain.

Finally, Affirmations are MOST effective to do it along with an affirmation/Truth Focus Statement. Say 4-5 Affirmations, then do an Affirmation: **“Because the life-giving light of the Lord Jesus Christ shines in all the darkness, and brings complete healing, peace, and right relationships with God, self, and others.”**

As far as I’m concerned, that’s the real answer to any positive Why Question. Any good thing can happen because God’s light is always shining, always at work.

You will receive a copy of the Affirmations I have used, to spark your own. Use any that you resonate with. Add your own. We can also come up with some in a

coaching session. I want you to be excited about your Affirmations and have a lot of fun with them!

**Supercharge Affirmations:** If you have the Solex AO scanner, you can set up a MindSync with your Affirmations, and as you do them with the Butterfly Tap, you can infuse these even more powerfully into your subconscious mind!

## Best Times To Use Affirmations

1. **After the Healing Code/EFA/Release & Infuse.** I like to formally set aside some time to do my Affirmations. I go through all of them, doing the Butterfly Tap the whole time. Depending on how many you do, it only takes a few minutes.

2. **At the beginning of the day.** If you do your CHRIA sequence in the morning, this will be part of how you set up your day. I like to do at least a few Affirmations to set up my day, early on, as mentioned.

3. **Before beginning a task or project.** You can say, “Why did I do X so easily and well?” for instance. Before a conversation you know might be difficult, you can affirm, “Why did X and I have such a good conversation? Why did we both get our needs and desires met?” or whatever.

Before decluttering, you might say, “Why was it so easy to let go of what I don’t need?”

4. **When facing a problem.** I can’t tell you how many times I did an Affirmation when I was faced with some kind of tech problem. (“Why did I solve this problem so easily? Why is the printer working now? Why is the scanner working now?”)

5. **When you’re feeling sick.** “Why am I feeling so much better now?” Often you will then be led to take or do something that will make you feel better. Remember, it’s not magic. Affirmations open you up to new possibilities, which sometimes need further action.

## To Summarize: The Four Steps of the Affirmations Method

1. **Decide what you want.** It’s best to focus on an internal state rather than external specifics. AND to keep it in line with your personal Divine Design, which I trust by now is coming more and more into focus.

You may think you want to make a lot of money to secure your retirement, but what will that do for you? Is it really that you long for peace and a sense of security? Then don't affirm, "Why did I save a million dollars for retirement?" Instead, say, "Why do I know all my needs will always be met? Why do I feel so peaceful and secure?"

You're much more likely to get what you really want when you focus on the inner state. And if it's in line with God's promises and your Divine Design, then it will surely work out.

**2. Form a question that assumes what you want is already true.** Use present or even past tense. You can also add "now" to sort of put the stake in the ground and move it to the realm of possibility. ("It wasn't true before, but from now on it could become true....") Make sure it's grounded in love and truth.

**3. Allow your mind to be open to and even search for the answer.** Be patient. Things sometimes need time to come together. (Work on impatience and trust with CHRIA tools if this is a problem.)

**4. Take new actions** based on your new assumptions and openness to possibilities in your life. Use the CHRIA tools to deal with any blocks that come up and to instill the positive vision. Note the answers and guidance in your Gifts Journal; they will be powerful examples of God's work in your life to encourage you.

**And finally (this is not a step but an approach throughout): Have fun!**

Happy Afforming! Send me your stories! ([diane@healingcodescoaching.com](mailto:diane@healingcodescoaching.com))

## Resources

1. Noah St. John has several resources., but I still always come back to his book, [\*The Secret Code of Success\*](#). There is a whole chapter in that on Affirmations, along with other great approaches to success.

2. [\*Blink: The Power of Thinking Without Thinking\*](#) by Norman Gladwell. Nothing is said about Affirmations or energy per se, but I think this book explains a lot about why Affirmations work and even, in a way, why The Healing Codes work. Once you understand that the senses take in EVERYTHING and that memories are stored in the cells as well as the brain, then it makes sense that these memories can

cause issues in our bodies as well as our brains. And the section on “thin slicing” explain why I can get custom Healing Codes just from hearing you identify the feelings and beliefs surrounding your issue. Also, the case studies in this book are fascinating.