

Ultimate Wisdom

Deep Peaceful Understanding

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are completely content with absolute knowledge of all there is. Feel connected to deep universal truth.

Tips for Success

Keep a daily journal and record any objective evidence that you are become wiser, and more understanding of the deep mysteries of life. Write down any positive comments others make.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I understand things

I understand people

I understand relationships

I understand the meaning of life

I understand deep knowledge

I understand where I'm going

I understand where I'm from

I have deep insight into life

I am calm in my understanding

my understanding brings me peace

my understanding brings me happiness

my understanding brings me power

my understanding brings me insight

my understanding brings me kindness

I have deep wisdom

my wisdom is always growing

wisdom comes to me in my dreams

wisdom comes to me from God

wisdom comes to me from experience

wisdom comes to me from relationships

wisdom comes to me from friendships

wisdom comes to me from lovers

wisdom comes to me from ideas

I am calm

I am relaxed

I have knowing

I have knowledge

my wisdom is deep

my wisdom is profound

my wisdom is helpful

my wisdom is kindness

my wisdom is helpful

my wisdom is powerful

my wisdom is a gift

I am a gift

my presence is a gift

my presence is wonderful

I love myself

I accept myself

I appreciate myself

You understand things

You understand people

You understand relationships

You understand the meaning of life

You understand deep knowledge

You understand where you're going

You understand where you're from

You have deep insight into life

You are calm in your understanding

your understanding brings you peace

your understanding brings you happiness

your understanding brings you power

your understanding brings you insight

your understanding brings you kindness

You have deep wisdom

your wisdom is always growing

wisdom comes to you in your dreams

wisdom comes to you from God

wisdom comes to you from experience

wisdom comes to you from relationships

wisdom comes to you from friendships

wisdom comes to you from lovers

wisdom comes to you from ideas

You are calm

You are relaxed

You have knowing

You have knowledge

your wisdom is deep

your wisdom is profound

your wisdom is helpful

your wisdom is kindness

your wisdom is helpful

your wisdom is powerful

your wisdom is a gift

You are a gift

your presence is a gift

your presence is wonderful

You love yourself

You accept yourself

You appreciate yourself