

# **JUST HOW DO AFFIRMATIONS WORK?**

**Teresa Burkes**

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I'm sure many of us can remember being told as a child by a teacher, parent, or coach that we didn't have the ability to do something we were fat, clumsy. But they don't always work for. You start to become an ally to your unconscious mind, which in turn will elicit its cooperation.

If you don't have someone whom you feel comfortable asking, then use your reflection. You may have to look at other people who are making money easily. Just passing along information. When you watch a movie, and you start to laugh or cry, your mind is empathizing with the characters on the screen even though it is only Hollywood magic.

Does Trump have wise leadership qualities to heal the nation? And when you do, you're on the path to fulfillment. How could I expand on that?