

The Twin Technique Affirmation

The following affirmation can be used either before or after the visualization process given in [this video](#) in order to solidify your manifested transformation. Click here for a free PDF download of this affirmation.

Affirmation:

Today, right now, I set a firm intention that I am easily and effortlessly becoming the version of myself that I've always dreamed of. I am willing to see this change and I now deeply and completely commit to opening myself fully to this physically manifested version of me. I deserve to allow this to develop in the best, easiest and most effortless way possible, and I do so now. I like the way it feels when I allow the universe to work for me and I find it easy to open myself to this. I now align myself with the universal, infinite forces of nature so this is manifested in physical form, and I am able to see daily how this transformation comes into its beautiful fullness. I am moving more and more into the best version of me each and every day.