

Dominant Morning Affirmations

I am Ladyboy Gigi.

You are awesome!

Perform these affirmations each day. You can listen to this recording or use the file as a template to write your own customized affirmations. After writing them, record them on your phone to listen daily. It is best to listen to these at the same time of day each day.

(These affirmations were adapted from Morning Affirmations with permission from The Coven of the Sacred Harlots at: <http://www.covenofthesacredharlot.com/morning-affirmation.html>)

As you listen to each affirmation, visualize yourself with the ability of each affirmation and how you would incorporate it into your life. When you are instructed to take deep breaths, breath deep, hold the breath for a moment, and then open your throat and release the breath slowly with a sigh. By doing so, you will breath in positive attributes and release negative attributes as will be instructed in the guided affirmation.

I am Ladyboy Gigi! Use this guided affirmation in an environment where you can fully relax. Turn off cell phones and remove any distractions. Never use this when driving or operating machinery. Enjoy this guided affirmation.

All right now, get comfortable and relax your body and mind. Close your eyes.

All right now! Take a deep breath and breath in power. That's right. Hold the breath and absorb power into your body. Open your throat and sigh the breath out releasing all doubts and fears. Relax your body and mind.

Take a second breath and slowly breath in authority. Hold the breath as you visualize yourself in a position of authority. Release the breath and release any hint of indecision. You notice you are more relaxed than when we began.

Take a final deep breath and breath in confidence. Hold the breath as you visualize yourself handling a situation with absolute confidence. Now slowly release the breath and release any self-doubts you may have experienced from your past. Let all self-doubt go. Feel relaxation spread throughout your body.

You are amazing and talented.

You are a Dominant person of true personal power!

You have authority and confidence as a Domme.

You possess a strong self-confidence and you are never found wanting. Visualize how self-confident you are.

You are in constant control of your emotions and your actions. See yourself in full control even in drama packed situations.

You provide a calculated, measured and appropriate response to every stimulus. Visualize yourself contemplating every situation before you respond. You are proactive!

You approach every situation with the calm demeanor born of a strong self-confidence. Picture yourself taking a deep breath, breathing in self-confidence before reacting to a situation.

You are the subtle but dominant force in every social and business situation. See yourself taking the lead when it is appropriate and providing insight as a person of authority.

When you walk into a room all eyes turn to you, if you so wish; or you pass unnoticed, if you so desire. Project your energy as a person of power before entering a room.

You are highly educated, but never a know-it-all.

Mentally review how much you have learned over your life time.

You dedicate your life to constant learning and improvement in your personal skills.

Picture yourself developing new habits of learning, perhaps on the internet, joining a club, or taking a new class.

You research and begin to master at least one new BDSM skill today that you did not know yesterday.

Picture a new skill you would like to develop today or a skill you are presently developing. Contemplate working with a life coach or mentor.

You are acutely aware of your strengths and weaknesses and of those around you at all times.

Visualize the strengths you want to improve today and how you will use them in your life. Visualize your compassion for those who are weaker than you, knowing we are all on a journey learning about life.

You strive diligently for the perfection of your skills for your personal advancement.

Visualize a skill you want to hone and refine today.

You command authority and control over your submissive.

Picture your submissive desiring to serve you.

Take a deep breath and a moment to set these affirmations as a part of who you are.

Hold it and release. In a moment, I will count to 3. When I reach 3 you will be fully energized and alert.

One, you are becoming aware of your body. Two, you start moving your body and become aware of your surroundings. Three, you are fully energized and alert. Open your eyes and begin your day full of energy and confidence.