life-changing words

The Transforming Power of Affirmative Prayer

Compliments of DAILYWORD®
A Unity® Publication
Simply speaking, an affirmation is a statement of Truth that asserts God is in charge of our lives.

This special booklet inspirational articles and showcases profound affirmations from Unity’s long history of positive thought and prayer to give you a better understanding of the powerful effect they can have.

Charles Fillmore, cofounder of Unity, once wrote: “A thing is not true because we state it, nor does it become true by repeated affirming. We state it and affirm it because it is true. We are simply aligning ourselves with principle. The use of affirmations does tend to impress them on our minds so that in time we tend to react affirmatively to situations. The same rule holds as in the learning of multiplication tables by rote—eventually they become a part of our consciousness. Some think that an affirmation is the way to make something what it is not. No, it is the means by which we become conscious of that which eternally is.”

When a positive statement of faith is combined with the practice of prayer, the resulting affirmative prayer can be life-altering. For example, the statement *I am a child of God*, when used together with a prayer for healing, becomes a powerful affirmation: *As a child of God, I am whole, well, and free through the healing presence of God within.* When prayed, these simple words
will become indelibly ingrained into your spiritual awareness.

With affirmative prayer, we can acknowledge and give thanks to God for being the Source of all that we could ever need. By doing so, we are acknowledging the sacred bond we share—God is one with us.

We hope you enjoy this booklet and invite you to try using affirmations in your spiritual routine if you don’t already. Harness the power of prayer and welcome the good results in your life!
I set God before me this day, to guide and to guard, to protect and to prosper me.
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The light of the Spirit of truth illumines my every thought, and I walk in light.
Affirming With Faith

By Karrin Scapple

af·firm·a·tion  1. The act of affirming or the state of being affirmed; assertion.  2. Something declared to be true; a positive statement or judgment.

As the American Heritage Dictionary states, an affirmation is the act of affirming something that is declared to be true. Many of us use affirmations. In fact, many of us repeat affirmations on a daily basis, as if the process itself is the key to creating the good in our lives. Yet, we do not always fully understand the spiritual meaning behind an affirmation.

Using the dictionary definition, we may affirm something over and over again, and yet still see no positive result. What the dictionary definition fails to include is that in order for an affirmation to manifest itself in our lives we must allow divine process to become an active element in the operation. If we really believe that there is only one Presence and one Power active in the universe and in our lives—God—then how can the affirmation process work without including God’s spirit in the transformation?

To include Spirit means to release our human thoughts of lack and limitation, to let go of our worries and concerns, and to be in what the late Unity minister...
and author Eric Butterworth referred to as “the flow.” Being in the flow means being open and willing to receive the guidance and the power and the majesty of Spirit in everything that we do, we think, and we speak. Being in the flow gives us the opportunity to release our supposed need to control situations, people, and ourselves, and allows us to acknowledge the Spirit within us that is truly the guiding light of our lives.

When we affirm: *I am healthy and whole,* we should do it as if we were blowing an autumn leaf gently into the breeze. We hold onto the affirmation only long enough to release it into the eternal wonders of Spirit. We release it into what Unity cofounder Charles Fillmore called the “ethers”—the divine substance of which all things are created. Once we release our affirmation, we truly let it go. It is only as we release it that God can work through us and through every situation in our lives to bring into manifestation our highest good.

This requires faith. “Now faith is the assurance of things hoped for, the conviction of things not seen” (Heb. 11:1). Faith is that power within each one of us that allows us to believe in the possibilities even though we cannot see any evidence of fulfillment.

Charles Fillmore refers to faith as “the power to do the seemingly impossible.” The key word here is “seemingly.” Just because something looks as if it cannot happen does not mean that it can or cannot occur. We know that there is *nothing* beyond God’s ability to heal, to correct, and to solve. When we allow ourselves to release human control, when we allow ourselves to
affirm the seemingly impossible, then we open the way for Divine Spirit to work in our lives.

“I must speak, so that I may find relief” (Job 32:20). An affirmation is a way for us to realign ourselves with God. It is a process that allows us to be refreshed in the understanding that we are spiritual beings. It is not sufficient to simply affirm something to be true unless we truly believe in the divine process that turns the affirmative statement into manifestation.

Once we speak the truth with faith, once we release the situation to God, and once we align ourselves with the divine presence within us, then we are “in the flow” of Spirit. Only then can our affirmations become manifestations of truth in our lives.

The Spirit of truth is now here, guiding me into all truth.
Just which way is heaven?
Where do we go from here?
Is heaven somewhere out there,
Or really very near?

It’s our thoughts and our reactions
That determine where we are.
Whether heaven’s close at hand
Or seemingly out far.

As Jesus clearly stated,
It’s in our hearts that we will find
True peace and joy and harmony;
For heaven is a state of mind.

Letting go of our old thinking
And knowing who we are
As children of our Creator
Ensures that heaven’s where we are.
We wait and listen silently
For Spirit’s voice to speak
Whenever we’re in turmoil
And serenity we seek.

So affirm with all your being
That all you need is yours
And with this inner knowing
You will open heaven’s doors.
The Spirit of wisdom and love is now operating in all that we think and do.
What a Difference Affirmations Make!

By Mary Wood

Affirmations can change your life. They certainly have changed mine!

My story begins on January 21, 1989. I was attending a Bob Proctor seminar in Toronto, Ontario, entitled “Born Rich.” I thought it was about making money, but I found out I was wrong about that. It was how to live your life spiritually, intellectually, and physically.

As I listened to Bob, at a gut level I knew what he was talking about, even though I’d never heard the information before. The awe and wonder from this experience of knowing is still with me. Even though there were over 300 people in the room, I thought he was talking just to me. I left the seminar focusing on these five words that would start me on an incredible journey: **My mind controls my body.**

After the seminar, I drove back home in silence, captured by these words. Then the light came on! **I don’t have to stutter anymore** flashed into my mind. It’s vital to understand that I had stuttered for almost 50 years. Over the years, I had taken speech therapy, which had helped to a degree, but I still stuttered. The fear associated with
stuttering still loomed large for me. I had come to believe that stuttering would always be a part of my life.

Then, more understanding quickly followed that initial flash. My mind controls my body. What I think about, I bring about. There is hope for me and my stuttering. By the time I arrived home, I had received the insights I needed to begin my new journey.

The time of silence in the car had given birth to a thought that would change my life. In the silence, my heart and my mind were open. I had received guidance that my soul knew I was ready for. These life-changing words and ideas did not come from my senses, but from deep within my heart. God was at work in my life and I was ready to listen.

It was from this point forward that I knew my guidance would come from within. Instinctively, I knew this would be a time of listening and waiting. At first, my main focus was fluency. This had been my dream for a long time. I started to pay close attention to my thoughts before I spoke. Surprisingly, I found they were focused on stuttering. Stuttering was a self-fulfilling prophecy! I was literally manifesting my thoughts, bringing to life what I was thinking about. My thoughts were not for my highest and best good. What an awesome discovery!

It was time to change the thoughts I was thinking. Affirmations came to the rescue! I wrote “I am so happy now that I am relaxed and my speech is fluent” 70 times in the morning and evening for six months! Affirmative thought was a 24/7 job. Positive thoughts were slowly replacing the lifelong, fear-filled negative ones.
Then one morning I looked in the mirror and asked myself, “Why don’t you like to stutter?” I had never asked that before. My answer came immediately, “I think someone won’t like me because I stutter.” I had finally unearthed the deep-down cause—fear of rejection. This was the root of enormous fear that I carried with me every day. In that moment, the focus of my journey changed from fluency to *self-worth*. The fear of rejection had kept hurts from the past alive. It had not allowed me to live in the present moment. It had not allowed me to say what I wanted to say. It had not allowed me to be who I am.

Once more I knew I had to change my thoughts. Affirmations came to the rescue again. I’ll always remember one that touched a special place in my heart. *I am love, I am joy, I am enough!* I sang these words, I wrote them out, I said them over and over again. Slowly the thoughts of unworthiness were replaced by the realization that I am enough, just as I am. As the fear of rejection started to leave my life, stuttering started to leave my life.

The truth is, we do not get anywhere by just knowing and not doing. I decided to face the greatest fear of my life—speaking in public—and joined Toastmasters where I found a wonderful, loving support system. Then I stepped way out of my comfort zone again and started to present self-esteem workshops.

My journey has afforded me many insights that have allowed me to be about 95% fluent. Affirmations have played an important part in this transformation. I
have traveled in Canada, the United States, and Europe speaking at conferences for people who stutter. It has taken many days, many months to come to this place. It has been worth every single moment.

I thank God for all the people who have helped me along the way in my journey. It has been a long walk from fear to love. When it started on January 21, 1989, I thought it was about fluency. Now I know it is about much more than that. It is a journey to self.

I know that stuttering is my gift. It did not come wrapped in shiny silver paper with a big red bow. It came wrapped in the many layers of my self-concept. As I unwrap these layers, I find many gifts. Gifts such as speaking with ease, friends all over the world, and the path to ministry. The greatest gift of all is knowing that I am a beloved child of God. For all of these gifts, I am eternally grateful.
Infinite wisdom guides me. God prospers me, and all my affairs are in divine order.
We are guided by the infinite, omnipresent, knowing Mind.
The Right Amount of Faith

By Debbie Taylor

Recently I spoke with my longtime friend Jane, who shared a powerful story with me. She told me that seven years ago, while living in South Dakota, she was at the airport headed to New Mexico. At that time, my friend was a professor in a music department and traveling to see relatives for the Christmas holidays.

As Jane prepared to board her flight, suddenly she realized her wallet containing credit cards, cash for Christmas shopping, and identification was gone! After extensive searching, it became obvious that her wallet had been stolen. Yes, this unfortunate situation now left Jane faced with two choices. She could allow this to totally destroy her holidays with family or she could begin to practice “letting go and letting God be God” in this entire situation. She chose the latter. She also immediately began to practice compassion and forgiveness for the thief by using an affirmation. Her affirmation became:

I fully forgive this person. I know that my highest good will come back to me with the right amount of faith.

Jane repeated this affirmation over and over until she realized that there was no longer any anger
surrounding the experience for her. While consistently practicing this affirmation, she had completely released the circumstances and moved forward with her life.

Two weeks ago, Jane called excitedly yelling into the phone: “I opened my mailbox this morning to find a parcel. You’ll never guess what was in there—my wallet, identification, personal notes, and a money order for the full amount stolen seven years ago and a typed note saying, ‘I am so sorry I took this from you at the airport years ago. I needed money desperately. I have not been able to go a day without feeling bad about this. Now I have righted my wrong. Thank you and God bless you for your assistance that day.’ Can you believe it? My affirmations really helped.”

What is most extraordinary about this story is that Jane had relocated from her original South Dakota address, shown on her driver’s license at the time of the theft, to her current home in a tiny town in Virginia. How did the “thief” ever find her? My friend may never know … but she did know that her highest good would come back to her with the right amount of faith!
Christ within me is my glory. The brightness of the Christ Presence dispels all darkness, and I am filled with life and light.
The Holy Spirit of God is now active in all this work.
Affirming Acceptance

By Steve Maynard

Practicing the presence of God is a moment-by-moment phenomenon as we walk the path of spiritual awareness in everyday life. Sometimes we experience things that seem “too good to be true!” At other times, we encounter situations that are difficult in the extreme—“I can’t believe this is happening to me!” Our challenge in these moments—and for all the ones that fall between them—is to be consciously connected with Divine Presence.

Using affirmative prayer that has a “here and now” feeling to it greatly enhances our ability to stay continuously connected. A two-part affirmation that can be helpful in this regard is the prayer:

*God, I accept things just the way they are.*

*And I accept things just the way they are not!* Amen.

Praying for “acceptance” shifts our focus from a confrontation with the “facts” to a connection with them. As we do this, we begin to come to peace with situations—and become open to truly seeing God in the circumstances that surround us. We open ourselves to see and experience divine order and divine wisdom at work in our lives.

We relax and we let go. We become willing to find deeper meaning, spiritual truth that may at first be
hidden to us. How is God at work here? What is mine to learn? What is mine to do? What are the choices? Am I willing—willing to do what God would have me do?

Accepting is not acquiescing! We are always at the point of choice. Acceptance strengthens our understanding. And, as we gain wisdom, we choose options that are more in alignment with God’s will for us. The power to discern and the freedom to choose are two of God’s greatest gifts to us. As we accept, we see with the eyes of God, and as we practice “Thy will, not mine, be done,” we bask in the grace of God. Thank You, God, for Your abiding love that blesses in every way!

The light of the Holy Spirit illuminates me.
God’s Mirror

By
Margo J. Ford

I wish there were a mirror
Held up to me by the hand of God
Reflecting how He sees me
And affirming I’m not so very odd.

I sometimes stop and wonder
What God would say to me
Were I to sit and ask Him
What good in me He sees.

In times that feel like crises
When faith and trust have flown
I wish I’d hear God saying
“Beloved, you’re My very own.”

So I would always honor
The self that’s deep within
And clearly see myself
The way that I appear to Him.

But deep inside I really know
That I am perfect in His mind
And affirming that I know this truth,
I leave my doubts and fears behind.
“The extravagant gesture is the very stuff of creation. After the one extravagant gesture of creation in the first place, the universe has continued to deal exclusively in extravagances, flinging intricacies and colossi down aeons of emptiness, heaping profusions on profligacies with ever fresh vigor. The whole show has been on fire from the word go.”

—Annie Dillard, Pilgrim at Tinker Creek
The Banquet

By Linda Livingstone

I remember how Aunt Widgie was challenged when the family would eat out. We’d all get our menus and Aunt Widgie would glance at hers with a slightly pained expression. “What are you all getting?” she’d ask us, rather desperately. We’d tell her and then ask her what she wanted. “I don’t know,” she’d say. “I like the sound of the salmon, but I’m not sure. I wonder what would be the best …” If more than one person ordered salmon, she’d order it too. When her baked salmon came, she would barely glance at it. “Oh, dear,” she’d sigh, looking down the table at our dinners. “Your shrimp scampi looks much better than my dish. I wish I’d ordered that instead.” It happened every time we went out.

God’s banquet … Do you ever feel as though life keeps serving you something you don’t really want? Everyone around you seems happy and satisfied, and you feel left out? What did you do wrong? You’re a good person—kind to elderly people and animals—and yet you squeak by from paycheck to paycheck. Your health is not bad but you never feel vibrantly healthy—in fact, you’ve almost forgotten what “radiant” health feels like. You’re still holding onto a thin ray of hope for a meaningful relationship; however, you wouldn’t be surprised if love never came knocking on your door. You’re just not
that lucky. Or smart. Or attractive. You may be at God’s banquet, but you suspect you might be one of the dogs underneath the table rather than one of the special guests. You keep getting the crumbs.

It doesn’t have to be that way for you or sweet Aunt Widgie. All you need is to ask for what you want—put your order in and expect it to be served.

First of all, read the menu. God’s menu is a very special one: There are an infinite number of dishes so you get to choose exactly what you want. However, some people get stuck just reading the menu and fantasizing about imagined dishes. These are people who spend more time reading about God and spirituality than they do experiencing God and God’s banquet.

So choose what you want and ask for it. It’s not a one-time offer. God’s feast is continuous, 24/7. After you’ve ordered, know it’s on its way. No need to feel anxious—your order will not fall through a crack in the kitchen. The chef will not mess up. Everything you order will be served. Guaranteed. When the dish comes, give thanks and eat. You can even order another dish—or even a combo platter. There is no end to the supply.

“What’s the secret?” Aunt Widgie wants to know.

“Affirmations,” I tell her. “Affirmations are the way to put your order in.”

“How do you do affirmations?” she asks me timidly.

“Like this,” I tell her. “You start by deciding what you want. Ask yourself. Tune in to your wisdom center—your intuition. If you’re not sure before you sit down,
consult the menu (spiritual mentors, inspirational books, or a sunset), or if you’re really undecided, have a chat with the Chef and find out what is recommended for you (pray, meditate, talk with God). Then you speak the words—you affirm the rightness of your choice: *I am strong, healthy, and my knees are flexible.* You affirm this fact with certainty, for you know that ‘*with God, all things are possible.*’”

Aunt Widgie looks a bit doubtful. “Will it work?” she asks me.

“It’s not magic,” I tell her. “It’s an affirmation of the *Truth* about your knees—the *absolute* Truth—not the limited, transitory, human appearance. When you state the Truth about anything, you activate the creative energy field (God’s kitchen) and you discover that what you ordered is already on the table in front of you. When you affirm it as a Truth, then you can see it and experience it. You see, you also work in God’s kitchen, for the kitchen is your *consciousness* linked to the God Mind.”

“Oh,” says Aunt Widgie, “well, in that case … *I am a radiating center of divine love, and I am attracting my perfect soul mate.*”

“Way to go, Aunt Widgie!”

“I haven’t finished yet, dear. *I am free, beautiful, and full of dancing energy.*”

“Yes, you are,” I affirm with her and watch her whirl into the good night.

“Let us, therefore, celebrate the festival, not with the old leaven, the leaven of malice and evil, but with the unleavened bread of sincerity and truth” (*1 Cor. 5:8 RSV*).
The spirit of the Lord in me is a pillar of light that shines before me and makes plain my way.
Lessons From a Bird in a Box

By Margo J. Ford

Every winter I look forward to the arrival of the snowbirds, or dark-eyed juncos as they are properly called. I put out plenty of seed for them and for the nuthatches, woodpeckers, cardinals, and other delightful feathered visitors to my various bird feeders.

One day last winter as I stepped out onto the apartment balcony to fill the feeders, I noticed one of the little juncos in the snow, barely moving, unable to fly. Feeling great compassion for the small creature, I emptied a shoebox, placed the bird in the box, and brought it into the warmth of the apartment, out of harm’s way.

As I thought about that little bird, it occurred to me that it must feel really frightened in that totally unfamiliar shoebox environment. Surely that strange, dark captivity must have felt dangerous and life-threatening. The bird’s natural survival instincts were of no use in this place.

After about an hour, I decided that regardless of the outcome, my little feathered friend should be allowed to be in its own natural environment. I carried the box back out to the balcony to allow nature to take its course. I set the box on the balcony railing, and as I slowly lifted the box lid, the small bird inside spread its wings and flew confidently into the woods beyond.

Donna, my apartment mate, and I clapped and cheered as we witnessed this wonderful event. We laughed together as we engaged in a fantasy conversation between
the bird we had just released and its friends in the woods. We imagined the bird telling its friends it had been captured by a fearsome giant, placed in dark captivity, and never expected to taste freedom again. The little bird had no way of knowing that all along it was being protected and lovingly cared for during the “ordeal” it experienced.

Haven’t we all had similar experiences? Maybe we were never literally placed in a box, but we may have felt that we were held captive by some situation in our lives that seemed frightening or hopeless. A job loss, the breakup of a relationship, or a health challenge may have left us feeling helpless and without the necessary resources to cope or to bring about a solution. Fear of the unknown may leave us feeling shaken and immobilized. The strengths we normally count on in normal situations seem inadequate to deal with what we’re facing. Most of all, we may feel desperately alone.

But no matter what our circumstances, we are always in God’s compassionate care. God’s protecting love surrounds us every moment. Freedom from any limiting condition is our natural state, and God’s will for us is to live in joy, harmony, love, and peace.

In trying times, the use of positive affirmations is one of our most powerful resources. Affirmative prayer allows us to escape from the captivity of worry, doubt, and fear. We prepare ourselves for prayer by breathing deeply and becoming completely relaxed. Then in a state of relaxation, we begin our affirmations. Positive statements, such as God is my ever-present source, I am God’s beloved—cared for and protected or Perfect healing is taking place
right now, help us release our fears and experience a sense of complete peace.

At first, we may find ourselves simply saying the words without really feeling their impact or trusting their power. But as we continue to relax and breathe deeply, allowing the words of our affirmations to wash over us, we begin to feel their effect. We actually envision healing taking place in our bodies or imagine the feeling of God’s love surrounding us. As we allow these images to fill us, our affirmations take on a whole new energy. Then, in faith, we turn the circumstances of our lives over to God, knowing that all is in divine order.

Affirmations are like seeds. If we plant such seed-thoughts as *I meet all challenges with confidence and courage*, what will spring up is just what we planted—confidence and courage from within. So we always use our words to create exactly what we want to show up in our lives.

Affirmative prayer is actually the method of prayer Jesus taught us. We can read what Jesus said about that in Mark 11:24, “Whatever you ask for in prayer, believe that you have received it, and it will be yours.” So when we affirm courage, freedom, joy, peace, and harmony in our life—it will be ours.

Just as that sweet little bird was cared for and protected—regardless of how it may have seemed inside that dark box—we, too, are always under God’s compassionate care. In that understanding, I invite you to join me every day in affirming: *I am God’s beloved—free from worry, enfolded in God’s love, peace, and protection.*
The illuminating power of Truth awakens and quickens my consciousness, and I discern clearly.
Finding a Dream

By Erin McCabe

I can remember how my hand felt as I wrote the words. It was as if they were clothed with an air of deceit. Seemingly stealing something that was not mine, I felt embarrassed and undeserving as I wrote down my affirmation. I watched my back to be sure I was not seen while deep within me there was a passion, a yearning. There was integrity in the words beneath the facade—a power, a truth that my heart knew to be strong. The words were pouring forth from my soul.

This was the moment that changed my life. I met my day of opportunity, but I did not know it at the time. Playing small, I had been dishonoring my passion in my heart. Somewhere in my mind I was falling short of believing that I am an expression of the most high, the Divine, and that I am worthy and I can create the life I choose. That was my sin.

In Unity, we say we are punished by our sins rather than for them. The word “sin” is an old archery term that means “missing the mark.” I was missing the mark because I was falling short of my potential. My punishment occurred every time my inner voice said: “I want to do that. I want to be like that. I think I could. But …” and then proceeded to give in to fears, anxieties, and limitations.
The words I wrote that day were “I am a singer-songwriter with advanced guitar-playing skills.” Then with timidity I added “I will have a CD out within a year.”

The year was 1996 and I was participating in a weekend workshop. We were all asked to find a dream, one we thought was too big to come true. Perhaps “ridiculous” would be a good word to describe this dream we were to be looking for.

Following the instructions, I wrote my affirmation and hid it from the people next to me out of fear of their response and my embarrassment. See, I had never written a song before, and I did not even know how to play the guitar. In fact, I did not even own one. So I hovered over that paper, covering the words as I wrote. Then it happened—my nightmare. From the platform microphone I heard, “Now share what you wrote with the people around you.”

“Oh, come on!” I whimpered in my head. But I did it anyway. I wanted this dream to be a reality, and I was willing to be teachable.

A few years later I pulled up at a stoplight on my way to work and suddenly began to cry. I was listening to my first recording, and I instantly remembered the day I wrote these words … “I am a singer-songwriter with advanced guitar-playing skills.”

My dream was no longer abandoned in my mind. It was alive and breathing. My dream became real by the very power of the word, and the universe provided everything I needed along the way. That recording
evolved into my first CD, appropriately titled *Come On*, followed by a second, titled *Believe It*.

The journey from there to here is nothing short of a miracle in my mind. Willing to be teachable, I followed the instructions and stepped up to the plate. And so did the universe. I held the vision that was holding me and conditioned my mind with that affirmation. Funny how it all fits together. Is it synchronicity that, when placed side-by-side, my CD titles read, *Come On, Believe It*?

I am now open and receptive to divine inspiration.
Consciousness Conditioners

By Marge Brown

Affirmations are consciousness conditioners. Through affirming, we focus our attention so that our thoughts and actions reflect our attention, our mindfulness.

Numerous distractions beckon our attention. Disciplining our minds, corralling our thoughts enables us to become masters of our lives.

Using tangible reminders brings our attention to our desires. With our thoughts backed by our feelings and emotions, we cocreate our lives. Focusing our thoughts offers the opportunity to respond to life and not just react to it.

Try these affirmations, or design your very own!

On awakening: Thank You, Creator, for this day.
Guide me in all my activities.

When showering: Let me flow with the energy of this day.

On seeing your reflection in the mirror: I am a perfect child of God. May I see all others in this light.

When putting on your shoes: I step into this day confidently understanding my purpose.

When opening doors: Thank You, God, for the surprises, joys, and miracles today.

When traveling: God is protecting and watching over me and all travelers.

When eating: Thank You, God, for this food. I honor all who have helped bring it to my table. May my body be completely nourished by it.

Some suggestions:

When stopped at red lights: Pray for someone.

When checking the time: Take time and connect with God, if only for a moment.

When relating to the people in your life: Tell them often that you love them.

When exchanging money: Let go freely and lovingly, knowing God is your source.

When enjoying the outdoors: Give thanks for the sun, moon, stars, wind, water, and the Earth.
healthy, I am strong, I am flexible—thank You, God. My joints are improving every day.

Three times a week I swim laps at a community college pool, and I use affirmations similar to my walking ones. This week I have been challenged with communication difficulties in a close relationship, so in the pool this morning I affirmed:

I am loving, I am strong, I am understanding. I am open and receptive to wisdom and guidance. Thank You, God.

Sometimes I affirm the health and well-being of my family members and create different affirmations for each one of them.

If I wake up in the middle of the night and have a hard time going back to sleep, I will repeat a really simple affirmation (one I can easily remember in a drowsy state) like:

God is … I am … God is … I am … I will silently repeat each short phrase on an inhalation or exhalation. This mantra-like affirmation is very calming and helps me align myself with my God-essence whenever my mind is out of kilter.

Utilizing affirmations during my more active times, in conjunction with a physical activity, helps me stay centered and energizes me on every level of my being: body, mind, and spirit.

All things are revealed to me in their perfection, through God.
“Hear, O Israel: The Lord our God is one Lord; and you shall love the Lord your God with all your heart, and with all your soul, and with all your might. And these words which I command you this day shall be upon your heart; and you shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.”—Deuteronomy 6:4-7 (RSV)

Like many of you, I lead a busy life. I have three part-time jobs and go to school full-time. I’ve found that incorporating affirmations into my exercise programs works astoundingly well. It not only reduces the wear and tear on my “sitting” parts (I sit down at school and work at least 4-9 hours a day), but the physical momentum seems to charge the affirmation with extra potency.

When I walk, I create an affirmation that uses the rhythms of my stride. For example, before a grueling oral examination last spring I strode with giant steps and affirmed very boldly: *I let Spirit run my life. I know everything I need to know. I can do all things through Christ who strengthens me. Thank You, God.* With every stride, I affirmed these truths and kept it up for three miles. When I got to school, I felt physically invigorated and mentally prepared.

I have been challenged with aching knees and hips, so I often walk and speak the affirmation: *I am*
Affirmations are marvelous tools for creating change in our lives. When practiced over a period of time, affirmations become deeply ingrained in our consciousness. They are divine ideas that come from God to us through our highest consciousness, where we commune with God.

Many years ago I began an enthusiastic practice of affirming prosperity in my life. For years I affirmed abundance while experiencing no change in my financial affairs. Ultimately, I came to realize that all the while I was avidly affirming prosperity I was firmly holding the belief that there is not enough money to go around.

When we embark on the affirmation adventure, it is important to shine some light on our core beliefs. Because affirmations are divine ideas, or from God, we know they are intended to bring about the highest good in our lives. In order to actually manifest or actualize our highest good, our core beliefs must be in alignment with the affirmation.

For instance, if I am affirming that I choose prosperity for myself and gladly accept all the good that comes to me, I must be willing to implicitly trust that God is my source and is indeed providing all that I desire in order to manifest prosperity in my life. Only when I changed my mind and released my belief that “there’s
The Spirit of intelligence is quickened in me, and I see the light.
I have faith in the illuminating power of God.
never enough” did I begin to experience true prosperity!

The practice of affirmations is a practice that comes out of a deep desire for change in our lives. When we truly are ready and willing to do what it takes to create change, we are ready to set the affirmation process into motion.

In order to do this, we use a divine law called the “law of attraction.” Basically, this law states that we attract into our lives whatever we focus our attention and energy on.

So when we are at the critical point of readiness for change, we put into motion the law of attraction in our lives. That is to say, we earnestly focus our energy and attention on the condition we desire in our lives—seeing it as already in existence. As we align our beliefs, thoughts, words, and actions with this divine idea of affirmation, we magnetize to us the condition just as we have imagined it!

Remember, after all, we are children of God—inheritors of the kingdom of heaven. This divine law of attraction is the underlying field of possibilities when it comes to attracting our good to us through the practice of affirmations. Once we’ve put the law into motion, it is imperative that we keep a sharp spiritual eye out to recognize the opportunities that pour into our lives.

Typically, an affirmation is geared toward something we want to create in our lives—a circumstance that does not currently exist. A key to creating an affirmation is to begin by claiming the condition in the present tense for yourself. For example,
if I desire to create better health for myself, I might affirm it in this way: *I am in perfect health. I choose to exercise daily and to eat nutritiously.* If you are claiming something for yourself with affirmations, it is imperative to begin the affirmation with “I.”

It can be tempting to unwittingly add a future tense to the affirmation. This sets up an unconscious belief that the desired circumstance will indeed remain forever in the future. Note, in the previous affirmation there is no “I am going to,” or “I will.” These are perfect examples of that nebulous future. Affirmations are stated in the present tense.

If daily prayer or meditation is a commitment you are willing to make, you can build an affirmation around that desire. *I set aside 30 minutes daily for communion with God.* Another example might be: *Through daily prayer time, I deepen my spiritual life.*

Once you’ve created the affirmation that is perfect for you, it is important to instill it in your consciousness daily. A daily walk or daily drive time is an opportune time to repeat your affirmations several times.

If you’re willing to see how affirmations can change your life, commit to practicing affirmations for a minimum of thirty days. *I bring about change in my life through practicing affirmations for the next thirty days.* Give it a try—you could change your life!
There is but one Presence and one Power in the universe—God, the Good, Omnipotent.