“A wonderful book for those who are willing to open their hearts.”
Gerald Jampolsky, M.D. Author of Love is Letting Go of Fear

Learn to Tap the Spiritual Power and Wisdom that Lie Within You

WORDS THAT HEAL

Affirmations and Meditations for Daily Living

Douglas Bloch, M.A.

“I wholeheartedly endorse Douglas Bloch’s book on affirmations.”
Words damaged our souls and there are words that heal.
Please read it!”

John Bradshaw, author of Healing the Shame That Binds You
“We are on a journey—a journey of change and transformation. Everything you need to know lies within you.

May the words that follow lead you to your inner guidance and make your path a smoother and more joyful one.”

May they be Words That Heal.

Words That Heal is a blessing in my life.

Betty Sikking, Unity Minister

An inspiring and uplifting guide.
I recommend Words That Heal to anyone who is on the path to recovery.

Casey Chaney, 12 Step Program

I love reading Words That Heal over and over.
Our messages are one and the same.

Jacquelyn Small, author of Becoming Naturally Therapeutic

Words That Heal is a beautiful and inspiring guide. It is tight, well-written and to the point—clearly among the best in its field.

Ken Carey, author of Return to the Bird Tribes

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DEDICATION

This one, at last, is for my mother and father.

ACKNOWLEDGMENTS

The act of creation is one of the most difficult of all human endeavors. Fortunately, many individuals generously donated their time and support to the creation of *Words That Heal*. Although the original inspiration came one November morning in 1980, the book first took form in 1982 during my stay at the Findhorn, a spiritual community in Northern Scotland. In particular, I was influenced by the works of Eileen Caddy who demonstrated how to listen to the still small voice within.

Five years later, on Christmas eve of 1987, I was guided to return to the project. At this critical juncture the support of my friends and editors, Kay David and Ann Garrett, proved invaluable. During the next three months they served as spiritual midwifes, guiding and directing the birth of *Words That Heal*. As the birth process continued, the following people provided additional editorial input: Marzinda Stiles, Robert Wasner, Brian Bergeron, Julie Weiss, Lucy Oxenhandler, Leanne Langford, Cathy Brenner, Diana Stone, Pat Demsey, Marika Plesko, Carol Schaeffer, Betty Sikking, and Mary Allen. In addition, Casey Chaney brought the perspective of the 12-step recovery process to the work.

The written text was greatly enhanced by the book design work of Lin Sanders and the original over illustration of James Cloutier.

Finally, thanks as always go to my wife Joan and to my parents for their continued support of my writing and publishing efforts.
Acknowledgments

Introduction

1. Affirmations: The Art of Positive Speaking

2. Instructions for Using the Main Text

3. The Main Text

4. Epilogue: Reflections on the Transformational Journey

5. Appendix: Sample Affirmations Listed According to Subject.

WORDS THAT HEAL—LIST OF MEDITATIONS

1. When One Door Closes, Another Door Opens
2. Let Go and Let God
3. One Day at a Time
4. I Choose the World in Which I Live
5. Empty Yourself and Receive
6. Don’t Give Up Five Minutes Before the Miracle
7. Alone I Stand United
8. Seek God First
9. Giving is Receiving
10. Everyone is Your Teacher
11. Heaven on Earth
12. According to Your Belief
13. Feel your Feelings
14. Prosperity/Abundance
15. Growth Through Pain
16. A Broken Heart is An Open Heart
17. Listen to Yourself
18. Words That Heal
19. Guidance
20. Count Your Blessings
21. The Universe Wants the Best for You
22. The Challenge of Change
23. Patience
24. Love Yourself
25. Enjoy the Journey
26. You Make a Difference
27. You Have the Power
28. Feel the Fear and Do It Anyway
29. Do What You Love: The Universe Will Provide
30. Give Thanks
31. This Too Shall Pass
32. Death be not Proud
33. Transforming Our World
34. It's All Unfolding Perfectly
35. The Silver Lining.
36. Release
37. Forgiveness
38. The Divinity Within
39. You Can Heal Your Life
40. The Joy of Laughter
41. Think on These Things
42. Judge Not
43. Service
44. Life is for Learning
45. Faith
46. My and Thy Will Are One
47. Ask and You Shall Receive
48. Look to Your Source
49. Simplicity
50. Protection
51. Character is Destiny
52. Love Your Body
INTRODUCTION
How to Use This Book

_Great thoughts come from the heart._
Chinese Proverb

*Words That Heal* is a book of spiritual guidance that is designed to:

* Help you to use the creative power of thought to shape your own reality.

* Provide you with daily inspiration that will raise your spirits and enhance the quality of your life.

* Get you in touch with your inner knowing. For many centuries, humanity depended upon institutions and doctrines to lead it to the experience of our God-consciousness. As we approach the dawn of a new age, we are learning to rely upon our own intuition to experience the divinity within.

The heart of *Words That Heal* consists of a series of 52 passages or "teachings," each of which contains three parts:

1) A Meditation—a short passage that offers thoughts and reflections about a specific subject or life experience. Each meditation will speak to you in its own way, providing support, comfort, insight, and understanding.

2) A series of Affirmations—positive thoughts and ideas that when repeated will help you to transform your negative beliefs and attitudes. For those readers not familiar with affirmations, the text begins with an overview of what affirmations are and how to use them.

3) A Quotation that encapsulates the essence of the teaching.

While it is possible to read the passages straight through as you would a novel, think of the book as a collection of individual stories, each of which tells its own tale and can be approached one at a time.

Refer to *Words That Heal* as you would any other inspirational work. You can consult with it on a regular basis or periodically, whenever you feel the need to go within and access your "secret place of the most high."
We are on a journey—a journey of change and transformation. Everything you need to know lies within you. May the words that follow lead you to your inner guidance and make your path a smoother and more joyful one.”

May they be words that heal.
One of the major elements in Words That Heal are the Affirmations. Before moving on to the text, let’s briefly explore the nature of affirmations and how you can use them to your maximum benefit.

An Affirmation is a positive thought or idea that you consciously focus on in order to produce a desired result. The affirmation is a simple yet powerful tool that can heal and transform your most deeply held beliefs.

Affirmations are based upon the following two principles:

1) Your outer reality is a direct reflection of your predominant thoughts and beliefs.
2) Change your thoughts and you change your reality.

A related principles states:

3) Your thoughts manifest through the spoken ("What you say is what you get") and written word.

For example, a few years ago, I left a secure job to pursue my writing full time. Consequently, I was a bit anxious and apprehensive about how I would fare. To allay my fears, I created the following affirmation: I have the ability to create support for myself in my life.

Once you formulate an affirmation, the first step is to use it and see how it feels. When I gave mine a try, I found that whenever I would repeat these words, either to myself or out loud, I experienced a calmness and confidence and a decrease in my fear. The effect was subtle, but clearly noticeable. During the next few weeks, whenever I felt self-doubt or anxiety, I simply recited the affirmation which created a state of peace and serenity.

More than allaying my fears, I was reprogramming my subconscious mind to believe that I could be competent in the world. This new belief led to corresponding changes in behavior which created the outcome I desired—a series of completed books.

That is the first level of how affirmations work—by making life a self-fulfilling prophecy. When boxing great Muhammed Ali first proclaimed "I AM THE GREATEST", he was a relatively unknown boxer named Cassius Clay. Ten years and thousands of repetitions later, he was hailed as the greatest fighter of all time. Ali had tapped into the power of the affirmation.

Now, let’s take a moment and learn how one can create affirmations.
How to Create Healing Affirmations

Using affirmations to heal your life is a simple and enjoyable process. What follows is a method that I have to be quite effective.

1) **Pick an area of your life that needs healing.**
The topic of your affirmation can involve a relationship, your health, work, finances, peace of mind, etc. For an example, let's choose the area of relationships. Perhaps you have been carrying around some old anger that you are now ready to release.

2) **Decide what you want to occur in that area of your life. What would it feel like if that part of your life were healed?**
In our example, you probably want to let go of the anger and experience peace and forgiveness.

3) **State the desired outcome in the first person.**
As you write your words, keep in mind the following points:

   a) The first and most important principle in structuring an affirmation is to state it in the **positive**. When you say, "I am not angry," the subconscious mind screens out the "not" and hears "I am angry." To prevent this from occurring, rephrase the affirmation to directly state what you want—e.g. "I am peaceful now."

   b) Second and just as important, write affirmations in the **present** tense, as if they were happening in this moment. Thus, you say "I am filled with peace" instead of "I will become filled with peace."

4) **Experience how it feels.** Once you have written your affirmation, say it to yourself a few times and listen to your response. When you have found a good affirmation, you will feel a sense of rightness in your gut. If the affirmation doesn't quite feel right, you can fine tune it by altering one or two words. Thus, "I am experiencing peace," may work better if stated as "I am at peace" or "I am peace."

5) **Repeat your affirmation each day.** Say it to yourself, say it out loud, or write it down. Repetition is the mother of learning.
When you repeat an affirmation, it impresses its thought pattern on your mind and transforms your previously held beliefs. The more you use your affirmation, the more rapid and powerful the healing will be. Soon those words will become a **living** presence in your awareness. Later, you will actually **become** those words. If you repeat the affirmation, *I am peace*, you will **become** peace. When you say, *I am love*, you **are** love.

6) **Turn the final outcome over to a higher power.** How many times have you thought you wanted something, only to realize later that having it would have been a
major fiasco? Oftentimes, we affirm a certain want or desire when in fact the universe has something entirely different planned—something, which is for our higher good. For this reason, I always conclude my affirmations with the following statement: This or something better now manifests for me in totally satisfying and harmonious ways for the highest good of all concerned. This way, I know that my will and the will of the universe are aligned.

Techniques for Further Reinforcing Affirmations

Over the years, I have discovered a number of techniques that can reinforce your affirmations to make them more effective and powerful. Here are some of my favorites.

• Use rhyme. Words that rhyme seem to make a more powerful impression on the subconscious mind than blank verse. This principle is illustrated in the following story.

A man suffering from a physical illness received a healing affirmation from his minister. Soon his condition improved. “I guess that affirmation did the trick,” the minister said when he heard the news. “Well, to tell you the truth,” the man replied, “I lost your affirmation the day after you gave it to me.” “How then, did you heal yourself so quickly?” asked his puzzled friend. The man responded, “Since I couldn’t remember your affirmation, I simply told myself, ‘Oh hell, I’m well.’”

Other rhyming affirmations include, “I play for pay,” “I will Thy will” and “I feel fine when I’m on time.” Experiment and create your own.

• Sing the affirmations to yourself once you have created a rhyme. The great Indian poet Tagore said, “God respects me when I pray, but he loves me when I sing.”

• Place written copies of your affirmations on walls, the car dashboard, the refrigerator—anywhere that will make them visible. One woman sticks her affirmations to the bathroom mirror so that she sees them each morning and evening.

• Make a cassette tape of your affirmation using your own voice. You can play the tape as you fall asleep, upon awakening, or throughout the day.

• State your affirmation while you look at yourself in the mirror. This is a very powerful way of making contact with yourself.

• Incorporate creative visualization with your affirmations. See yourself experiencing the good that you desire in the present moment. Another application of this principle is to make a “treasure map”—a collage of pictures and words that creates a visual presentation of the good you are seeking.
Human beings have many different ways of perceiving. Thus, when you say, see, and feel your affirmation, your mental perceptions are powerfully combined to produce the optimum result.

- Give thanks, before or after your affirmation. This is based upon the principle, whatever you appreciate grows and expands. The affirmation “I am healthy and prosperous” becomes even more powerful when stated as “I give thanks for my health and prosperity.” See if you can feel the difference.

- Create an affirmation notebook or journal in which you can record your affirmations and keep track of your progress over time.

These techniques have been tested over time by friends and students. I encourage you to incorporate them with your own affirmations.

**When Affirmations Don’t “Work”**

Although the principles behind affirmations are universally true, those who practice affirmations often experience mixed results. Here are some obstacles that can block the effectiveness of a good affirmation.

1) **The affirmation is not sufficiently repeated.** Remember, repetition is the mother of learning. Any new thought pattern must be repeated many times before it becomes a mental habit.

2) **The affirmation is not specific enough.** When a friend at a workshop affirmed “I want more money,” the trainer gave him twenty-five cents. The universe will respond in a similar manner unless you are specific and concrete about what you want.

3) **The affirmation lacks a strong feeling element.** A nonchalant approach will not work here. Your affirmation needs to be charged with feeling and intention.

4) **You don’t really believe the affirmation to be true.** In other words, a part of you holds a thought that directly counters the affirmation. Almost everyone who uses affirmations faces this inner resistance. The more healing the affirmation, the stronger the resistance that comes up. As we will see in the pages that follow, learning to deal with this negative self-talk is essential if you wish to successfully use affirmations in your daily life.

**Using Affirmations to Uncover and Release Negative Beliefs**

Part of reprogramming the mind involves uncovering those unconscious beliefs that are blocking expression of the desired state. Remember, your conscious mind is only the
tip of your mental iceberg. The beliefs that create your inner and outer reality are located below the threshold of conscious awareness—known as the subconscious mind. It is here where your childhood memories, experiences and reality-creating beliefs are stored. The power of these subconscious attitudes is illustrated in the following example.

Suppose you want to work with Ali’s affirmation "I am the greatest," in order to build your self esteem. An admirable goal. But, perhaps you have come to believe that you are incompetent. Thus, every time you tell yourself how great you are, your subconscious directly contradicts the statement with what it knows to be true. A typical dialogue is depicted below.

**Conscious Mind:**
I am the greatest.

**Subconscious Mind**
I'm afraid you’re not.

I am the greatest.

In fact, you’re a real loser.

I am the greatest.

You can't do anything right!

The pattern is all too clear. Because your underlying subconscious beliefs portray you as someone who can't get it together, your affirmations fall on deaf ears.

Here's another example.

**Conscious Mind:**
I deserve to be prosperous.

**Subconscious Mind**
Money is the root of all evil.

I deserve to be prosperous.

Money will corrupt you.

I deserve to be prosperous.

You can't hold onto any money.

What makes this process so insidious is that you may not even be aware that your subconscious mind is sabotaging your efforts. You never know why your well-intentioned affirmations continue to fail. Despite your best efforts, you remain stuck in the same self-defeating patterns.

Fortunately, there is a way out—**Make the subconscious conscious.** In other words, bring your most deeply held assumptions about life to the light of day where they can be transmuted into new beliefs.
Using affirmations, the process is deceptively simple. Divide a sheet of paper into two columns. Label the left hand column "Affirmation" and the right hand column "What comes up."

<table>
<thead>
<tr>
<th>AFFIRMATION</th>
<th>WHAT COMES UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am successfully running my own business.</td>
<td>I can't do it.</td>
</tr>
<tr>
<td>I am successfully running my own business.</td>
<td>It's too much work.</td>
</tr>
<tr>
<td>I am successfully running my own business.</td>
<td>You need to be working at a regular nine to five job.</td>
</tr>
<tr>
<td>I am successfully running my own business.</td>
<td>There's not enough money in it.</td>
</tr>
<tr>
<td>I am successfully running my own business.</td>
<td>You need something that provides more security.</td>
</tr>
<tr>
<td>I am successfully running my own business.</td>
<td>No one in your family is an entrepreneur.</td>
</tr>
</tbody>
</table>

Then, after putting yourself in a relaxed and receptive state of mind, write your affirmation in the left hand column. Afterwards, be still and notice what bubbles up from the subconscious mind. This process is similar to free association. In the right-hand column, write down whatever pops up, no matter how irrelevant it may appear.

After repeating this process six or seven times, the right hand column should contain a list of the major negative beliefs and assumptions you hold regarding your affirmation. Here is how it worked for Mary, whose goal was to open a fashion boutique specializing in used clothes.

As you can see Mary now has a clear knowledge of her core beliefs that tell her she "can't" own and run her own business. However, the process does not end here. If Mary continues using this technique, the negatives will eventually exhaust themselves, to be replaced by positive thoughts and feelings that emanate from her Higher Self. For example:
<table>
<thead>
<tr>
<th>I am successfully running my own business.</th>
<th>I have excellent taste in clothing.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am successfully running own my own business.</td>
<td>I know other people who own their own businesses.</td>
</tr>
<tr>
<td>I am successfully running my own business.</td>
<td>If they can do it, so can I.</td>
</tr>
<tr>
<td>I am successfully running my own business.</td>
<td>If they can do it, so can I.</td>
</tr>
<tr>
<td>I am successfully running my own business.</td>
<td>With God, all things are possible.</td>
</tr>
<tr>
<td>I am successfully running my own business.</td>
<td>I know I can succeed.</td>
</tr>
</tbody>
</table>

Now we're getting somewhere. You can see that Mary's negative beliefs are being replaced by positive attitudes that will draw to her the good she desires.
HEALING YOURSELF THOROUGH YOUR OWN AFFIRMATION

Each of us has one or more core issue to deal with in the course of a lifetime. Much of our spiritual growth occurs through healing and transforming these lifelong challenges. Since the root of mental and emotional blockages resides in the thought, affirmations are an excellent tool to change these ingrained patterns.

Take a moment and reflect upon a specific core issue in your life that you wish to heal. To identify one, it may help to think in terms of the following categories: Self—Esteem, Love and Relationships, Health, Work/Vocation, Prosperity, Creative Self-Expression, and Spiritual Development.

Once you have identified your issue, pick an affirmation whose message contains a resolution of that challenge. For example, if your primary concern is learning to trust, your affirmation might be, "I live in a safe and loving universe." You create your own or refer to the list of affirmations that follows.

Take a moment, and write down your core issue and its healing affirmation below or on a separate piece of paper.

MY CORE ISSUE:

THE AFFIRMATION I WANT TO USE TO HEAL THIS AREA OF MY LIFE.

Now it is time to work with the affirmation in depth. Start by repeating it to yourself throughout the day. Write your affirmation down and post it in your home where you will be sure to see it on a regular basis. To clear away any negative conditioning, use the technique you learned earlier where you divided a sheet of paper into two columns and allowed your negative beliefs to surface and be released.

What happens if you find that you continue to get negative responses? Ask yourself the following questions:

1) How did I come to obtain my self-defeating beliefs? Who communicated them to me?
2) Is there any truth to them?
3) Do I still want to hold onto them?
Once you realize that you have a choice in the matter, you can keep the beliefs which are supporting you, and release those which are causing you pain. If, however, they are extremely deep seated, you may need to seek out a therapist, counselor, priest, minister, rabbi, friend—anyone who can serve as guide to assist you though the process of growth and change.

Be patient, persevering and persistent. Over time your affirmation will take on a life of its own, transforming your inner reality according to the words you have spoken.

I encourage you to work with affirmations. *Words That Heal* was written in order to teach how language can be used to heal and transform our lives. I can think of no better and simpler way to apply these principles than by using affirmations in your daily life.
PART II
INSTRUCTIONS FOR THE MAIN TEXT

The following 52 "teachings" comprise the main text of Words That Heal. Each teaching contains three parts:

1) A Meditation—a short passage that offers thoughts and reflections about a specific subject or life experience. Each meditation will speak to you in its own way, providing support, comfort, insight, and understanding.

2) A series of Affirmations—positive thoughts and ideas that when repeated will help you to transform your negative beliefs and attitudes. For those readers not familiar with affirmations, the previous chapter provides an overview of what they are and how to use them.

3) A Quotation that encapsulates the essence of the teaching.

While it is possible to read the passages straight through as you would a novel, think of the book as a collection of individual teachings, each of which tells its own tale and can be approached one at a time.

SELECTING A PASSAGE

When you are ready, pick a comfortable spot in your environment. If you make a habit of meditating, you can use your normal meditation area. Otherwise, find a space where you will not be disturbed for a period of time.

Next, choose your passage. People have found various ways of accessing the text. Here are a few ideas to consider:

1) Start with the first passage and read the rest in order. Since there are 52 in all, you can focus on one for each week of the year.
   2) Look through the Table of Contents and choose a theme that best reflects the important issues you are now facing.
   3) Open the book at random, and read what is in front of you.

The latter method, called dowsing, is my favorite. I find that I invariably turn to the teaching that is just perfect for them at that point in time. Try it and see what happens!
Once you have selected your passage, you may want to repeat a simple prayer or invocation that will place you in the receptive frame of mind for the reading. One example is:

As I enter this meditation, I affirm that the Divine presence fills my body, mind, heart and soul. From this place of higher knowing, I now receive whatever wisdom, guidance, or healing I need at this time.

Now glance at the meditation, affirmations, and quotation. As they were designed to function as whole unit, you can read them in order. Or perhaps, one section may appeal to you more than the other. Let your intuition be your guide, drawing to you whatever words you need to hear.

Allow your mind be open to the fruits of the spirit—thoughts of peace, comfort, serenity, and joy. You may also experience a sense of clarity, especially if you are using this process to receive guidance or direction on some point.

At any time, you may wish to write down any insights in a separate notebook or journal. If you are inspired to create your own affirmations, you can write them down in the space provided or in your notebook/journal.

Dealing With Negative Emotions

Sometimes, old thoughts and feelings may bubble up from your subconscious mind that represent unresolved, painful experiences from the past. If this occurs and you begin to feel some discomfort, allow yourself to experience your feelings as they arise. After awhile, they will diminish in intensity until they disappear. Experiencing and releasing old pain is part of the healing process.

If, however, any thoughts or emotions come up that are overly unpleasant, you may need the aid of a friend, counselor or therapist to process these unresolved feelings. There are many such trained “guides” who offer the knowledge and experience to assist you on your transformational journey. An inspiring discussion on the role of psychotherapy as a tool for spiritual development is contained in M. Scott Peck’s The Road Less Traveled.

The Higher Power


As there are many ways of describing this cosmic energy, feel free to think in those terms that feel most comfortable to you. If you were brought up in a traditional setting,
the word God may feel just fine. If, on the other hand, you rebelled against this upbringing or were raised in a secular home, you may be more comfortable with a neutral term like Higher Self or Infinite Intelligence.

The important thing to remember is that these terms are all describing an essence that is beyond any words, thoughts, or concepts you might have.

The universe is intelligent, loving and wants to communicate with you. In the following pages, you will have the opportunity to directly experience that part of your "self" that is ready to guide, direct and heal you.

Now begin.
1. WHEN ONE DOOR CLOSES, ANOTHER DOOR OPENS

When one door closes, another door opens. Patience, perseverance and persistence.

There comes a time along the spiritual journey when something we cherish must come to an end. Perhaps a meaningful relationship is terminated. Perhaps some opportunity we sought suddenly becomes unavailable. Whatever the circumstances, we feel shut out from a good that we desired.

When this occurs, do not despair, for the Infinite has not forgotten you. You have experienced loss for one reason and one reason only—so that you may receive an even greater good.

Nature abhors a vacuum. What is true in the physical world has its parallel in the spiritual world. You can't release something without gaining something in return. The universe longs to fill your void, replacing sadness with joy, loss with gain, death with rebirth.

What then is your task when a door is closed before you? First, release your attachment to the way it was, or the way you wished it to be. Your Higher self has prepared a far greater gift for you. Then affirm to yourself, “When one door closes another door opens. I expectantly look forward to the good that awaits me.”

Be patient, for it will come in the twinkling of an eye.

Affirmations

1. I release the past and eagerly look toward the good that awaits me.

2. I release my prior expectations and eagerly look toward the good that awaits me.

3. I have faith that I will be guided to my next step.

4. Although I grieve for what I lost, I have faith that a greater good lies before me.

5. A new door in my life stands open before me.

6. Your own

Words To Consider

They that sow in tears shall reap in joy.

Psalm 126.5
2. LET GO AND LET GOD

Our spiritual growth requires that we face many challenges and trials along the path, in order that we may be strengthened and purified. Although we must meet these tests face on, we do not have to face them alone. We have the reassurance of one who said, “Cast all your burdens upon me, for my yoke is easy and my burden is light.”

When you call upon the source of all things and let it work through you, you have tapped into the very power that created the universe. Think how much more you can accomplish with this force as your ally.

As you cast your burdens over to that Higher Power within you, obstacles that seemed surmountable are overcome. The road ahead becomes clear. With the Infinite as your partner, there is nothing you can't accomplish. With God, all things are possible.

Letting go and letting God requires faith. There is only one way to develop this trust—by stepping out and experiencing the results. In order for the universe to support you, you must give it a chance to do so.

Now is the time to release your fear and move forward. Take that first step into a new way of life. Let go and let God, and experience that loving support which is your birthright.

Affirmations

1. I allow Infinite wisdom to direct and guide my way.

2. When I let go and let God, everything works out.

3. Not my will, but Thy will be done.

4. I surrender to my Higher Self, asking what "it" wants me to do.

5. The universe nurtures and supports me at all times, and in all places.

6. Your own

Words To Consider

What the caterpillar calls the end of the world, the master calls a butterfly.

Richard Bach
3. ONE DAY AT A TIME

One of the most important lessons of the spiritual life is that of trust. We must learn to trust in ourselves and trust in the universe. There is no better way of developing this faith than by living one day at a time, fully immersed in the present and attentive to your inner voice.

There was a man who was experiencing a great deal of pain in his life. At first, he focused on getting through each week. Then, as the pressure increased, he strove simply to survive each day. Finally, as the test came to a climax, he focused on holding on for each hour. That is how he lived, sixty minutes at a time. Each hour that passed represented a glorious victory, until the time came when he ascended out of the darkness and into the light.

Whether you are experiencing a period of calm or a time of transition, you can live one day at a time. Focus solely on the moment, taking no thought for tomorrow. If what you are doing now feels right, trust the process and continue with it. And when the time comes that you are called upon to make a change, listen to your inner voice, and the next message will appear at the exact moment that you need it.

As you begin to live in the present moment, you will experience a subtle but profound change. Worrying about the future will cease. A deep peace will enfold you, a peace that says, “All is well. There is nothing to fear. Everything is unfolding according to plan, and I am being guided each step along the way.”

Affirmations
1. I focus fully on the present moment; the future takes care of itself.

2. Focusing on the present heals my fear of the unknown.

3. I am in full communication with my inner guidance.

4. Whatever I am ready for, is ready for me.

5. Living one day at a time brings me peace, joy and serenity.

6. Your own

Words To Consider
Life must be lived forward but can only be understood backward.
Kierkegaard
4. I CHOOSE THE WORLD IN WHICH I LIVE

Of all the gifts you have been given, your ability to choose is the most precious. Through the use of your free will, you are able to participate with the Infinite in the act of creation. You are called to be a co-creator with God.

One of the most important benefits of being a creator is that you experience the consequences of your choices. This is the primary way that you grow and evolve to a higher awareness. When you make choices that are in alignment with your highest good and that of others, you experience pleasurable consequences. If however, you go against the grain of your Divine nature, you experience painful results. Through this gradual process of trial and error, you learn to choose only the good.

Take a look at the condition of your world—your health, finances, relationships, vocation—and you will see the results of the choices you have made. If you are dissatisfied with any of the conditions you see about, you have the power to change them. There is no one else who can assume that responsibility for you.

The greatest benefit of choice is your ability to choose how you will respond to a given situation. Perhaps you have experienced a personal loss, an unexpected illness, or some other apparent setback. Choose now to bless the situation, and see it as contributing to your highest good. Search out for its meaning, and you will discover a spiritual teaching that will more than compensate for your present pain.

“I choose the world in which I live.” What a joy, and yet what a responsibility! Accept your Divine inheritance and use your free will to create Heaven on earth.

Affirmations
1. I am the captain of my fate, I am the master of soul.

2. I use my creative power to bring only the best into my life.

3. As the writer and director of my own movie, I can change the script whenever I wish.

4. I assume responsibility for me.

5. I choose to see the best in every situation.

6. Your own

❤

Words To Consider
It matters not how strait the gate,
how charged with punishment the scroll.
I am the master of my fate,
I am the captain of my soul.
William Ernest Henley
5. EMPTY YOURSELF AND RECEIVE

There is a story that goes as follows. A Japanese monk went to vest his venerable teacher to receive some words of inspiration. Before they sat down, the Master offered his pupil some tea. As the Master poured, the pupil's cup filled and began to overflow onto the floor. “Why are you continuing to pour?” cried the student. “Can’t you see that the tea is spilling all over?” The teacher replied, “Your mind is like that cup. How can I put in anything new unless you first empty it of all of its contents?”

You are like this cup. To receive the awareness of the Divine, you must strive to empty your mind and your heart of all your human thoughts and prejudices. As you begin to empty yourself totally, you will make room for that Higher Power to enter. Like spring waters rushing to replenish an empty lake, feelings of peace, joy, serenity, and love will fill the silence of your being.

"Be still and know that I am God," wrote the psalmist. Take a moment now to be silent. Quietly repeat to yourself, “I open my heart and mind to receive the presence of God.” Then listen. In the stillness that follows, you will experience a fullness of spirit that you have never known before.

Affirmations

1. I make myself an empty vessel to receive the spirit of God.

2. I am ready, Lord, to receive Thy spirit.

3. I can tap into my inner guidance at all times and in all places.

4. My inner voice communicates with me clearly and willingly.

5. In my stillness, I experience a deep and joyous peace.

6. Your own

Words To Consider

*Be Still and know that I am God.*

Psalm 46:10
6. DON'T GIVE UP FIVE MINUTES BEFORE THE MIRACLE

The journey to higher awareness is not a direct flight. Challenges, struggles and tests confront the traveler along the way. And eventually, no matter who you are or how far you have come along the path, you must eventually experience your "dark night of the soul."

If you are facing such a period, let these words console you:

What Goes Down Must Come Up

There can be no death without rebirth.
Every ending is followed by a beginning.
The experience of hell is a precursor to the glory of heaven.

The ancient Phoenix bird was consumed in its own ashes only to rise again. Christ was crucified only to be resurrected. The process of death and rebirth is universal. Your case is no exception.

Yes, you are in pain. At times the feelings of despair may be so great that you feel you can no longer continue. Nevertheless, the prescription is simple; hang in there! Be patient. Soon you will find a way to rise out of your ashes and spread your wings like a soaring eagle. The joy that awaits you is far greater than the pain you are experiencing.

Don't give up five minutes before the miracle!

Affirmations

1. What goes down must come up; I know this to be true in my life.

2. I am in the process of being reborn.

3. I can sense the light at the end of the tunnel.

4. I can feel the sun coming over the horizon.

5. I expect a miracle to occur at any moment.

6. Your own

Words To Consider

“Never are we nearer the Light than when the darkness is deepest.”

Vivekananda
7. ALONE I STAND UNITED

No matter how alone you may be right now, realize that you are never truly alone! For the presence of God dwells within you at all times. Whether you find yourself on an ocean beach or in the midst of a modern city, at a social gathering or sitting by yourself, you can call upon that indwelling presence. Once you have joined with that inner divinity, you will never feel separate again.

In the Divine presence, you live, move and have your being. When you are truly immersed in this presence, you feel whole, complete, connected and loved. Nowhere is this feeling more important than in times of loss on the material plane. Perhaps something or someone whom you depended upon has left. A hope, wish, or dream has been dashed. Yet, in the midst of the emptiness, one relationship remains. One friend beckons from within you. One bridge will never be dismantled.

You are like the man who while walking along the beach, saw two sets of footprints, one his own and one belonging to God. Yet, during his lowest and saddest times, he saw only one set. Thinking he had been abandoned, the man cried out and asked why he had been deserted. The Infinite replied, "I would never leave you. When you saw only one set of footprints, it was then that I carried you."

Close your eyes and experience that connectedness. Feel the peace and serenity that comes from drinking from a fountain whose waters will eternally quench your thirst. Alone you stand united.

**Affirmations**
1. I am connected to the infinite intelligence of the universe.

2. Wherever I am, God is.

3. I experience the presence of God within me.

4. I am one with Divine love.

5. The universe nurtures me at all times and in all places.

6. Your own

Words To Consider

“Lo, I am with you always, even unto the end of the world.”

Matthew 28:20
8. SEEK GOD FIRST

Often times we think of our spiritual life as secondary to the concerns of the "real world"— work, money, family, relationships, health, etc. But, in reality, it is just the opposite. When you make our spiritual life your first priority, then all other priorities fall into place. When you raise your consciousness to a higher awareness, you become a divine magnet that attracts all desired and needed things to you.

Nowhere has this principle been more beautifully demonstrated by the story of Solomon. One night God appeared in a dream and said, "Ask. What shall I give you." Instead of requesting riches, fame, or power, Solomon asked for "an understanding heart." The Divine was so pleased by this request that it responded "Behold, I have done according to your words; see, I have given you a wise and understanding heart ... and I have also given you what you have not asked: both riches and honor so that there shall not be anyone like you among the kings all your days."

Solomon asked for spiritual discernment and received both wisdom and material prosperity. He focused his mind on the inner kingdom and all else came to him. The same riches are available to you if you put your spiritual development first.

Affirmations

1. I am eternally connected to the infinite intelligence of the universe.

2. I commune with God first in the temple of silence; then health, prosperity, and wisdom are drawn to me.

3. Union with God is my primary goal.

4. I am one with Divine love.

5. When I make God my highest priority, all other priorities fall into place.

6. Your own

Words To Consider

"Seek ye first the kingdom of heaven, and all these things shall be added unto you."

Matthew 6:33
Rather than being a fixed entity, the universe is a dynamic, flowing, moving stream of energy. When you give of yourself unconditionally, you create a temporary imbalance that must be corrected. Like the molecules of air rushing in to fill a vacuum, the universe strives to replace the good you have given out.

Often, the flow will come back from a totally unexpected source. For example, you may spend a day helping Mary move into her new home. Six months later when it is your turn to move, Mary may be unavailable to help you, but John calls and offers his assistance. A year later, John receives some much-needed support from Richard. And so on. Like the angels of Jacob's ladder, we are one, interconnected spiritual chain, reaching up to God.

There are many ways to give. You can give of your time, your money, your talents, or yourself. There are many people to whom you can give—your family, friends, or those in the human family whom you do not know. It doesn't matter how you do it; the principle is the same. Every time you extend yourself outward, the universe extends itself to you. Whenever you put another first, the universe puts you first. The more you give, the more you receive.

Strive to reach out and take the hand of the soul next to you. As you extend yourself in love, you will be uplifted to a new state of joyful awareness.

**Affirmations**

1. The more I give to others, the more the universe gives to me.

2. There is enough to go around for everyone, including me.

3. Divine love in me blesses all that I am, all that I give, and all that I receive.

4. My cup runs over. I have more than I need, and so I share with my world.

5. Every dollar I contribute to others comes back to me multiplied.

6. Your own

❤

**Words To Consider**

“You can have everything you want, if you just help enough other people get what they want.”

Zig Ziglar
10. EVERYONE IS YOUR TEACHER

In the school of life, everything that happens to you is a teaching, and everyone is your teacher. Think of your experiences as coded messages that are telling you, "There is something here I have to learn; I need to grow and expand my awareness."

An excellent example is illness. When you catch a cold or the flu, the universe is often saying, "Slow down! Take it easy; go inside for awhile—you need to rest and focus on your inner world." If you pay attention to these messages, the universe will only have to nudge you when it wants your attention; if you ignore the small hints, life will confront you in the form of a crisis.

Of all the teachings you receive, the most important lessons come through other people—specifically those closest to you—parents, children, spouse, friends, and co-workers. Through these close relationships you learn the most valuable lessons of all—love, patience, sacrifice, generosity, and forgiveness.

Often your most important teachings arise from those individuals and situations that are the most difficult. Look around at your life. Who or what is presenting you with the most problems? How are you responding to this challenge? Instead of remaining angry or frustrated, bless the situation or person. Ask that higher wisdom may reveal the meaning of the experience and lead you to a healing.

There is no experience in life that does not provide you with a special gift. Ask to receive it, and the gift will be yours.

**Affirmations**

1. Everyone is my teacher.

2. I learn something valuable from each person I meet.

3. I rejoice that I am constantly given the opportunity to grow in love.

4. There are no bad experiences—only chances to learn.

5. Divine wisdom reveals the inner meaning of each of my experiences.

6. Your own

   ❤

   Words To Consider

   “Listen to others, even the dull and ignorant, for they too have their story.”

   Desiderata
11. HEAVEN ON EARTH

Often times you may wonder, what can I do to bring peace and harmony in the world? The answer is clear—bring heaven down to earth.

Creating heaven on earth means shining light into your world, taking the mundane and making it sacred. Your spiritual path has provided you with a set of principles by which to live your daily life. Now is the time to become a living example of those principles until every aspect of your life is an expression of Divine love.

In prior times, those who wished to work on their spiritual development retreated from the world—entering monasteries and cloisters. But now, we are being called upon to fully immerse ourselves in matter in order to transform and heal the planet. We are to be in the world but not of the world.

As you channel the qualities of the spirit into your daily life, you will draw to yourself other people who are doing the same. Gradually, you will realize that this process is forming a chain reaction, so that one soul at a time, the entire globe is experiencing a spiritual rebirth. Rejoice, for the time of awakening is at hand.

Affirmations

1. I am a channel for infinite intelligence to do its work on earth.

2. Every one of my experiences brings me closer to God.

3. Higher wisdom expresses itself in all aspects of my daily life.

4. My inner peace enfolds the entire planet.

5. My life is a perfect demonstration of the principle of Divine love.

6. Your own

❤

Words To Consider

“To see the world in a grain of sand and heaven in a wildflower, Hold infinity in the palm of your hand and eternity in an hour.”

William Blake
12. ACCORDING TO YOUR BELIEF

How many times have you affirmed some good that you desired, (a fulfilling relationship, a better job, a new home, etc.), but never received it. This is because deep inside, you believed that you weren't worthy. According to your belief, so it is done unto you.

Think of the universe as an ocean. You may approach the ocean for water with a teaspoon, or you may use a bucket. The ocean in its vastness doesn’t care how much you take from it. It has more nourishment to give than you could ever require. What defines the amount of water you receive is the size of the container that you bring. What defines your supply is what you can accept in your innermost heart.

Ask yourself now, “What am I bringing to my universe? Is it a teaspoon, a bucket, or a ten gallon jar? What led me to decide which container I was going to bring? What do I think I deserve?”

The universe wants to provide for your every need. Your task is to uncover and transform those limiting beliefs that have prevented you from accepting the good that is your birthright. To do this, you must learn to love yourself as much as you are loved by the Divine. When you have achieved self-love, success, prosperity, and abundance will open before you.

Affirmations

1. I am worthy to receive the unlimited offerings of the universe.

2. I claim my inheritance of Divine love and abundance.

3. Whatever I am ready for is ready for me.

4. I deserve to be prosperous and successful.

5. I deserve to be happy. I deserve love.

6. Your own

Words To Consider

“They can, because they think they can.”

Virgil
13. FEEL YOUR FEELINGS

Feel your feelings. It seems like such a natural thing to do. Yet, many of us hold our feelings back. Perhaps we were criticized when we expressed them as a child. Others are afraid that they will become overwhelmed by their feelings and lose control.

But there is a better way, a better approach. It is based upon a universal rule about feelings:

When you experience feelings, they disappear; the more you resist them, the more they persist.

There are no good or bad feelings. A feeling is just a feeling. The so called "negative" ones—anger, fear, hurt, sadness, grief and despair—are not harmful. It's only your acceptance or rejection of them that causes you to think in these terms.

Relax now and let some of those old feelings come up to the surface so that you can experience them. Move towards the emotion—and watch it melt. Use your pain as a meditation. Breathe into it. Surrender to it, and it will disappear.

As you go through this process, and release blocked emotions from the past, you will experience a greater vitality in your body and spirit. Because you are not expending extra energy to deaden the pain, you will feel more alive than ever before. You will be a clearer and more open channel for the creative power that is within you.

Affirmations

1. All of my feelings are valid
2. It feels good to feel
3. It is safe to feel my feelings.
4. My feelings give me vitality, energy and strength.
5. I joyfully move toward my feelings, knowing they are my friends.
6. Your own

❤

Words to Consider

"Emotions are like waves. Watch them come and go on the vast ocean of existence."

Proverb
14. ABUNDANCE

Look out to the natural world that surrounds you—the bountiful earth, the vast oceans, the expansive sky, the infinity of stars. You live in an abundant universe.

Where does this abundance come from? It comes from the creative power that formed the universe—from God, Infinite intelligence, Divine spirit. The awareness of this Infinite intelligence as it exists within you, is the key to experiencing abundance in your personal life. Since your connection to this Source is unlimited, your potential supply is also unlimited.

The main factor that limits your supply is how much you think you deserve. A lack of prosperity in your life merely reflects your limiting beliefs about what is possible. Open yourself to the abundance that is rightfully yours.

Perhaps you believe in a world of scarcity—that there is only so much to go around. “If I have more, others will have less,” you think. But the physical world manifests from creative thought, and since creative thought is limitless, so is the potential supply—for you and for everyone else.

The pleasures of the physical world are yours to enjoy, as long as you don't make them your master. Place your spiritual development as your first priority, and whatever you need to complete the journey will come to you.

Affirmations
1. I believe in God as the Source of my infinite supply, which manifests through my life as abundance and prosperity on all levels.

2. God in me is my unlimited and overflowing supply of every kind of good.

3. I have more than I need, and so I share with my world.

4. My prosperity contributes to the prosperity and well being of others.

5. The universe provides for my every want and need.

6. Your own

Words to Consider

"The only thing you will take through those pearly gates is what you’ve given away."

Marcia Moore
15. GROWTH THROUGH PAIN

While the fruits of the spiritual life are joy, love, peace, and harmony, one must also face tests and challenges, and overcome inner and outer temptations. How else can we develop our spiritual muscles unless we have to use them? As you have no doubt heard it repeated, no pain, no gain.

Pain is a marvelous feedback mechanism provided by the universe. Pain tells you that something is out of balance in your life, and that you must make the necessary changes to restore that balance.

Pain also helps you to develop a closer relationship with God. They say in Alcoholics Anonymous that one has to hit rock bottom before he or she is ready be helped. It is the same for you. In times of despair, when you realize that your own efforts can no longer sustain you, you become open to asking for help from that higher power. And it is in these moments that you can hear the inner voice responding, “I am here to help.”

Now think back to the times in your life that were the most painful, the most difficult. Recall those moments when you suffered or lost the most. Consider what you learned from these occurrences; evaluate the growth that you experienced. Are you not a more compassionate, wise and understanding person as a result of what you went through?

Compare this to a time when all was going well, when your feelings of pain were at a minimum. Which of the experiences produced the greater growth and transformation in your life?

Invariably it will be the “painful situation” that has truly blessed you, that has opened your heart and made you a more loving human being.

Affirmations

1. I thank the universe for providing me with opportunities to grow and to transform.

2. A broken heart is an open heart: my heart has been opened by my pain.

3. I am a stronger and wiser person because of my tests and challenges.

4. Better the pain, than to remain the same.

5. I see all problems as disguised opportunities.

6. Your own

Words to Consider

“The depth of darkness to which you can descend and still live is an exact measure of the height to which you can aspire to reach.”

Laurence Vander Post
16. A BROKEN HEART IS AN OPEN HEART

There is no pain quite like that of a broken heart. The experience of loss in love wounds us like no other. In the midst of our pain, we cry out, wishing there were something to take the hurt away. But there is nothing. There is no cure for a broken heart except for that universal healer, time.

If there no cure for a broken heart, neither is there a guaranteed way to avoid having one. The more you risk, the more people you grow to love, the more you are going to lose. And yet, whenever your heart is broken, you receive a blessing — your broken heart becomes an open heart.

When we experience sadness and grief, something unexpected emerges. When we allow ourselves to be broken, a gentle transformation takes place. In the midst of the pain, we feel a softness and vulnerability that are truly beautiful. We become more accepting and open. Judgment and criticism are replaced by a compassion for others and an acceptance of life the way it is.

Think back to a time when your heart was broken. Remember what it was like to feel sadness and grief. Remember also, how your heart was opened. If you did not experience this opening then, see if you can allow it to happen now.

You were born to grow in love and understanding. By keeping your heart open and allowing it to experience both joy and pain, you will fulfill your highest destiny as a human being.

Affirmations

1. I open myself to love.

2. I am willing to risk myself in love.

3. My vulnerability is my strength.

4. I open myself to loving and supportive relationships.

5. A broken heart is an open heart; when my heart breaks, I become more loving.

6. Your own

Words to Consider

"Tis better to have loved and lost than never to have loved at all.”

Tennyson
17. LISTEN TO YOURSELF

We live in a world that is undergoing a rapid transformation. The time has come where the old rules and guidelines are no longer valid. There is only one source of information and guidance that you can depend upon—the voice of divinity within you.

The prophet Elijah was instructed to go to the mountain top to speak with God. When he arrived, he discovered that the Divine presence was not in the earthquake, nor in the wind, nor in the fire, but in "a still small voice."

It is the same for you now. You have access to that inner voice. You can become a channel for that higher power. But first you must get quiet, listen, and follow the instructions that you hear.

When you first begin to listen, there will be competing voices—the voices of your programming and conditioning from the past. How can you distinguish between them and the voice of your higher self? The key is to act on what you hear and see what happens.

When the voice you follow is truly that of your intuition, you will feel more energy and vitality. Doors will open for you where you would not have expected them. A deep peace will accompany you in all that you do.

If, however, you ignore your inner voice and succumb to messages from the outside, you will experience less energy as well as confusion instead of clarity, blocks instead of flow.

You know what is best for you. Listen to yourself. There is no one else to follow.

**Affirmations**

1. I am a clear and open channel for the power of the universe.

2. I am constantly attuned to the voice of divinity within me.

3. I listen to myself, and confidently act upon what I hear.

4. As I act on my intuition, all parts of my life fall into place.

5. When I follow my inner voice, the universe supports and nurtures me.

6. Your own

❤

**Words to Consider**

"Let us be silent, that we may hear the whispers of the Gods."

Emerson
Throughout the ages, mystics have recognized the power of the spoken word to bring ideas into physical manifestation. What you say is what you get. This is why affirmations are so powerful. Through the repetition of a word or phrase, you set up a field that attracts the desired condition to you.

If you knew the power of your words, you would be very careful about what you say. Have you ever repeated to yourself, "Why is it that I can't succeed? Why can't I ever seem to get what I want?" Such negative self-talk creates the very condition you are trying to avoid. As the prophet tells us, "Thou art ensnared by the words of thy mouth."

When we talk negatively about other people, our words have a detrimental effect on all concerned. Perhaps this is why our parents told us, "if you can't say something positive about someone, then don't say anything at all."

Words are very potent; they can be used to create a variety of outcomes. There are words that hurt, and words that heal. Take inventory now, and ask yourself, "What am I talking up in my life? What am I affirming?"

There is creative power in your every word. Use that power to draw the very best into your life and into the lives of others.

**Affirmations**

1. I affirm only the best for myself and others.

2. My words are positive, healing and nurturing.

3. I use the creative power of my words to manifest the good that I desire.

4. My word is my wand, attracting to me all good things.

5. I feast on positive words and ideas. I fast from negative emotions.

6. Your own

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   **Words To Consider**

   "*Keep your words sweet, in case you have to eat them.*"

   Proverb
The times they are a changing. During this period of uncertainty, many of us are seeking reliable ways to receive guidance and direction in our lives. But with our familiar signposts in chaos and turmoil, there is only one certain way to obtain the guidance we seek—go within.

In seeking guidance, you are really asking the universe to "show you the way." A lovely way to request this direction is to affirm, "I want to do what God wants me to do" This statement will cause your higher wisdom to communicate its intention to you. Then, your task is simple—listen to and follow its instructions.

Sometimes what you receive will not always be what you (your ego) wanted to hear. Don't let this bother you; your intuition, not your ego, knows what's best for you. Many times, your instructions will not "make sense" at the time. Again, don't be concerned; your intuition doesn't function through logic, but through what "feels" right.

When you receive guidance, you will probably be told to take a single step. Rather than being shown the final outcome, you will be guided each step along the way. This is where you must exercise your faith. Trust that you are being lead in the right direction and that everything will work out. The universe wants you to succeed. The universe wants the best for you.

As you follow this procedure, your guidance will become clearer and more defined. While the outer world continues to rock to and fro, you will retain that inner calm and security that comes from following that Higher Power within you.

**Affirmations**

1. I want to do what the Universe wants me to do.

2. I want to do what my Higher Self wants me to do.

3. The Divine Presence fills my body, mind, heart and soul. From this place of higher knowing, I see all things clearly.

4. God’s wisdom illumines me, casting light on my path.

5. All things are working together for good in my life.

6. Your own

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Words To Consider

“The Lord is nigh to all who call upon him, to all who call upon him in truth.”

Psalm 145:18
20. COUNT YOUR BLESSINGS

Everyone alive has problems. These challenges stimulate us to grow and to transform. But in focusing on what’s "wrong" with our lives, we often forget what’s right.

In fact, there is a great deal that is right. Consider your health. Your body is a marvelous vehicle that allows you to experience the miracle of life. Yet, most of the time, you take it for granted.

If you have a loving family, a fulfilling primary relationship, or a close friendship, you are fortunate indeed! For loneliness and alienation are everywhere in the world.

And what about your material circumstances? Perhaps you may not be able to afford everything you want, but you have food to eat, clothes to wear, and a roof over your head. Many millions of people are not as fortunate.

Turn now to your own life and count your blessings. Take inventory of all that you have to be thankful for. Ask yourself, "What good in my life have I been taking for granted?" No matter how many challenges you are facing, you can find some aspect of your life for which to be grateful.

One at a time, review your blessings. Write each one down and affirm it daily. As you take stock of these riches, you will feel a lightness of heart that comes from knowing how blessed you truly are.

**Affirmations**

1. I give thanks for the countless blessings that I experience in my life.

2. I am blessed in all ways.

3. My life overflows with every kind of good.

4. I am endowed with abundant health, wealth, love and creative self-expression.

5. I give thanks that the universe is fully behind me.

6. Your own

   ❤

   **Words to Consider**

   “Count you blessings, not your crosses; count your gains, not your losses.
   Count your joys instead of your woes, count your friends instead of your foes.
   Covet your health, not your wealth.”

   Proverb
21. THE UNIVERSE WANTS THE BEST FOR YOU

The Infinite Intelligence in which we live, move and have our being is essentially good. Or, as the apostle John puts it, "God is love, and he who dwells in love dwells in God." This is not to deny the existence of evil or negativity. But, there is a loving force in which you can take refuge, one that will do its utmost to provide for and protect you each step along the path.

An ancient spiritual law states that every challenge, difficulty, or defeat contains within it the seed of an equivalent or greater good. To receive the gift, all you have to do is ask for it. Once you learn to look for the good in life, you will experience every situation as promoting your spiritual growth and development.

The universe wants the best for you. It will give to and support you, if you allow it to do so. Sometimes you may have to leave a known situation (your job, home, relationship, etc.) for the unknown in order to move forward with your life. If you find yourself overwhelmed by fear, repeat the affirmation "The universe wants the best for me." Then, step out in faith, and give life the opportunity to support you. If you keep your focus on that Higher power, all the details will fall into place.

Because you are a child of Love, all things are working together for your highest good. It cannot be otherwise.

Affirmations

1. The world is a safe and nurturing place.

2. The universe has made ample provision for every need in my life.

3. Life always works out for the best.

4. All things are working together for good in my life.

5. When I follow my heart, the universe supports me, both spiritually and materially.

6. Your own

Words To Consider

"Everything serves to further."

The Book of Changes
22. THE CHALLENGE OF CHANGE

Life is speeding up. With the emergence of the scientific revolution in the late 1700's, the rate of change on our planet has begun to accelerate. We are now moving with great speed into a new era of consciousness and awareness.

Nothing is immune to this change; everything is in a state of flux. No one knows what will happen from one day to the next. Each of us is on our own, having only the universe to guide us.

How are you responding to these times of accelerated change? Are you hanging on to the past, or are you going with the flow? If you are attempting to fight the universe, you will not succeed. It's like trying to swim upstream against a hundred mile per hour current. How much easier it is to let go and be carried by the current!

Those of you who are open to this change are experiencing marvelous things. As you raise your vibrations, every cell in your body is transforming. In your outer life, lessons which took weeks, months and even years to learn, are occurring in a matter of days or hours. Yes, you are being changed in the "twinkling of an eye."

Look back upon your life. You are not the same person you were last year, or even last week. Your old habits and thought forms are being released. You are changing, growing, and increasing in awareness.

Rejoice, for these are exciting and wondrous times. Evolution is about to take a quantum leap forward. Those who do not move with it will be left behind.

Affirmations

1. I let go, and let the universe guide me.

2. I welcome change into my life.

3. Every day and every way, I am getting better and better.

4. I release the past to make way for a glorious future.

5. I am changing, growing and moving forward in consciousness.

6. Your own

Words to Consider

"Behold, I show you a secret. We shall not sleep, but we shall all be changed."

I Corinthians 15:51
23. PATIENCE

Anything worthwhile in life requires time and patience. Think of all in your life that you treasure—a relationship with your spouse, the raising of your child, mastering the piano, winning an award. These accomplishments did not occur overnight.

Nature is the same way. Observe how long natural forces take to accomplish their handiwork. The Colorado River spent millions of years carving out its majestic sculpture, the Grand Canyon. The beautiful Appalachian mountains were 30 million years in the making. Compared to how long nature had to wait, what is five months or even five years for you?

When we attempt to achieve something worthwhile, we very rarely succeed on our first try. Abraham Lincoln lost four elections before he became president. Thomas Edison made 2,000 attempts at the light bulb before he succeeded. Because they had faith in themselves, these individuals kept pursuing their dreams until they emerged victorious.

You have heard of the patience of Job. His was a patience based upon faith. It is the same with you. If you are experiencing delays right now, keep your faith. Stay true to yourself. Move forward in the direction of your dreams, keeping your eyes fixed on your goal until your vision takes form. In the end, such persistence will lead you to your heart’s desire. You will emerge victorious.

Affirmations

1. My persistence and determination work miracles.

2. Delays give me time to prepare for the good that awaits me.

3. I’m hanging in there.

4. Once I begin a project, I have the patience and endurance to finish the task.

5. Every setback only makes me more determined to reach my objectives.

6. Your own

Words to Consider

“They that wait upon the Lord shall renew their strength. They shall run and not be weary; They shall walk and not faint.”

Isiah 40:31
24. LOVE YOURSELF

All love begins with self-love. Before others can drink from your cup, it must first be filled. When the cup runs dry, it is your responsibility to replenish it.

Loving yourself means giving your body the food, exercise and rest that it means. It means listening to your feelings and asking for what you want—without feeling guilty about it.

Loving yourself also means praising yourself, giving yourself some pats on the back. It is time to stop your self-criticism and self-judgment, and to accept yourself the way you are.

Loving yourself means taking care of yourself by putting your needs first, if that is what it takes to maintain your wholeness. As you take care of your own needs, you will be better able to meet the needs of your friends and loved ones.

Learn to become your own loving parent who cares for your inner child. When that child is becomes upset, give it some love and nurturance. Take yourself out to dinner or treat yourself to a healing massage. Once you begin to give to yourself, others will be willing to give to you.

Love your neighbor as yourself. How often we focus on "thy neighbor" but forget "thy self." As you learn to love and accept yourself, your inner light will shine outward to bless and heal your fellow human beings.

Affirmations

1. I love and accept myself just the way I am.

2. I love myself unconditionally.

3. I am my own best friend.

4. The more I love myself, the more I love others.

5. My life overflows with the bounties of love.

6. Your own

Words To Consider

“What’s essential is invisible to the eye and can only be seen by the heart.”
Antoine de Saint Exupery, from The Little Prince
25. ENJOY THE JOURNEY

Life is a process, not a result. Life is a journey, not a destination. The only time to live is in the here and now, the eternal present. Ask yourself, "What is the quality of my daily life? Am I having fun in what I am pursuing?" If you are not enjoying yourself, it's probably not worth it.

At times you may say, "When I have reached the end of my journey—when I get married, when the baby arrives, when I get the new job, when I finally retire—then I will be happy." Meanwhile, the only thing you have missed is life itself.

Planning for the future has its place. It is important to set goals and pursue them. But while you are striving to reach your desired end, remember to include those moments of pleasure, beauty and peace. Take time to appreciate life's precious moments. Take time to be happy.

Allow your direction to come straight from the Divine. Moment by moment, breath by breath, guidance will be revealed if you turn within. You are living in a new era where is no pattern to follow. There are no more maps, no more creeds, no more philosophies to depend upon. Everything is subject to change.

Therefore, be flexible. If you latch on to anything outside of yourself, it will be taken. Trust your inner Source to provide for you each step along the way. Relax and enjoy the journey.

Affirmations

1. I enjoy myself and the people around me.

2. The quality of my life is superb.

3. Life is a ball.

4. I am divinely guided.

5. I am at peace with myself and the universe.

6. Your own

Words To Consider

The greatest of God's angels is Joy.
She leans over us and gives us the secret of eternity, which is Love.
I used to weep that all did not share.
Norman Lee
26. YOU MAKE A DIFFERENCE

Everyone needs to feel they are having an impact. Everyone needs to know that they make a difference in the world. But in our complex, and often impersonal society, you may often wonder if you count at all.

The fact is that you do make a difference—an incredible difference—by the way you live your life each day. Your famous deeds may not get reported in *Time* magazine, but far from being insignificant, they have a tremendous influence on the world.

Consider the following story. A shoe shine person in a St. Louis airport does his job with such love that he uplifts everyone who walks past him. People waiting for their next plane literally gather around in order to bask in his light.

You experience these examples in your own life. The clerk at the check-out stand makes your day with a smile; a stranger stops to help you fix a flat tire; a dedicated teacher transforms the lives of countless students who pass through her classroom. These, and millions of individuals like them, are changing the world.

No man is an island. We live in an interconnected universe. This is a not just some metaphysical notion. It is physical fact. Like a radio transmitter, you transmit your thought waves to all corners of the universe. Every action that you take has an impact.

You make a difference.

**Affirmations**

1. I make a difference in the world.

2. I bring my best to every situation.

3. I feel my connection to the universe.

4. I have an impact on those around me.

5. I let my light shine for all to see.

6. Your own

Words to Consider

“No act of kindness, however small, is ever wasted.”

Aesop’s Fables
27. YOU HAVE THE POWER

There is tremendous power residing within you. As you become aware of the truth of who you really are, this power will stir and slowly awaken.

Getting in touch with your power comes from acknowledging yourself as being at cause in your life. You are the creator, not the created. You are responsible for your life, not your neighbor. Once you understand this, you will be able to create whatever support you need.

In our culture, we are often conditioned to feel powerless and helpless. Rather than take responsibility for our lives, we blame outside forces—"He did it to me; she did it to me, the world did it to me." But, as Eleanor Roosevelt reminded us, "Nobody has the ability to oppress you unless you give them permission." Even when you are surrounded by negativity, you have the power to program your mind to receive only the good.

The final step in realizing your power comes when you align your will with the Higher will. With the full force of the universe behind you, you can achieve results that transcend your normal limitations. Of course, this power can only be used for the highest good of all concerned. If you try to use it for selfish ends, it will be taken away.

Become a selfless channel for good and let the universe work miracles through you.

Affirmations

1. I have the ability to create support for myself in my life.

2. God in me is my strength.

3. I can do all things through the power of God within me.

4. I am confident, self-assured, and optimistic.

5. I am the creator of my life and my world.

6. Your own

Words To Consider

"He can who thinks he can, and he can't who thinks he can't. This is an indisputable law."

Orison Marden
The greatest obstacle to your spiritual progress and well being is FEAR. Though fear is an emotion that can protect you from real danger, most of your fears are self-created. Fear paralyzes you into inaction, or worse yet, becomes a self-fulfilling prophecy. As Job discovered, “The thing that I feared most has come upon me.”

One method of dealing with fear is courage. Courage is the willingness to move forward, in spite of the fear. When you become discouraged, acknowledge the fear and take action anyway.

Another antidote to fear is to turn yourself over to a higher power. A recovering alcoholic spoke of having released the fear in her life after she entrusted her cares to God. The psalmist David writes of a similar experience in the 23rd Psalm. “Though I walk through the valley of the shadow of death, I will fear no evil. For thou art with me, thy rod and thy staff they comfort me.”

A third remedy is to invoke the state of love within yourself. Love and fear cannot exist side by side. As it is written, “Perfect love casts out fear.”

It is fine to experience your fears. Acknowledge them. Appreciate them. And then move forward in courage, faith, and love.

**Affirmations**

1. Its all unfolding perfectly.

2. The Lord is my shepherd, I shall not want.

3. All things are working together for good in my life.

4. If God is for me, who can be against me?

5. I live in a safe and nurturing world.

6. Your own

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Words to Consider

“Sometimes I feel discouraged, and feel my work’s in vain,  
But then the holy spirit revives my soul again.”

Martin Luther King Jr.
29. DO WHAT YOU LOVE: THE UNIVERSE WILL PROVIDE

The path of the heart is the path of power. Anything you do out of love will heal and uplift you. Following your heart’s desire will also draw whatever resources you need to support your endeavors.

A writer created a book because he wanted to share a subject he loved. The book was published and did modestly well. Encouraged, he came up with an idea that he knew was a money-maker, but did not come from his heart. His sole reason for writing the book was to make a profit. But because the work lacked authenticity, it sold poorly. Consequently, he decided return to a subject that inspired him. The resulting book became an unexpected success.

The moral of this story is clear: Risk going after what you really want in your life. Give the universe a chance to support you. You won’t know until you try.

Start with small steps. Listen to your intuition. Identify what you love to do, and begin pursuing it. Gradually expand those activities until they involve more of your time. As your creative energy opens up, notice the increase in your aliveness, vitality, and finances.

Eventually, your entire life will become an expression of love in action.

Affirmations

1. When I trust myself and the universe, anything is possible.

2. God has great things in store for me.

3. As I follow my heart's desire, I draw whatever I need to me.

4. The more I trust my intuition, the more prosperity comes my way.

5. I am amply rewarded for my creative ideas.

6. Your own

Words To Consider

“If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.”

Henry David Thoreau
30. GIVE THANKS FOR ALL THINGS

Thankfulness is one of the key ingredients for our progress along the path. So often we lose sight of what we have to be grateful for—our health, friends, material comfort, and most importantly, the gift of life itself.

Every situation in life, even the apparent tragedy, has a "silver lining." Praising and giving thanks invokes this good and helps to bring it into being. Even painful experiences become bittersweet when we know that the universe is working out its perfect plan through them.

A woman friend underwent a very painful break-up with someone she loved. From a logical point of view, the experience was a horrible trauma. Everything she cherished was ripped away; the pain was unbearable. Nonetheless, she gave thanks.

Many years passed before the wounds healed. Then, she met a new partner. The relationship flourished and brought a level of joy and fulfillment that had been lacking in the old. The break-up, she realized, was truly a gift.

Take a look at your life. Are you giving thanks for all your experiences? If you are reacting negatively to a specific situation, try a different approach.

Give thanks for the condition being just the way it is. Then observe what happens. As your attitude about the condition changes, the circumstances surrounding it will be transformed. Such is the miraculous power of giving thanks in all things.

**Affirmations**

1. I give thanks for every experience that I have.

2. I say yes to the universe.

3. It's all unfolding perfectly.

4. Every experience in my life brings me closer to God.

5. In every aspect of my life, I am truly blessed.

6. Your own

Words To Consider

“When you learn to love hell, you will be in heaven.”

Proverb
31. THIS TOO SHALL PASS

According to an ancient tale, a Sufi village was attacked and captured by a group of warriors. The king of the victorious tribe called the Sufi leaders and said that unless they fulfilled his wish, the entire village would be put to death the following morning. The king’s wish was to know the secret of what would make him happy when he was sad, and sad when he was happy.

The village people constructed a large bonfire, and all night long their wise men and women strove to answer the riddle: what could make a person happy when he is sad, and sad when he is happy? Finally, sunrise came and the king entered the village. Approaching the wise ones he asked, "Have you fulfilled my request?" "Yes!" they replied. The king was delighted. "Well, show me your gift." One of the wise men then reached into a pouch and presented the King with a gold ring. The king was perplexed. "I have no need of more gold," he exclaimed. "How can this ring make me happy when I am sad, and sad when I am happy?" Then the king looked again and this time saw an inscription. It read "This Too Shall Pass".

So it is in your life. When everything is going according to plan, savor those precious moments and realize that in the due course of time they will be a distant memory. And, when the night is darkest and you can't imagine things ever improving, remember that nothing in the physical world lasts forever.

In this way, you will learn to accept both the good and bad times equally, understanding that all of life's teachings are necessary for your spiritual growth. With this realization, you will be like the great saint who proclaimed, "One to me is Loss and Gain, one to me is Pleasure and Pain, one to me is Fame and Shame."

Affirmations
1. Rather seek pleasure and avoid pain, I accept both as having equal benefit.

2. What goes up must come down.

3. What goes down must come up.

4. There is absolutely nothing that time and love cannot heal.

5. My old pains no longer hurt me. They have become a distant memory.

6. Your own

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Words To Consider
"Remember, no human condition is ever permanent;
then you will not be overjoyed in good fortune nor too sorrowful in misfortune."

Socrates
32. DEATH BE NOT PROUD

Of all the aspects of existence that we contemplate, death is the most baffling. Although it signifies an ending of the known, is it really a finality? The great mystic Paracelsus said "What is death? It is the annihilation of the form, but not of life. It is the separation of the immortal from the mortal part of us. It is that which returns us to the life we left when we were born."

Death is an ongoing process. The prophet Paul proclaimed, "I die daily". Every moment of your life, millions of cells die while millions more take their place. You are no longer the same person you were yesterday or last week. How many times have you died? How many lives have you lived in this lifetime alone?

A single life contains thousands of emotional deaths. A friend moves away. Your child graduates from school. You leave a job for a position in a new company. You sell your home and buy another. Each of these transitions is a death.

So really death is about change, the only constant in life. A state far worse than death is stagnation—staying stuck and not growing or moving forward. It is this condition, not death, that you must avoid.

The change you call "death," therefore, can only serve to further you along your path. There is nothing to fear. Death is an ally who will transform your existence from a caterpillar to that of a glorious butterfly.

Affirmations

1. I die and am transformed daily.

2. Each death leads me to a glorious rebirth.

3. I embrace change, knowing that it transforms my life.

4. What goes down must come up.

5. Better the pain than to remain the same.

6. Your own

Words to Consider

“Rumors of my death have been greatly exaggerated.”
Mark Twain
The earth and all humanity are entering a new age, a new cycle of evolution. This rebirth is characterized by a change of consciousness from isolation and separation to that of unity and oneness. This transformation is not limited to any age religion, culture, race or nationality. It is a global experience that is leading to the creation of a planetary culture.

Although the effects of this process are being felt on the mass level, the change is taking place one person at a time. Never think that you are unimportant. Your consciousness is connected to and is a part of the mass consciousness. As you change, the world around you changes.

Take heart from the story about the little boy whose father cut up a picture of a globe from the daily newspaper and asked him to put the pieces together. Five minutes later the boy returned with the globe perfectly rearranged. The father asked, "How did you put the world together so easily?" "It was simple," the boy replied. "On the other side of the world was a picture of a man. When I got the man together, the world came together."

More and more people are "getting themselves together," releasing old thoughts of fear and separation and replacing them with thoughts of love and unity. When a small but significant number of people (known as the "critical mass") reaches this new level of awareness, the change will be experienced by all of humanity.

This is how the world will be transformed. You have your part to play; your contribution is essential. In fact, you might provide the tiny "push" that shifts the balance and ushers in the beginning of a glorious new era.

**Affirmations**

1. The world is experiencing a planetary rebirth.

2. As I heal myself, the planet becomes healed.

3. We are one interconnected, interdependent world.

4. I see myself as a planetary citizen.

5. I live in a global village whose residents are my brothers and sisters.

6. Your own

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**Words To Consider**

"Regard your neighbor’s gain as your gain and his loss as your loss."

Golden Rule of Taoism
IT’S ALL UNFOLDING PERFECTLY

Whenever you feel that life has given you more than you can deal with, remember the cosmic law, "It's all unfolding perfectly. The universe never gives you more than you are able to handle." Even those events that seem to thwart you are actually helping you to fulfill your destiny.

In many instances, this way of viewing life may be obvious to you. At other times, you may feel that life is cursing, not blessing you. When this occurs, realize that your view of the situation is limited.

Science tells us that we see only a small portion of the existing light waves. The vast majority of the electromagnetic spectrum remains invisible to us. On the spiritual path, you likewise see only a small slice of the soul's unfoldment. If you could only get up high enough to see the whole picture, your current predicament would make sense. You would discover why you have chosen your particular challenges and how to resolve them.

Fortunately, there is a way for you to see the "big picture"—access your higher self through prayer and meditation. From this elevated vantage point, you will gain a new perspective on life. You will see that at every moment, you draw to yourself exactly what you need for your highest development. Even when you don't know how it all fits together, you will hear a inner voice that says "Trust in the process. It's all unfolding perfectly."

Affirmations

1. It's all unfolding perfectly.

2. I say "yes" to my universe.

3. All things are working together for good in my life.

4. Whatever I am ready for is ready for me.

5. Everything happens for a reason; there are no accidents.

6. Your own

Words To Consider

"God, grant me the ability to accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference."

Rheinhold Niebuhr
Every cloud, no matter how dark, contains a silver lining. Good can emerge from any situation. Look for this gift, and never be content until you have found it.

The law of compensation states that every situation or event contains within it both the good and the bad, the pleasant and the painful (Even the most wonderful situation contains pain when we realize that it cannot last). When you focus on the positive aspect of any situation, you help to bring it into manifestation. By looking for the good, you make it happen.

A college baseball player was injured and forced to play another season. At first he was quite upset about his apparent misfortune. The next year, however, the team’s chemistry came together and he led them to the championship. Looking back to the difficult times, he reflected, "I know this sounds crazy, but I'm actually glad I got injured. It was the best thing that could have happened to me."

Begin now to practice seeing the silver lining in every situation. Everything is working for your ultimate good. As you learn to look for that good, you will bring out the best in every circumstance you encounter.

Affirmations

1. Every one of my life's experiences contains a valuable teaching.

2. Behind every dark cloud there lies a rainbow.

3. All things are working for good in my life.

4. Whatever the problem, God reveals the perfect solution.

5. I learn from every situation I encounter.

6. Your own

Words To Consider

“My barn having burned to the ground,
I can now see the moon.”

Japanese Haiku
36. RELEASE

The lesson you are facing is that of release. It is time to let go. Perhaps it is a person or situation that needs to be released. Perhaps it is an old resentment or hurt that you have harbored for many years. Now is the time to flush these old feelings out of your system and relieve yourself of their psychic and spiritual burdens.

Imagine yourself standing before the person, circumstance or feeling that you wish to release. Visualize a slim silver thread running from your solar plexus to that person or situation. Now imagine the two of you slowly separating while repeating to yourself, "The divine in me blesses you and releases you. The divine in me blesses you and releases you." As this occurs, see the thread slowly stretching and unraveling until it breaks. You are free.

Some pain may surface during this exercise. Rather than push it away, surrender to it and flow with the experience. Accept whatever feelings come up and be with them. As you lessen your resistance to the pain, the pain itself will decrease.

When you succeeded in letting go, an even more wonderful experience will come along to replace what you left behind. Look ahead to what lies before you. Have faith that a beautiful life awaits you. Be patient. Expect the best.

**Affirmations**

1. I let go of the old and make way for the new.

2. I forgive myself. I forgive everyone else. I am free!

3. A great weight has been lifted from my shoulders.

4. I give thanks for my new life.

5. I bless and release all my old pain.

6. Your own

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**Words to Consider**

"Don't look back; something may be gaining on you."

Satchel Paige
37. FORGIVENESS

The greatest act of healing is the act of forgiveness. It is also the most difficult. The immutable law states, "As you forgive, so shall you be forgiven." Thus, forgiveness is an act of self-kindness. It may also heal the other person, but ultimately forgiveness is done for yourself.

People do harm only when they are in pain. If you continue to hate the person that hurt you, your resentment will bind you together; but if you transform your hatred into love, both of you will be free. This is why the great teachers have told us to love our enemies.

Take a moment and hold someone in your mind’s eye for whom you feel resentment. Now say to this individual "I forgive you. I forgive you for for whatever you may have done in the past that caused me pain, intentionally or unintentionally, through your actions, your words, or through your thoughts. However you may have caused me to suffer, I forgive you."

Allow this person to be touched by the possibility of your forgiveness. For just an instant, move beyond the past and let your hearts touch in forgiveness and mercy. When you have finished, say good-bye and let them go on their way.

All forgiveness starts with self-forgiveness. Forgive yourself, now, for whatever pain you have caused yourself or others. Let yourself back into your heart. Have mercy on yourself. Allow yourself to be forgiven. Allow yourself to be healed.

Affirmations

1. I bless and release all those who have caused me pain.

2. I forgive everyone; I forgive myself; I let go of the past; I am free!

3. I forgive myself for whatever suffering I have caused myself or others.

4. I let myself back into my heart.

5. As I forgive, so am I forgiven.

6. Your own

Words to Consider

“To err is human, to forgive divine.”

Alexander Pope
According to a Hindu legend, humans had so abused their divine powers that the gods decided to remove their divinity and hide it where men would never find it. But the question was, where? If they hid the divinity deep within the earth, men would dig down and uncover it. If they sunk it in the deepest ocean, humans would eventually locate it on the ocean bed. If the divinity were placed on the highest mountain, one day people would scale the peak and find it there.

Finally, the wisest of the gods said, "Here is what we will do with man's divinity. We will hide it deep within man himself, for that is the last place he would ever think to look for it."

And so it has been. For centuries, we have been exploring the earth, sea and sky, searching for an experience that has resided our own backyard. But now humanity is at a critical juncture. We are learning to look within to find the divinity that has been there all along.

You are an important part of this transformation. As you begin to turn within, your spirituality will emerge from your direct perception of that inner divinity. As more people realize the God within, the religious dogma and conflicts that have divided the planet will disappear. No matter what culture or background they come from, this inner experience will be one and the same. It will be the experience of love.

**Affirmations**

1. The Kingdom of God resides within me.

2. I already have all the answers to my questions.

3. The source of my contentment and joy lies inside.

4. My happiness is independent of outside events or circumstances.

5. I choose to experience peace of mind.

6. Your own

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   **Words To Consider**

   "The kingdom of God cometh not by observation, Neither shall they say, 'Look here!' or 'Look there!' For behold, the kingdom of God is within you."

   Luke 17:21
What is healing? The words healing, health and holy come from the same root—meaning whole. Healing is a quality of wholeness, completeness, and oneness.

Healing can occur on many levels—physical, mental, emotional or spiritual. Many times the true healing has little to do with the body’s response. A woman who was dying of cancer used the opportunity to open her heart for the first time in her life. As a result, she healed her estranged relationship with her mother and daughter. Although the body died, her soul experienced a profound healing.

In another instance, a man who lost his spouse felt such pain that he was forced to reach out to his children. Through his grief, his pride and arrogance were washed away and replaced by a new openness and humility.

In each of these instances, the experience of healing brought forth an opening of the heart to a new wholeness and completeness.

Take a moment to send love and blessings to an the area of your life that needs to be healed. Ask that you may be led to the path of healing that you need. Remember that your fate and the fate of the earth are one and the same. As you begin to heal yourself, you will heal a portion of the planet.

Above all, realize that the true source of your healing is the divinity within. Although you must take the first step in striving for wholeness, in the end it is God-in-you who does the healing.

**Affirmations**

1. My body is healed, restored, and filled with energy.

2. Every day, in every way, I am getting better and better.

3. I am restored and revitalized as never before.

4. God in me is my health, right now!

5. I align my personal healing with the healing of the planet.

6. Your own

**Words To Consider**

“*The greatest thing in this world is not so much where we are, but in what direction we are moving.*”

Oliver Wendell Holmes
40. THE JOY OF LAUGHTER

Have you ever had a depressing thought in the middle of a good laugh? It's next to impossible. When you laugh, your brain produces natural mood elevators that miraculously free you from your attachment to pain and suffering.

Laughter brings about a deep sense of joy and peace that is truly therapeutic. Humor not only transforms your mind and emotions, it can cure your body. People have healed themselves of chronic illnesses through introducing laughter into their lives. Now medical science is applying the healing power of humor to reduce stress and promote the body’s recuperative powers.

Laughter also helps you to keep your life in its proper perspective. When you laugh at yourself, you learn to take yourself far less seriously. Perhaps that is why angels can fly—because they take themselves so lightly.

Look around at your most treasured relationships. It's likely that you and your closest friends and share a common sense of humor. If you and your partner have stopped laughing, it’s time for both of you go out and have some fun.

When was the last time you had a good laugh? If its been awhile, let your child come out and play. Go watch your favorite comedy. Try seeing the cosmic humor in your situation. Enjoy yourself! Having fun in life doesn't mean you’re avoiding pain.

Affirmations

1. My personality is radiant with humor.
2. I'm laughing my way to enlightenment.
3. I haven't had this much fun in years.
4. People appreciate my sense of humor.
5. I just can't stop laughing.
6. Your own

Words to Consider
“He who laughs, lasts.”
Proverb
“As a man thinketh, so is he.” “You become what you think about most of the time.” These sayings express a fundamental truth—that thought is creative.

Look around at your physical environment. The chair on which you are sitting, the furniture in the room, the building that surrounds you—before these objects took on form, they began as an idea in someone's mind. That is precisely how all things manifest in the material world. They begin in the realm of thought.

Likewise, you create your own world through the thoughts that you think. You are the writer, director and star of your own movie. If you are dissatisfied with how the plot is unfolding, re-write the script through changing your thoughts and beliefs. As Paul reminded us, "Be ye transformed by the renewing of your mind."

There is tremendous power in positive thinking. For when you expect the best, you literally create a thought field that magnetizes that which you desire. Like attracts like. This force can also work against you, as Job discovered when he realized, "The thing that I feared most has come upon me."

It is up to you to jealously guard what goes into and comes out of your mind. There is plenty of negativity that would love to find a home within your psyche. See to it that only the good and the positive enter in.

Affirmations

1. I fill my mind with positive, nurturing, and healing thoughts.
2. What I believe about myself is what I will become—and so I believe the best.
3. I can feel the sunshine, even when clouds are overhead.
4. My peaceful and tranquil thoughts relax and soothe every inch of my body.
5. I am transformed by the renewing of my mind.
6. Your own

Words to Consider

“Whatever things are noble, whatever things are just, Whatever things are pure, whatever things are lovely, Whatever things are of good report... Think on these things.”

Paul the Apostle
One of the most difficult thought patterns that you must transform are those of criticism and judgment.

How many of us have truly acted upon the wisdom of the American Indian saying, "Let me not judge another person until I have walked a mile in his moccasins?" If you reply, "I know what Mary’s situation is like, and I would have acted differently," you are speaking from the intellect. Open your heart, and your criticism will melt into compassion.

Often times we criticize others in the hopes that they will change. But the only person you can truly change is yourself. The only person you can save is you. Start at home. Look into your own heart. Much of what you judge in others is really an unacceptable aspect of yourself.

If you want to see change, begin by healing that wounded part of your psyche. Forgive yourself for your own failings. Remove the bias from your own eye, that you might see your neighbor more clearly.

Remember that everyone, including yourself, is doing the best they can. When you experience your neighbor's misfortune as your own, you will see his predicament in a new light. Having walked and blistered your feet in those tattered moccasins, you will at last be able to say, "I understand."

**Affirmations**

1. I judge no one, especially myself.

2. Everyone, including myself, is doing the best he can.

3. I accept myself as I am.

4. My heart is open and filled with compassion.

5. There is no force in all of creation greater than the healing power of love.

6. Your own

   ![Love Heart](image)

   **Words to Consider**

   "Let me walk three weeks in the moccasins of my enemy, carry the same burden, have the same trials as he, before I say one word to criticize."

   An Indian Chief's prayer
43. SERVICE

We were put on this earth to serve one another. Despite the prevalence of the "What's in it for me?" attitude, life offers examples of selfless service. Parents provide for their children, spouse supports spouse, friend helps friend—life is sustained and nurtured through unconditional love and service.

But service is not just a one way process. The more you freely give of yourself, the more you are given to give. Or, as Christ put it, "He who would lose himself for my sake will find himself." Two months before his death, Martin Luther King Jr. stated that the only thing he would have to leave behind was a "committed life." Twenty years later, a national holiday commemorates the legacy of a life of service.

There is always somebody for you to serve, and someone who is equally eager to assist you. The image of Jacob’s ladder wonderfully illustrates the win-win nature of serving. Like the figures on the ladder, when we pull our neighbor upwards, we are simultaneously lifted up by the person above us. By helping each other along, we can all reach our spiritual destination together.

Take a look at your own life. See yourself serving the planet and its inhabitants. It does not matter how the world regards your contribution. What matters is the motivation behind your service. Smiling at a stranger promotes as much healing as discovering a new vaccine.

Affirmations

1. The more I give, the more I am given to give.

2. The more I give away, the more I receive.

3. Everywhere I look, I see opportunities to serve.

4. I give, simply for the joy of giving.

5. I wish success and good fortune to everyone I know.

6. Your own

Words to Consider

“No act of kindness, however small, is ever wasted.”

Aesop’s Fables
You were born to live life to the fullest and to grow from each of your experiences. With each new situation you encounter, ask yourself “What did I learn? Am I a wiser and more compassionate person because of what I went through?” Through your struggle to answer this question, you will slowly grow in knowledge and wisdom.

Often pain will be your greatest teacher. While comfort puts us to sleep (when things are going our way, we rarely ask “what am I learning from this situation?”), discomfort forces us to question our assumptions and open to new ways of looking at life.

Secondly, ask “How much did I love?” Those who have gone through the near death experience report that at the moment of death, they focused on the love (or lack of it) in their lives. Material achievements, on the other hand, paled in significance. Nobody ever said on his deathbed, “I regret that I didn’t spend more time at the office.”

Thus, many your most important teachings will involve matters of the heart. If life is for learning, all of your experiences can be reduced to a single lesson—the lesson of learning to LOVE.

**Affirmations**

1. There is no such thing as a bad experience—I learn from everything that I encounter.

2. I rejoice that I am continually given the opportunity to grow in love.

3. Everything in my life brings me closer to God.

4. Onward and upward!

5. I am increasing in knowledge and wisdom each and every day.

6. Your own

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**Words To Consider**

“Our greatest glory is not in never falling,
But in rising every time we fall.”

Confucius
Faith is an attitude, a way of experiencing life. Faith arises when evidence is lacking. Leaving a job without knowing how the money will come is an example of stepping out in faith. Over time, you can discover the evidence that will back up this trust. As the universe continues to support you, you can tell yourself, "I know that I will be provided for. It happened before, and it will happen again."

Nowhere is faith more necessary (and more tested) than in times of despair. No matter how much darkness you may feel, your faith can be kindled by remembering the metaphysical law—"What goes down, must come up." Nothing lasts forever. With each new moment, anything becomes possible. As long as you have life, you have hope.

Though faith, those faced with insurmountable odds discover the inner strength to make it through. Glenn Cunningham was told he would never walk again, only to become a world class runner. Similar heroics occur ever day among those who suffer traumatic injuries and life-threatening illnesses.

Faith indeed has the power to cure—physically, mentally, emotionally and spiritually. After healing a woman suffering from blood disease, Christ told her, "Thy faith has made thee whole." Believing in getting well is a powerful force that can motivate your body and soul to strive for wholeness.

Develop and exercise your faith. Your life will be richer for it.

**Affirmations**

1. My faith is making me whole.

2. I may see no solution, but God reveals the perfect answer.

3. I have a deep faith that new doors are opening before me.

4. All things are working together for good in my life.

5. I expect a miracle.

6. Your own

**Words to Consider**

"Faith is the bird that feels the light and sings while the dawn is still dark."

Proverb
To understand the relationship between your personal will and your higher will, think of yourself as a light bulb that carries 1 amp of current. When you access your higher will, however, you have access to not just one amp, but to 10, 100, 1,000—or any amount of current you want. Because you are tapping into the Source of all light and power, your supply is unlimited—and so is the light you can radiate to others.

But letting go of the ego is not easy. We want to do things our way, in our own time, with our own requirements. We want control. Yet in clinging to this limited frame of reference, we deny ourselves a much greater reality as well as an expanded potential for happiness, fulfillment and material abundance.

This is why great souls have always affirmed—"Not my will, but Thy will be done." You must die to the ego so that you can be born to God. You die to the part so that you can be born to the whole. Ultimately, you can even overcome death itself. For when you learn to dwell in the Higher mind, you will experience the part of yourself that never dies.

Go into meditation and listen for the whisperings of that universal source. Allow them to guide you and to show you the way in all of your affairs. Let the universe to do its work through you. As you become a perfect channel for the Divine presence, you will affirm to that eternal part of yourself , "My will and the Divine will are one."

Affirmations

1. I act in accordance with my higher self.

2. I am continually aligned with my higher purpose.

3. I do what God wants me to do.

4. When I contact the God in me, all things become possible.

5. I gladly die to my caterpillar-self that I may be reborn as a butterfly.

6. Your own

Words To Consider

“The blossom vanishes of itself as the fruit grows.
So will your lower self vanish as the Divine grows within you.”
Vivekananda
"Ask and you shall receive. Seek and ye shall find. Knock and the door shall be opened. For everyone who asks receives, and he who seeks finds, and to him who knocks, it shall be opened."

You have no doubt heard these words and the wonderful promise they offer—that you are never given a wish without also being given the power to make it come true. In order for the wish to be fulfilled, however, you must want it with all your heart.

There once was a seeker who approached a master teacher asking what he could do to achieve enlightenment. The master thought for a moment and then suddenly grabbed the seeker by his head and plunged it into a nearby rain barrel. After a few moments of holding the struggling student under water, the teacher released him. As half drowned man emerged gasping for oxygen, the teacher said, "When you want God as much as you just wanted that breath of air, then you will find Him."

Besides intensely desiring the good you seek, you must take active steps to make it happen. As one person facing a crisis explained, "I prayed as if everything depended upon God, but worked as if everything depended upon me." As a result of this collaboration, the challenge was successfully resolved.

Strive for the good you desire with all your heart and soul. If what you are seeking is for the highest good of all concerned, it will not be denied.

Ask and you shall receive. Seek and you shall find. Knock and the door shall be opened.

**Affirmations**

1. I ask for what I want in life—and I receive it!

2. My prayers are always answered.

3. At every turn, opportunity appears before me.

4. I rejoice in my continuing good fortune.

5. Years of dedication and hard work have paid off. My ship is coming in.

6. Your own

**Words To Consider**

"Whatever you are ready for is ready for you."

Reverend Ike
There once was a woman who dreamed of opening a school for deaf children. "How can I possibly carry out this project?" she asked. "I have no money, no buildings, no employees, no one to turn to." To gain the solution to her dilemma she turned inward and asked for guidance. Her still small voice replied, "What do you mean no one to turn to? I am your SOURCE. Start forward in faith and allow me to guide you each step of the way. You will surely prosper, for with God, all things are possible."

This story has been lived out thousands of times in human history. The seeds of great religions, businesses, educational institutions and artistic creations were sown by people who experienced direct communion with the creative source that resides in each and every human being.

Ask yourself, "What is source of my happiness, health, and prosperity? Is it my job, my spouse, my physician, or any other external mode?" While these outside avenues may be a means of reaching that source, they are not the source. That Source is God in you.

Like a parent who wants the best for his children, your Father/Mother God is ready to bless you with all the good that you seek. Why not make direct contact with your source and drink from a fountain of plenty and abundance that will never run dry.

**Affirmations**

1. I will look to God alone as my source.
2. God in me is my unlimited, overflowing supply of every kind of good.
3. When I look to my source, I am guided to make choices for my highest good.
4. Through my connection to infinite intelligence, all things are possible.
5. God in me provides for my every need.
6. Your own

   ❤

   **Words To Consider**

   "Truth is within ourselves, it takes no rise from outward things, whate’re you may believe. There is an inmost center in us all, where truth abides in fullness."

   Robert Browning
49. SIMPLICITY

Although we try to make it complex, the essence of life is simplicity. Being a good parent to your children, having a loving relationship with your partner, feeling needed by others—it is these fundamental requirements for love and appreciation that nurture the human spirit.

The theme of simplicity is repeated over and over in the great spiritual teachings. Jesus tells us that "unless you become as little children, you cannot enter the kingdom of God." To receive the truth, we must make ourselves like a child—open, accepting and trusting. Too often, however, we get lost in the hectic pace of modern life and lose touch with our real priorities.

Look at your own life. Has it become overly complex? Have you found yourself burdened by too many possessions or responsibilities? Take a deep breath and ask yourself, "What steps can I take to reduce the clutter so that I may live simply and joyously?"

Think how little it takes to lift up your spirits—a smile from your child, an unexpected day of sunny weather, a cold drink on a hot afternoon. As you learn to simplify your life, you will experience a freedom of the soul and lightness of heart. These priceless gifts are yours when you learn to focus on what is truly essential.

Affirmations

1. It’s a gift to be simple; it’s a gift to be free.

2. I follow my heart wherever it takes me.

3. I release all extra baggage from my life.

4. I feel light and joyous

5. I take delight in the simplest of things; even the ordinary gives me pleasure.

6. Your own

Words to Consider

“Our life is fritted away by detail ... Simplify, simplify.”

Thoreau
50. PROTECTION

Though we live in a period where chaos and confusion abound, they need not affect you adversely. When you reside in that God consciousness in the center of your being, you can to rise above any negativity in the world.

A priest was captured by a terrorist organization and tortured for many month. Each time he faced his tormentors, he silently repeated the 23rd psalm. By continually reciting this prayer during his captivity, he lifted himself into the Light and miraculously survived his ordeal.

Think back to those times in your life where you experienced this protection. Perhaps you narrowly escaped an accident, or emerged from a crisis that seemed to have no resolution. In each of these situations, give thanks for having been watched over and safely guided to the light of day.

Protection is available to you at any time, in any place. Just ask for it. The following invocation was created to bring forth their inner protection. Use it when you feel the need.

Robe of Light Prayer

I clothe myself in a robe of Light, composed of the Love and the Power and the Wisdom of God, not only for my own protection, but so that all who see it or come in contact with it may be drawn to God and healed.

Use me Mother/Father to the utmost capacity for the coming of Thy kingdom on earth. Amen.

Affirmations

1. The light of God surrounds me; the love of God enfolds me; the power of God protects me; the presence of God watches over me. Wherever I am, God is.

2. My heart is not troubled nor am I afraid, when I remember that God is with me.

3. I face the future confidently, knowing that I am protected.

4. The Lord is my shepherd. I shall not want.

5. I take refuge in my inner sanctuary. I am safe, secure, and serene.

6. Your own

Words to Consider

"Though I walk through the valley of shadow of death, I will fear no evil. For thou art with me. Thy rod and thy staff they comfort me."

The 23rd Psalm
51. CHARACTER IS DESTINY

Have you ever wondered about your future? The answer to this question lies not in crystal ball, but within your own character. Here is where your destiny is forged—you and no other are responsible for your life.

At times, the strength of your character may be tested by trials and difficulties. In these instances, remember that the best students are given the toughest problems. A math teacher will assign his top calculus student a task worthy of his skill. Similarly, you wouldn’t have attracted your present challenges unless you were ready for them.

Fortunately, you don’t have to go the whole route alone. You can get assistance, but it is up to you to take the first step to improve your life. This step need not always be one of action; perhaps you sincerely desire to make changes, but don’t know how to start. In this case, ask for guidance, and the wheels of grace will be set in motion.

You are responsible for your life and there is support to draw upon. When you make the effort, the universe meets you halfway. But the work must begin with you. It is the quality of your character that will determine your present happiness and future destiny.

**Affirmations**

1. I am the captain of my fate. I am the master of my soul.

2. I command success through every action. I am the success that I seek.

3. I know what I want out of life—and I get it.

4. I feel like a winner.

5. I let go of blaming others. I accept responsibility for my life.

6. Your own

♥

**Words to Consider**

“What lies behind us and what lies before us are small matters when compared to what lies within us.”

Ralph Waldo Emerson
52. LOVE YOUR BODY

Perhaps the most beautiful tool you are given to work with is that of your physical body. The end result of millions of years of evolution, your body is a divine temple that houses your spiritual self and expresses it in the physical world.

Your body is naturally intelligent. Unlike a machine, it knows how to repair itself and contains an innate wisdom that automatically carries on a whole host of functions without your conscious input. Your body will always communicate what it needs, if you just listen.

Coming from a tradition that denied the body, we often ignore its wisdom. But, these are no longer the Middle Ages. We are living in a new era in which the body and soul are divine partners, working together for spiritual progress and evolution.

How have been treating your body? Do you provide it with adequate amounts of food, water, exercise, fresh air and rest? When your body is sick, do you slow down, or do you become angry with it for interfering with your plans? When did you last give yourself a massage, or some other sensual pleasure?

Take a moment and express appreciation to your body for all that it has given you. Ask your body what it needs right now; and then fulfill its request. You and your body are one. When you love and respect your body, you are loving and respecting yourself.

Affirmations

1. I love my body, just the way it is.

2. My body is the perfect size, shape and weight.

3. I give my body what it wants.

4. My body is healthy, strong, and radiant.

5. I treat my body like royalty.

6. Your own

Words To Consider

“A merry heart does good, like medicine,
But a broken spirit dries the bones.”
Proverbs 17:22
EPILOGUE:
REFLECTIONS ON THE TRANSFORMATIONAL JOURNEY

We are all on a journey—a journey of change and transformation. The journey is a movement towards wholeness, completeness, and union with the highest part of us. It is a journey of healing.

Over the years, I have learned a number of lessons about this journey which I would like to share them with you now, as they represent the major themes that I have attempted to communicate in *Words That Heal*.

* The journey takes time. Change does not occur overnight, but rather in small, incremental, almost unnoticeable steps. As writer Jack Kerouac so poetically put it, "*Walking on water wasn’t built in a day*". As you work with this material, be patient. Praise yourself for each small gain you make.

* The journey involves letting go of fear, learning to trust yourself and others. Along with this process comes an opening of the heart to love and acceptance.

* The journey of transformation involves pain. The principle "no pain, no gain" is built into the system. Although there is no escape from this cosmic law, it is not a reason for despair. We grow because of our pain, not in spite of it.

* While you don't always get what you want, you invariably get what you need.

* Help is available when you need it. Ask with all your heart, and it will come.

* Each person is born into a unique set of circumstances with challenges that are perfect for his or her growth and development. While Mary's important lessons lie in the area of work, John may be obsessed with relationships. One person's karma is another 's grace.

* Everything that happens in your life occurs for your highest good. There are no "bad" experiences, only opportunities to use each experience as a means to get closer to God.

In the end, we will all reach that state of wholeness and completeness. Once the inner reality has changed, the outer reality follows. Having changed your thoughts, you will have changed your world.

This is your challenge—to become a co-creator with God, and to learn to use that creative power wisely and lovingly. Claim your divine inheritance now. The universe can only say YES!
APPENDIX A:
SAMPLE AFFIRMATIONS

To assist you in applying affirmations to your daily life, we have provided a series of sample affirmations which are listed under seven distinct headings: Self—Esteem, Love and Relationships, Creative Self-Expression, Work/Vocation, Prosperity, Health, and Spiritual Development.

Use these categories to work with specific core issues. Thus, if work and career were the major focus right now, you would turn to the Work/Vocation list of affirmations. After reading them over, you could choose from the ones listed or use them as a taking off point to create your own. Many of these affirmations were selected from the main text. Allow yourself to be drawn to those that have the most significance for you.
AFFIRMATIONS FOR SELF-ESTEEM

I like myself.

I value myself.

I have something unique to offer.

I deserve to be happy.

I deserve to have it all.

I treat myself to the very best.

I am a good person

I love myself just the way I am.

I accept myself as I am.

I feel good about me.

I like my essence.

I take responsibility for my well being

I take good care of myself.

I respect who I am.

I am confident and self-assured.

I am the master of my fate. I am the captain of my soul.
AFFIRMATIONS FOR LOVE AND RELATIONSHIPS

I have love to share inside of me.

As I feel self-love, I experience the love of others.

When I love others, others love themselves.

Love flows to and from me.

I radiate love to everyone I encounter.

I am lovable.

I am attracting open, loving relationships.

I am whole within myself. My partner is whole within him/herself. Together we are one.

I feel good about being close.

I enjoy expressing my sexuality.

I am willing to risk myself in love.

I deserve love.

I draw to myself my ideal friends and lovers.

I am clear about what I want in a relationship.

I am ready for a relationship. I am ready for love.

I'd rather win love than arguments.
AFFIRMATIONS FOR CREATIVE SELF-EXPRESSION

Creative ideas are revealing themselves to me each and every idea.

I am excited about life.

I have discovered my passion.

I am ready to release my inner barriers to fulfilling my purpose on earth.

I am ready to go the whole way with my genius.

I am attuned to Divine inspiration.

Everything I need to know is revealed to me.

I am in constant communication with my creative source.

I am changing and transforming my old and limiting beliefs.

Through God-in-me, all things are possible.

Every moment in my life is infinitely creative.

I trust myself.

I trust my intuition.

I use my creative power to bring the best into my life.

I am the writer, director and actor of my own movie. I like what I see.
I at the center of the Divine idea of my right and perfect work for personal fulfillment, service to God and financial abundance.

I am attracting the people, circumstances and finances to make my dream come true.

By doing what I love, I make a comfortable living.

I am doing what I love and getting paid for it.

I have found the perfect career to support myself in the world.

I am on the verge of a vocational breakthrough.

I am financially self-sufficient and happy in my work.

I offer a wonderful service for wonderful pay.

God is guiding me to fulfilling work.

I am always at the right place, at the right time, engaged in the right activity.

I am actualizing my full potential in the world.

My work is love in action.

I have a wonderful relationship with my co-workers (or boss, employees, business partner etc.)

Customers love our company and its products (or services).

I feel great about what I do for a living.
AFFIRMATIONS FOR PROSPERITY

God in me is my unlimited, overflowing supply of every kind of good.

I always have plenty of money.

A part of all I earn is mine to keep.

I invest wisely and responsibly.

The more I give, the more I am given to give.

My income exceeds my expenses.

I deserve to prosper.

My wealth contributes to my aliveness and to the aliveness of others.

When I prosper, other people prosper. When I succeed, other people succeed.

I have more than I need, and so I share with my world.

My cup runneth over.

There is more than enough to go around for everyone, including me.

My personal connection to universal intelligence allows large sums of money to flow to and through me.

God manifests through my life as abundance and prosperity on all levels.

The more I win, the more others win. The more others win, the more I win. Therefore I am winning more and more of the time.

I rejoice in my continuing good fortune.
AFFIRMATIONS FOR HEALTH

God in me is my health right now.

God in me is my strength; I overflow with vitality.

Every day, in every way, I am getting better and better.

I treat my body like royalty.

I love my body.

My body is the perfect size and shape.

I am a powerful person.

All the cells of my body are daily bathed in the perfection of my divine being.

I am healthy, happy and radiant.

I radiate good health.

My body is a safe and pleasurable place for me to be.

My sleep is relaxed and refreshing.

I have all the energy I need to accomplish my goals and to fulfill my desires.

God's love heals me and makes me whole.

My body is healed, restored and filled with energy.
AFFIRMATIONS FOR SPIRITUAL DEVELOPMENT

The Divine breath flows through me and blesses me.

I am a channel for love and healing.

I affirm divine order, and all parts of my life fall into place.

Everything I need comes to me.

All is well in my life; I am truly blessed.

All things are working together for good in my life.

The universe nurtures and protects me at all times and in all places.

God is with me through every change—guiding, protecting and directing me all the way.

I dwell in the presence of God’s eternal love.

The Lord is my shepherd.

All that my heart desires will come to pass.

When one door closes, another door opens. Whenever I seem to lose something of value, its only to make room for something better.

I am divinely guided.

Focusing on the present heals my fear of the unknown.

I expect a miracle.

When I put my spiritual development first, all of my other needs are fulfilled.

Higher wisdom expresses itself daily in all aspects of my life.

I am worthy to receive the unlimited offerings of the Universe.

I see all problems as disguised opportunities.

I listen to myself and confidently act upon what I hear.
I affirm only the best for myself and others.

God's wisdom illumines me, casting light on my path.

When I follow my heart, the universe supports me.

I let go and let God.

My persistence and determination work miracles.

It's all unfolding perfectly.

Life has great things in store for me.

I give thanks and praise for all things.

This too shall pass.

I welcome change into my life.

I learn from every situation I encounter.

I let go of the old and make way for the new.

I forgive myself and others. I am free.

I bless and release all those who have caused me pain.

As I forgive, so am I forgiven.

Everywhere I look, I see opportunities to serve.

My will and the Divine will are one.

I am continually aligned with my higher purpose.

At every turn, good fortune appears before me.

Every experience in life brings me closer to God.

My faith is making me whole.