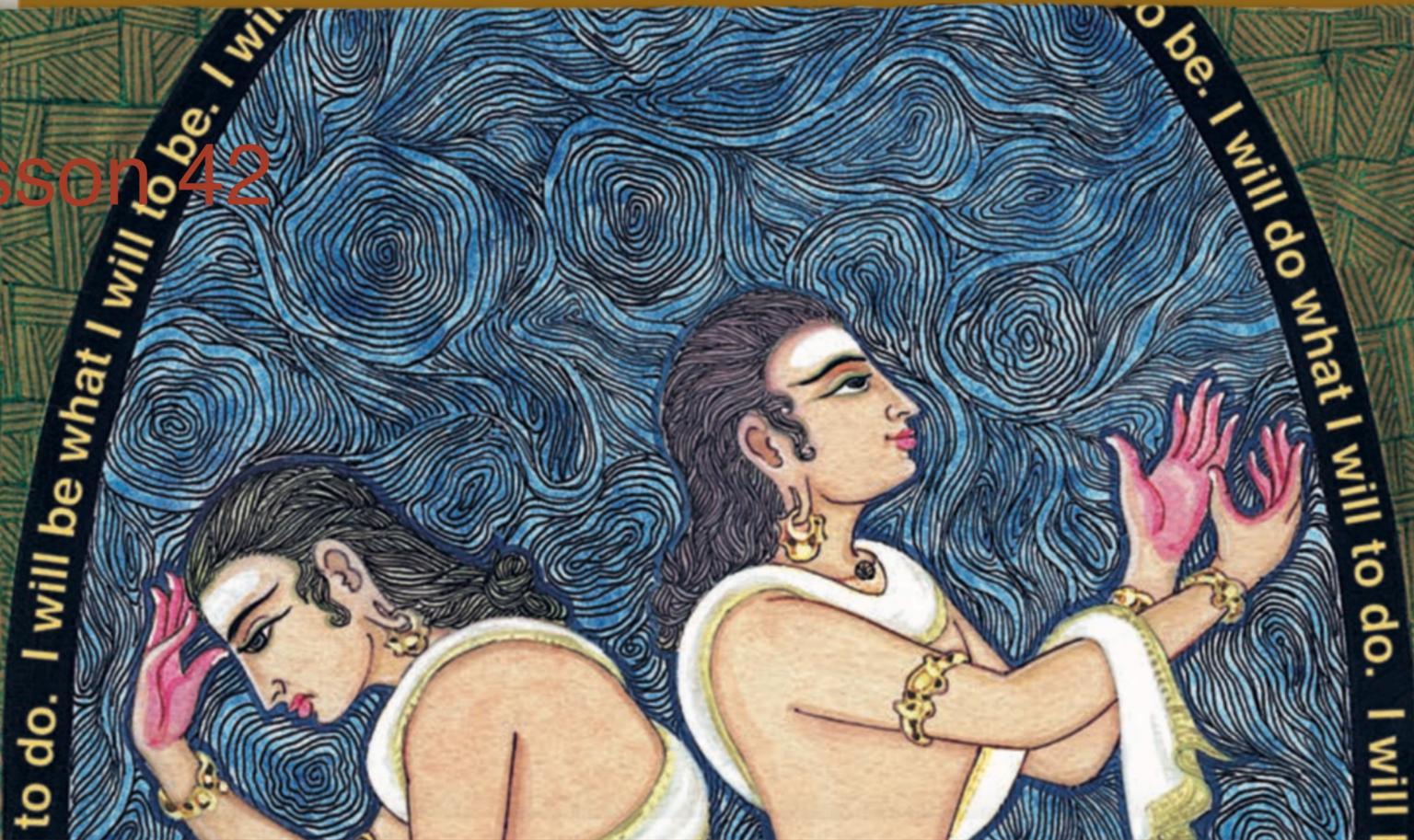


Path to Siva

A Catechism for Youth

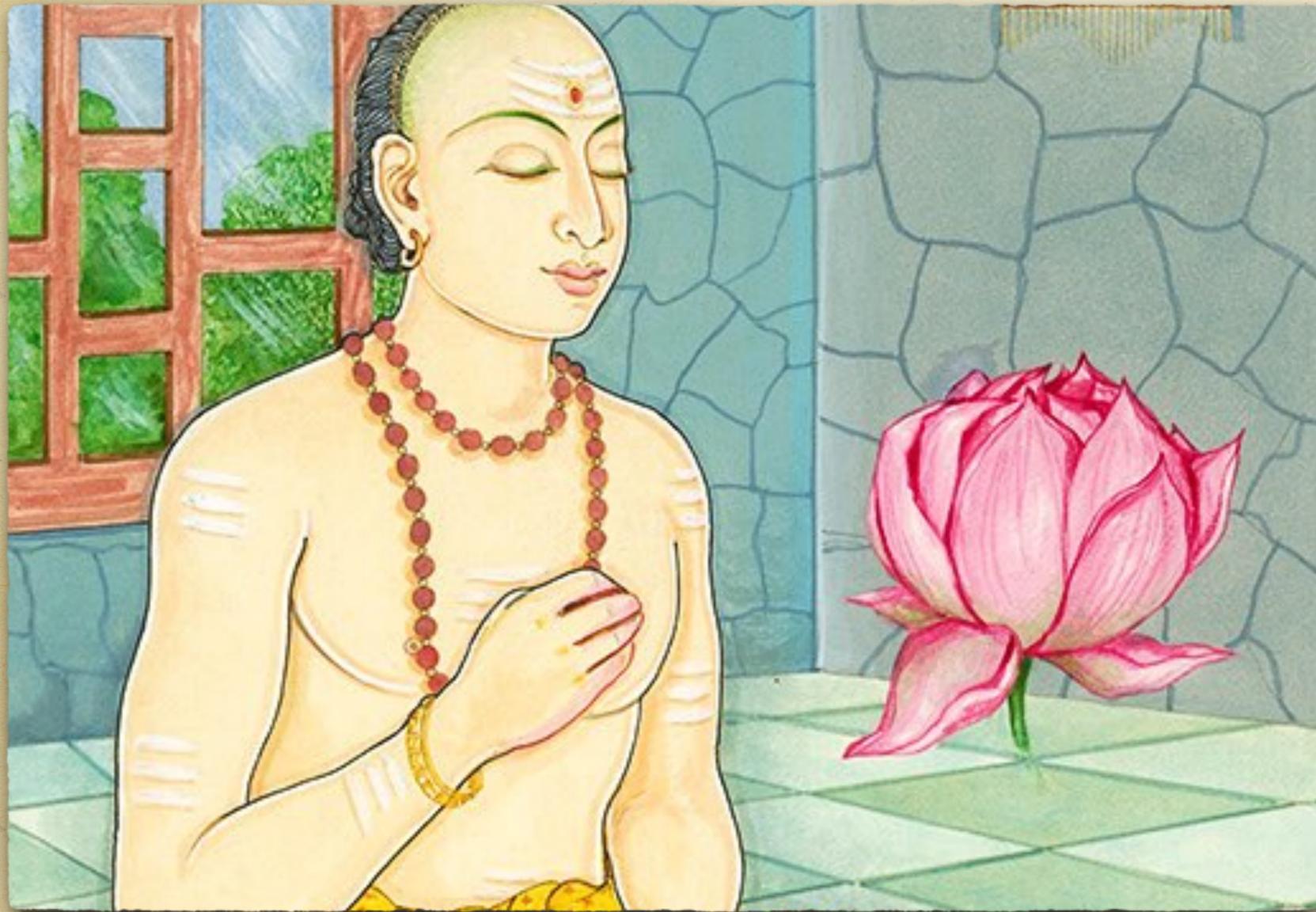
Satguru Bodhinatha Veylanswami

Lesson 42



How Do We Use Affirmations?

What is an Affirmation?



An affirmation is a positive declaration or assertion that we repeat regularly to bring about useful changes in our life.

Concentration and Visualisation

While repeating the words, we concentrate on the meaning and visualize and feel the desired result.



Power of words and visualisation

Your words, visualizations and feelings
have power.

They impress your subconscious mind.

When they are positive, useful and
creative, they make you more secure
and successful in everything you do.



Careful wording of your affirmation

Affirmations must be carefully worded to gain the desired effect.

The sadhana is to repeat it to yourself for a minute or two, ideally at the same time each day.

Silently is good, but aloud is even better.



An example of an affirmation

For example, "I can. I will. I am able to accomplish what I plan."

Repeating this each day programs your mind with confidence and increases your willpower.



*I Can
And
I Will*

Feeling is as important as words

But just saying the words is not enough.

You must really feel “I can! I will! I am able!”

Imagine what it will feel like when you accomplish your goal.

It is helpful to remember the feeling of success you experienced when you achieved something in the past.



Always make positive affirmations

Positive affirmations help you face life with optimism.

~~Negative thinking does the opposite.~~
Many people think, "I can't. I won't. I'm not able."

~~And, sure enough, they fail.~~

~~Why? Because they have programmed their mind to fail.~~

An affirmation creates the opposite effect.



Seeing and feeling your goal

You see the goal clearly and feel yourself attaining it.

Success follows naturally.



Gurudeva's other affirmations

Gurudeva's other affirmations include
"I'm all right, right now,"

"All my needs will always be met,"

and "I am equal to any challenge I
meet."



An affirmation builds a positive self-concept.

This means knowing that you are a worthy person deserving a wonderful life and fully capable of achieving it.

Having such a positive concept allows us to identify with our inner, spiritual nature so that we truly feel we are a divine being on a perfect path.



Gurudeva says...

Get into the rhythm of the affirmation.

This causes strong feelings and impressions deep in the inner mind.

Each word has a certain rate of vibration.

Feeling is greater than visualization.



QUESTIONS

for Lesson 42



42.1 An affirmation is a positive declaration or assertion that we repeat regularly to bring about useful changes in our life.

- True
- False

42.2 While repeating the words,
(Check the correct answer)

- A. We concentrate on the meaning
- B. We concentrate on the meaning and visualize and feel the desired result
- C. We concentrate on the meaning and feel the desired result

42.3 Check the statement below that is not an affirmation.

- A. I'm all right, right now
- B. I can't, I won't, I'm not able
- C. All my needs will always be met

42.4 To imagine what it will feel like when you accomplish your goal,
(Check the correct answer)

- A. Ask your best friend what he or she thinks
- B. Remember the feeling of success you experienced when you achieved something in the past
- C. Simply try to feel positive

42.5 Affirmation builds a negative self-concept which then allows us to identify with our inner, spiritual nature so that we truly feel we are a divine being on a perfect path.

- True
- False