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Learn how the repetition of positive statements changes your future by reprogramming your subconscious mind

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The need is now for positive attitudes. It is election time in the US, accusations are flowing freely, and political and economic difficulties abound in every nation. "Not-niceness" is the sport that contestants play. Would it not benefit the people more if the losers formed a support group for the winners, rather than attacking and blocking them during their term? A win-win situation all around. Is this too distant to hope for? Perhaps a more spiritual psychology would be helpful.

It is the power of affirmation that changes and remolds the putty-like substance that makes up the subconscious areas of the mind. For years we have repeated sayings and statements, attached meaning to them in our thoughts and through listening to ourselves speak. This has helped form our life as we know it today, for the subconscious brings into manifestation the impressions we put into it. Therefore, to change the subconscious pattern and increase the spinning velocity of it, we must remold with new ideas and new

concepts its magnetic forces. This can be done through the power of affirmation.

Affirmation, when used in wisdom for spiritual reasons, is a power, and should be understood through meditation. Before beginning to work with an affirmation, we must understand completely from within what we are doing, being sure that when our subconscious has been remolded we can take the added responsibilities, the new adventures and challenges that will manifest as a result of breaking out of one force field and entering into another. Only when we face and accept fully the new effects of our effort should we proceed with an affirmation. First we must understand the nature of this power.

An affirmation is a series of positive words repeated time and time again in line with a visual concept. Such a statement can be repeated mentally or, preferably, verbally. Words in themselves, without a pictorial understanding, make a very poor affirmation. To choose the affirmation best suited to our needs, first we must realize what we do not want, and then we must take steps to change it, in the very same way we would discriminate in giving away or throwing away our possessions in order to purchase new ones. Whether one is dealing with home and possessions, thoughts and concepts, self-created inhibitions, or blocks and barriers of the subconscious, the principle is basically the same. If one feels, "I can't," he cannot. If he is always criticizing himself and lamenting over what he cannot do, then he has to reverse this pattern and change the flow of magnetic mental force, enliven its intensity by saying orally and feeling through all the pores of his body, "I can. I will. I am able to accomplish what I plan."

In applying this tantra, begin by repeating the affirmation fifty or a hundred times a day. In watching your reactions, you may find that the subconscious will not accept these three statements, "I can. I will. I am able." You may still have feelings of "I can't. I won't. I am not able." This then begins a period to live through where the mind's magnetic forces fight with one another, in a sense. The aggressive forces of your nature are trying to take over and reprogram the passive ones that have been in charge for so many years. Of course, the aggressive forces will win if you will persist with your verbal and visual affirmation. You must not give up saying, "I can. I will. I am able," until you find the subconscious structure actually creating situations for you in which you can and are able to be successful, happy and acquire what you need, be it temporal goods or unfoldment on the inner path.

Here is another positive affirmation that might be helpful for you: "I am the complete master of all my forces. My spiritual energies govern and control the force fields wherever I am for the highest good. Through understanding, being pure, full of spirited life, I am filled and thrilled with unlimited power, now and forever. I will be what I will to be. I will do what I will to do." Affirm this affirmation each day this week for seven days. Repeat it three times each morning, three times at noon and three times each evening.

You have perhaps often heard friends repeat the same complaint over and over again. They were not only making an affirmation, perhaps unknowingly, for their own subconscious mind, but for yours as well. Therefore, it behooves us always to be with positive people, spiritual, life-giving people, in order to be positive ourselves. It behooves us to listen to that with

which we want to live, and to be the changer rather than the changed. The affirmations which violence sets up in the subconscious reactionary habit patterns in the minds of men cause them to fight and kill by spinning emotional force fields out of control. Fear then holds them in these brackets of mind as they react to what they have done. It takes great courage to go from one force field of the mind to another, for this means tearing up long-accustomed patterns and facing a period of adjustment while new subconscious patterns are recreated. It all has to do with changing the subconscious patterns. This is a power. You can change the patterns of your mind yourself. Try it. It is not too difficult.

Each day we make affirmations with our thoughts and our feelings--and the very words that we speak stabilize these patterns. But as the inner light begins to dawn its life-giving rays, a new, positive power comes into our words, our thoughts and the feelings that well up from the subconscious, making new manifest patterns in the force fields of the conscious world for us to meet and speedily experience. An affirmation can alter your life by creating mentally the patterns and moods of each day through which you will subsequently move. Here is one that can be used to dynamically begin each day. "I am now open to a flow of spiritual energy in which I perceive the most worthy course of action for this day. My service, being selfless, opens new doors of supply, making available all of the tools required so that my work will be beautiful, energetic and influential to the highest degree." The subconscious mind is like a piece of clay that can be impressed. These impressions go into the subconscious from the conscious mind and remain there vibrating until changed. The intuitive mind, which we call the superconscious, works through the subconscious when the channels of the

subconscious are open. Hence, in impressing the subconscious mind, we must be very careful to create positive channels, and not to create a negative block. You can also write your own affirmation, but it must always be positive and carefully worded.

The power of thought is very strong, but only strong for a short time. It is the power of feeling that awakens the knowing consciousness. For example, suppose we repeat an affirmation such as this: "All my needs will always be met." And we repeat it again, "All my needs will always be met." In the initial stating of this affirmation, we understand something about it. However, unless we gain a conscious mental picture of what the words mean, they mean little more than nothing, for they do not reach deep enough to make contact with the limitless powers of your inner self.

People say affirmations work for them but sometimes they do not. Why do affirmations only work sometimes? It is because the subconscious is receiving the affirmation at a psychological moment, and a greater knowing, visualization and feeling has been awakened to some extent. However, at the times when an affirmation did not work, there was no knowing, no visualization or feeling attached to it. Just words. When affirmations are repeated over and over again without feeling or visualization, occasionally negative results are produced, as the vibrations of the words themselves may not register what is intended in the subconscious.

An antidote to this is to use affirmations in this way. Repeat the affirmation, "All my needs will always be met," and feel

how it is to feel after all of your needs have been met. Until you find this feeling, you should not expect the affirmation to work. Every time that you have a need and that need is met, a certain feeling is then produced in you. That same feeling you have to feel the very instant you speak the affirmation. You then open a channel that instant to your own intuition through which all good comes. In this state of mind one has inspiration and will. It is from the intuition that, at the eleventh hour, fifty-ninth minute, fifty-ninth second, every need is met. Try affirmations. They work. They really, really do. It is not everyone that makes use of good advice. Be that exception. Be it now and say: "I will be what I will to be."