



PROGRAM E-2
Introduction and the Mind States – PART TWO
Method: THE AFFIRMATION

This is where affirmation and creation relate. Thus, the aware soul does have the yoga siddhi to become a co-creator of their life.

When you have a sustained thought, it transfers energy into your inner world, and then to the so-called outer world....

Due to the dense and thus low vibration rate of the physical plane, there is a Saturn delay, or a Saturn lag to the manifestation of the thought pattern.

However, it does not manifest immediately in the physical world.

Think about this for a moment. When practicing affirmation, you are sending energy thoughts out into the universe.

So the question should be, "What have you been mentally focusing upon, without distraction or conflicts, during the last one or two years???"

If you have not been consistently holding a given thought, then the energy released will be neutralized.

This explains why most people who are successful are usually those who stick to their thoughts.

Affirmation works if you practice it correctly and consistently.

Why does affirmation work? Can something so simple be effective? Once you understand why and how affirmations work, you will no longer doubt the power behind doing self-affirmations.

Mention self-affirmation and most people will immediately dismiss it. People want to take concrete actions that they think will bring results. Many do not understand that practicing affirmation is taking action. The reason why affirmations work can be grouped into the following:

The subconscious mind cannot differentiate between what's real or not.

Believe it or not, our brains don't work with the concept of reality. That is exactly why you can feel upset by just thinking about something. It doesn't matter whether it actually happened or not. This is why you cry at movies. And why today you still feel stupid just because your kindergarten teacher said something to you 30 years ago.

So, when practicing self-affirmations you are continually verbalizing and visualizing what you desire. When done with intensity and repetition, your mind will treat it as reality. You have developed a new belief.

When that happens, your potential will increase manifold. Your mind will find a way to make it happen; to make what it perceives as real become a reality.

Each one leads to the other. But where does the cycle begin? We can have an endless debate over this. The point is you can install beliefs by practicing affirmations. And with that, you start a new success cycle. This is why affirmations work.

Your thoughts create. Yes, that's right. According to advanced quantum physics, everything in this universe is energy: water, air, soil, light, and the stars.

Just like everything else, your thoughts are made of energy. And this is where creation and attracting what you desire comes in.

One of the main hypotheses in quantum physics is that 'the object is influenced by the observer.'

After all, what we call reality is in essence our brain's interpretation of the data gathered by the sensory cells in our eyes, ears, nose, tongue and skin.

Without you, there would be no perception of Reality, so to speak. We co-create our reality.

Our physical universe is 'shapeable.' When you have a thought, it carries (or rather is) energy and goes out all the way to the Universe. This energy contains the contents of your thoughts and the Universe starts to manifest it. Due to the dense and low vibration level of the physical plane, there is a lag to the manifestation. It doesn't happen immediately. In the spiritual world it is immediate. In the physical plane, all you need is patience and faith.

So think about it for a moment. What are you doing when practicing self-affirmations? That's right, you are sending thoughts out. The more you do it, the stronger

and faster the manifestation. That's the second reason why affirmations work. Now you might ask, "If it's that easy, why haven't I gotten the Ferrari yet"? Read the next point to find out.

The question that people are always asking is: "If that is true, why don't I have a million dollars in my bank account"?

The answer is quite simple, but not easy for most people to accept. Subconsciously these are not things that are most vital to their subconscious mindset. Or there are other values that have pushed out the material values.

Or, even more commonly, there is an eternal conflict of values in the subconscious mind caused by scattered thoughts, which are inconsistent with each other.

In short, the energy fields of each subconscious and unconscious thought or desire have neutralized each other out.

Realize that in the physical world, there is a time lag between a thought and its manifestation.

The thoughts you give out now will not manifest until later. The delay will be determined and can be seen by looking at the force field of your Natal Horoscope, i.e., your natal chart.

So here's the question, "What have you been focusing on during this time lag"?

If you are not consistently holding that thought, then the energy and momentum gained in the manifestation will be wiped out.

Let's say you lost focus along the way. You started to doubt the possibility of achieving it.

Now before your initial desire can be manifested, the change in your thought stops that manifestation process. Instead, now you are sending out the thought/message that it cannot be achieved.

That is why you must have strong faith and belief. Don't lose hope. Even though you cannot see the results yet, it doesn't mean that underneath the surface great things aren't happening.

Just like the transition of water from ice to liquid. An ice cube is at 0 degrees Celsius. Though it absorbs the heat (energy) around it, the temperature remains the same. We can't see any changes; however, within it there are changes happening to the molecules in the ice cube. Finally, at the critical threshold it turns into liquid. Only then can we see the changes.

This explains why most people who are successful are usually those who stick to their thoughts and rarely change their minds. This is why affirmation works if you practice it consistently.

Neurological pathways occur because the more you do something, the more it becomes a habit.

Whenever we think or do something, we make a mark in our brains (physically there is a neurological pattern). The more we do it, the deeper the mark and the more reinforced it becomes.

Ever notice that whenever you start something new like an exercise program or changing habits, the beginning

is the hardest. But once you do it for a while, it becomes easier and more natural. This is because the mark becomes deeper after doing it numerous times. It becomes easier and easier to change and adopt the new belief/habit/lifestyle.

By practicing self-affirmations, you are carving a deep mark of what you want into your brain, to a point where the mark becomes so deep that you automatically focus on what you want, consistently and without doubts. At that point you subconsciously find a way and make things happen. This is the final reason why affirmations work.

The more you think something, without counter-thoughts, the more it will become a subconscious habit.

Whenever we think or do something we make an 'imprint' on our brain, which forms a neurological imprint that tends to limit further expansion of that imprint.

The more we repeat the affirmation, the deeper the imprint on the subconscious, producing a reinforcement of the affirmation.

Thus, it is vital to make the affirmation as galactic as possible.

Whenever we begin something new, we start a new habit. The beginning is the most difficult part. However, once you proceed with the new habit, it becomes easier, and then automatic.

Affirmations work based on the awareness of what the subconscious believes it acts upon as being a reality.

The use of affirmation works because the technique gives the ability to program the subconscious into accepting a confirmed, definite concept.

An affirmation, to be an affirmation, must be a positive statement.

I'm sure most of us, if not all of us, can remember being told as a child, by a teacher or parent, that we did not have the capacity to do or to achieve something.

These negative statements have stayed with many of us for many years, if not all of our lives -- in the conscious or unconscious mind. *We reinforce them throughout our lives by mentally repeating their negative suggestion.*

They planted the seed, but we consciously and unconsciously re-confirm and feed that seed.

We often forget that we do have free will, and can stop feeding their seed, and feed our own positive seeds by choice. Success or failure is not written in the stars. Success or failure is not written into our karma. Success or failure is written *by the choices we make, or do not make....*

Failure manifests because of listening to negative thoughts from others, or from self, or because of unawareness, laziness, or the unwillingness to use the power of your own thoughts.

Failure is due to the unawareness of mystical methods that have the power to neutralize past life constrictive thought patterns.

Many affirmations do not manifest because a person's mixed and confusing desires and thought patterns neutralize the power of thought, and even of desire.

Thus, they only create and produce a confusing series of non-connected events.

Now, it should be known that, at first, certain subconscious, afflicted thought patterns are so strong they override the effect of the affirmation. However, with repeated affirmation, the affirmation becomes stronger.

However, the correct use, and the continuous utilization of affirmation will have the ability to override even deeply rooted negative thought-patterns in the subconscious, of which one is not even aware. Thus, it will take more time, at first, before the positive effect is realized, and one will realize its power and blessings (the Saturn delay factor).

Here are some key suggestions to speed up the effectiveness of your affirmation:

Speak aloud your affirmation for at least one to three minutes at a time, three to five times a day.

Affirmations work because affirmations are 'coded' messages that the subconscious mind, in a natural way, can accept.

When an affirmation is presented to and into your subconscious, it will either reject or accept that affirmation depending on whether or not it agrees with what is already programmed in your subconscious!

If your subconscious accepts the suggestion, your mind will become stronger in that area.

If your subconscious rejects the suggestion, your mind will become slightly puzzled or perplexed, and needs to adjust to the new subconscious thought pattern.

The process is not to fight it, but to continually repeat the affirmation until the subconscious does accept the thought.

Here is the problem and the process: One has the affirmation which says, *"Every day in every way my mind is **becoming** more and more peaceful."*

Now, the subconscious knows that the mind is not peaceful, and produces a suggestion of its own: *"Your mind is not peaceful."*

Now, you do not, you do not fight this suggestion, and thus you will not add energy to it.

Instead, you think or say, "Yes, the mind is not peaceful now, but every day in every way the mind is **becoming** more and more peaceful."

Here the power and effectiveness of the affirmation lies with the power of the progressive tense: **'is becoming.'**

If something you hear or read fits within your 'world view,' it will be rapidly absorbed into your mind.

If something does not fit within your 'world view,' it will tend to be rapidly rejected.

The subconscious mind is where all our karmic habits are stored.

All the things you do on a daily basis without even thinking about it, you had to think about at one time. However, now all of these daily things have become deeply automatic habits.

The problem that we all have is that by the time we become aware, and begin to give our mind a 'tune-up,' we are older, and we find that the subconscious has been deeply programmed by other souls during our childhood.

As I said before, this is only a continuation of your past karma manifesting via other people from your childhood environment.

Thus, our work is to 'tune-up' or remove the negative or constrictive suggestions from our past lives, which have re-manifested as negative suggestions from childhood relationships.

Thus, the goal is to remove the subconscious negative thinking patterns from childhood, and to exchange them with more creative and more constructive thought patterns. This is not a difficult task. It just takes focusing and repetition of new thought patterns via affirmation.

New thinking-patterns are formed in the same way that old patterns were -- by continual repetition.

The repetition of an affirmation is one of the easiest and most effective ways of creating a better brain, and a better life.

From affirmations will come a new, more positive and more constructive habit. This will produce a happier, more creative mind, and a more meaningful life.

It is easy. All it takes is patience and continual repetition of the affirmation.

Yes, the secret is the continual affirming of the mental and oral affirmation.

This constant practice will make certain that the subconscious mind does accept that affirmation.

The reason affirmations do not work for some people is that they do not keep 'chanting' the affirmation until the subconscious mind's negative traits are surmounted and replaced with positive thoughts. The reason why affirmations work is because the nature of the human mind is to be receptive to stimulus, and easily conditioned by the repetition of the same stimulus or action.

Here is a significant and valuable affirmation:

"Everyday in every way my body is becoming healthier and healthier."

Here are a few added thoughts for making affirmations more powerful and meaningful:

1. Get your affirmation to have a little rhyme. The subconscious loves rhyme.
2. You can replace the word 'healthier' with any other word to fit your needed first affirmation.

3. Remember: according to the theory of affirmation, one must wait until the effect of the affirmation is effective before another affirmation should be utilized.

OM

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