

“Positive and negative emotions cannot occupy the mind at the same time. One or the other must dominate. It is your responsibility to make sure that positive emotions constitute the dominating influence of your mind.”

Napoleon Hill

CHAPTER SEVEN AFFIRMATIONS

Physicists are able to provide more than reasonably persuasive mounds of evidence to prove that the entire composition of our world is made up of pulsating energies. This means the physical world is not physical at all, but rather, is energy in motion. The chairs you sit on, the vehicle you drive, the clothing you shop for, are not made up of energy; *they are energy*. Likewise, you and I are not made up of energy; *we are energy*. Sound like weird science? Add this to the weirdness: The very act of observing these energies has an effect. Your perception determines what you see, in the same way that someone else’s viewpoint or even another species’ perceptions determine their versions of *reality*. In other words, the ordinary action of viewing something changes its structure. This means that your thoughts actually create matter!

Welcome to the mind-expanding theories of quantum physics. This fascinating phenomenon of creating matter from mind stuff is brought onto the page, not because this is a book about physics per se (it is not), but because it is a book designed to enlighten you about the inconceivable power of *your thoughts and words*. With an enhanced awareness of the power of your words and thoughts to alter structures using the molecular-changing act of observing, maybe you’ll begin to see with an unsullied perspective. If you doubt your words’ powers, take the less-traveled road of curiosity, and at the very least, agree to test the intriguing waters of affirmations. When your desires are released as intentionally energized affirmations, your focused thoughts have the power to elicit awe-inspiring changes.

Of affirmations, H. Emilie Cady¹ writes, “To affirm anything is to assert positively that it is so even in the face of all contrary evidence.” The other truth is, our minds recognize pretense and deceitfulness. We will get more dynamic results with affirmations if statements are made in the present tense, but if one’s mind does not concur with the proclamation, the affirmation will be rejected. One example might be, you are intent on attracting your first million dollars by a deadline, of let’s say, ninety days. To reach this goal, you repeat, “I have one million dollars in my bank account.” You repeat this statement every day, at least once, for ninety days, and at the end of the ninety-day period, your bank balance is still hovering at the accustomed level. What is wrong with this affirmation? Why didn’t the million dollars show up? You decide then and there, that affirmations don’t work, and are in fact a waste of your time. You’ve *really always known*, have always said that, “affirmations don’t work.” You have no idea why you *would be so stupid and naïve as to think they work! Hocus-pocus, new age magic is for the circus! You’ve got more important things to do*, and so you get back to doing things the way you’ve always done.

To an optimistic believer in the power of affirmations, this affirmation appears to be a viable instrument in the manifestation process. But the biochemically pre-conditioned psyche is alert to even slightly altered images of personal worth, and has not yet been modified to believe, and thus, to accept this new version of reality into the subconscious mind. As a result, the brain blocks the seeds from becoming planted in your subliminal flowerbed. The affirmation is tossed out to the compost pile because it does not fit into the patterned responses and current definition of self-image and abilities. Succinctly, the affirmed goal of *manifesting a million dollars* is acknowledged as a lie. When the million dollars fails to show up, the reaction of determining that “affirmations don’t work,” is itself, an affirmation that reinforces the thought and belief that affirmations don’t work.

¹ Holistic pioneer, H. Emilie Cady was inspired by Ralph Waldo Emerson. Her book, *Lessons In Truth*, was first published in 1896.

In order to get an affirmation to bear fruit requires that affirmation, most primarily, be believable. An accustomed brain will recognize a lie. Those ever-efficient neural pathways know your familiar self-esteem level through years of repetitive conditioning. The networks fire accordingly, as they have been built to respond. You cannot trick your intelligent gray matter. It can, however, be reconditioned to form an acceptance of your fresh enlightened perspective through modified behaviors. To entice your mind into acceptance of this new reality, a more believable affirmation would begin with, "I choose," or "I've decided." Your subconscious mind will not resist these affirmations as it is well accepting of your right to *choose* and *decide*. Asserting, "I choose to attract one million dollars within ninety days," alerts your mind to possibilities, as opposed to instructing the incapacitation of your objective. "I have decided to increase my income and change my life for the better," is believable. With a more believable affirmation, your brain is becoming re-set to find the possible avenues from which this "million dollars in ninety days," will manifest, and there is no wall against your decisions. Doors open, and your mind is receptive to the opportunities that lead to fulfilling the "choice."

The caveat to the advice for using either "choose" or "decide" is when affirming core values. "I AM generous," is a perfect affirmation, provided the statement reflects authentic truths. Whenever "I AM" is at the helm of an affirmation, divine ownership is the energizer that reinforces the attraction power. With full alignment to oneness and divinity, there may be no two greater words for magnetizing resonating energies than, "I AM," provided the intent and the values of the sender are fully aligned with core values. Using emotive words to energetically infuse the affirmation with core, believable values will quickly prime the subconscious mind to attract resonating results. *I am generous* is an effective affirmation when the gut backs up the validity of the message.

To change your life, you literally must change your brain's biochemical processes. Both the trap and the wonder of biochemistry is that repetition creates habit, without judging or ascribing labels of *good* and *bad*. Because your brain is a highly efficient, evolving mass, little concern is given to most of the functions it (therefore, *you*) performs from micro-millisecond to micro-millisecond. This efficiency is an extreme benefit, in that, when minutia is automated, we are free to utilize much of the brain's capacity for learning new tasks, and for participating in current experiences. Our underlying beliefs, trainings, and emotions are thermostatically set, through repeated use, into the subconscious. We are not required to think about much of what we do, or think, or feel, as those activities have been designated to the subconscious as being automated responses to stimuli. The biochemical networks will automatically fire when triggered, whether the triggering event is happening now or is a remembered emotionally charged event. The conscious brain is then left available to mindfully consider anything we need assistance with throughout the day. New, repetitiously developed tasks, skills, and repeated behaviors eventually become automated as the neural networks are reinforced; the practices are designated to the subconscious as habituated, involuntary responses. In the fertility of the mind, they remain to cultivate without judgment as to the value of the adapted pattern.

While, whatever is repeated eventually becomes habituated to the subconscious brain, there is no discerning *addiction* from *proficiency*. For this reason, the use of affirmations is instrumental in thwarting addiction. Replacing unhealthy habits that have been delegated to the subconscious, with healthy practices is the undoing of addiction. Affirming one's self as being, "an addict" is not conducive to changing hurtful behaviors. Referring to one's self as an "addict" reinforces the elemental neural network of peptides that fire to ensure the practice of addictive personality. Beginning to affirm oneself as whole, complete, and worthy, would be a better

message to implant in the subconscious mind if true change is desired. We know that practice (repetition) is the tool for planting changes into the subconscious garden. The goal is to get the daily *constructive* affirmation to become firmly entrenched into the verdant ground of the subconscious mind so that it becomes an automatic, biochemical firing as our absolute truth.

The subjective reality of our lives is affirmed and manifests constantly. A finely tuned awareness of the power of inner dialog is mandatory that we might begin to shift from subconscious reactions that reflect and reaffirm any image that is not productive to our growth. Self-identifying labels of *addict*, or of deprived self-images of ourselves, and any negative self-talk must cease, and be exchanged with affirmations that reflect an enhanced image of being worthy of, and open to receiving *goodness* and *balance*. Thoughts, beliefs and talk of lack must be replaced with a knowing of, a belief in Universal abundance, must shift from focus on disease, to focus on comfort and well-being, must be turned away from hurtful relationships to allow the attraction of healthy partnerships based upon respect and equality, and ultimately, must transform from low vibrational frequencies to higher-level attractors.

Change begins from the inside out, and change demands cognizance of mindless chatter. Hear what you tell yourself all day long. Replace degradation with consciously designed, upbeat, love-laced statements that speak only of appreciations. No more self-deprecating jokes, nor word slinging at others, whether in front of or behind their backs. Be attentive to your thoughts and stop yourself from uttering even the slightest negativity. Your negative thoughts are living energies that attach to identical vibrations and attract them back to you. Begin, on this journey of self-discovery, to fall intensely, deeply in love with yourself. Treat yourself as you would treat a revered loved-one, with the gentleness you would bestow on a newborn, with the respect you would offer to the Holiness, with the awe in which you would view a sacred artifact. Mindfully place your attention onto your words, thoughts, and actions, and intensely witness your treatment of your *self*. Create the unyielding intention to praise yourself and others, to plant only loving, positive, self-affirming thoughts into your mind. Intend your every action to be one that attracts back positive energies, fully aware that in the laws of karma and physics we all absolutely, “reap,” exactly “what we sow.”

Affirmation Exercise

In the privacy of your bathroom, stand in front of the mirror and make eye contact with the person looking back. Breathe in and exhale out. Keep making steady eye contact with your reflection. What do you see when you look in the mirror? How do you feel as you scrutinize the mirror image? Is it challenging to make continuous eye contact with you? In response to your gaze, what is your body doing? How's your posture? Are you tensed or relaxed? Be aware of your body, and of your breathing. Consciously take another deep breath, inhaling through your nose, and releasing it through an open mouth. With concentrated focus of intent, repeat the following affirmation: “I am perfect in my humanness.”

How do you feel as you make that statement? Continuing to make steady eye contact, and without giggling, say, “I am whole.” What is your body doing? Are your feet spaced and anchored in a supportive position of balance? Is your back aligned with your head? Are your shoulders back? Is your heart beating? Are your palms moist? Lips dry? Are you drooling? Have you swallowed in the last ninety seconds? Are you still making eye contact? Is it getting any easier to hold your gaze? Breathe.

Repeat both affirmations, together: *I am perfect in my humanness. I am whole.*