

Spiritual Practice: Affirmation

“Through affirmative thinking you are able to clear your mind of negative thoughts, fears and doubts.”

—Ernest Holmes, *Thoughts Are Things*

An affirmation is a positive statement asserting that a desire the thinker wishes to experience or have is already happening.

Affirmations are effective spiritual tools for training your thoughts to be in alignment with your desired life experience.

Consider a daily practice of reading your affirmations, or posting them around the house where you will see and read them throughout the day.

To write affirmations that are effective and powerful:

- Make them personal (I am, I have statements add power).
- Write them in the present tense.
- Use active and feeling language.
- Keep them short and easy to remember.
- Be specific as to “what” you wish to experience, but leave out “how” it will occur (we’ll trust God to do that).
- Read them out loud to see if they “ring true.”

Here are effective sample affirmations:

- I am prosperous with plenty of money to pay my bills, make investments, share with others and grow my savings.
- My relationship is filled with unconditional love and respect.
- I have a job that utilizes my talents and provides me with a full package of salary and benefits.