





# 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.

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# Power of words and visualisation

Your words, visualizations and feelings  
have power.

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They impress your subconscious mind.

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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."

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

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*I Can  
And  
I Will*



# Feeling is as important as words

But just saying the words is not enough.

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

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

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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.

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Success follows naturally.





# Gurudeva's other affirmations

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

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"All my needs will always be met,"

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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.

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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.

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

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Each word has a certain rate of vibration.

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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