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# Foreword

Spiritual affirmations are merely favorable statements that draw on the power of The Higher Power to manifest whatsoever it is that you're affirming (saying).

By affirming what you wish to have occur in The Higher Power's name, you're effectively commanding the universe to 'right the wrongs', and giving it the The Higher Power-power needed to fulfill your request.. Get all the info you need here.



## ***Spiritual Affirmations***

The big book of affirmations from spiritual leaders

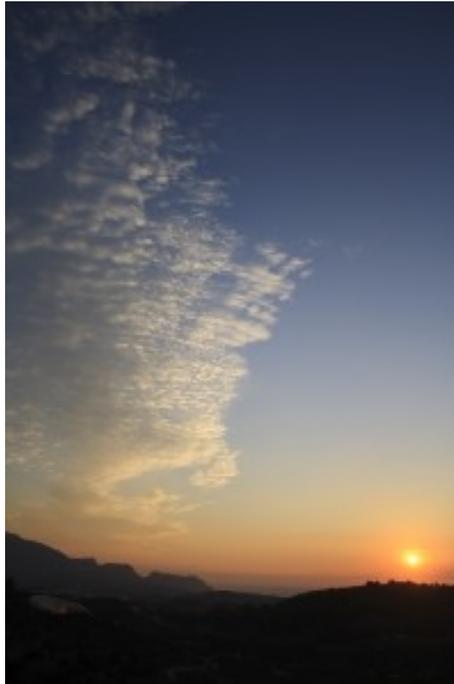
# Chapter 1:

## *About Spiritual Affirmations*

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### Synopsis

The Higher Power gives us energy (spiritual energy) each day so that we may be co-creators with him. Utilizing this power to produce positive shifts in our world is precisely what we are intended to be exercising, and giving spiritual affirmations is one way to accomplish it.



## **The Basics**

### **Important...**

We have been going against The Higher Power's will by letting our negative thoughts and speech produce our damaging worlds (thoughts have power as well!). This is basically a misuse of the power he gave us and, by cosmic law, it has to end up in the return of damaging karma.

### **The great news?**

We may make a different decision! We may utilize our freewill to arrive at a decision that does us good rather than harm. Quite merely, we may start to affirm the opposite.

So...let's begin by coming to grips with the fundamental formula (and it truly is fundamental!)

OK, we're kicking off with calling on the name of The Higher Power.

That's simple, right? The Higher Power is The Higher Power.

Well, yes and no. The Higher Power is The Higher Power, most unquestionably, however he likewise has many, many other names. So you might technically use any of them, to call on him. In the Bible: I AM THAT I AM is commonly written in capitals, which I trust is to

distinguish it from a common sentence. This is the complete version, but we may likewise utilize merely 'I AM'.

Yes, 'I AM' is among the names of The Higher Power. So if you say something like 'I am hungry' or 'I am tired' you could actually be drawing on the power of The Higher Power to affirm that state of being hungry or tired.

As luck would have it, the opposite is true as well. 'I AM healthy', 'I AM joyous' - these are really simple favorable affirmations. They're likewise spiritual affirmations as they are utilizing the name of The Higher Power. Not too hard, right?

This is the fun part where we may be truly creative. Think of what you need in your life right now. It might be literally anything! The key is to turn what you wish to accomplish into a positive 'here and now' statement. Here are a few really random examples to get your brain going.

- I am totally at peace
- I am loving my brother/sister/parents
- I am getting everything I need
- I am finishing this assignment to the best of my ability
- I am willing to change
- I am an awesome cook

- I decide to get up on time every morning
- I am thankful

And for the ultimate all-purpose spiritual affirmation?

"I AM Victory!"

When you've produced some great affirmations for yourself or decide to use the ones in this book, repeat them again and again, as many times as you may, as frequently as you may. The more you state them, the more power you are giving them, and therefore the more chance they have of manifesting in your world.

Say them with confidence and trust what you're stating!

If you will, try to visualize (see in your mind's eye) what it is you're talking about. If you're affirming that you are a good cook, then see yourself cooking marvelous dishes and everybody loving them.

Occasionally you'll see instant results. More frequently though you're shifting compound years of negativeness and you just have to continue hacking away at the layers, noting a little difference. You'll get there, I promise.

# Chapter 2:

## *Spiritual Quotes*

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# Synopsis

Spiritual quotes can inspire you. Lets' have a look at a few.



## Quotes

- " Never put anyone out of your heart... " ~Neem Karoli Baba
- People will do anything, no matter how absurd, in order to avoid facing their own soul.~Carl Gustav Jung
- Acquire the courage to believe in yourself. Many of the things that you have been taught were at one time the radical ideas of individuals who had the courage to believe what their own hearts and minds told them was true, rather than accept the common beliefs of their day. ~ Ching Ning Chu
- "When I despair, I remember that all through history the way of truth and love have always won. There have been tyrants, and murderers, and for a time they can seem invincible, but in the end they always fall. Think of it...always." ~Mahatma Gandhi
- Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourself treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also. ~Jesus
- There's music in the sighing of a reed; There's music in the gushing of a rill; There's music in all things, if men had ears: Their earth is but an echo of the spheres.~Lord Byron

- Do everything with a mind that lets go. Don't accept praise or gain or anything else. If you let go a little you will have a little peace; if you let go a lot you will have a lot of peace; if you let go completely you will have complete peace. ~Ajahn Chah
- You must understand the whole of life, not just one little part of it. That is why you must read, that is why you must look at the skies, that is why you must sing and dance, and write poems, and suffer, and understand, for all that is life. ~J.Krishnamurti
- Here I sit between my brother the mountain and my sister the sea. We three are one in loneliness, and the love that binds us together is deep and strong and strange.~Kahlil Gibran
- Outside ideas of right doing and wrong doing there is a field. I'll meet you there.~ Rumi
- Let your life lightly dance on the edges of time like dew on the tip of a leaf. ~Rabindranath Tagore
- Love expects no reward. Love knows no fear. Love Divine gives - does not demand. Love thinks no evil; imputes no motive. To Love is to share and serve. ~Sivananda
- My sun sets to rise again. ~Robert Browning
- If we could read the secret history of our enemies we should find in each man's life sorrow and suffering enough to disarm all hostility.~ Longfellow

- When we are face to face with truth, the point of view of Krishna, Buddha, Christ, or any other Prophet, is the same. When we look at life from the top of the mountain, there is no limitation; there is the same immensity. ~Hazrat Inayat Khan
- I honor those who try to rid themselves of any lying, who empty the self and have only clear being there. ~Rumi
- My atheism, like that of Spinoza, is true piety towards the universe and denies only gods fashioned by men in their own image to be servants of their human interests. ~George Santayana
- Do not keep the alabaster box of your friendship sealed up until your friends are dead. Fill their lives with sweetness. Speak approving, cheering words while their ears can hear them, and while their hearts can be thrilled and made happier. The kind of things you mean to say when they are gone, say before they go. ~George W. Childs
- People are where they are because that's exactly where they really want to be...whether they'll admit that or not. ~Earl Nightingale
- There will come a time when you believe everything is finished. That will be the beginning. ~Louis L'Amour

- Come, fill the Cup, and in the Fire of Spring The Winter  
Garment of Repentance fling: The Bird of Time has but a little  
way To fly--and Lo! the Bird is on the Wing. ~Omar Khayym
- Life and death: they are one, at core entwined. Who  
understands himself from his own strain presses himself into a  
drop of wine and throws himself into the purest flame. ~Rainer  
Maria Rilke
- We shall not cease from exploring, And the end of our exploring  
Will be to arrive where we started. And know the place for the  
first time. ~T.S. Eliot
- For one human being to love another: that is perhaps the most  
difficult of all our tasks, the ultimate, the last test and proof, the  
work for which all other work is but preparation. ~Rainer Maria  
Rilke
- Go to the truth beyond the mind. Love is the bridge. ~Stephen  
Levine
- People deal too much with the negative, with what is wrong...  
Why not try and see positive things, to just touch those things  
and make them bloom? ~Thich Nhat Hanh
- No man, for any considerable period, can wear one face to  
himself, and another to the multitude, without finally getting  
bewildered as to which may be true. ~Nathaniel Hawthorne

- We carry within us the wonders we seek without us. ~Sir Thomas Browne
- What is to give light must endure burning. ~Viktor Frankl
- The less you open your heart to others, the more your heart suffers.~Deepak Chopra
- Keep me away from the wisdom which does not cry, the philosophy which does not laugh and the greatness which does not bow before children.~Kahlil Gibran
- This is love: to fly toward a secret sky, to cause a hundred veils to fall each moment. First to let go of life. Finally, to take a step without feet.~Rumi
- What the caterpillar calls the end of the world, the master calls a butterfly.~Richard Bach
- Teachers open the door, but you must enter by yourself. ~Chinese Proverb
- If you are pained by external things, it is not they that disturb you, but your own judgment of them. And it is in your power to wipe out that judgment now. ~Marcus Aurelius
- God said to Moses, "I AM WHO I AM." ~Exodus 3:14
- If you want others to be happy, practice compassion. If you want to be happy, practice compassion." ~The 14th Dalai Lama

- The same stream of life that runs through the world runs through my veins night and day in rhythmic measure. It is the same life that shoots in joy through the dust of the earth into numberless waves of flowers." ~Rabindranath Tagore



# Chapter 3:

## *Spiritual Affirmations*

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### Synopsis

You are able to affirm yourself into having great spiritual qualities.  
Let's look at a few affirmations.



## **Affirmations**

- My days are filled with fun and meaningful activities.
- My choices and possibilities are expanding every day.
- I trust that everything comes at the perfect time and in the perfect way.
- The universe works in perfect ways. It always serves my higher good.
- I choose love in every moment.
- Everything I do adds love to the world.
- Whatever I need to know is revealed to me.
- Whatever I need comes to me in divine right order.
- Everything I need, or need to know, is available to me in stillness.
- Thank you, God, for opening my eyes to what I need to see.
- I always choose the path of most love.
- My energy is open and flowing in every area of my life.
- I always have much more money coming in than going out.
- Thank you, God, for bringing so much money into my life.
- All the money I spend brings me joy.

- My thoughts are loving and positive.
- I am boundless love. I am infinite joy. I am unlimited wisdom.
- I am radiant health. I am eternal youth. I am inexhaustible energy.
- I believe something wonderful will happen to me today.
- This body is perfectly healthy and bathed at all times in the light of God.
- I choose to live well past my 100th birthday, radiantly healthy all the way.
- I focus on what I love and thus draw it to me.
- As I do what I love, money and abundance flow freely to me.
- I gladly and proudly accept all the abundance the universe has to offer.
- I expect only the best to happen and it does.
- I meet all challenges with indomitable will and strength of mind.
- I choose to live an abundant life.
- I live in an abundant universe. I always have everything I need.
- I trust my ever-increasing ability to create abundance.
- The things I create are even better than I imagined them to be.

- I am financially independent and free.
- I am living a prosperous life with no limits.
- My wealth allows me to serve God more deeply and more completely than I ever could before.
- I believe in myself and I am unstoppable.
- I speak of success and prosperity. My words uplift and inspire others.
- The greatest gift I give others is the example of my own life working.
- I am a shining example of spiritual and physical well-being.
- I transcend my body. I transcend my mind. I am spirit. I am a drop of God in a sea of God.
- I naturally attract loving relationships into my life.
- I radiate self-esteem, inner peace, love, well-being and joy.
- I see the beauty and presence of God in every soul who crosses my path.
- I take great joy in learning about the good fortune of others.
- I see everyone experiencing the happiness that I have been blessed with.
- I am beautiful and I am loved.

- Angels, thank you for laying your hands of light on me and sending me your love and healing energies.
- Not my will, God, but yours.
- I honor God with every thought, every word, every deed
- I am immersed in the deep love of God.
- Thank you, God, for bathing me in the healing, protective glow of your deep love.
- I am a pure instrument of God, humble and steadfast.
- Thank you, God, for guiding me to do your work in this world, effortlessly and with great joy, love, skill, enthusiasm and humility.
- The deep love of God is alive and vibrant deep within my heart.
- Thank you, God, for blessing me with every moment of this sweet life.
- Every moment is a gift.
- Thank you, God, for guiding me to be a messenger of your deep love. I am honored.
- I am a source of love, hope and healing energy to all who cross my path.

- God, I trust completely in your infinite wisdom and your deep love.
- God, I welcome your loving spiritual guidance.
- Whatever God brings to me, I want.
- Divine Mother is holding me lovingly in Her arms..
- I honor God in every moment of my life.
- I am so honored, I am so blessed, I am so grateful to be loved so much.
- I surrender my will to divine will, unconditionally and with great joy.
- I think and live in ways that guide me to love and serve God in the highest way possible.
- All my thoughts, words and actions are divinely guided.
- I am a spiritual being having a human experience.
- Everything that is happening is only for the highest good of me.
- My mind and body are in complete alignment with the Universe and I am always in the flow.
- I am with God and God is with me always.
- The Divine Spirit is omnipresent all around me and guides me at every step.

- God's love is working through me now and always.
- I am responsible for my own spiritual growth.
- I trust that everything in my life is working for my highest good and I am receiving all that I am meant to have.
- I patiently and respectfully ask for Divine guidance on anything and everything.
- The Universe naturally and freely provides for all my needs.
- When I love people more, I receive even more love from them in return.
- I am a divine expression of a loving God.
- I let go of fear. I let go of pain. I live in love.
- I surrender to God. He is always with me. I do only his bidding.
- Religion to me is a way of life. It is a way of living a morally and ethically correct life.
- I am a loving, kind and forgiving person, in accordance with my spiritual nature.
- I ask for forgiveness from all those whom I may have wronged and forgive all those who may have wronged me. All is well.
- The love of God flows through me. I am His, He is mine.
-

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- I forgive them for trying to control us spiritually
- I am realizing my true spiritual nature now
- My spiritual awakening is happening now
- I forgive them for ever distorting the TRUTH
- I am acceptable as I am
- I trust my innate Soul to guide me spontaneously
- This is easy and fun
- I swiftly accept my own soul's loving guidance
- I am innocent and willing to serve LOVE
- I am allowed to have a personal connection with the Divine  
This is my birthright
- I am a part of this Sacred Cosmos that is connected to its Self  
I am made of conscious fields of Eternal Light
- I am a protected in every way
- My heart, mind and body are aligned with my Spirit
- I have an Inner knowing
- I am forgiven for everything

- I forgive religions for ever separating us from our True SELF I allow my noble crown to be illuminated with the sacred truth of Creation
- It is safe for me to trust the Universe now
- I am one with All of Creation
- I accept the Living Divinity in us all
- I am a valued part of Creation
- I allow myself to be a natural vessel for the Beloved It's safe to allow this connection to deepen and grow
- I am loved eternally
- I trust my growing ability to listen and learn directly now I choose right action, based on Divine wisdom
- I am connected to HOME
- I forgive myself for ever losing my inner truth
- I always find the calm stillness within me
- My heart trusts this
- I am willing to follow simple instructions from O
- All of creation loves me
- I remember to check in frequently for spiritual guidance I am aligned only with the Spirit of pure truth, and Eternal Wisdom

- O loves me
- I remember what I am now... I am the Divine Child within
- I am able to do anything the divine wants me to do
- My Higher Self is constantly with me, encouraging me I act on the advice from my Higher Self
- My spirit is pure, alive and radiating....
- I am able to clear and tune in now
- I access my inner knowing in all ways
- I am close to the divine as it is my very nature
- I am animated and supported by the Inner Light
- I clearly recognize and embrace any and all signs from the Universe
- I am the creator of my own future
- I accept others as they are and they in turn accept me as I am
- I recognize and honor Divine Spirit to be omnipresent in all around me every day
- I am a radiant being filled with light and love
- I recognize Divine Spirit to be omnipresent
- I give freely without the need or expectation of receiving

- My highest good is manifesting in my life right now
- I live only that which is for my highest good
- I am creator of my destiny
- I respect and honor all Divine gifts
- I acknowledge and respect all my feelings
- Divine love is working through me now
- I am receptive to the messages of the Universe
- I recognize and honor Divine Spirit in all those I meet today
- I choose to live my life in a way that allows the higher good of all
- I recognize and embrace the gift of intuition
- I honor the Divine Spirit in all around me every day
- I choose to clearly understand the higher messages within my dreams and intuition
- I am a loving, forgiving, gentle and kind person
- I release the need and desire for constant material gain
- I am conductor of the choir that is my life
- I am writer, director and producer of the movie that is my life
- All is well and as it should be

- I am divinely guided in all I do, say and think
- I live only in the here and now
- I honor the gift of insight and choose to clearly understand the higher messages within my dreams and intuitions
- I choose to accept only positive and Divine energies in and around my life
- I am One with Creation I am responsible for all my actions
- The past is gone. I live only in the present
- All IS and I AM
- I am open to the gifts of the Universe
- I choose to free myself from the ignorance and limitations of old habits and structures to further my growth
- I release the need to control and trust in the Universe
- I learn the lessons of my past and create the circumstances of my future
- Everything that is happening is only for the highest good of me
- I am in perfect alignment with the Universe and the universe is perfect
- The love of the Universe flows to me, through me and around me at all times

- The abundance of the Universe flows to me, through me and around me at all times
- All is as it should be
- I am a spiritual being having a human experience
- I patiently and intently follow the guidance of my Higher Self on the path to enlightenment
- I commit myself to the direction of my Higher Self
- The answer I seek is available within me
- I send you Love and Light and the knowledge that your Higher Self will lead you on a path that is for the highest good of all
- I release the need to control and allow my Higher Self to guide me daily in living a life that will lead to the higher good of all I am in contact with
- I am free to choose based on the here and now
- I am responsible for my own Spiritual Growth
- Everything I do, feel, say, think and project comes only from the place of Love and Light
- I send you Love and Light
- Any souls that I have wronged on this day, I ask for forgiveness and send Love and Light to

- Any souls that I feel have wronged me on this day, I forgive and send Love and Light to
- I patiently and respectfully ask for Divine guidance on .....
- My security resides within
- The Universe naturally and freely provides for all my needs
- “Namaste” (I honor the God in you. The place of love, of truth, of peace and of light.)
- I am Love, I am Light
- I am a cultured and wise and yet, a humble person
- I choose only positive thoughts
- I am positive energy
- I have all knowledge within me
- I am on my Life Purpose
- All possibilities are open to me, right here, right now
- I have all possibilities open to me now
- I AM
- My mind and body are in complete alignment with the Universe
- I trust that everything in my life is working for my highest good and I am receiving all that I am meant to have

# Chapter 4:

## *Spiritual Affirmations In Specific Areas*

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### Synopsis

For good spiritual awareness you must have skills in particular areas.  
Let's look at affirmations for some of these particular areas.



## **Skills You Need**

### **Forgiveness Affirmations**

- I realize that my parents gave their best to me. I forgive them for any wrong that they unknowingly did to me. I also forgive myself for holding a grudge against them.
- Each day is a new opportunity. Today is the first day of my new life.
- I forgive everyone from my life in the past and love myself into the future.
- I forgive myself for being imperfect like everybody else. However, I still manage to live the best life that I can.
- The past is gone. I live only in the present.
- I live in the now and design my future. The past has no effect on my present.
- I follow the principle of live and let live.
- As I forgive myself, it becomes easier to forgive others.
- I move beyond forgiveness to understanding and I have compassion and kindness for all.
  
- As I follow the path of forgiveness, life becomes a new, clean slate on which I can draw my new life plan as I wish.

- I am forgiving, loving, gentle and kind and am safe in the knowledge that life loves me.

### **Motivation Affirmations**

- I am a go getter and will not stop at anything to achieve my goals.
- I enjoy challenges. I take them head on and win over them.
- Motivation comes to me from inside. I am my own motivator.
- I am always successful. Success is in my blood.
- The doors of opportunity are always open for me and I take advantage of the same without fail.
- I can, I can, I can. I can do it.
- When my intentions are clear, the Universe cooperates with me and I can accomplish anything.
- I think of only positive things and positive things happen in my life.
- Motivation comes to me easily and I also successfully motivate others.
- I am full of energy and hope and live my life to the fullest.
- I know my worth. I deserve success and I get it.

- My work is my motivation. I work continuously till I achieve.
- Life is beautiful. Life is fulfilling. I love life.
- The only option for me is success. I forge ahead and ultimately, succeed.
- I know I make a difference and I try my best to help others.
- My goal itself is my motivation. I see only the goal till the time I reach it.

### **Happiness Affirmations**

- I perform my random act of kindness regularly. Kindness breeds love and love results in happiness.
- For me, happiness is a journey, not a destination. God has blessed me with happiness and my journey is endless.
- I am kind, I am loving, I am happy.
- Happiness is contagious. I spread happiness to others and absorb happiness from others.
- I touch many lives. My happiness makes all these people happy, thus making it one big happy world.
- I enjoy every moment of the day. Be happy is my motto.

- Every day in every way I am getting happier and happier.
- Happiness is my birth right. I choose to be happy and I deserve to be happy.
- Every new day starts with happiness, is full of joy and ends with contentment.
- My happy disposition attracts happiness into my life. I interact only with happy people and have only happy experiences.
- The whole process of living makes me happy. Moving towards my goal makes me happy.
- Happy thoughts come to me naturally. I always land in happy circumstances.
- For me, the future is always bright and happy. I look at only the bright side of things.
- I am grateful to God for this wonderful life. I am thankful to everybody who has touched my life and made it worth living.
- Being happy comes easy to me. Happiness is my second nature.

# Chapter 5:

## *Conclusion*

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Words concentrated with earnestness, conviction, faith, and intuition are like extremely explosive vibration tools, which, when set off, shatter troubles and produce the change wanted.

Every thought of depression or being happy, crossness or calm, cuts subtle channels in the brain cells and strengthens the tendencies towards illness or well-being.

Stubborn mental or physical diseases constantly have a deep root in the subconscious. Sickness might be cured by drawing out its hidden roots. That's why all affirmations of the witting brain ought to be impressive enough to penetrate the subconsciousness, which in turn mechanically influences the conscious brain.

Firm conscious affirmations thusly react on the brain and body with the medium of the subconsciousness. Still firmer affirmations reach not merely the subconscious mind however likewise the superconscious brain.

Declarations of reality ought to be practiced willingly, freely, intelligently, and devotionally. One's care ought to not be allowed to slowdown. Drifting attention ought to be brought around again and again like a spoiled youngster and repeatedly and patiently trained to do its given task.

Patience and thoughtful, intelligent repetition work wonders. Affirmations for healing chronic mental or bodily afflictions ought to be repeated frequently, deeply and continuously, till they get to be part of one's sound intuitional convictions.

Select your affirmation and repeat all of it, first loudly, then quietly and more slowly, till your voice gets to be a whisper. Then bit by bit affirm it mentally merely, without moving the mouth, till you feel that you've accomplished deep, unbroken concentration not unconsciousness, however a fundamental continuity of continuous thought.

If you carry on with your mental affirmation, and go still deeper, you'll feel a sense of increasing joyfulness and peace. During the state of rich concentration, your affirmation will blend with the subconscious mind, to come back later strengthened with power to influence your conscious brain.

During the time that you have ever-increasing peace, your affirmation gets deeper, into the superconscious realm, to return later with limitless power to influence your conscious brain and likewise to fulfill your desires.

### **How to...**

- Select an affirmation for your certain need.
- Sit with back erect.

- Shut your eyes and gently center your gaze and concentrate at the point between the brows.
- Then, take a deep breath and exhale it, 3 times. Relax the body and keep it still....
- Cast aside tension, distrust, and worry....
- Repeat all of the affirmations
- Then gradually affirm it mentally
- If you continue with your mental affirmation, and go still deeper, you'll feel a sense of increasing joy and peacefulness..

