

## Affirmations in Action

*Do not let illness or suffering hold you back from pursuing health. If you have a desire for health, and a determination to become well, you can become well.*

*Grace Michael*

**A**ffirmations are energy in action. They take the invisible energy created by your thoughts and words, but especially your thoughts, and transform them into the shape and form of what you are thinking and saying.

Every time you think and speak you are affirming something and creating invisible energy to correspond to your thoughts and words, (again, whether you know it or not). And, depending on what you are thinking and/or saying where your health is concerned, you are creating energy for either health or illness.

- If your thoughts and words are positive and directed towards healing, you create positive energy that heals.

**EXAMPLES:**

- My health is constantly improving.
- Every day I feel better and better.

- If your thoughts and words are negative and directed towards illness, symptoms, or suffering, you create negative energy that perpetuates and intensifies existing symptoms and illness and/or creates new forms of suffering and illness.

**EXAMPLES:**

- I am very tired today. In fact, I am always tired.
- It seems I feel worse and worse every day.

So, it is very important for you to be careful at all times to watch what you are thinking and saying so you won't unknowingly be creating seeds of negative energy that will emerge as illness in some form or other in your body at a later date. You get to decide which kind of energy is created simply by watching your thinking and your words, and deciding what you will and won't think about and say.

### What affirmations do

Affirmations release a power inherent in all of us which when used can and does improve our lives. All we have to do is use it in order to make things happen in our lives.

Affirmations activate, exert, and direct **positive** or **negative** energy which affects the direction of your life. This positive or negative energy can and does create anew, regulate, change, alter, and adjust your life ... for better or worse ... according to your thoughts and words.

Affirmations help you to focus your thoughts on the positive. They can help you change negative thinking patterns, beliefs, and attitudes into positive ones so you can step out of a negative situation and walk into a positive one. If your mind is fearful, dreading, or seeing something as impossible, affirmations can and will change that fear into hope, that dread into possibility or probability, the impossible into reality.

Affirmations can reprogram the mind and alter the course of events in your life.

### How affirmations work

Affirmations are a form of spiritual healing that creates healing energy according to your thoughts, words, emotions, attitudes, and focus. Here is an example.

Many people, when they are experiencing an upswing in their lives (everything is going right for them, and things couldn't be better if they wished or planned them to be) become fearful and think, "this can't last forever."

**Change your  
thinking, change  
your life.  
Ernest Holmes**

And, sure enough, the upswing doesn't last forever! In fact, things seem to turn around as soon as the thought is born that "this (good) can't last forever." What happens?

The impress of the negative thought (this can't last forever), creates negative energy which in turn attracts negative energy and negative events then begin to manifest ... which in turn creates more negative thinking which in turn creates more negative energy which in turn brings more negative events ... ad infinitum, and before you know it ... you are caught up in a downward spiral of negativity where things in your life spiral from bad to worse when just a short time ago you were "on top of the world" and everything was going your way!

While it's true that there are always ups and downs in life, if you consciously direct your thinking to the "ups" you will have less "downs" and if and when you do have "downs" they will be shorter lived and less severe.

This is why you must *always* be careful of what you think and say since your words and thoughts become affirmations whether you are aware of it or not, and they create the good and bad in your life.

### Summary review

- 1) Your thoughts, words, and emotions create mind-energy which influences and changes already existing energy in your aura (atmosphere) which in turn changes outcomes.
- 2) Since your thinking, talking, and emotions are constantly changing, outcomes are continuously changing (they are altering and adjusting) to reflect the *totality* of all of your thinking, talking, and emotions ... past, present, and on-going.
- 3) Your thoughts, words, and emotions create *chemical responses* in your body that affect your well being, health, and all of your body functions ... either positively or negatively. Let's examine this.

- Something **good** happens ... how do you feel? Happy? Buoyant? Uplifted?

Happy, positive emotions have a positive affect on the body. On-going positive thoughts, words, and/or emotions produce chemical responses in the body that create health and regeneration of the body.

- Something negative happens ... how do you feel? Sad? Tearful? Depressed?

Sad or fearful negative emotions have a negative affect on the body. On-going negative thoughts, words, and/or emotions produce chemical responses in the body that cause illness or disease in one form or another.

- 4) If you are in a downswing, you can shorten its duration or end it rather quickly through the use of positive affirmations. If you are in an upswing, you can lengthen its duration, and sometimes keep it going indefinitely through the use of positive affirmations.
- 5) It is always wise to remember that nothing is static, that everything changes, that life has seasons and on-going challenges ... so when things are going good, don't think "this can't last forever" ... think instead:
  - Good like this, and better, continuously and forever comes into my life.
  - Good comes to me now in whatever form is best for me.
  - Good forever comes into my life!

Do this, and you will realize health, happiness, and a continuing desirable quality of life.

### **Affirmations and side effects**

I must tell you about the fabulous bonus you receive when you use affirmations for healing ... and that bonus is "affirmation side effects!" Unlike many medicines which have undesirable side effects, all affirmation side effects are good and very desirable as they give you more healing than you ask for.

As you say your affirmations for healing and do your visualizations, you create an enormous stream of radiating healing energy which passes into and through your body, targeting the afflicted body parts for healing as you focus on them during your healing work.

When you do affirmation healing work, areas of the body other than those specifically named for healing often improve and receive healing. This wonderful phenomenon is an affirmation side effect.

As the healing energy courses through your body, it disperses outwards and spreads, touching AND HEALING other body parts in the process.

#### **EXAMPLE:**

You are expecting company and are frantically trying to clean the house before they arrive. As you work, you develop a bad headache. And, some of your muscles begin aching from the bending and stooping required in cleaning.

As you continue to work, your headache continues to worsen and begins to throb. You reach for an aspirin to get relief from your headache. About 15 minutes later, your headache begins to feel better. As you continue with your chores you begin to notice that your muscular aches and pains are also vanishing along with your headache! In fact, you are beginning to feel pretty good all over!

What happened? You took the aspirin for your headache, and found that not only did your headache go away, so did your muscular aches and pains as well. The properties in the aspirin worked to relieve any pain anywhere in your body. It didn't know how to relieve only your headache without also working on and relieving your sore muscles.

That's how affirmation side effects work ... just like the aspirin healed more than one condition, affirmation energy "spreads out" or radiates and the healing energy touches and often heals more than the target condition during a healing.

Affirmation side effects include but are not limited to more energy, better overall health, sleeping better, less tension, inner peace, less stress, increased abilities to cope with problems, etc.

If you have a long list of healing needs, it is always best to target the condition that needs healing the most, letting affirmation side effects reach out to heal other parts of the body. Then, any conditions that did not heal through affirmation side effects can be targeted with additional affirmations.

### **Affirmations and energy**

Since affirmations are directed energy (energy that works as directed by your thoughts and words), you can change the direction of your life by changing the direction of your thoughts and words, which in turn changes the direction of your creative energy, which in turn changes and alters the events in your life.

It isn't always easy to change one's thinking. In fact, it can be very difficult. For example, if you have a trigger temper and flare at the slightest thing, it can be very difficult to affirm, *"I am always calm in all situations."* Just the very act of having to say this affirmation 50 or 100 times a day might set off a trigger temper because your mind finds this to be illogical and flares. How can you say you are always calm in all situations when you flare in all situations? It can be quite difficult, and for some, impossible to affirm what you want as an end result or outcome when appearances (in this case the trigger temper) contradict the affirmation.

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In order to change your thinking, you have to be truthful with yourself as you train your mind to think differently. A more appropriate way to handling a trigger temper might be to say, *"I am becoming progressively calmer."* An *"I am becoming"* affirmation is never as powerful as an *"I am always"* (or simply an *"I am"*) affirmation because the *"I am becoming"* affirmation puts the desired result somewhere into the future. But, it is a good way to start, by training the mind to think in a new, progressive direction ... a new beginning. Then, when the *"I am becoming"* affirmation becomes comfortable, drop the "becoming," and affirm *"I am"* so you can achieve the healing. See the example below.

**EXAMPLE:****Affirmation which triggered the trigger temper:**

I am always calm in all situations.

**Replace it with an “I am becoming” affirmation:**

*I am becoming progressively calmer* in all situations.

As you become comfortable with this affirmation and find that you are less likely to flare and you are becoming progressively calmer ...

**Change the affirmation again to:**

I am calm (or I am calmer now).

**And finally to:**

I am always calm in all situations (the first affirmation used).

As you use affirmations to become calm as shown in the above example, you will find that you really do become calm (or calmer) in all situations. As you directed your thinking into new channels gradually, your mind was able to comply with the directions and calm down.

In conclusion: in order to change the direction of your thinking and make affirmations work for you, you have to consciously and deliberately say and/or think something over and over and over and over until your mind (both conscious AND subconscious) begins to accept the new direction you are giving it. In essence, what you are doing is reprogramming your mind.

Your thinking  
and your words  
create both the  
good and the bad  
in your life.

**How to make your affirmations effective**

- 1) **Say your affirmations frequently** – You must say your affirmations at least 3 minutes, 2 times a day in order to realize results. Saying them oftener than that is better.

**Example of how to say your affirmations oftener than 3 minutes, 2 times a day:** You could say your affirmations once or twice (or more) as you walk through your house or workplace to go to the restroom, or to get a drink of water or pop ... it doesn't matter where you go or what the reason. If you can say additional affirmations as you go from one place to another or as you do a job that doesn't require concentration (such as doing dishes or washing the car), say them ... whether it's one time or one-hundred times. Doing so wouldn't take any extra time from your regular schedule or routine but would add healing energy to your cause and help to greatly speed up your healing.

- 2) **Say your affirmations regularly** – It is equally important that you do your affirmations regularly. Say them at least twice a day, three minutes each time. Affirmations are not very effective if you say them haphazardly during the day, or say them for a few days, and then skip one or more days. If the path of energy is interrupted, it needs to be rebuilt ... so it is best to say your affirmations regularly, every day.

- 3) **Say your affirmations with thought and attention** – If you just rattle off some words over and over just to get them said and done, they won't do you very much good. Affirmations need your thought, attention, and direction.
- 4) **Say your affirmations with a sense of determination** – Decide that you are not going to quit until you are healed!
- 5) **Say your affirmations with visualizations** – Visualizations increase the strength and effectiveness of affirmations (visualizations are explained further down, beginning on page 80).
- 6) **Be persistent** – Even if appearances don't change immediately, continue to say your affirmations faithfully. Each time you say or think your affirmation, you increase the strength of the healing energy which you are creating. At some point you will have created and stored up enough energy to turn things around, and healing will come ... either spontaneously or it will begin to emerge or evolve. If you become tempted to give up, realize that the very moment that you give up may be the moment which would have been your moment of healing.
- 7) **Expect healing** – Anticipate your healing. Watch for it. Don't just **hope** for a healing to come ... add power and vigor to your affirmations by **expecting** your healing to come.

There is no separate compartment in life called "Health." Your health reflects all of your positive and negative thinking combined. You cannot separate your body from your thinking. You cannot dwell on illness, pain, and suffering and expect to be healthy. If you want your body to be healthy, your thinking must be focused on health and the perfection of the body, not on the unwanted condition and its symptoms.

Grace Michael

There is a difference between **hoping** that healing will come and **expecting** healing to come.

**Hoping for healing implies uncertainty.** It means that you have a strong desire or longing for healing, but you aren't really sure if you will or won't be healed. You have to "wait and see."

**Expecting healing declares certainty.** It means you know that healing is coming. It is a certainty. A sure thing. You anxiously anticipate its arrival while doing everything you can to accelerate it.

- 8) **Believe what you affirm** – You have to believe what you say, think, and affirm. If you can't, won't, or don't believe the words of your affirmations, healing won't come no matter how many affirmations you say nor how much you may want to be healed nor how nice you think it would be to be healed. You can say affirmations 24/7 around the clock, but without a belief or at least a glimmer of a belief that you can/will be healed ... you won't be healed. Not through spiritual energy (unseen energy), medications, nor a combination of the two.

("Teaching yourself how to believe" if you don't, won't, or can't believe follows on page 37 below.)

## Believing heals

**STUDIES** – Medical studies, psychical studies, and studies in physics, cognitive sciences, the paranormal, and spiritual law have repeatedly concluded that what we think, say, and believe can and does affect our body chemistry, health, emotions, and outcomes for better or for worse. Our beliefs can and do govern our lives, conditions, and outcomes.

Time and again medical studies have shown that people with a will to live, and/or those who believe they can get well/will get well have better outcomes (improvement, healing, longer lives) than those who don't have a will to live or who don't believe they can or will get well.

Most people don't realize that they can CHOOSE their beliefs. They don't have to accept whatever randomly or emotionally comes into their minds. They can choose to believe there is no help for healing their body for any number of reasons, or they can consciously and deliberately choose to believe that they can be healed, or at the very least, have a chance for improvement. And according to all of the research studies, it has been found that whatever a person believes is what will have an affect in that person's life.

**HISTORY** – History also documents the importance of believing. It proclaims Jesus Christ as one of our greatest healers. Jesus told us several times in the New Testament that without faith (believing) he could not have worked his miracles, that believing is a necessary ingredient to healing. He said, "As thou has believed, so be it done unto thee" (Mathew 8:13). You will note that Jesus said, "As thou hast *believed*" ... He did not say "it is done unto you as you *wish*" ... or "as you *desire*" or "as you *hope*" ... he told us "as we *believe*." We had to believe. So believing is the key word here!

Going further back into history, one of our oldest history books, the Bible, tells us in Proverbs 23:7 "As a man thinketh in his heart, so is he." A person cannot think one thing and believe something else since thought and belief are one and the same thing. A person can *say* one thing and *think* something else, but a person cannot *think* one thing and *believe* something else. So, again the key word is *belief*. If we think/believe health, we will get health. If we think/believe illness or that we can't be well, we get illness.

Dr. Ernest Holmes, the Founder of Religious Science tells us, "Thoughts are things and they operate through a creative field and tend to reproduce themselves in form." This is another way of telling us that what we think, we get in form or as actual substance in our lives.

So going way back into history to the present time, 2009 A.D., we can find documentation in all of the sciences telling us how important our thoughts and our beliefs are.

## Teaching yourself how to believe

The word believe means to accept as real or true. How then, can you accept as real or true words of affirmations declaring that you are well, that you are healed, when you are suffering greatly from one or any number of different health issues and symptoms?

Telling yourself that you aren't sick when you are, or trying to brainwash yourself into thinking yourself well when you are sick just won't work.

You can't lie to yourself. You might be able to lie to others and fool them into believing that you aren't sick when you are (like when you are trying to preserve your job or get a job while you are ill).

You can fool others about some things some of the time, but you can't fool yourself really at any time ... at least not for very long ... so don't even try! It won't work! If you're sick, you're sick, and that's all there is to it.

But there are ways to affirm health, think health, and say positive, TRUTHFUL healing statements (affirmations) about yourself which you can believe in order to get well ... even if you are very sick! Here's how:

### 1) Understand what the TRUE "facts" are and how they relate to your illness

Even if you are diagnosed as incurable or terminal, you can still have hope and an expectancy of being healed for facts can and do change. And, you can work to try to change the "fact" that you are sick to a "fact" that says you are less sick, to one that says you can improve, and then to one that says you can be healed and live a good life. Consider:

Facts  
change!

- At one time, it was a FACT that the earth was flat until Christopher Columbus proved otherwise.
- At one time it was a FACT that polio was a debilitating, crippling disease for which *there was no cure* ... until Sister Kenny proved otherwise and Salk discovered how to make an anti-polio vaccine. Now, with vaccination, polio sufferers are virtually things of the past.
- At one time it was a FACT that the life expectancy of humans was only 40 years of age ... now it is over 70 years of age, proven by statistics and the fact that individuals are now living longer lives, and are in better health.

So, facts do change. Time and circumstances can and do change facts. And, you can change negative "facts" in your life (illness, lack, limitation, unhappy relationships, etc.) into positives through the use of affirmations.

I can tell you from personal experience how "facts" changed for me.

Over thirty years ago I was given "facts" by six medical doctors, all specialists in the area of the "disease" I had at that time, and each told me the same thing, that my condition was incurable and terminal. That at the most, I probably had a very short time to live.

I didn't know anything about affirmations or spiritual healing or energy healing at the time, but the facts changed for me much to my surprise and to the surprise of the several doctors I was concurrently seeing at that time. And here was the key to how it happened:

*Since we are all affirming something consciously or subconsciously all the time ... I was subconsciously thinking in such a way that I was affirming health and healing, and I **began to improve.***