

Affirmations v. Statements of Truth

by Dr. Shanimah Leal Ra, PhD

Affirmations have been popular for several years now. The movie The Secret helped to familiarize the general public with many manifesting techniques that were heretofore considered as ancient teachings passed down in oral traditions or shrouded in mystery. An unfortunate side effect of The Secret became apparent when so many people caught only a small portion of the teachings.

When I first began learning and using affirmations, I was a real estate agent. I would declare, "I am rich. I have 10 closings per month. I list one home per week." The trouble with that was that those affirmations were not effective.

Affirmations are not always effective.

Why is that? I know now that one reason was because my subconscious did not believe those statements. There was dispute. When there is dispute, the subconscious will win every time. Evidence must be indisputable. The evidence of my financial gain at that time was not there in front of me. Everything I saw around me screamed that I was lying with those affirmations. I did not *feel* rich or even that I *deserved* to be rich at that time. I now know that I dwell in the midst of Infinite Abundance.

I learned this over time by continuing to study the workings of the mind and psyche with many different teachers. I worked with myself with self-hypnosis as well as learning to create better affirmations that conveyed truth so that my subconscious would believe and help me rather than working against me.

For affirmations to become statements of truth, there must be three essential elements - all beginning with the letter "E"; the statements must be *efficient, effective, and elegant*.

You want your proclamations to be efficient because there is just no good reason to use up energy reciting lengthy, flowing words that are not really helping you in the best way possible.

Your statements must be effective because they are a command to the Universe, much the same as ordering at a restaurant. You will get exactly what you order, so know what you want and how you want it (but not how you will get it - leave that to the Universe!)

Your statements must be elegant because that is what the Universe understands. Elegance is how the statements make you feel. You must feel the truth in your gut, in your heart, and in your soul. This is what makes a statement of truth.

When you have created a statement of truth, it is indisputable and it must come to pass.

I learned about Sanskrit Mantras and applied that philosophy to my affirmations. Mantras are specific sounds that have a particular energetic frequency repeated over and over to create a feeling or a vibrational state that draws changes to you by the Law of Attraction. You use the sound frequency to change your core frequency and physical conditions surrounding you begin to change. This is the elegance of Universal Law that is infallible. You can learn to *feel* the

sounds and words. Look for truth in your affirmations so that they are no longer just that, but become *statements of truth*.

When I declare, "Infinite Abundance is my natural state," I can know this with all of my senses. There is abundant air and I breathe deeply. There is abundant water and I love quenching my thirst. There is abundant food and I bless my nutrition. I know there are homeless and hungry people who have inadequate health care. I cannot resolve everyone's situation. I can only speak to my own. Perhaps lives others have are for lessons which are private to their souls. Perhaps it is a conscious or unconscious choice. Then, perhaps they repeat their own affirmations that draw their conditions to them. Only they may know for sure.

I do know that, for me, the Force of Omnipresent Good provides for everything I need even before I need it and even better than I imagined although, it wasn't always this way. I learned through trial and effort. I was attentive to my thoughts, words, and deeds. I noticed what came to pass as I was creating in a 'now' moment.

Now, everything I need comes to me easily. I can truthfully declare this is so because it really is true. No, I didn't win the lottery, but whenever I require something, it just serendipitously pops up! For me, this is what abundance is all about - creating what you need when you need it.

I am abundant because the Universe is abundant. I am part of the Universe and it is abundant. This is an indisputable truth. If you have questions about this statement, just look around you. Stars fill the galaxy, air fills the atmosphere, and nature provides for our every need. It is humans that create strife, war, disease, and famine. These things are a reality, but they can be overcome.

Here are some of my favorite *Statements of Truth*:

I dwell in the midst of Infinite Abundance.

Infinite Abundance is my natural state.

The Force of Omnipresent Good provides for everything I need even before I need it and even better than I imagined.

Everything I need comes to me easily.

I am abundant because the Universe is abundant.

Thank you, Great Creative Forces!

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Respectively submitted ~ Anna H. Spencer, PhD

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