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1.

Why Affirmations Work

Man's word is Spirit in man. Spoken words are sounds occasioned by the vibrations of thoughts; thoughts are vibrations sent forth by the ego or by the soul. Every word you utter should be potent with soul vibration. A man's words are lifeless if he fails to impregnate them with spiritual force. Talkativeness, exaggeration, or falsehood makes your words as ineffective as paper bullets shot from a toy gun. The speech and prayers of garrulous or inaccurate persons are unlikely to produce beneficial changes in the order of things. Man's words should represent not only truth but also his definite understanding and realization. Speech without soul force is like husks without corn.

Spiritual Power in Man's Word

Words saturated with sincerity, conviction, faith, and intuition are like highly explosive vibration bombs, which, when set

off, shatter the rocks of difficulties and create the change desired. Avoid speaking unpleasant words, even if true. Sincere words or affirmations repeated understandingly, feelingly, and willingly are sure to move the Omnipresent Cosmic Vibratory Force to render aid in your difficulty. Appeal to that Power with infinite confidence, casting out all doubt; otherwise the arrow of your attention will be deflected from its mark.

After you have sown in the soil of Cosmic Consciousness your vibratory prayer-seed, do not pluck it out frequently to see whether or not it has germinated. Give the divine forces a chance to work uninterruptedly.

The God-Given Power of Man

Nothing is greater than Cosmic Consciousness, or God. His power far surpasses that of the human mind. Seek His aid alone. But this counsel does not mean that you should make yourself passive, inert, or credulous; or that you should minimize the power of your own mind. The Lord helps those who help themselves.

He gave you will power, concentration, faith, reason, and common sense to use when trying to rid yourself of bodily and mental afflictions; you should employ all those powers while simultaneously appealing to Him.

As you utter prayers or affirmations, always believe that you are using *your own* but *God-given* powers to heal yourself or others. Ask His aid; but realize that you yourself, as His beloved child, are employing His gifts of will, emotion, and reason to solve all difficult problems of life. A balance should be struck between the medieval idea of wholly depending on God and the modern way of sole reliance on the ego.

Use of Will, Feeling, and Reason

As one uses different affirmations, his attitude of mind should change; for example, will affirmations should be accompanied by strong determination; feeling affirmations by devotion; reason affirmations by clear understanding. When healing others, select an affirmation that is suitable to the conative, imaginative, emotional, or

thoughtful temperament of your patient. In all affirmations intensity of attention comes first, but continuity and repetition mean a great deal, too. Impregnate your affirmations with devotion, will, and faith, intensely and repeatedly, unmindful of the results, which will come naturally as the fruit of your labors.

During the physical curing process, the attention should be not on the disease, lest one's faith be dampened, but on the infinite powers of the mind. During mental overcoming of fear, anger, bad habits, and so on, one's concentration should be on the opposite quality; that is, the cure for fear is the consciousness of bravery; for anger, peace; for weakness, strength; for sickness, health.

Mental Responsibility for Chronic Diseases

While attempting healing, one often concentrates more on the gripping power of the disease than on the possibility of cure, thus permitting the illness to be a mental as well as a physical habit. This is especially true in most cases of nervousness. Each thought of depression or

happiness, irritability or calmness, cuts subtle grooves in the brain cells and strengthens the tendencies toward sickness or well-being.

The subconscious idea-habit of disease or health exerts a strong influence. Stubborn mental or physical diseases always have a deep root in the subconsciousness. Illness may be cured by pulling out its hidden roots. That is why all affirmations of the conscious mind should be *impressive enough* to permeate the subconsciousness, which in turn automatically influences the conscious mind. Strong conscious affirmations thus react on the mind and body through the medium of the subconsciousness. Still stronger affirmations reach not only the subconscious but also the super-conscious mind — the magic storehouse of miraculous powers.

Declarations of Truth should be practiced willingly, freely, intelligently, and devotionally. One's attention should not be allowed to lag. Straying attention should be brought back again and again like a truant child and repeatedly and patiently trained to perform its given task.