ABOUT THIS BOOK

When Paramahansa Yogananda first introduced, more than seventy years ago, the principles and techniques presented in Scientific Healing Affirmations, the discoveries that have since made “mind/body healing” a household word were still decades away. Throughout those years, this pioneering work has taught hundreds of thousands of readers basic skills of directly accessing and applying the remarkable healing power hidden in every human being—skills now finding their way into mainstream medicine through the converging vision of physics, psychology, neuroscience, and spirituality.

It was during a 1924 series of lectures in Portland, Oregon, that Paramahansa Yogananda presented for the first time to the public his teaching on the science of affirmation and divine healing. From then on, prayer affirmations—along with fascinating explanation of the scientific and spiritual principles that make them effective—became a feature of many of his lectures and class series on yoga philosophy and meditation, which were attended by capacity audiences in major cities all over the United States. An article in the Washington Post, January 17, 1927, described one such occasion:

“More than 5,000 persons, several of them prominent locally, joined in chanting the slow, sonorous ritual of
the scientific healing services conducted by Swami Yogananda, Indian teacher, metaphysician and psychologist, and founder of several Yogoda centers in this country, last night at the Washington Auditorium.

"The slow incantation ended with several prolonged repetitions of ‘I am whole, for Thou art in me,’ the word [Aum] toward the last, prolonged for more than a minute.

"The Swami explained that the power of the healing was drawn by concentration, devotion, and faith of affirmation from the Cosmic Spirit, or God, by himself, and transmitted to the audience on the vehicle of vibrating sound, which he declared caused a chemical change in the body cells, and a new ordinance of the cells of the brain, provided, of course, that the recipient of the vibrating waves concentrate properly and was imbued with devotion.”

"Thy faith hath made thee whole.” Paramahansa Yogananda often quoted these words of Jesus Christ, pointing out that one’s inner receptivity is vital in effecting healing. The Cincinnati Enquirer, October 16, 1926, quoted some of the author’s own words on the healing power of chanting and affirmation:

“Before an untrained audience of 3,000 in Carnegie Hall, New York, and before an almost similar crowd in
the Soldiers’ Memorial Hall, Pittsburgh, without any rehearsal I started chanting and asked the audience to follow with me. During the chantings or affirmations I ask my audience to relax and understandingly chant affirmations of health, prosperity, and spiritual realization....

“The saints of India from very ancient times have known the art of vibrating certain notes into the air through the specific intonation of their Vedic chants, which acted as inducements to awaken the silent healing power of God and cosmic energy to work quickly in dispelling disease, sorrow, or poverty.”

Not long after Paramahansa Yogananda began the public presentations described above, _Scientific Healing Affirmations_ was published by the society he had founded, which has kept it in print continuously since then. Over the years, Self-Realization Fellowship has expanded the book in several subsequent editions, in order to include additional affirmations introduced by Sri Yogananda in later talks and classes. Throughout the 1930s and ’40s, the great teacher would nearly always open or conclude his inspirational services at the Self-Realization Fellowship temples he had founded by leading those present in an affirmation for healing, or for awakening will power or devotion or perception of the
presence of God.

This book—as indeed all of Paramahansa Yogananda’s works—represents the rare phenomenon in the publishing world: a book whose popularity did not peak and then decline within a few years after its appearance, but whose broad-based appeal has increased steadily decade after decade. Now a new generation is discovering this classic guide to healing with the miraculous power of life energy—prana, life force—the essence not only of the healing sciences of the higher ancient civilizations, but of the mind-body medicine of the future.

—Self-Realization Fellowship
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PART I

Theory of Healing
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 superconscious 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
Attention and Faith Are Necessary

All affirmations, in order to reach the superconsciousness, must be free from uncertainties and doubts. Attention and faith are lights that lead even imperfectly understood affirmations to the subconscious and superconscious minds.

Patience and attentive, intelligent repetition are wonder-workers. Affirmations for curing chronic mental or bodily afflictions should be repeated often, deeply and continuously (utterly ignoring unchanged or contrary conditions, if any), until they become part of one’s profound intuitional convictions. It is better to die, if death has to come, with the conviction of perfect health than with the thought that a mental or physical ailment is incurable.

Though death may be the necessary end of the body according to present human knowledge, still its “destined hour” may be changed by the power of the soul.