

THE POWER OF Affirmation

Satguru Sivaya
Subramuniaswami





Introduction



**by Satguru
Bodhinatha
Veylanswami**

The idea behind affirmations is that through the repetition of positive statements we can improve our self-concept, make greater progress on the spiritual path and in general increase our magnetism to success. To progress spiritually, a positive self-concept is essential. For this, the use of affirmations can be quite helpful. ¶What exactly is a positive self-concept? It is thinking of oneself as a worthy individual deserving of a wonderful life and fully capable of achieving it. Unfortunately, many of us reach adulthood with a negative self-concept, feeling that others are better than we are, and life has little to offer. A negative self-concept develops when, while growing up, we are criticized constantly or cruelly by our parents and teachers. Having a positive concept about our outer self allows us to identify with our spiritual nature so that we truly feel we are a divine being. ¶Let's look for a moment at changing our self-concept from a negative one to a positive one. If our physical body becomes weak due to illness, after the illness is gone everyone knows that we



can, through consistent exercise, regain our normal strength again. If, however, our outlook on life has become negative, because of difficult experiences, and we feel that we just can't be successful, we tend to think our state of mind is something that cannot be changed. However, just as we can strengthen the body through exercise and become fit again, we can also remold the subconscious mind and change its composition through the power of affirmation. ¶For many years, as part of our pre-dawn worship, the monastery has repeated an affirmation. We recite it aloud together. It has been effective in reminding all the monastics of the overview of what we are doing and the importance of integrating the bless-

ings of the Deities into our everyday affairs. A few years ago we developed a similar affirmation for families to repeat together every morning. We include it on the next page with the suggestion that all members of your family recite it together each day. ¶Through repeating positive statements, you can improve your self-concept, make greater progress on the spiritual path and increase your magnetism to success. Remember, success depends upon utilizing the three-fold key—to think about the meaning, create a visualization for this meaning and feel how you will feel when this is consistently happening in your life.

Bodhinatha Tejlanawami



We, the (name) family, beseech the grace of Lord Gaṇeśa to manifest His blessings of peace and harmony within our home and to joyfully fulfill the spiritual, social, economic, cultural and educational goals of family life as outlined in Hindu scripture. We dedicate ourselves, individually and together, to our daily worship, spiritual disciplines and study. Knowing that bonding is essential, we hold daily family meetings and weekly gatherings to cooperatively solve problems and create a loving, uplifting atmosphere in which each member develops discipline, responsibility and the spirit of divine ser-

vice. We remain close-knit and cultivate unity by talking together about the experiences of our day and extend our affection and harmony to other families as well. We take time for training, and we value mistakes as opportunities to learn. To us, the guest is truly God, welcomed and honored with heartfelt hospitality. Through our thoughtfulness, care and compassion, we allow an abundance of gold to accumulate within our home. We give generously of our income and our time to further our religion. We are filled and thrilled with God's Cosmic Energy, creatively alive and in tune with the universe.

Introduction: A Family Affirmation



The Power of Affirmation



by **Satguru Sivaya
Subramuniyaswami**

The power of affirmation changes and remolds the putty-like substance that makes up the subconscious areas of the mind. For years we have repeated sayings and statements, attached meaning to them in our thoughts and through listening to ourselves speak. This has helped form our life as we know it today, for the subconscious brings into manifestation the impressions we put into it. Therefore, to change the subconscious pattern and increase its vibration, we must remold with new ideas and new concepts its magnetic forces. This can be done through the power of affirmation. ¶Affirmation, when used in wisdom for



spiritual reasons, is a power, and should be understood through meditation. Before beginning to work with an affirmation, we must understand completely from within what we are doing, being sure that when our subconscious has been remolded we can take the added responsibilities, the new adventures and challenges that will manifest as a result of breaking out of one force field and entering into another. Only then should we proceed. ¶An affirmation is a series of positive words repeated time and time again in line with a visual concept. Such a statement can be repeated mentally or, preferably, verbally. Words in themselves, without a pictorial understanding, make a very poor affirmation. To choose the

affirmation best suited to our needs, first we must realize what we do not want, and then we must take steps to change it, in the very same way we would discriminate in letting go of our possessions in order to purchase new ones. Whether one is dealing with home and possessions, thoughts and concepts, self-created inhibitions or blocks and barriers of the subconscious, the principle is the same. If one feels, "I can't," he cannot. If he is always criticizing himself and lamenting over what he cannot do, then he has to reverse this pattern and change the flow of magnetic mental force, enliven its intensity by saying orally and feeling through all the pores of his body, "I can. I will. I am able to accomplish what I plan."



**I can.
I will.
I am able.**



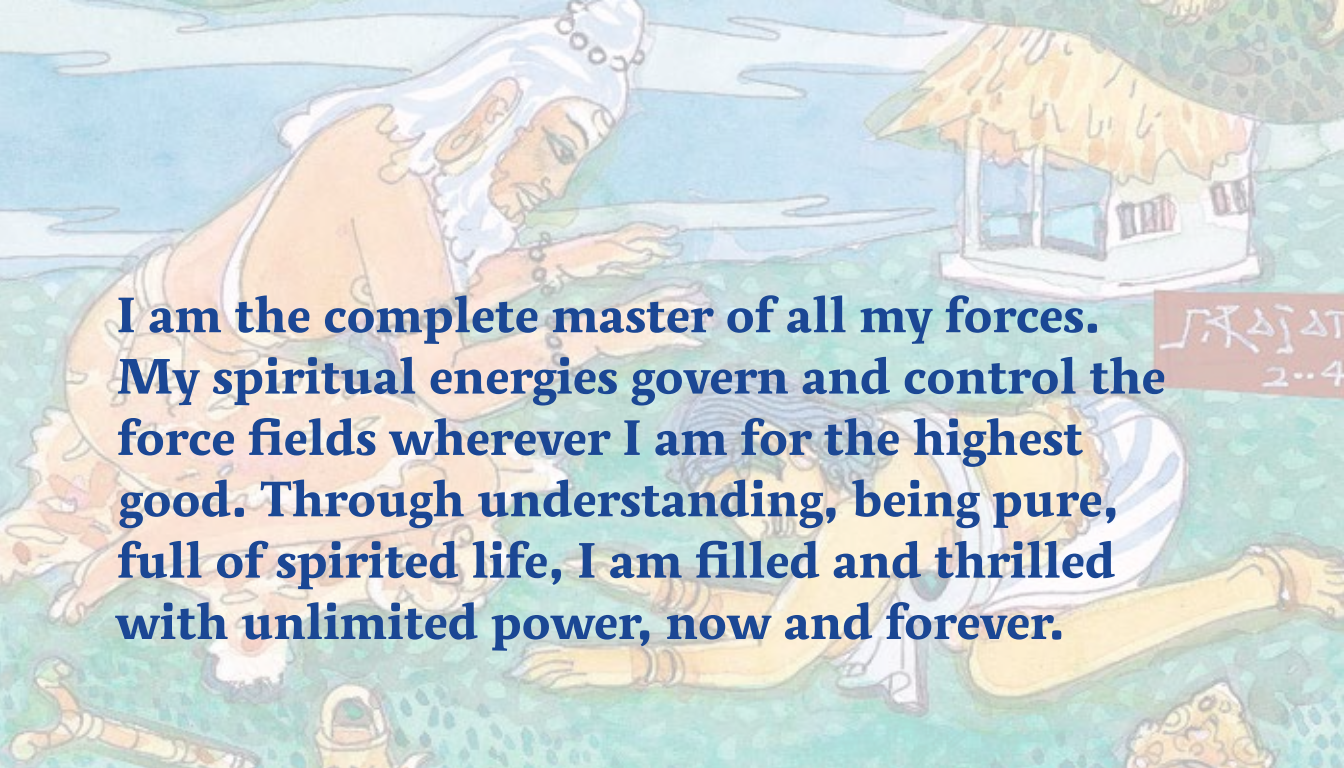


In applying this tantra, begin by repeating the affirmation fifty or a hundred times a day. In watching your reactions, you may find that the subconscious will not accept these three statements, “I can. I will. I am able.” You may still have feelings of “I can’t. I won’t. I am not able.” This then begins a period to live through where the mind’s magnetic forces fight with one another, in a sense. The aggressive forces of your nature are trying to take over and reprogram the

passive ones that have been in charge for so many years. Of course, the aggressive forces will win if you will persist with your verbal and visual affirmation. You must not give up saying, “I can. I will. I am able,” until you find the subconscious structure actually creating situations for you in which you can and are able to be successful, happy and acquire what you need, be it temporal goods or unfoldment on the inner path.



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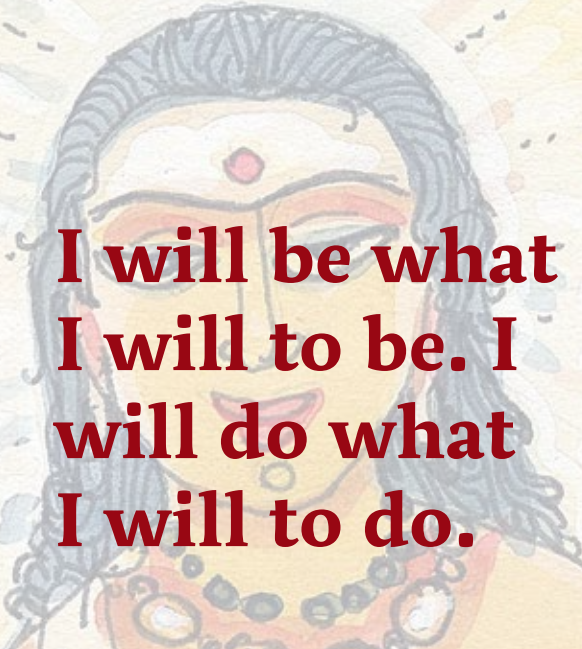
**I am the complete master of all my forces.
My spiritual energies govern and control the
force fields wherever I am for the highest
good. Through understanding, being pure,
full of spirited life, I am filled and thrilled
with unlimited power, now and forever.**

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**I will be what
I will to be. I
will do what
I will to do.**

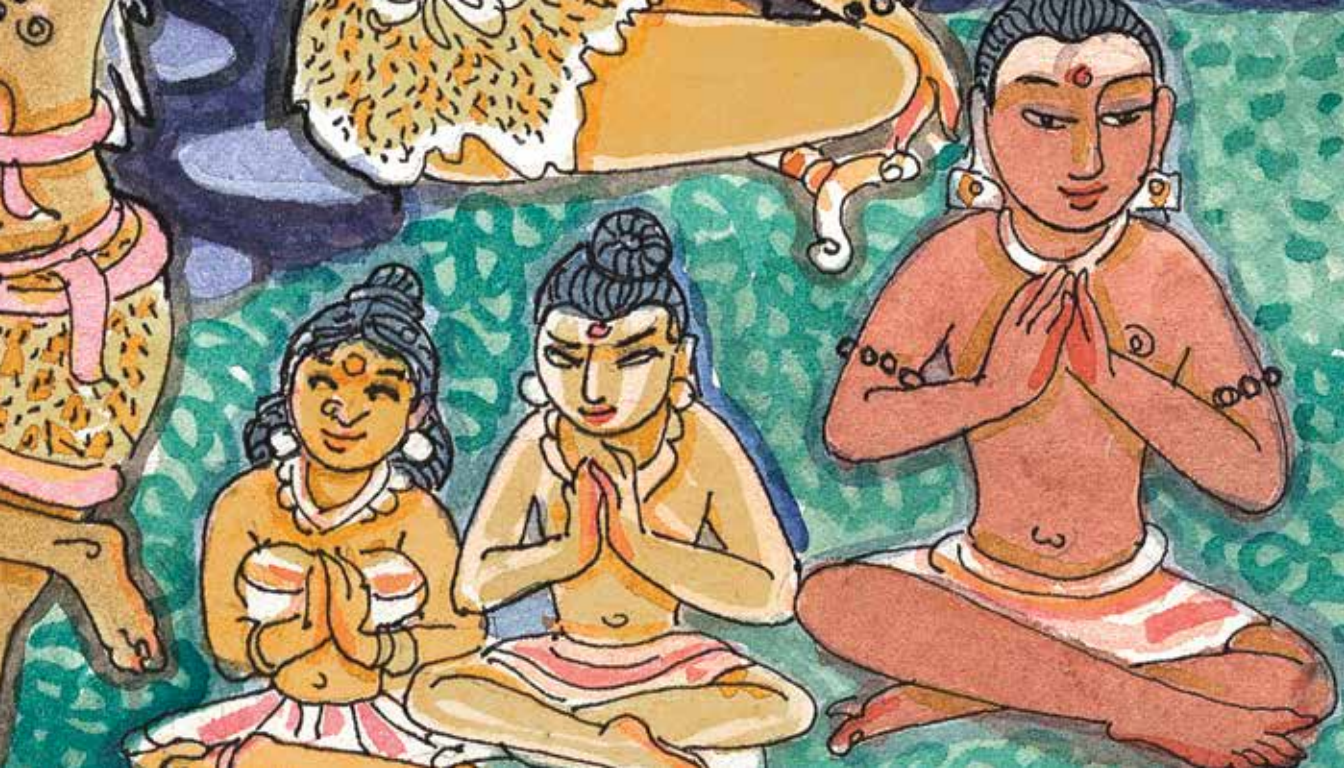


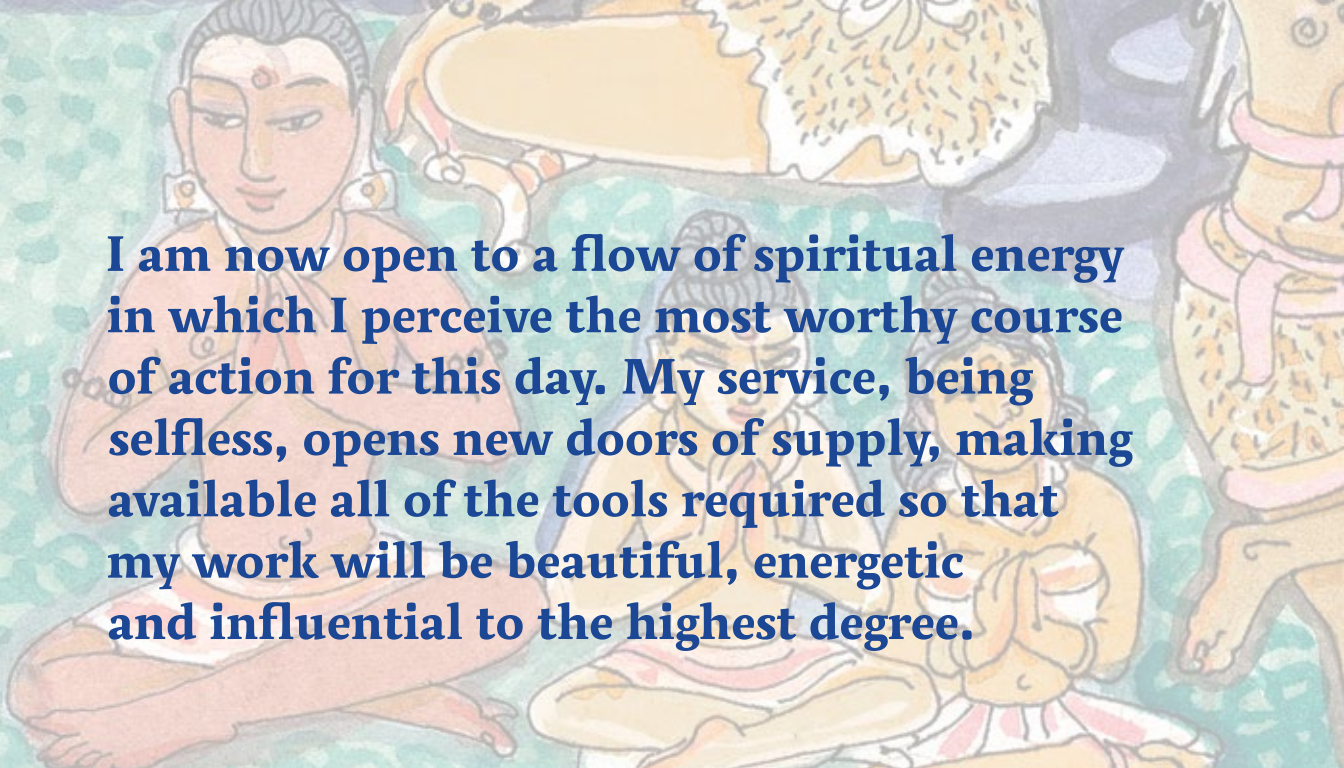


You have perhaps often heard friends repeat the same complaint over and over again. They were not only making an affirmation, perhaps unknowingly, for their own subconscious mind, but for yours as well. Therefore, it behooves us always to be with positive people, spiritual, life-giving people, in order to be positive ourselves. It behooves us to listen to that with which we want to live, and to be the changer rather than the changed. The affirmations which violence sets up in the subconscious reactionary habit patterns in the minds of men cause them to fight and kill by spinning emotional force fields out of control. Fear then holds them in these brackets of mind as they react to what they have done. It takes great courage to go from

one force field of the mind to another, for this means tearing up long-accustomed patterns and facing a period of adjustment while new subconscious patterns are created. It all has to do with changing the subconscious patterns. This is a power. You can change the patterns of your mind yourself. Try it. It is not too difficult. ¶ Each day we make affirmations with our thoughts and our feelings—and the very words that we speak stabilize these patterns. But as the inner light begins to dawn its life-giving rays, a new, positive power comes into our words, our thoughts and the feelings that well up from the subconscious, making new manifest patterns in the force fields of the conscious world for us to meet and speedily experience.

The Power of Affirmation



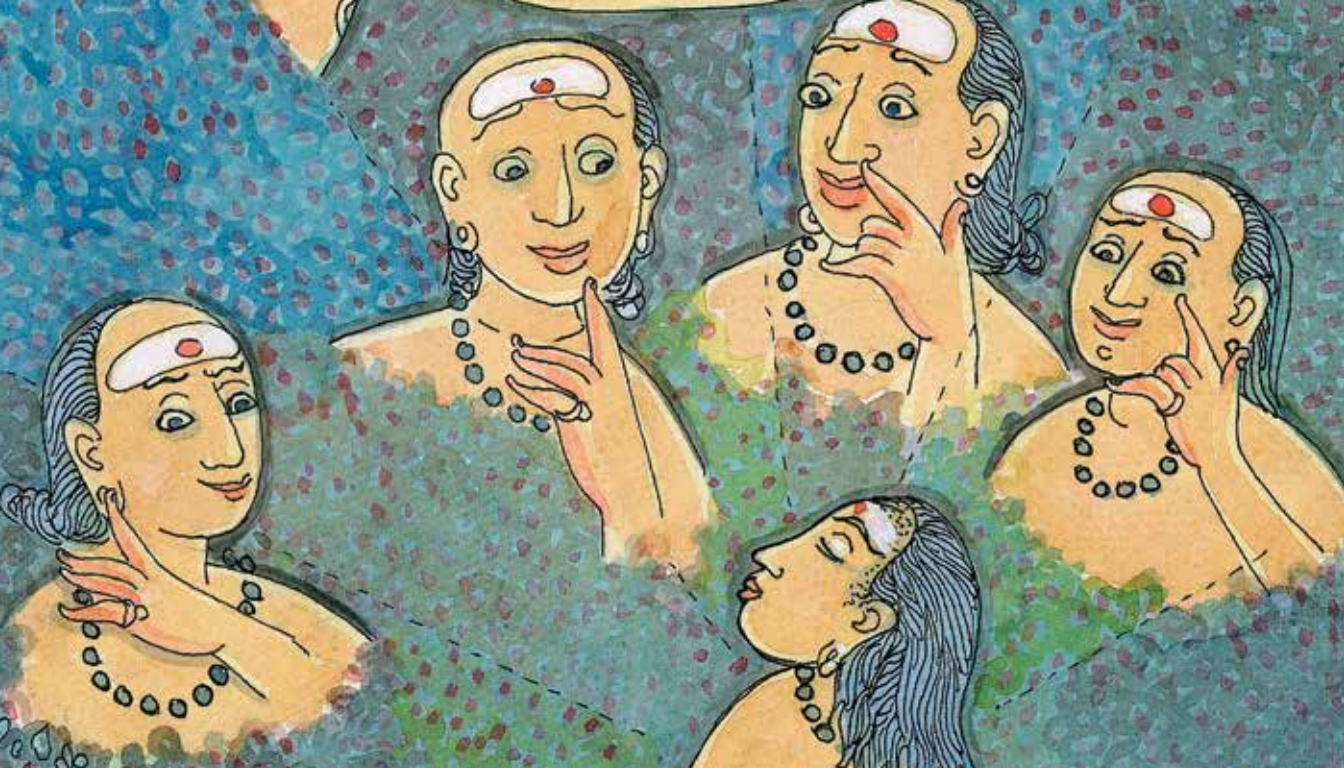


I am now open to a flow of spiritual energy in which I perceive the most worthy course of action for this day. My service, being selfless, opens new doors of supply, making available all of the tools required so that my work will be beautiful, energetic and influential to the highest degree.



An affirmation can alter your life by creating mentally the patterns and moods of each day through which you will subsequently move. Here is one that can be used to dynamically begin each day. “I am now open to a flow of spiritual energy in which I perceive the most worthy course of action for this day. My service, being selfless, opens new doors of supply, making available all of the tools required so that my work will be beautiful, energetic and influential to the highest degree.” The subconscious mind

is like a piece of clay that can be impressed. These impressions go into the subconscious from the conscious mind and remain there vibrating until changed. The intuitive mind, which we call the superconscious, works through the subconscious when the channels of the subconscious are open. Hence, in impressing the subconscious mind, we must be very careful to create positive channels, and not to create a negative block. You can also write your own affirmation, but it must always be positive and carefully worded.



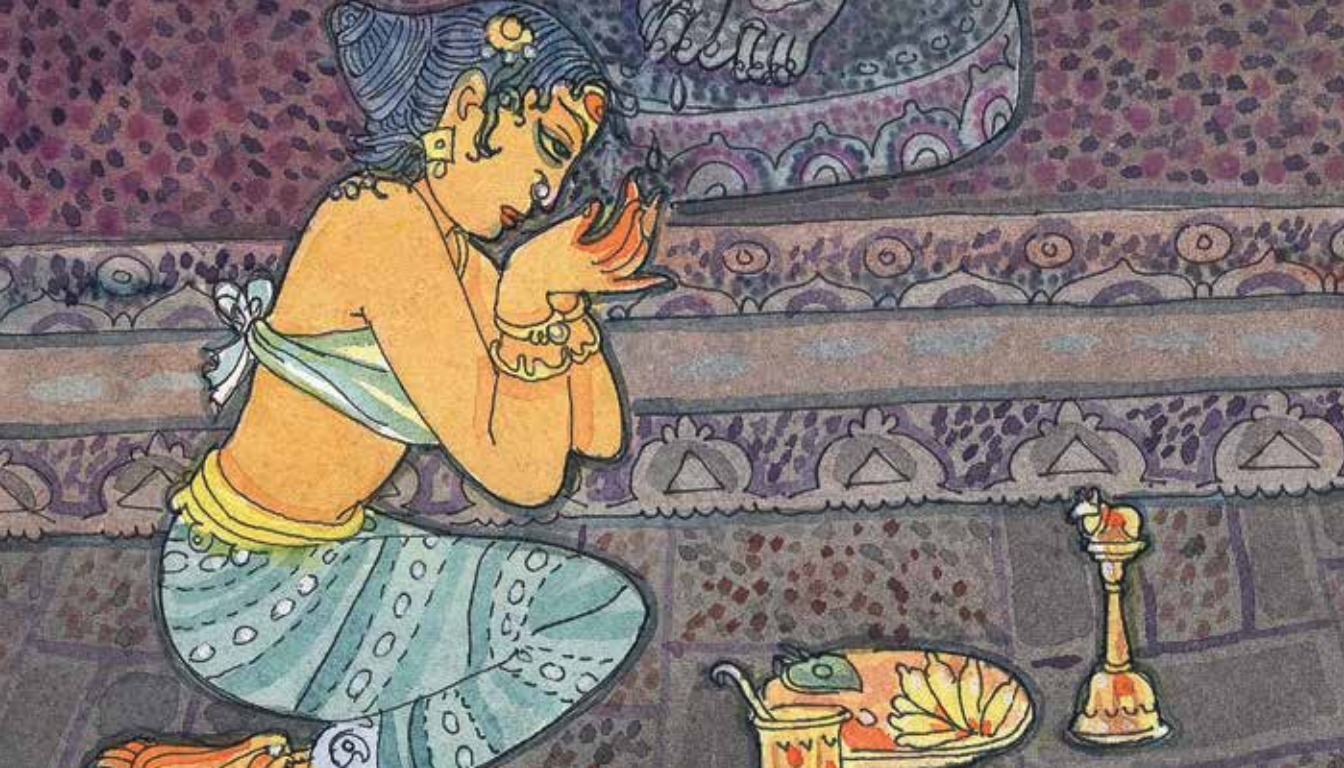
**All my needs will
always be met.**





The power of thought is very strong, but only strong for a short time. It is the power of feeling that awakens the knowing consciousness. For example, suppose we repeat an affirmation such as this: “All my needs will always be met.” And we repeat it again, “All my needs will always be met.” In the initial stating of this affirmation, we understand something about it. However, unless we gain a conscious mental picture of what the words mean, they mean little more than nothing, for they do not reach deep enough to make contact with the limitless powers of your inner self. ¶Get into the rhythm of the affirmation. This causes strong feelings and impressions deep in the

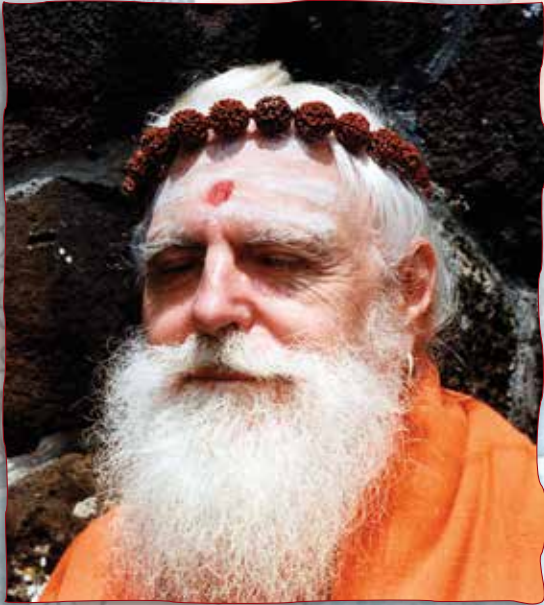
inner mind. Each word has a certain rate of vibration. Feeling is greater than visualization. ¶Although each word of your affirmation may have a certain meaning to you intellectually, the rate of vibration of the word may not impress your mind in the exact same way in which you think it should to produce the result that you desire. An antidote to this is to use affirmations in this way. Repeat the affirmation, “All my needs will always be met,” and feel how it is to feel after all of your needs have been met. Until you find this feeling, you should not expect the affirmation to work. Every time that you have a need and that need is met, a certain feeling is then produced in you. That same feeling you have to



feel the very instant you speak the affirmation. You then open a channel that instant to your own intuition, through which all good comes. In this state of mind one has inspiration and will. It is from the intuition that, at the eleventh hour, fifty-ninth minute, fifty-ninth second, every need is met. ¶The next time you have complete feelings from the innermost sources of your being that your every need will be met, quietly repeat that affirmation over again: “All my needs will always be met.” Simultaneously think, visualize and feel deeply with an inner, all-encompassing knowing that each need will be met. This is the esoteric secret of making an affirmation

work. ¶People say affirmations work for them but sometimes they do not. Why do affirmations only work sometimes? It is because the subconscious is receiving the affirmation at a psychological moment, and a greater knowing, visualization and feeling has been awakened to some extent. However, at the times when an affirmation did not work, there was no knowing, no visualization or feeling attached to it. Just words. When affirmations are repeated over and over again without feeling or visualization, occasionally negative results are produced, as the vibrations of the words themselves may not register what is intended in the subconscious.





**I am the master of
my body, my mind
and my emotions.**





**I will always have sufficient
money to meet all my needs.**



This ancient tantra is often used in gaining the material things of life. Affirmations do work in this respect, maybe even a little better than in gaining spiritual awakening, because the material desires are often stronger. ¶If you need some material possession, and if it will do only good for yourself, your family and your friends, use the power of affirmation and see how quickly your need is manifested through one external channel or another. Distinguish carefully a material need from a desire. Desires are dangerous, because it is easy to manifest material desires, but it is not as easy to assume responsibility for what the fulfillment of the desire might entail. That is why people sometimes

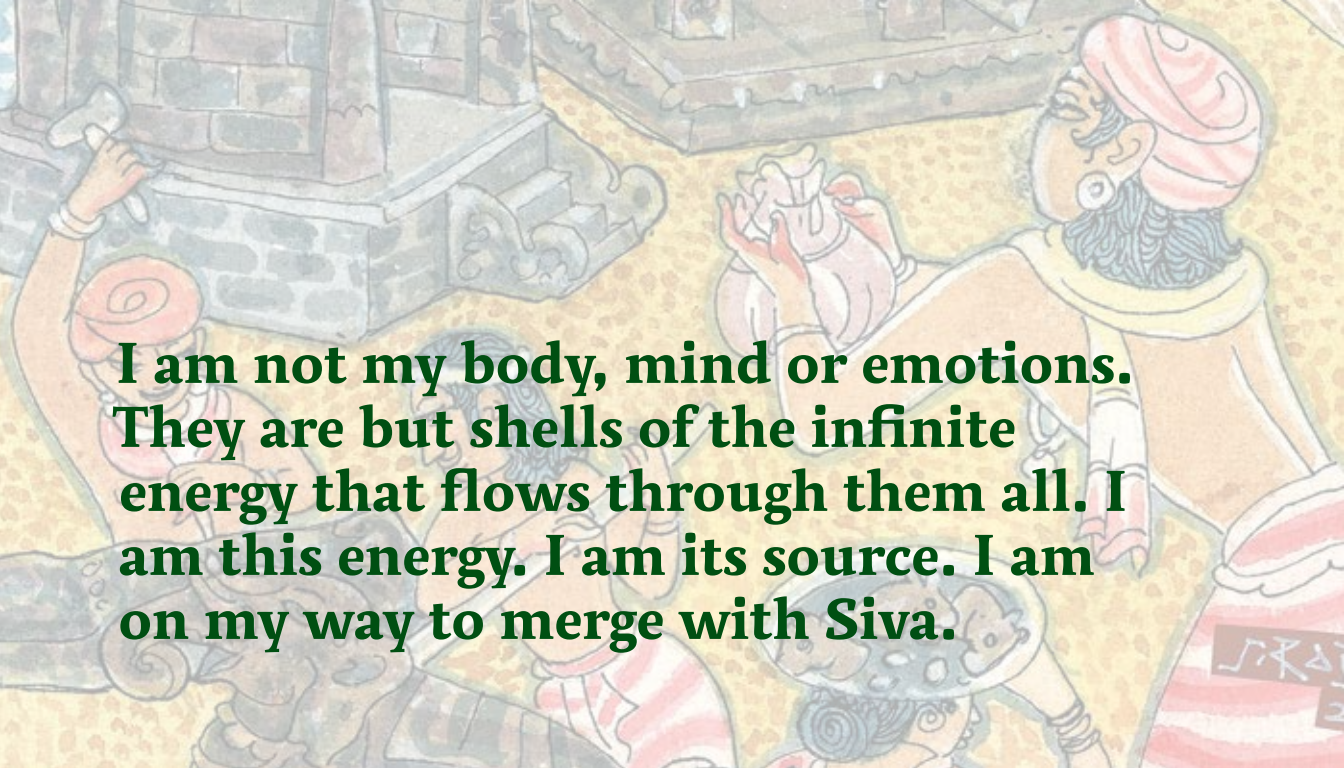
do attract to themselves material possessions through affirmations and suffer the complications produced in their lives. This happened because they did not understand the full responsibility of having the desired possessions. ¶An example of a material need is having sufficient money for necessities. Generate the feeling and the picture that you now have sufficient sums of money to meet every human need, but not necessarily every human desire; just the needs. Then practice this affirmation: “I will always have sufficient money to meet all my needs.” Repeat it once. Now stop affirming. Remain quiet, know, visualize and then feel how it is to be open to a sufficient flow of money to meet your every need.



Get that feeling! It is a secure feeling, not a flamboyant, reckless feeling, not a feeling that now you can go out and have a good time. No, this is a quiet, secure feeling, born of being in a judicious state of mind. ¶Let us look closely at this feeling again: “I will always have sufficient money to meet all my needs.” Now resolve to hold yourself open to ways and means by which you will have money to meet your every need for yourself and for your family. Be open to ways in which you can better budget the money you now have. Live by the ethic, “Waste not, want not.” Soon you will find that you begin to become secure within yourself as the vibrations of your verbal, visual feeling of this affirmation ring through you entirely. Today you will begin

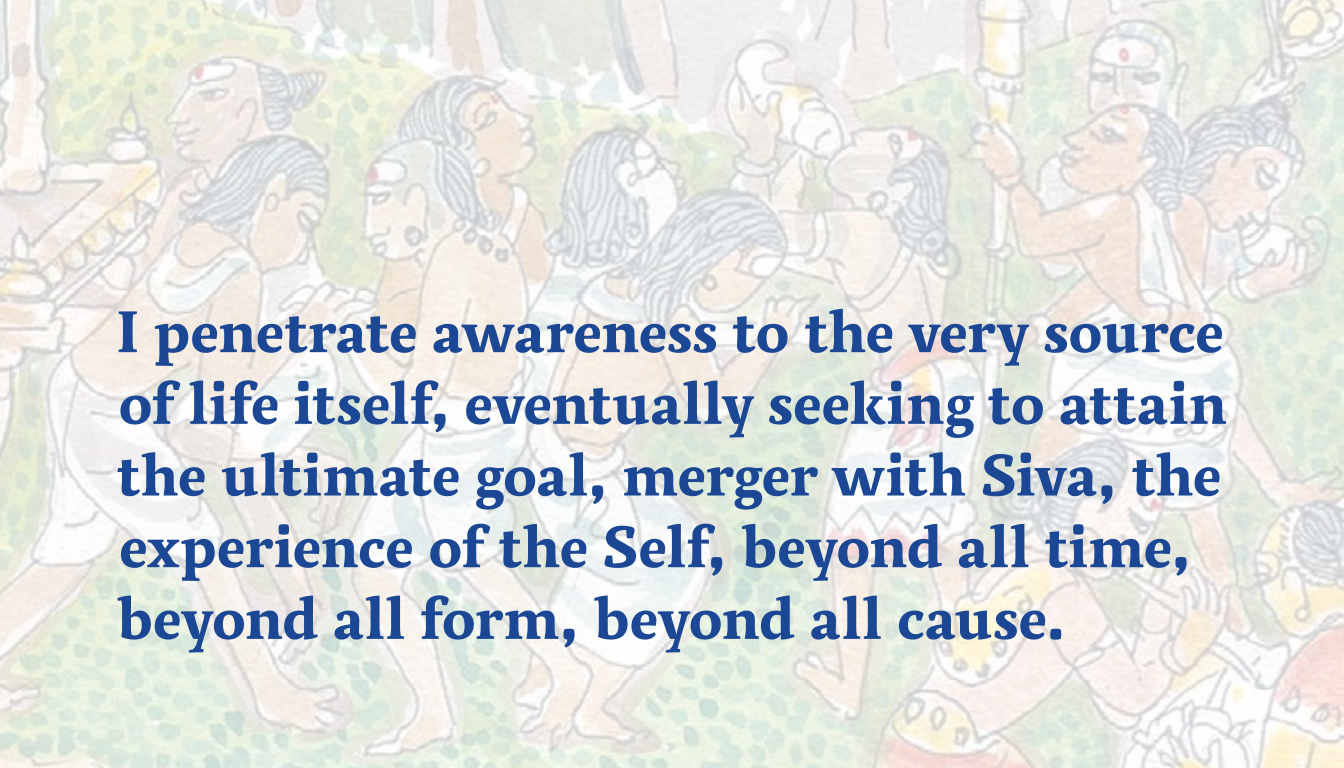
handling the funds you have more judiciously, and soon you will begin attracting abundance from unexpected creative sources. Be open to new ideas, new people, new opportunities, expectant and ready to handle the wealth you have proclaimed as yours. ¶You can write many kinds of affirmations and use them for many different purposes, but remember, they are powerful. They should be carefully worded, and only used in a way which enhances your spiritual life. To be effective, they should be repeated regularly on schedule, five minutes in the morning, at noon and five minutes at night for seven days to begin with. You will surely benefit by the results you cause spiritually, emotionally and materially.



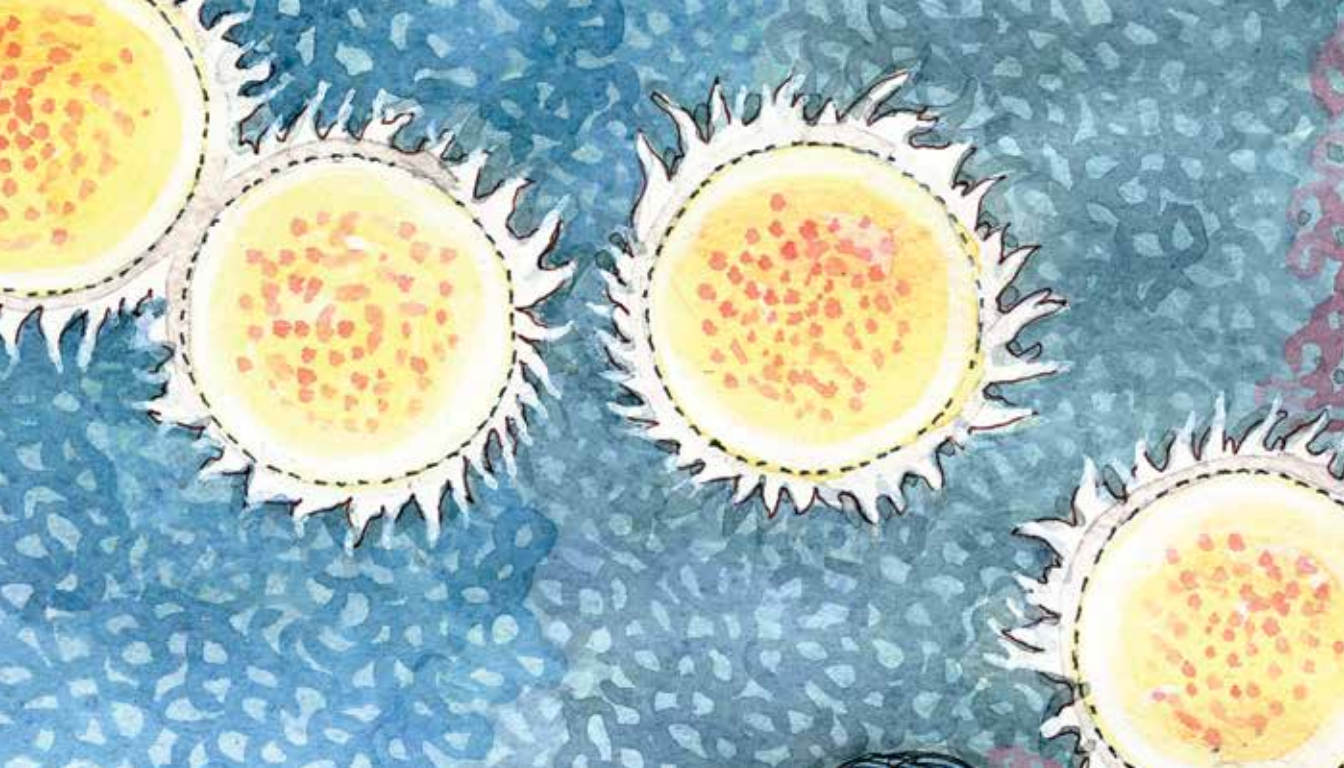


**I am not my body, mind or emotions.
They are but shells of the infinite
energy that flows through them all. I
am this energy. I am its source. I am
on my way to merge with Siva.**



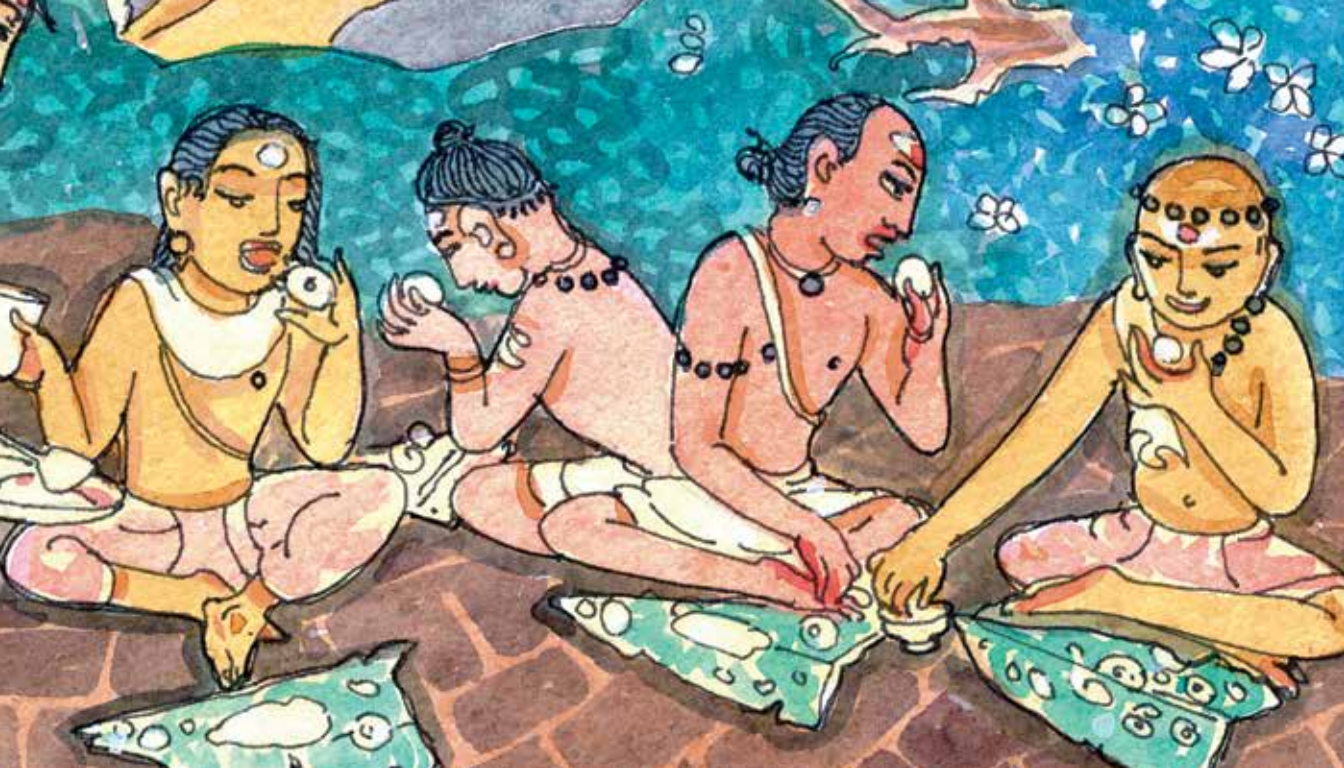
A vibrant, stylized illustration of a Hindu festival scene. In the foreground, a woman in a white sari holds a young child. To her left, another woman in a white sari carries a large, ornate tray of lit lamps. In the background, a man in a white dhoti and shawl holds a tall, lit ceremonial lamp. Other figures in traditional Indian clothing are visible, some with tilak markings on their foreheads. The scene is set outdoors with green foliage in the background.

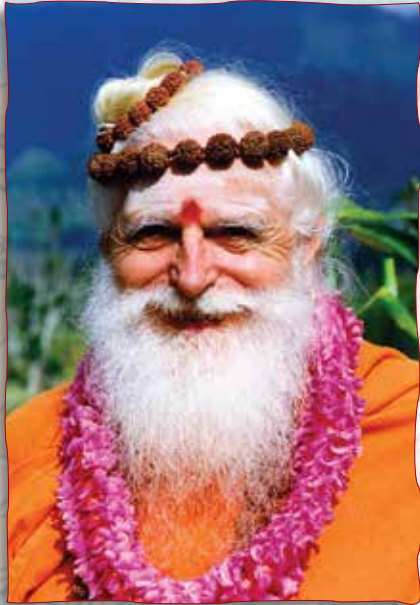
I penetrate awareness to the very source of life itself, eventually seeking to attain the ultimate goal, merger with Siva, the experience of the Self, beyond all time, beyond all form, beyond all cause.



**I am creatively
alive and in tune
with the universe.**



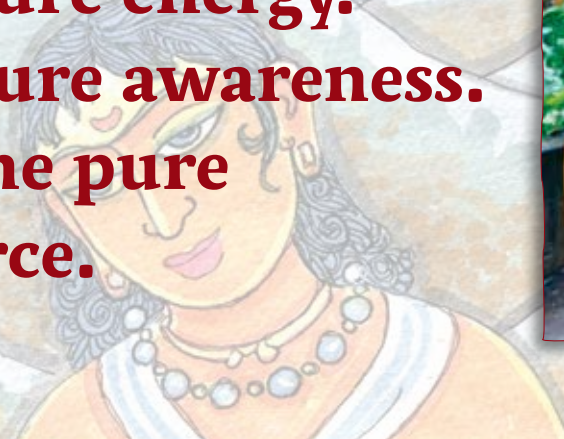
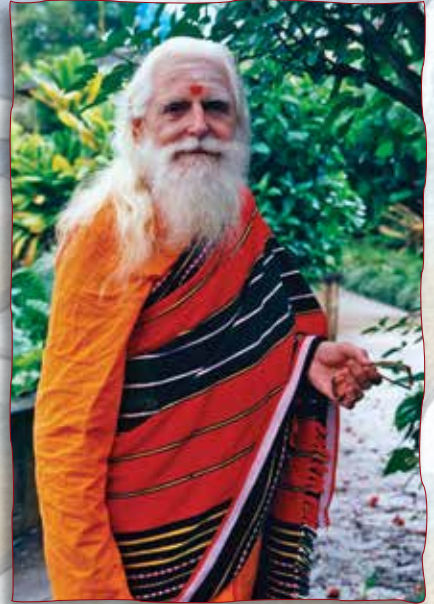




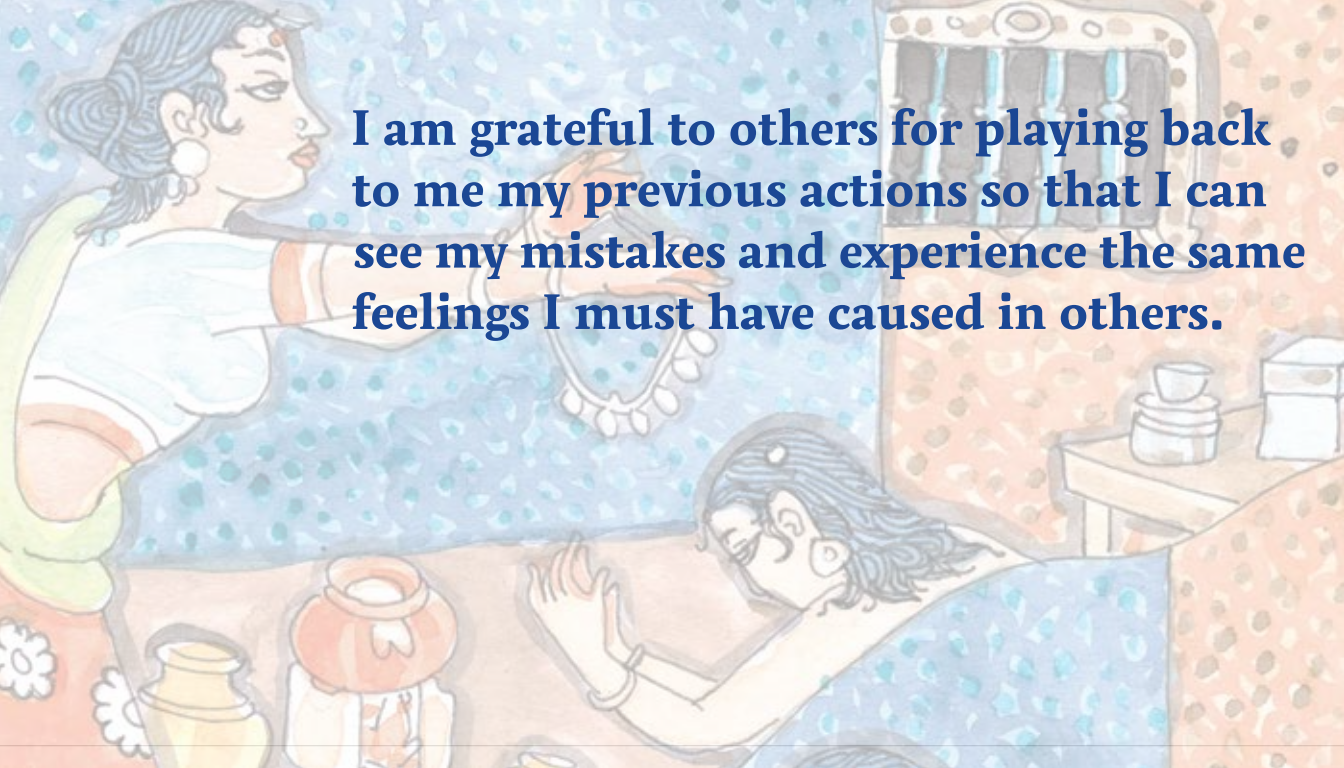
**My spiritual energies
govern and control the
force fields wherever I
am for the highest good.**



**I am pure energy.
I am pure awareness.
I am the pure
life force.**

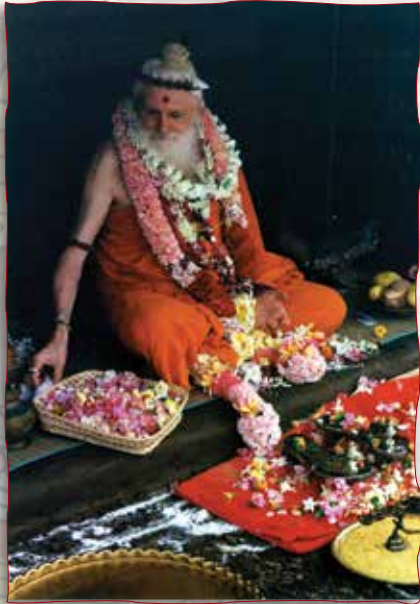






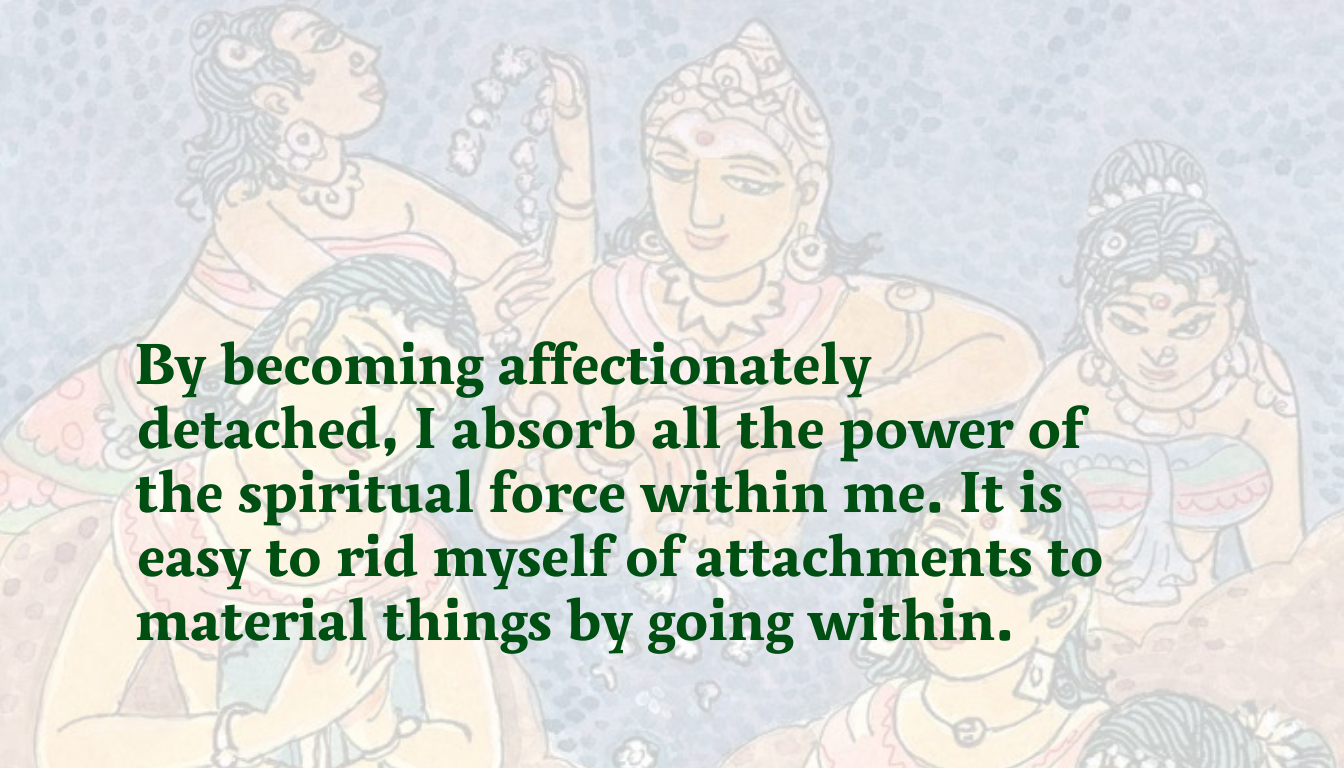
I am grateful to others for playing back to me my previous actions so that I can see my mistakes and experience the same feelings I must have caused in others.





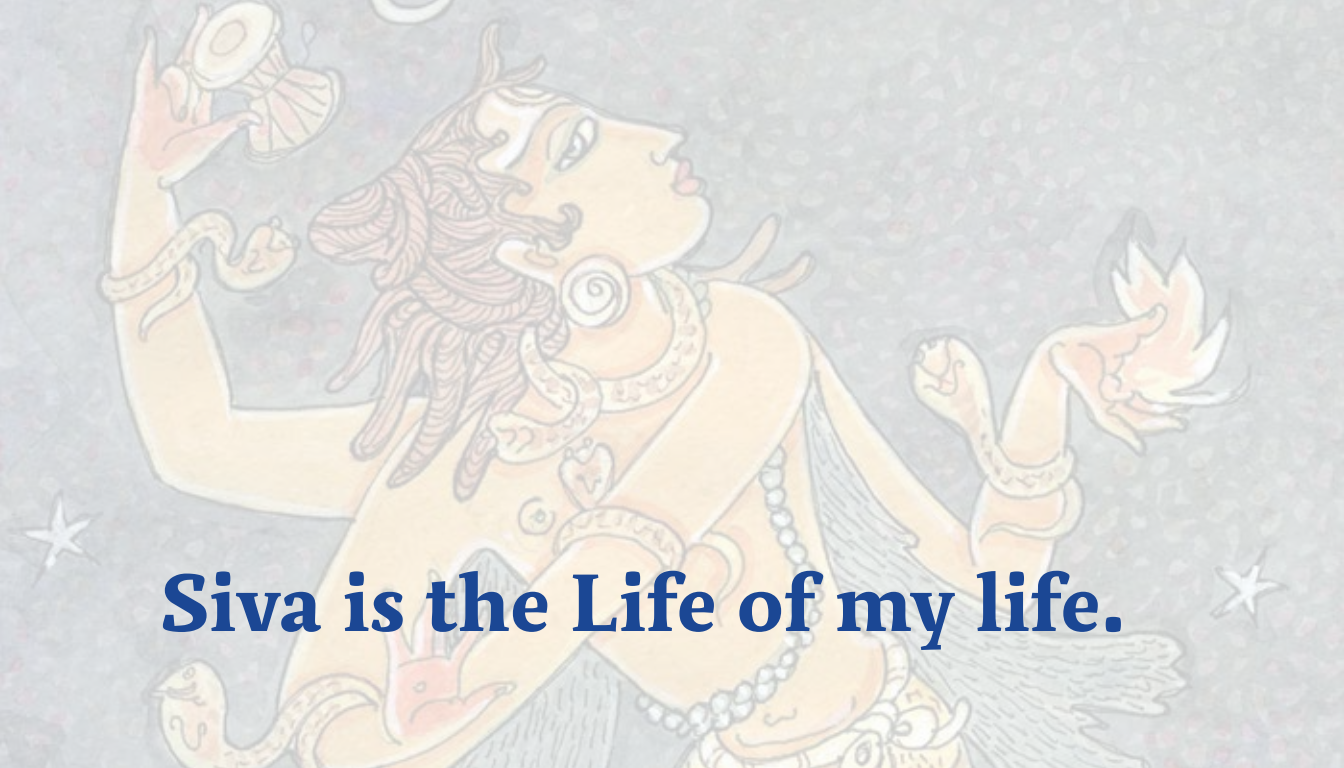
I affirm that the Gods are given to care for man on the planet and see us through our tenure on Earth, and that their decisions are vast in their implications.





By becoming affectionately detached, I absorb all the power of the spiritual force within me. It is easy to rid myself of attachments to material things by going within.





Siva is the Life of my life.





**I practice the art of
doing for others little
things that I have not
been asked to do.**

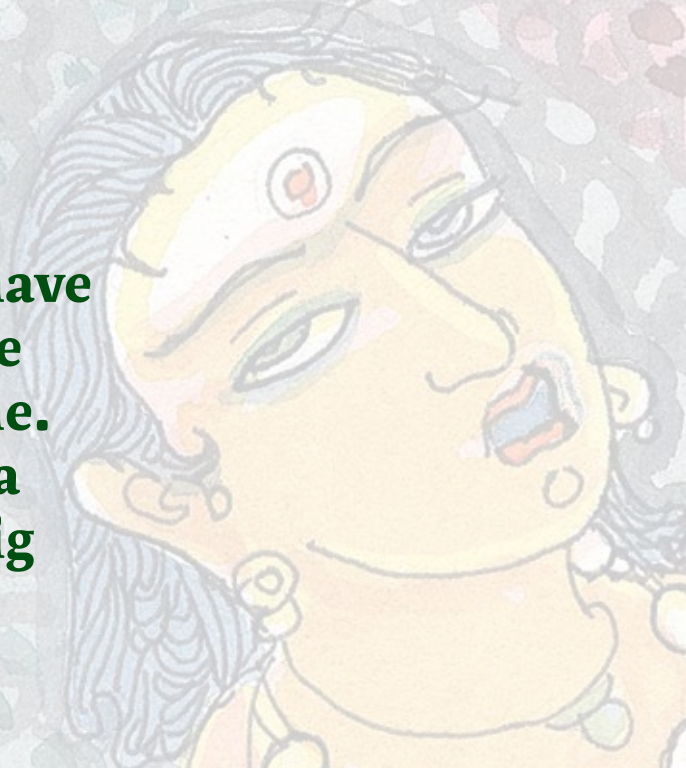


**It is my resolve not
to react to life's
experiences, but to
understand them.**

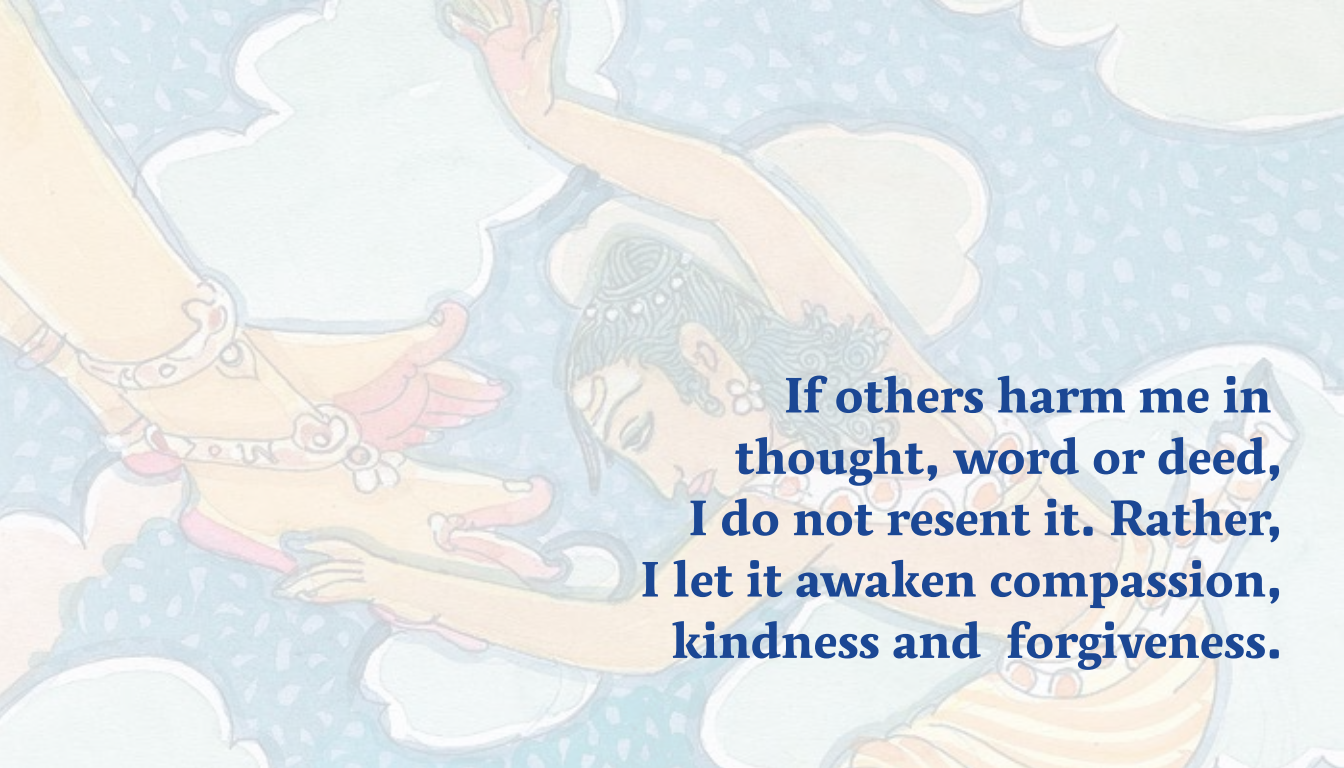




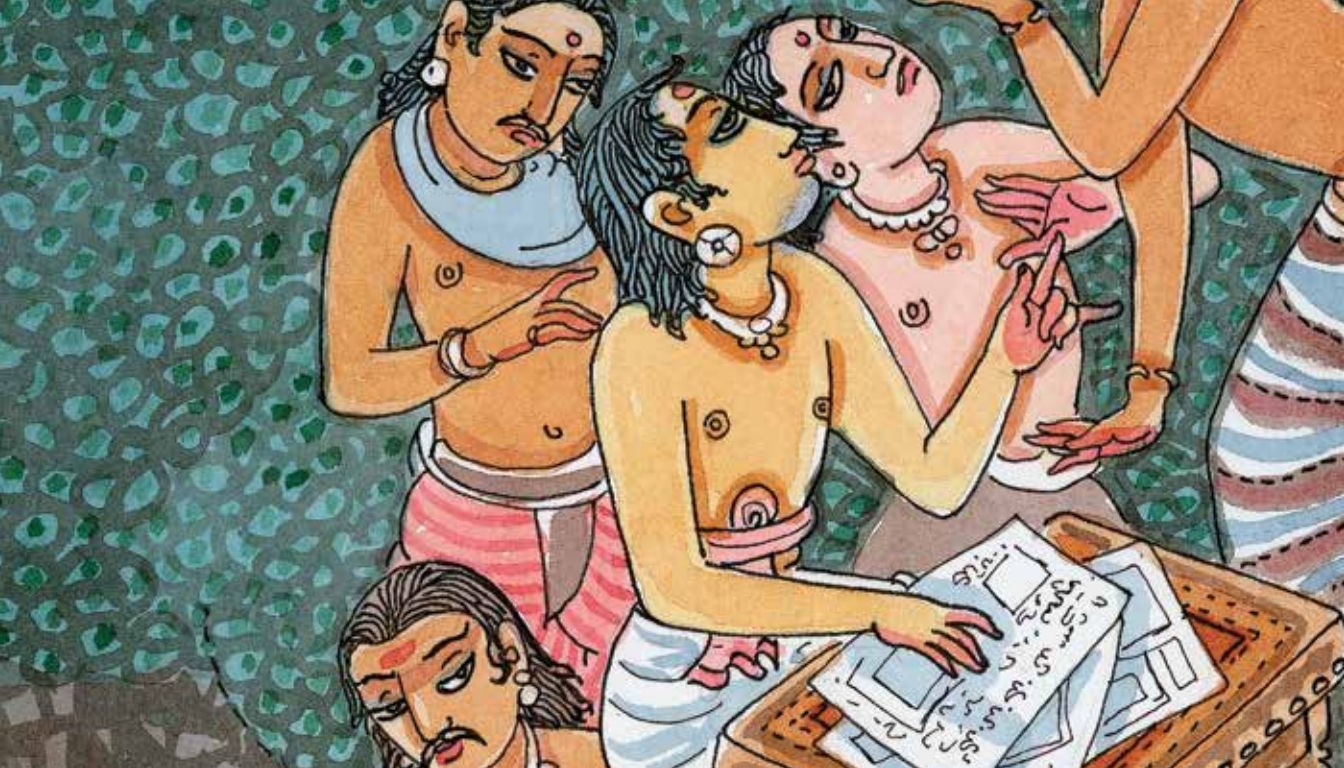
**Each experience I have
is a good experience
because it molds me.
Each experience is a
classroom in the big
university of life.**



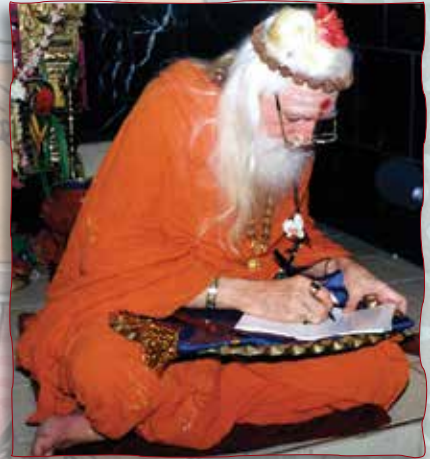


A stylized illustration of a woman in a yellow sari with intricate jewelry, including necklaces, bangles, and earrings. She is depicted in a graceful, slightly reclining pose. The background is a light blue with white, stylized clouds. The overall style is reminiscent of traditional Indian art.

**If others harm me in
thought, word or deed,
I do not resent it. Rather,
I let it awaken compassion,
kindness and forgiveness.**

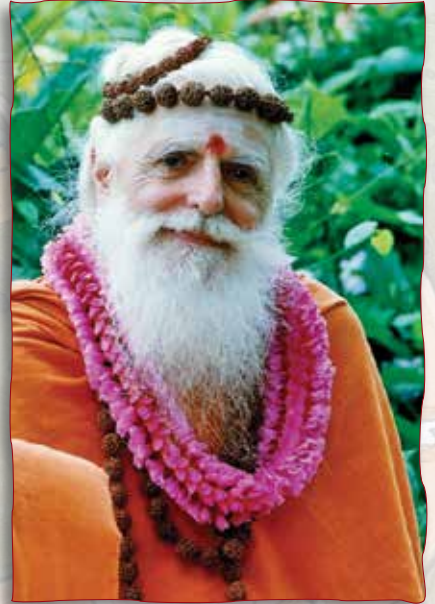


**I remain in the present,
right now—using
the catalog of the
experiences of the
past and a planning
book for my future.**

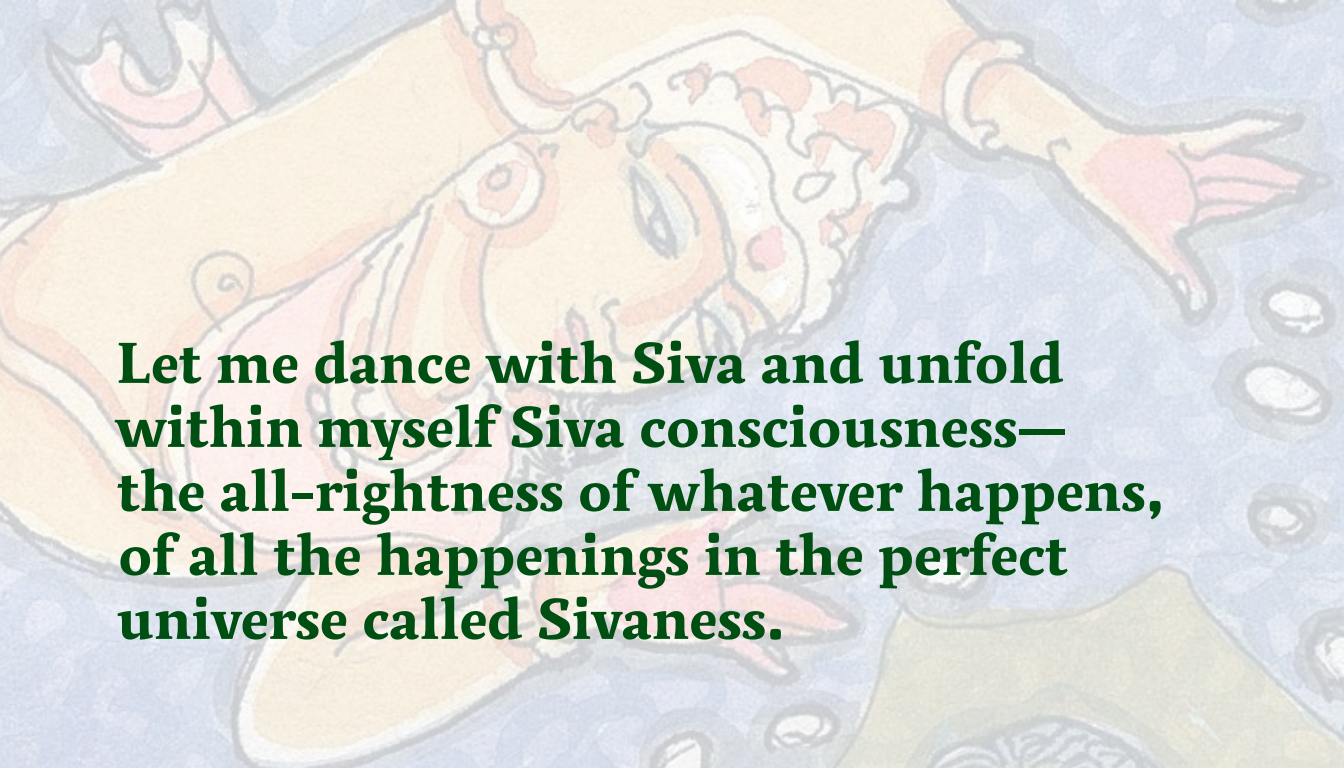




**I let go of the
past. I let go of
the future. I am a
being right now.**





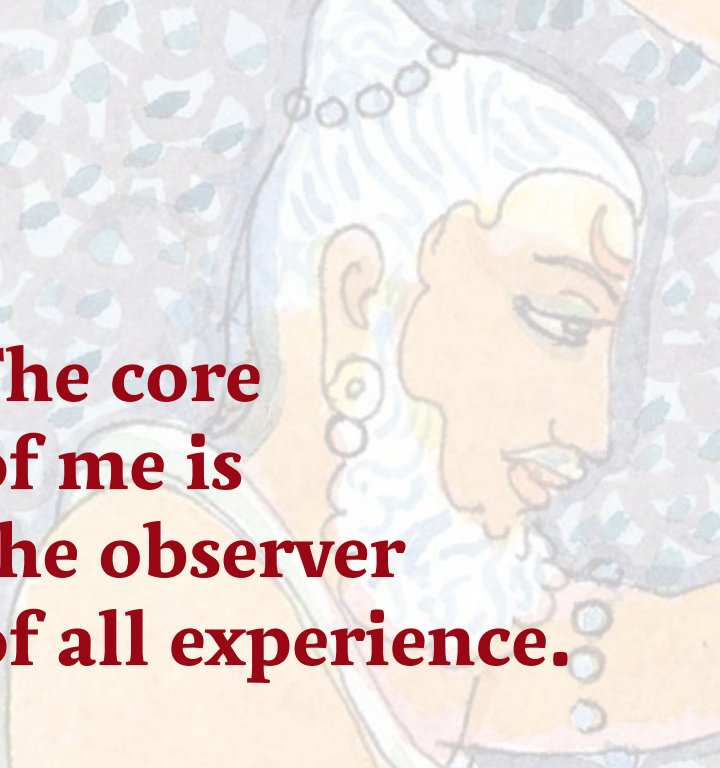


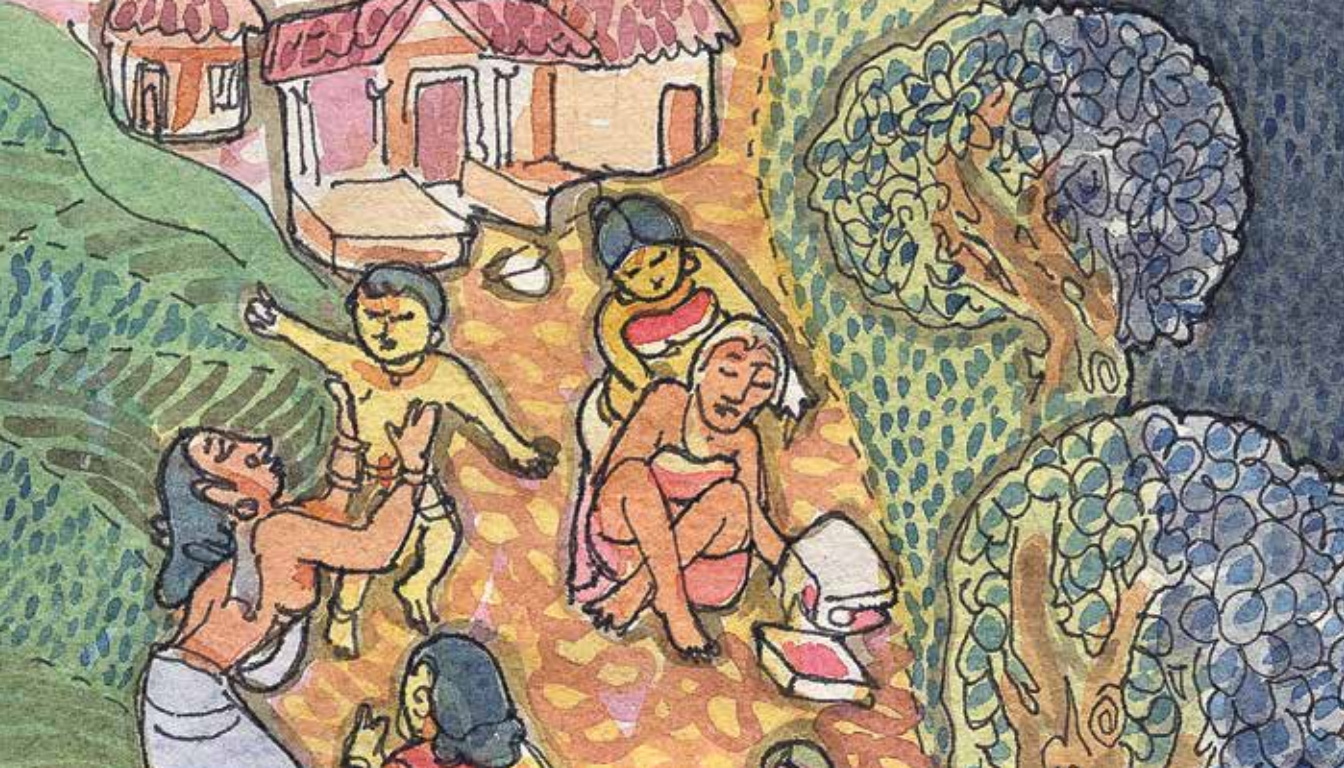
**Let me dance with Siva and unfold
within myself Siva consciousness—
the all-rightness of whatever happens,
of all the happenings in the perfect
universe called Sivanness.**



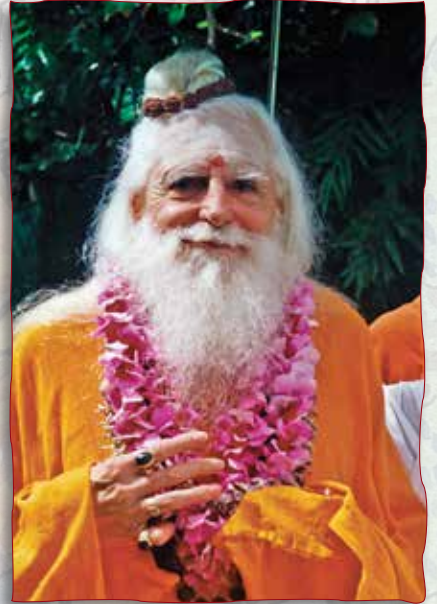


**The core
of me is
the observer
of all experience.**

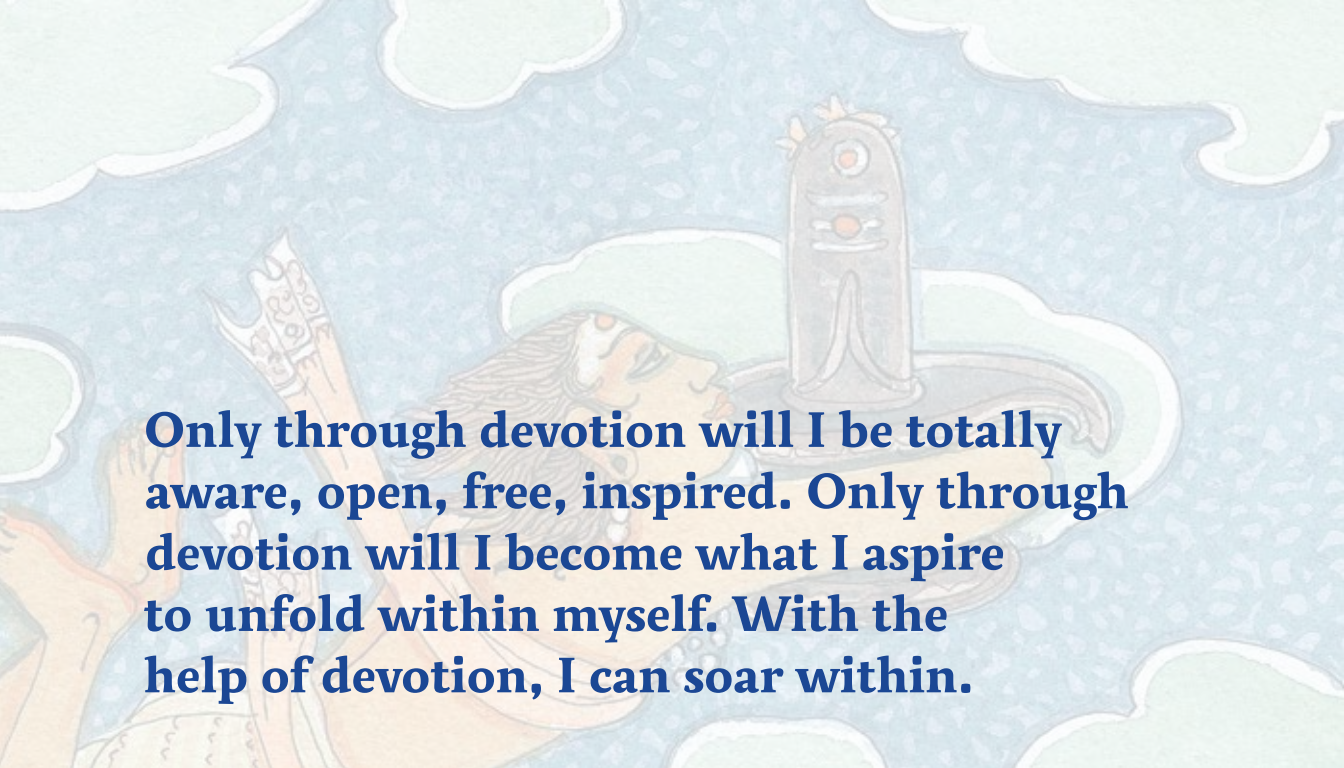




**In making
a decision:
when I am
in doubt, I
do nothing.**



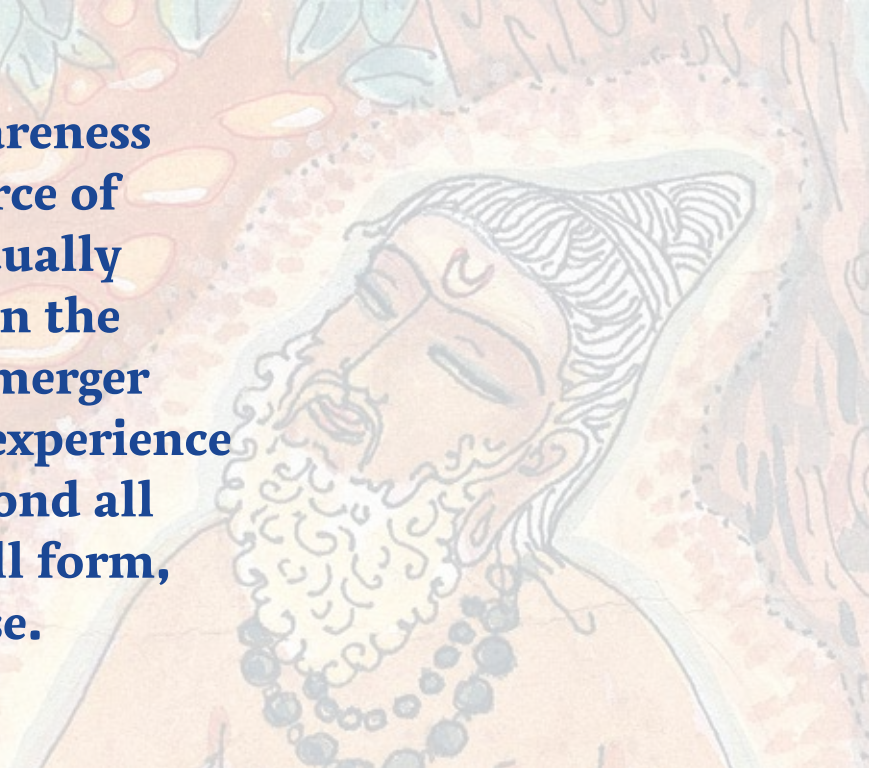


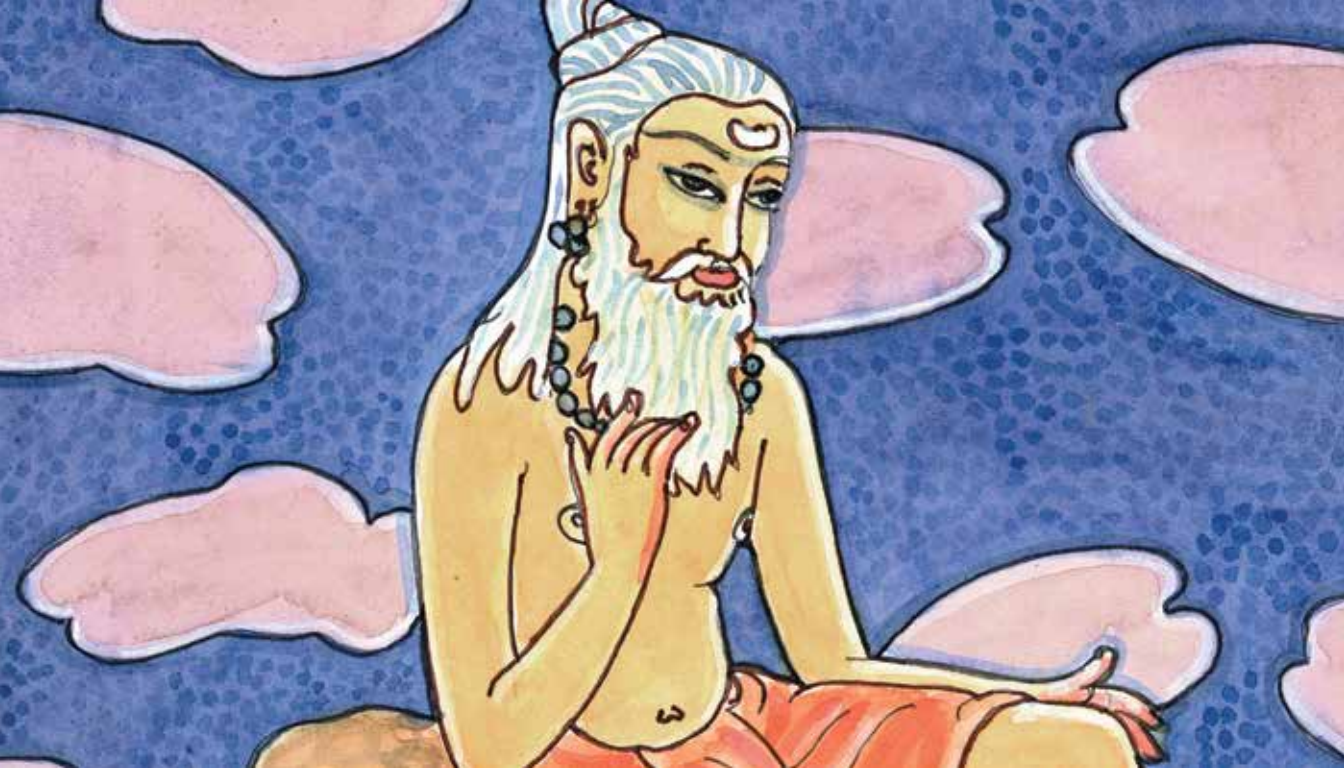
An illustration featuring a woman with long brown hair wearing a green hat, looking upwards with her hands raised in a gesture of devotion or prayer. In the background, there is a tall, thin, brown, vertical object with a face and hands, resembling a stylized deity or a totem. The scene is set against a light blue background with soft, green, cloud-like shapes.

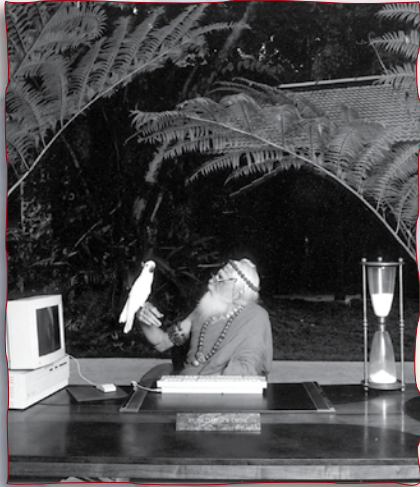
Only through devotion will I be totally aware, open, free, inspired. Only through devotion will I become what I aspire to unfold within myself. With the help of devotion, I can soar within.



**I penetrate awareness
to the very source of
life itself, eventually
seeking to attain the
ultimate goal, merger
with Siva, the experience
of the Self, beyond all
time, beyond all form,
beyond all cause.**



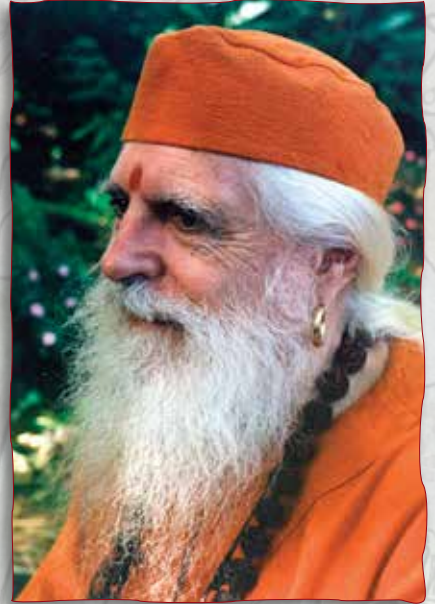




**My future is colored,
conditionally and
actually created by my
past. I purge my past
and fashion my future
right now in the present.**



**To make a good
decision, I bring my
total awareness into the
eternity of the moment.**

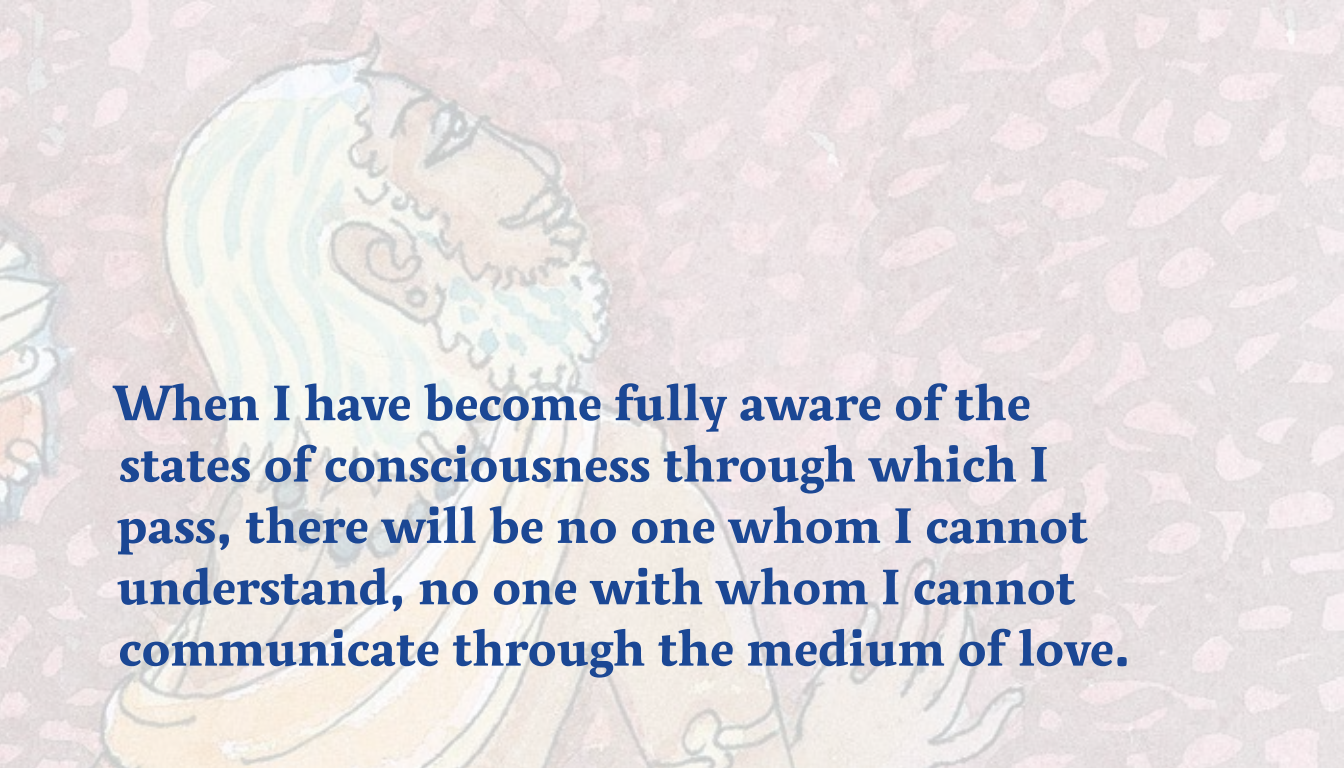




**I am the witness
who observes the
mind. To discover
what awareness is,
I go deep within.**







When I have become fully aware of the states of consciousness through which I pass, there will be no one whom I cannot understand, no one with whom I cannot communicate through the medium of love.



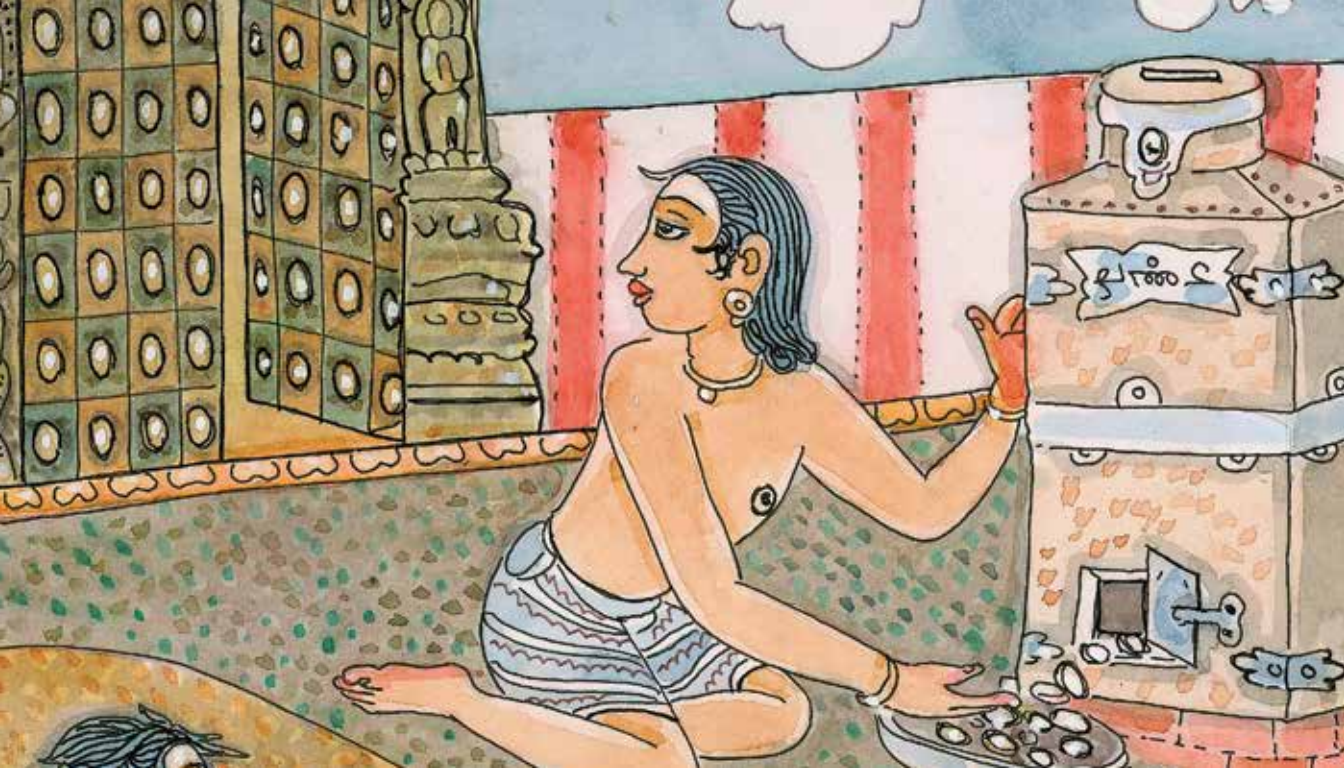


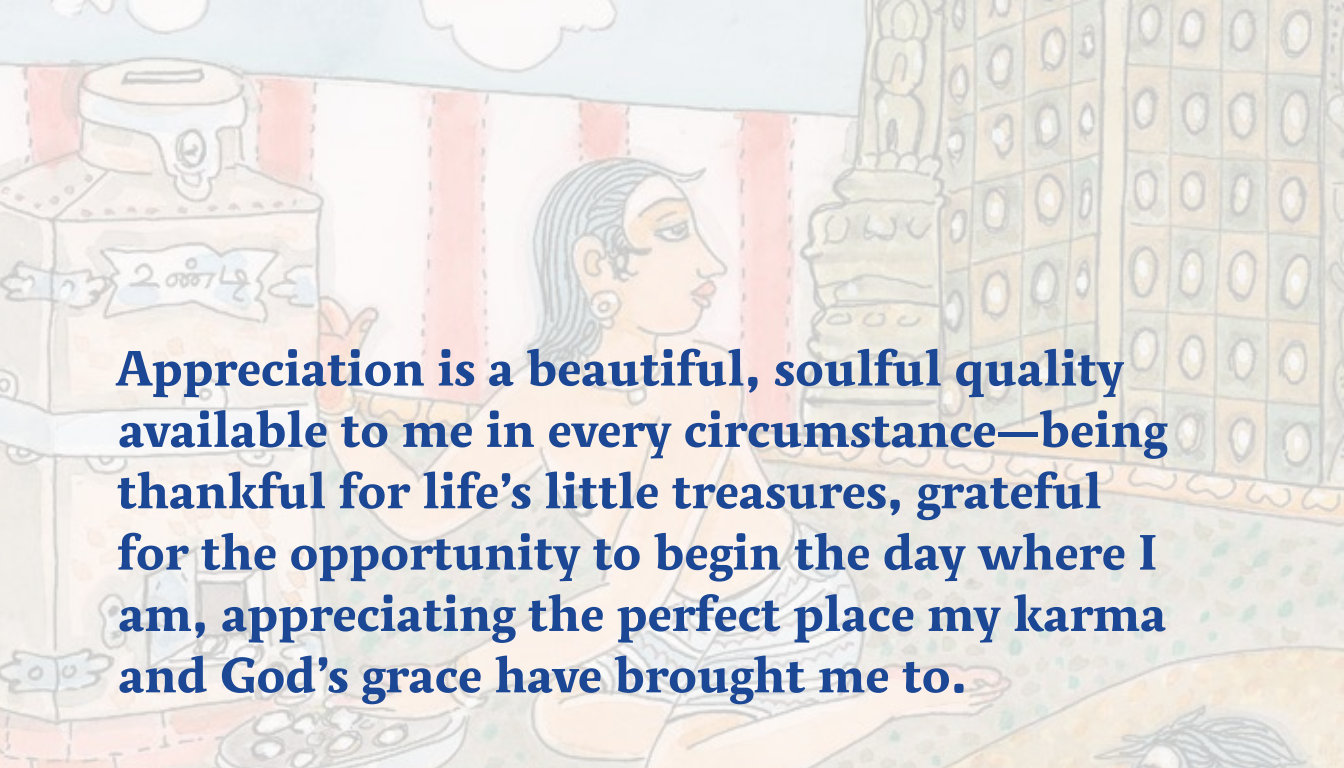
When functioning in the now, I am in control of my own mind. I face everything that comes up in the light of the present, not in the darkness of the past.



**Having become a student
of life, I live life fully.**





An illustration of a woman with long dark hair, wearing a white sari with a gold border and a white bindi, sitting in a temple. She is looking to the right. In the background, there are ornate pillars and a wall with a grid of small circular motifs. To the left, there is a large, ornate metal pot (kalash) with a white cloth draped over it, featuring a blue banner with the number '2007' and some text. The overall style is a soft, watercolor-like illustration with a light blue sky and white clouds.

Appreciation is a beautiful, soulful quality available to me in every circumstance—being thankful for life’s little treasures, grateful for the opportunity to begin the day where I am, appreciating the perfect place my karma and God’s grace have brought me to.



**I am in a perfect state
of being right now.**

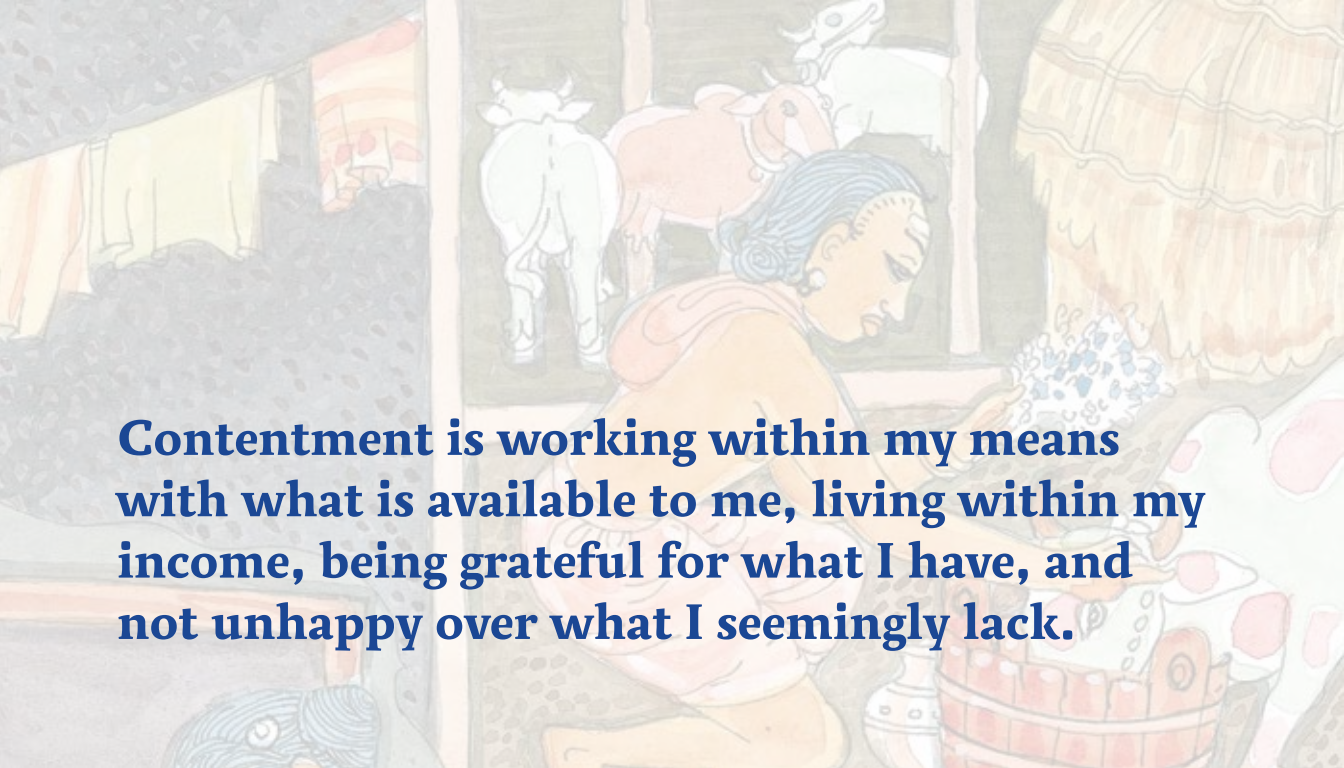




**I am equal
to whatever
challenge I meet.**

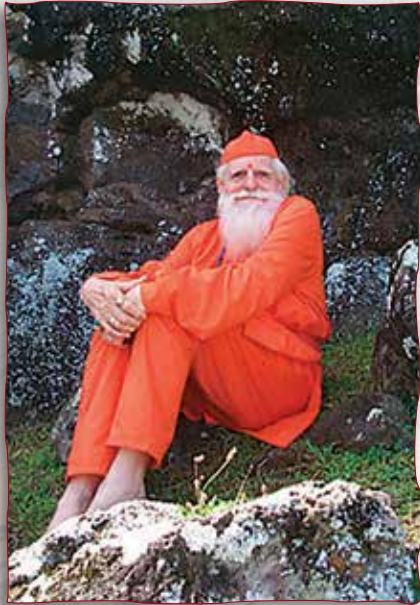






Contentment is working within my means with what is available to me, living within my income, being grateful for what I have, and not unhappy over what I seemingly lack.





No man is my enemy. No man is my friend. All men are my teachers. Some teach me what to do; some teach me what not to do.



**All that is
happening is
good. All that
is happening is
meant to be.**







**I will be more silent and observing,
not wasting or dissipating the vital
power of observation through
unnecessary or idle talk.**

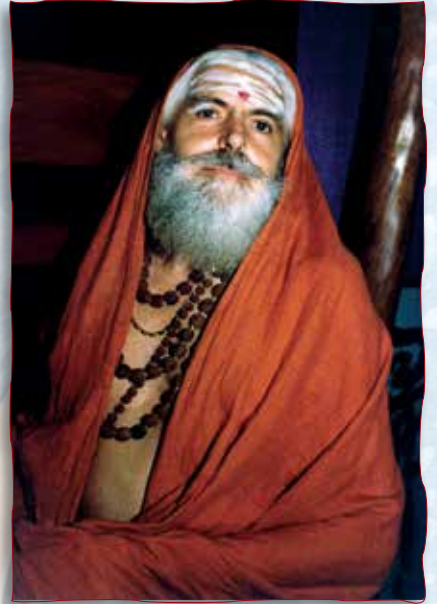


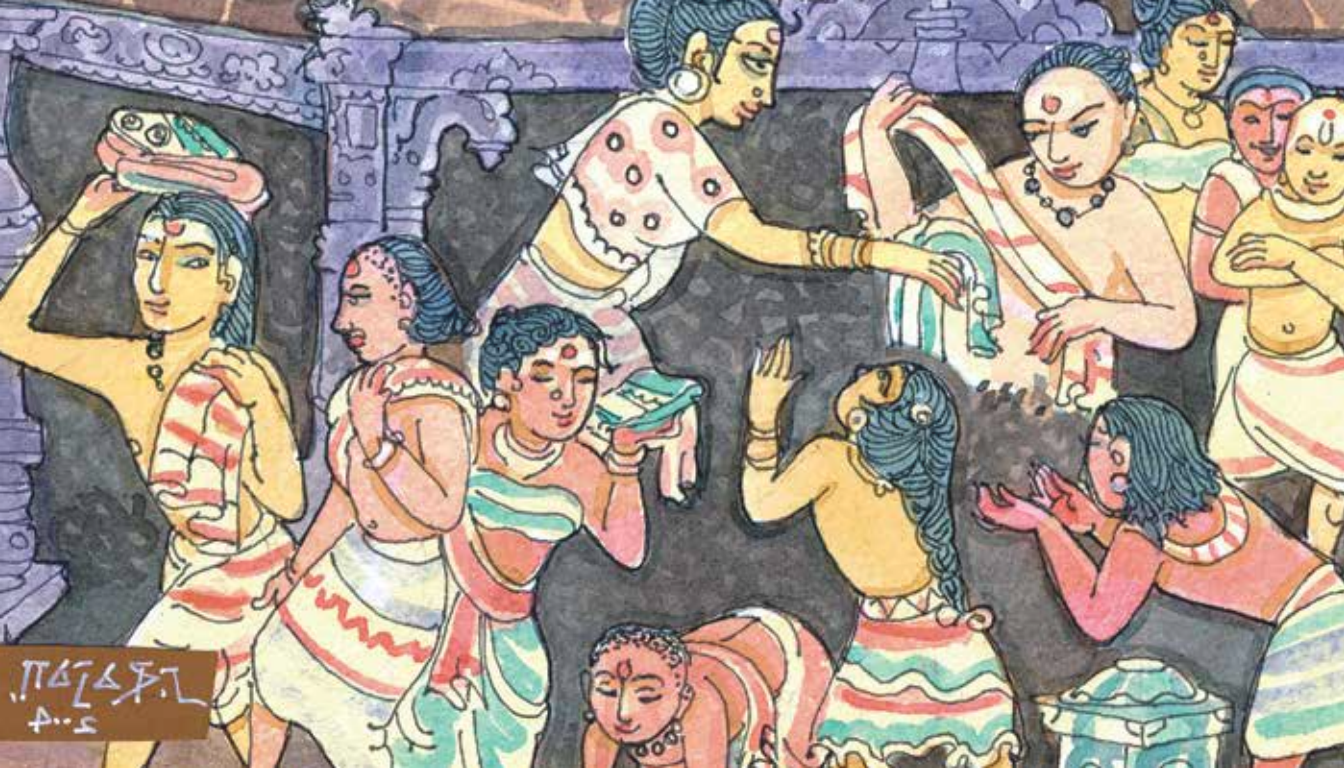


The secret is that I have to correct all matters within myself. I work to bear my karmas cheerfully, without reacting to them.

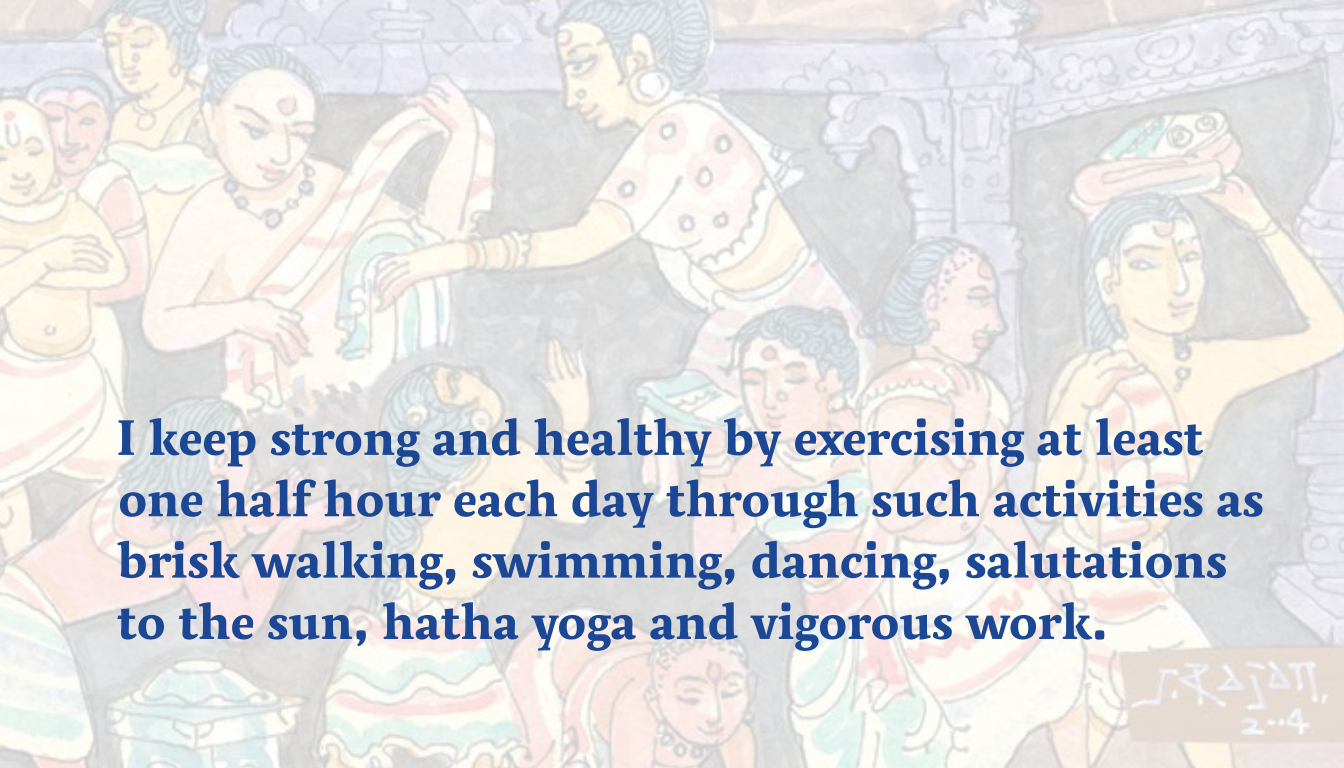


**I identify myself
as the inner being.**



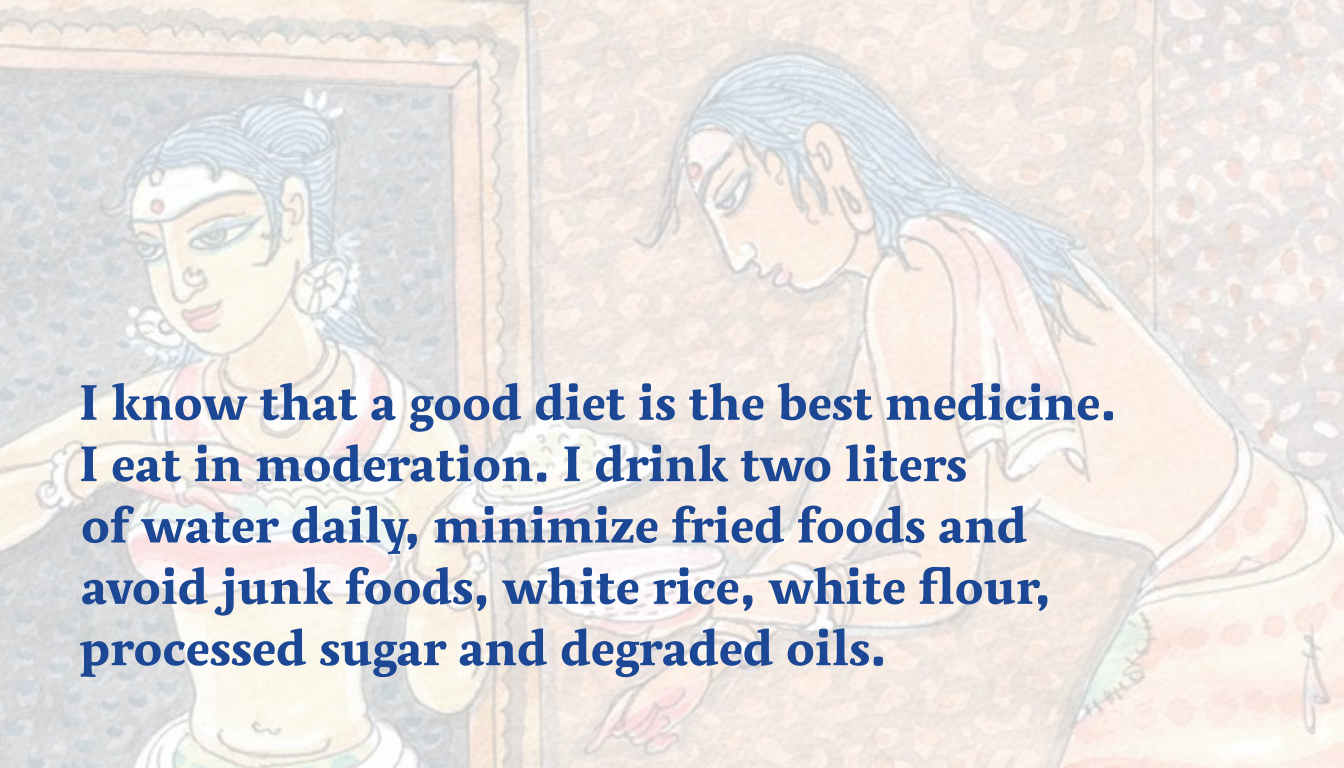


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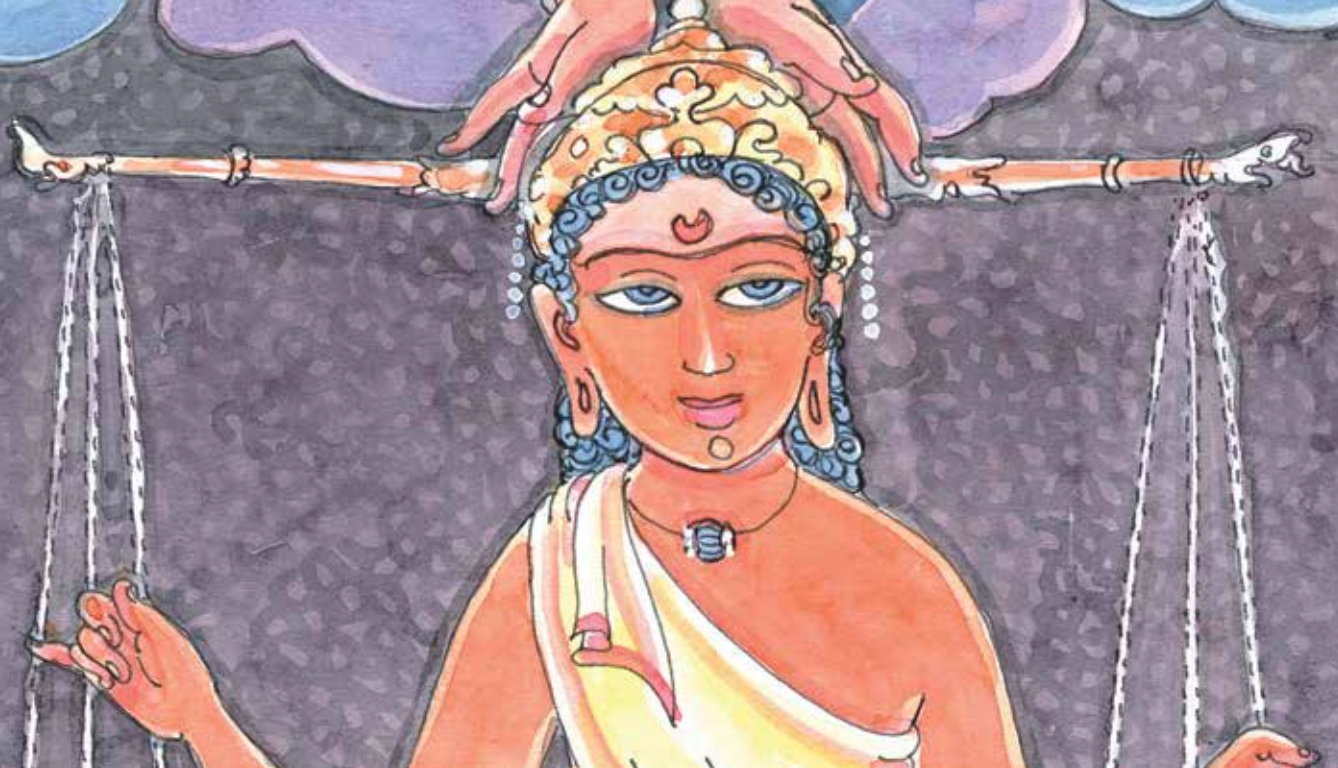


I keep strong and healthy by exercising at least one half hour each day through such activities as brisk walking, swimming, dancing, salutations to the sun, hatha yoga and vigorous work.



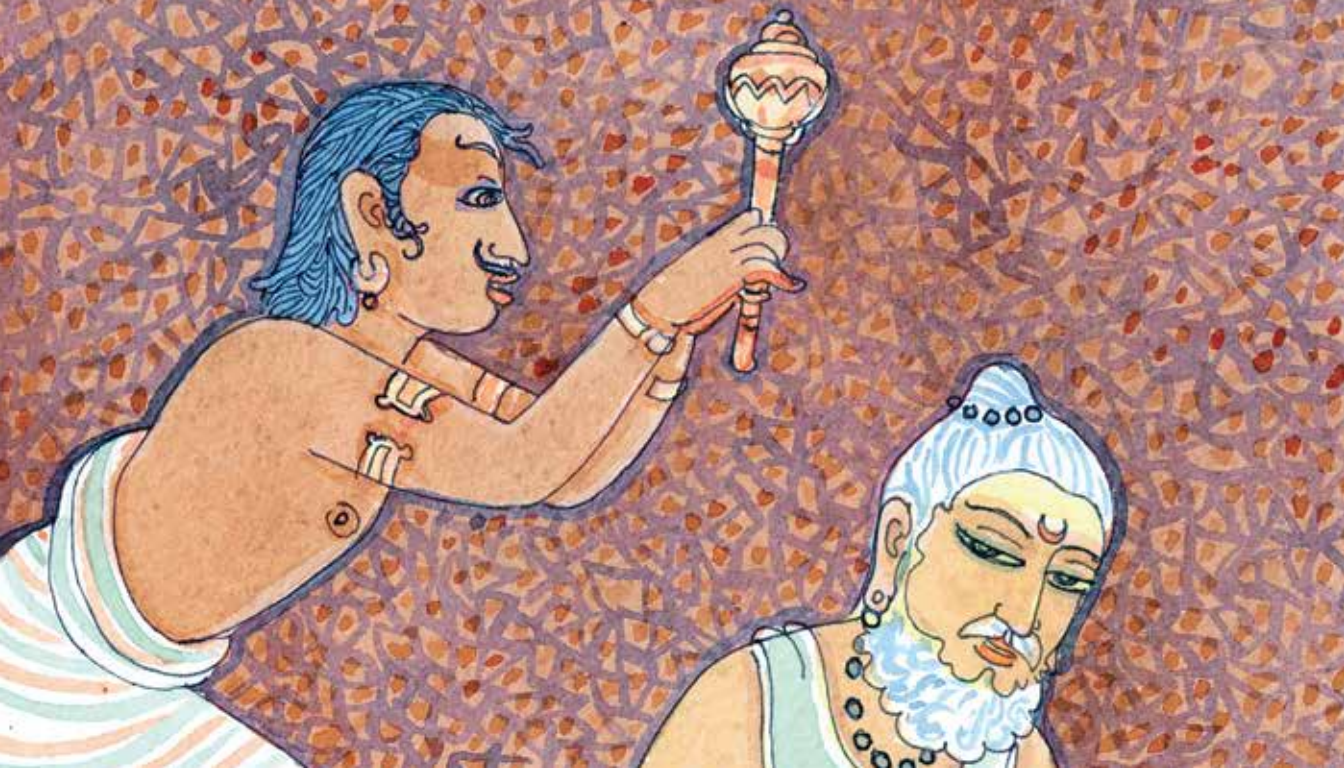
An illustration featuring two women. On the left, a woman with blue hair, a bindi, and traditional jewelry stands in a doorway, looking healthy. On the right, a woman with long blue hair, wearing a pink and orange sari, is slumped over a table, looking unwell. The background has a patterned wall. The text is overlaid in the center.

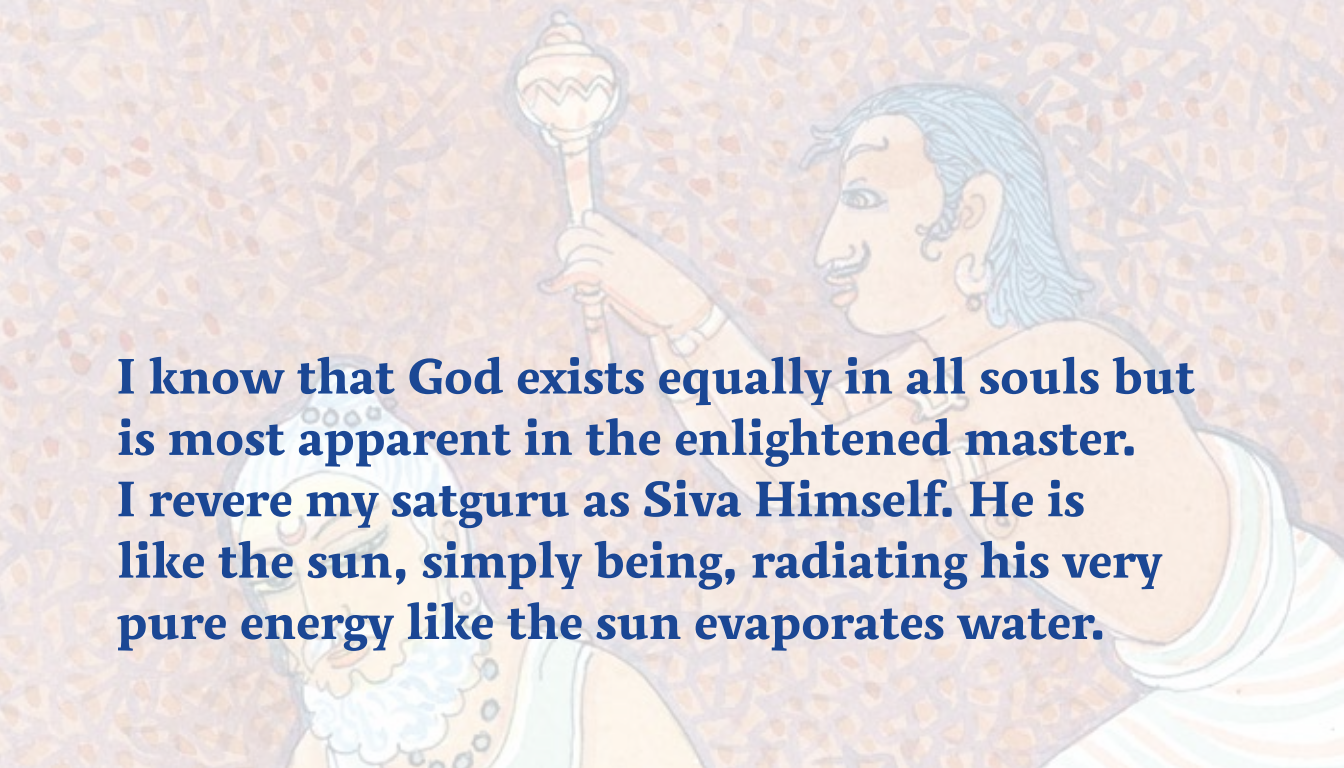
I know that a good diet is the best medicine. I eat in moderation. I drink two liters of water daily, minimize fried foods and avoid junk foods, white rice, white flour, processed sugar and degraded oils.



**When happy
and joyous, I
am aware of the
refined states of
consciousness.**





The background features a faint, stylized illustration. On the right, a man with a mustache and blue hair is shown in profile, holding a staff with a decorative, flame-like top. On the left, a woman with a white beard and a crown is visible. The background has a repeating pattern of small, stylized leaves or flowers.

I know that God exists equally in all souls but is most apparent in the enlightened master. I revere my satguru as Siva Himself. He is like the sun, simply being, radiating his very pure energy like the sun evaporates water.

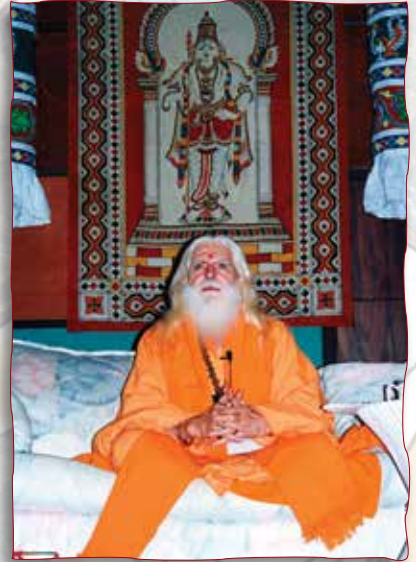




**The mind of light
is the only thing
that can uplift my
awareness, shuffling
off the burdens of
the external mind.**

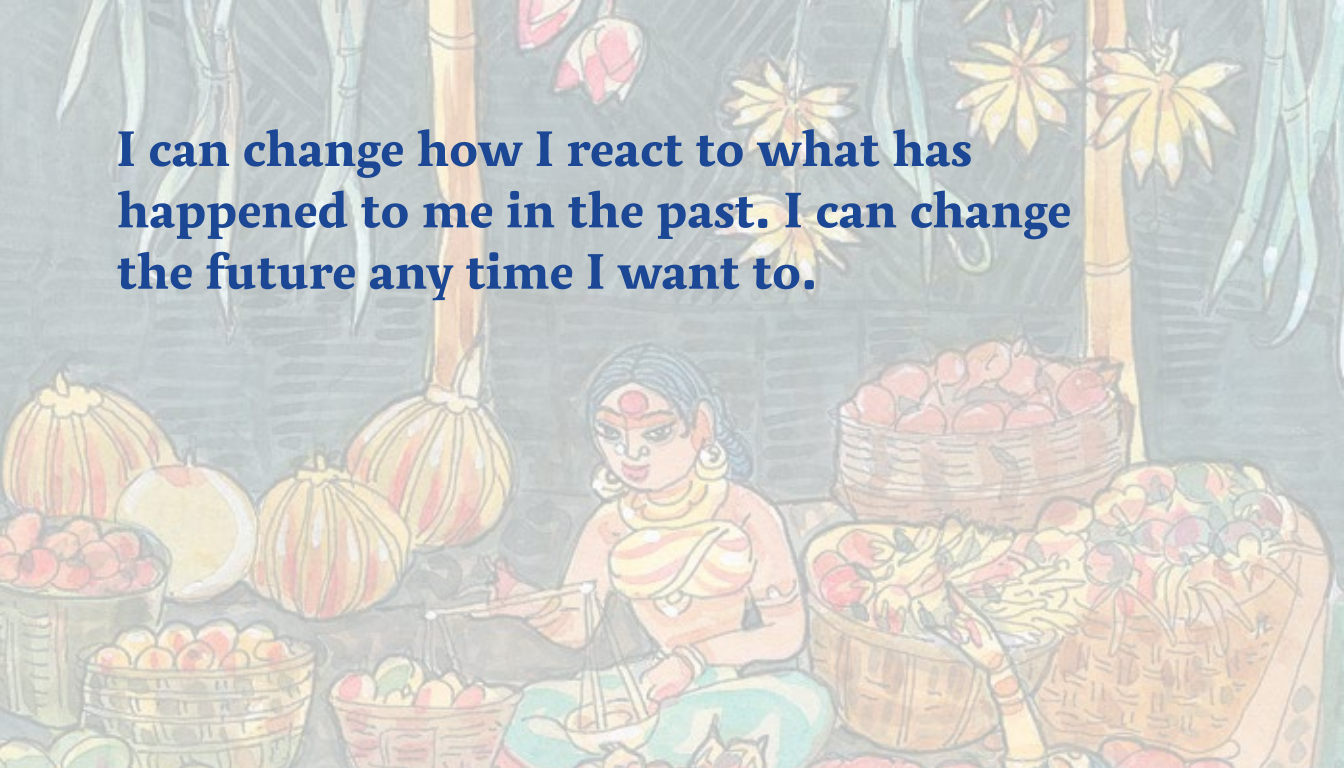


**Consistency is the key to
the conquest of my karma.**





I can change how I react to what has happened to me in the past. I can change the future any time I want to.





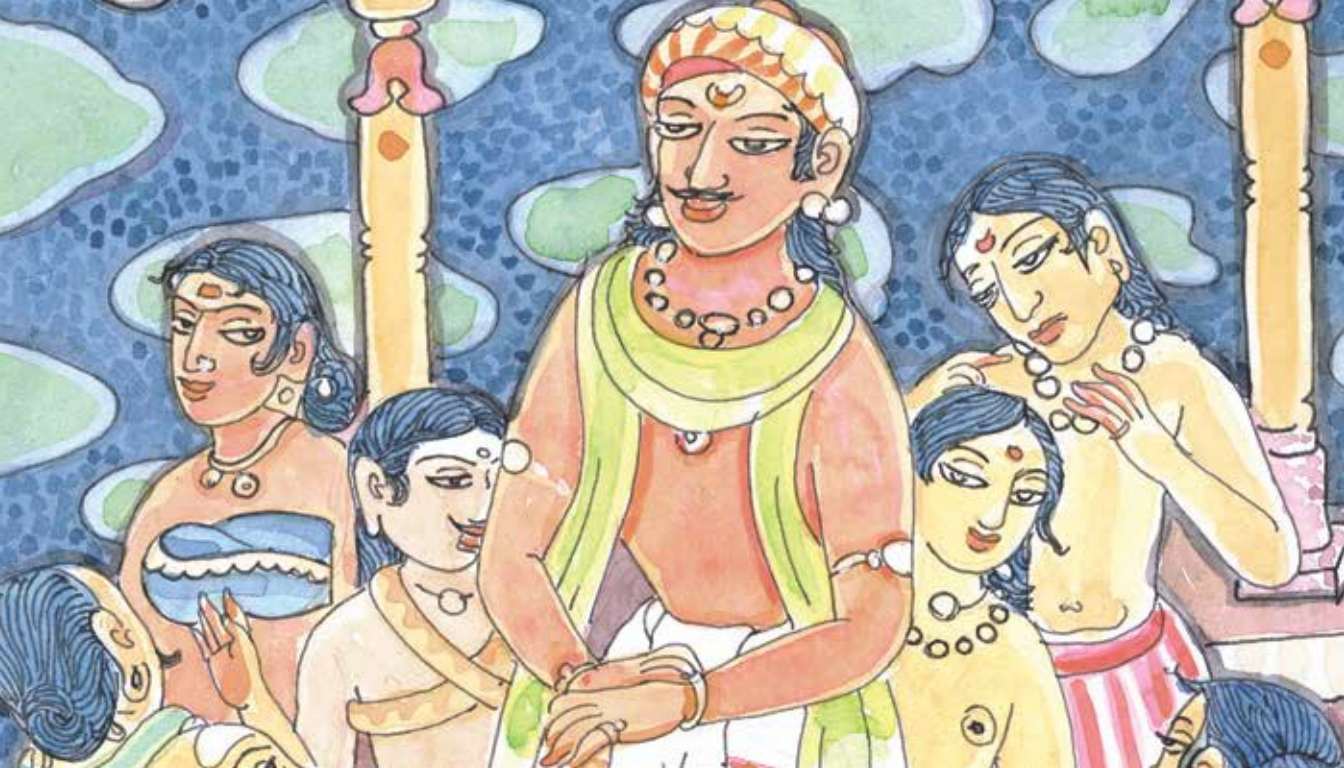


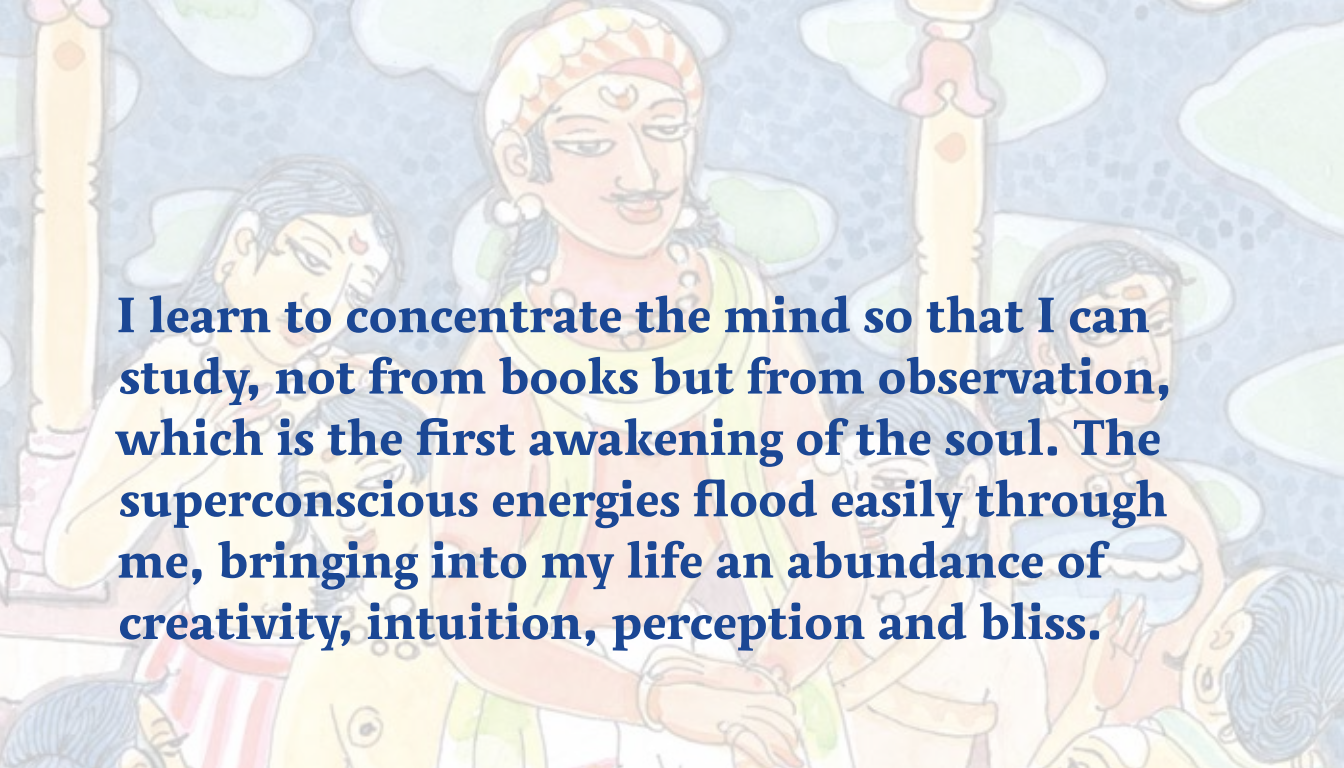
I am satisfied with everything that I do. Drying a dish, cleaning a floor or painting a picture can be a work of art.



**Love is the
sum of all the
spiritual laws.**



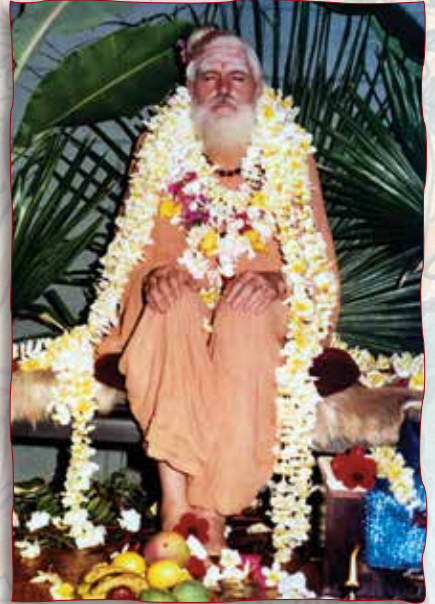




I learn to concentrate the mind so that I can study, not from books but from observation, which is the first awakening of the soul. The superconscious energies flood easily through me, bringing into my life an abundance of creativity, intuition, perception and bliss.



**All knowing is
within me.**

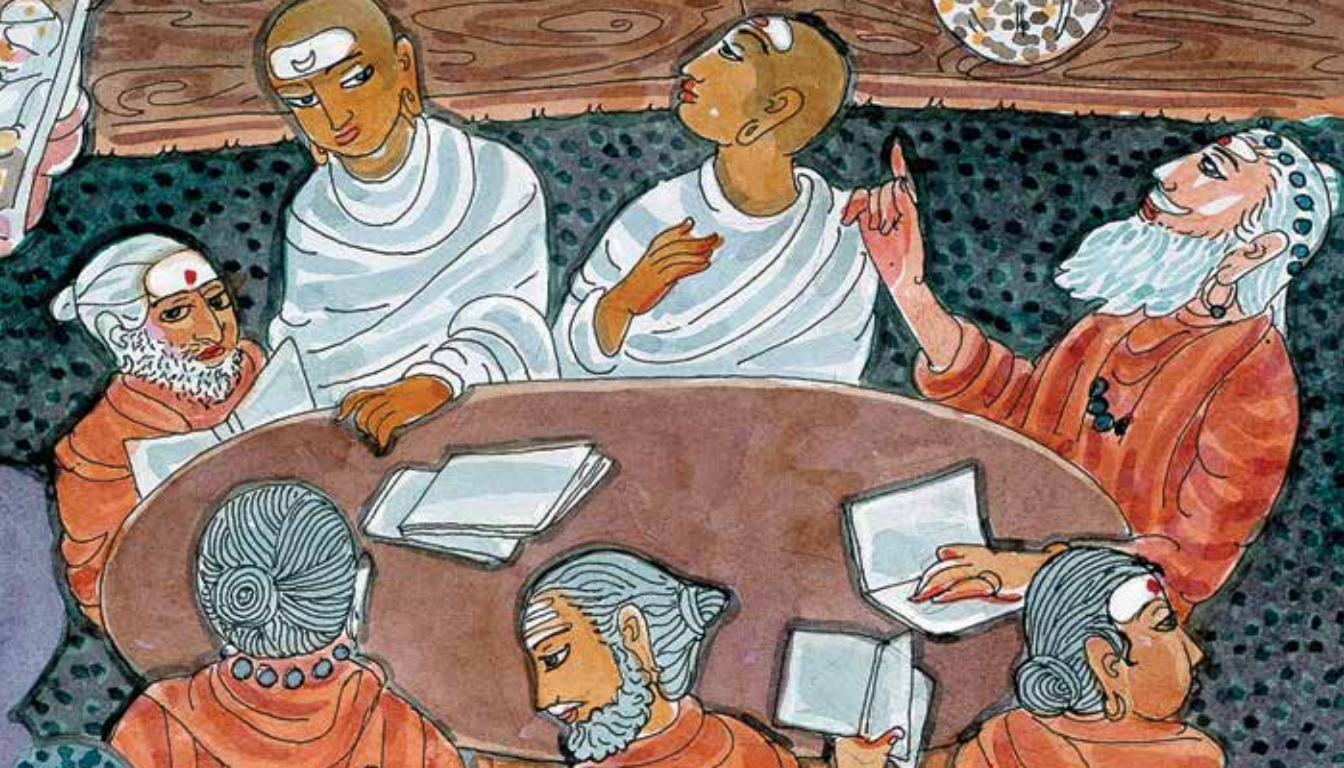




About Gurudeva



Satguru Sivaya Subramuniyaswami (1927-2001) was a shining example of awakening and wisdom, recognized worldwide as one of Hinduism's foremost masters. His prodigious genius, flair and inspiration permeate this spiritual oasis and continue to guide the lives of the men he trained and initiated. Gurudeva was born in California and grew up near Lake Tahoe. Orphaned at age 11, he was raised by a family friend who had spent years in India and who brought him into the culture and beliefs of Hinduism. Trained in classical Eastern and Western dance and in the disciplines of yoga, he became the premier danseur of the San Francisco Ballet Company at age 19. Then, at the height of his career, he suddenly renounced the world and in 1947 sailed to India in quest of Absolute Truth. In a remote Sri Lankan cave, he fasted and meditated until he burst into enlightenment. Soon after, he met Siva Yogaswami, who gave him the name Subramuniya and initiated him into Hindu monasticism. From then on, the great truths flooded through him like a torrent. The nature of reality, metaphysical principles and methods for facing life's



challenges were obvious to him. What philosophers struggle to explain in complex theories, he articulated in simple language from his own experience. Ultimately, the cream of his inspired talks became the 3,000-page trilogy of *Dancing, Living and Merging with Śiva*, the first cogent, comprehensive expression of monistic Śaiva Siddhānta in the English language. A powerful purpose drove his every effort like the rhythm of a vigorous dance. He traveled widely to uplift Hindu communities on every continent, represented his religion at global conferences and helped establish 37 temples worldwide. An extraordinary mystic, Gurudeva had many visions of the Deities. He read clairvoyantly from inner-plane scriptures

and created his own language, Shum, to map for others the profound states he encountered in meditation. Gurudeva was loved by all who met him. Hindus, leaders of all lineages, island neighbors and ordinary folks adored him. He saw the Divine in every person and taught them to see the Divine in themselves. To devotees everywhere, the graceful, six-foot-two, white-haired guru was the embodiment of Lord Śiva Himself. From the inner world, Gurudeva continues to guide, in magical ways, all who embrace his teachings. His light lives on in their spirit and their striving for Truth. More of his teachings can be found at www.gurudeva.org.



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