

Do Affirmations Have Power?

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Opening Prayer

Heavenly Father, Friend, Beloved God, Divine Mother. May Thy Love shine forever on the sanctuary of my devotion, and may I be able, by Thy Grace, to awaken Thy Love in all hearts. Make my soul Thy temple, make my heart Thy altar, make my love Thy home. Be Thou the only King, reigning on the throne, of all my desires. I bow to Thee, O Father. I bow to Jesus; I bow to the Great Ones; and with my love and devotion, I bow to the beloved Master. Om, Peace, Amen.

The subject this morning: "Do Affirmations Have Power?"

They surely do! No doubt some of you have heard some words, such as these, that would go on between two people: "Gee whiz, Bill, you look awful today." "Really, you, you don't look well at all." And the first thing you know, Bill won't feel well, unless he has a very strong will to offset that suggestion to that affirmation – "you don't look well at all." Because that affirmation will be injected into the subconscious mind, and just as sure as I say the day follows the night, that will be given to his waking consciousness, and that will be carried to its logical conclusion – which is, there's something wrong with him.

And so that's one thing we must remember, that affirmations, even in that form, without any intent, must be avoided, because they are projected into the subconsciousness, and then they're fed out, and unless we are on our guard, the first thing, we begin to feel the symptoms of whatever the suggestion is – in this case – sickness. So affirmations, even ordinary affirmations, have power. But affirmations, joined with the Truth, through Realization, have the greatest power.

There are two definitions of what an affirmation is I'd like to give to you at this time: first is, "to declare, or state, positively." Now the declaration is one thing. But the positive thing is another. You can say, "I am Thy child, Father." Or you can say, "I am Thy child." The second is better, because there's force in it.

But then there is another definition: "to make a statement, and maintain it as true." That's the important thing. Then you would say, "I am, Thy child." You would know, and realize your oneness with God, His Infinite Light and Love – through Realization. That is the greatest power, because an affirmation, to be most powerful, must be true.

When you say, "I am Thy child;" when you see His Infinite Light at this point [at the point between the eyebrows – Spiritual Eye], or hear the Sound of the Cosmic Om, or feel the Love of God in your heart; then you have "stating a truth." Do you understand? Not only, "I am Thy child," but, realize it: "Father, I am Thy child." That's the greatest power. If you have just a little understanding, or a little realization of the Light of God, and you keep saying that – being in that Light when you say it – there's no end to the power of that affirmation. So remember, an affirmation, to be the most powerful, must, as it says in the second definition, "maintain it to be true." "I am a millionaire," you can say. "I am a millionaire," "I am a millionaire." Well, that'll go on forever. That isn't the point. So you can say, "I am Thy child," but when you feel and know it; that gives tremendous power to your affirmation.

Now, affirmations – how do affirmations work? They work in two ways. They work in a negative way, and they work in a positive way. Now affirmations working in a negative way are like the illustration I gave you first. That is, the affirmation suggests to the subconscious, and then the subconsciousness feeds that affirmation to the waking consciousness. That is, we suggest through the affirmation, to the subconscious mind. And then the subconscious mind reacts, and gives out the affirmation to the conscious mind. In ordinary, in all activities, reflex activities, that is the function of the subconscious mind, to make it easy, to make it automatic, in your actions. Any action you do is automatic, through the subconscious mind. So affirmations follow the same law. It becomes an automatic thing. If you keep affirming to the subconscious, it will keep giving out, and finally, the affirmation will bear fruit. But that's a negative way. That's a negative aspect.

Now the positive aspect is this. The positive aspect is to consciously go through the subconscious mind to the superconscious mind. Do you understand? Go through – consciously. Now, how to do that? I have pointed out, a few minutes ago, to Realize God. "I am Thy child." That's the affirmation. To consciously go through the subconscious to the superconscious is to feed the Presence of God within you as the Holy Vibration; His Light and His Love; and the Great Sound of the Cosmic Om. Do you see then? You consciously, go right through that automatic subconscious mind, into the superconscious Presence of God within. That's the positive way. Then when you say, "I am He, I am He, Blissful Spirit, I am He," you know it. You tell a Truth. The main thing is to be True. In all your affirmations, if you want the most power, you must maintain them to be true by realization of what you're saying. You have the way. You have the means, through Self-Realization, the channel which God has sent, through the sacrificing of the beloved Master. Everyone has the ways and the means to maintain your affirmation as True. Then from that little bit of Spirit, that little Light that you see, you'll feel a Great Kingdom of God within. A house

not built with hands; Eternal in the Heavens. Affirmations can do that, if you couple it with Realization. That's the important thing in discussing the subject this morning: "Do Affirmations Have Power?"

Now, going on just a bit; fundamental reasons for the use of affirmations. Why do we use affirmations? It is this. Ordinary human consciousness is subject to change, limitations, and death. We know that. We can see that. But Cosmic Consciousness is not subject to change. It's Changeless, it is Unlimited. In Cosmic Consciousness there is no birth, nor death, nor health, nor disease. Human consciousness is subject to those things. Cosmic Consciousness is not.

Therefore, the fundamental reason for the use of affirmations is that through affirmations and other techniques of Self-Realization – that's just as important as the affirmation, the Realization of what you are saying – through such affirmations and by following the techniques of Self-Realization, what do you do? You gradually turn the attention from the limited, unstable, gross consciousness – human consciousness – to the Unchanging, Stable, Higher, Subtle Vibrations of Cosmic Consciousness. That's what you do in affirmations. That is, that's the fundamental reason you should have for using an affirmation.

You can use an affirmation, of course, to make money; to better your position in life; but the Master always said, "Affirm one thing, pray for one thing, 'Father, reveal Thyself; Father, reveal Thyself'." That's the important, that's the greatest affirmation. And, if you see the Light of God, or hear the Sound, or feel in your heart even, His Omniscience; then you say, "Father, reveal Thyself." That gives the affirmation tremendous power, because, as I have said, you are maintaining the affirmation as Truth. You are Realizing what you are affirming.

Now, of course, the overall objective in affirmations should be to train the consciousness of people out of the dependence on medicine and material things; to train them out of that; and to help them to rather take aid from mental things; take mental aid, and, of course, the highest aid, from the Immortal Consciousness of God within us. That's why we should affirm, to change people from depending on material things, such as medicines and drugs, when they're in, when they have sickness. Taking rather the aid of mental power, and, finally, the aid of Immortal Consciousness within us.

Now, as long as the material consciousness is predominant, we will have to – not only have to – we should, we should rely on medicines, and material things. There's no harm in that. God can work through material consciousness – through medicine, through physicians – certainly, He can. We should not discourage that. We should realize, rather, that it is not the medicine; it is not the physician, who

cures. It is the Life Force within us that cures. Now, if the Life Force cures, why not go direct to the Life Force of the Immortal Consciousness within us? And so, that should be the objective. To gradually get away from depending upon material things, and rather taking the aid of the direct Life Force within us – through mental aid, and through contact with the Immortal Presence of God within us.

Now when that, when the material consciousness begins to be superseded by Realization of the Presence of God, then you will find the dependence on medicine and outward aid falls off. Because why? Then we realize that the root of all suffering is in the mind. So, the affirmation should be to gradually change from dependence on material things, to depending on the pure aid of the Immortal Presence of God within.

The Master has this to say about such things: "As soon as a material consciousness begins to diminish, the belief in the healing power of drugs disappears, and then all bodily sufferings are seen to have their roots in the mind." Do you understand that naturally, you will go to the mind to cure it? Your affirmations will be directed toward the mental side of you, and finally, when you supersede that, you'll realize the Immortal Consciousness of God within, and you go direct to Him. There's no, there's no balm; there's no aid, like the conscious contact of God within.

Now I want to give you an illustration of perhaps, the most powerful affirmation that we know. And remember, an affirmation is most potent when you know it is true. Do you understand? Like I said in the beginning, "I am, God's child." When you know that to be True, then there's power in it, when you tell someone else, they feel it, and they will pick that power up, and use it. So the most powerful thought – affirmation – that we can think of, is right in our own Bible: the 23rd Psalm. You listen.

"The Lord is my shepherd." Can you feel that when you say it? "The Lord is my shepherd. I shall not want." Now when you feel His Presence, see His Light, feel His Great Omniscience, you can say that. You can affirm that with the greatest potency, because it is true. Do you understand? An affirmation has to be potent; must be true. When you say, "The Lord is my shepherd..." feel it – know it.

"I shall not want." Why? Because you know you are a child of God. "He maketh me to lie down in green pastures: He leadeth me beside the still waters." The still waters of the Holy Ghost within; to know that, you can say, and know it. Affirm it.

"He restoreth my soul: He leadeth me in the paths of righteousness for His name's sake." If you know the Holy Vibration, if you can contact it, then you can affirm this, as the Psalmist did, with the greatest potency, because you know the name of God is the Holy Vibration. You realize it. So, when you say that line: "He leadeth me in the paths of righteousness..." we might say "Because I am one with His Great Name, the Holy Vibration within."

"Yea, though I walk through the valley of the shadow of death, I will fear no evil:..." Who would fear anything, when God is with them? "...for thou art with me;..." Do you understand? That's the way to affirm. Whenever you say, "Father, Thou art with me," contact Him as the Holy Vibration – any aspect of Him. In your heart, feel His Presence. Feel the Love of the Master. He is one with God's Great Light. Then you can say, "...for thou art with me;" and "thy rod and thy staff they comfort me." Who would not desire to be disciplined by God?

"Thou preparest a table before me in the presence of mine enemies:..." That is, no enemy can stand against you when you have the Realization that God is with you. "...thou anointest my head with oil; my cup runneth over." "Thou anointest my head..." with the oil of Spiritual Light. That's what it means. The word for "oil" and "energy" are the same in Sanskrit. And so, when the Psalmist says, Father, "Thou anointest my head with oil;..." he sees the Light of God all around.

See what an affirmation this is? "...my cup runneth over."

Finally, "Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever." Now, you cannot affirm that last, unless you know the One Common Father; the One Light from which we all have come, and you have that, and realize it; then you know you have Immortal life. "...I will dwell in the house of the Lord for ever." Such an affirmation!

When you look at it in the light of truth, and realize what you're saying, there is no affirmation. That's why the Master said, he said, "In your funeral services, read the 23rd Psalm. That's the greatest affirmation I believe we have in the Bible."

There is one other I'll just refer to. It is the 18th Psalm, the 2nd Verse: "The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust;..." Who can we trust except God? You trust in people, and you will be let down. There are no questions about it, because when we're in this delusion, we're subject to the laws of delusion. But when you trust in God, who is the Author, even

of delusion, you cannot be let down. And so, it says, I will trust in God, "...my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower." The High Tower – where you see, and know; have that superior vision, is in the Christ Consciousness here [pointing to the Spiritual Eye]; and so that's another great affirmation.

Feel that. "He [that] who dwelleth in the secret place of the most High shall abide in the shadow of the Almighty, under the shadow of the Almighty."¹ This is the secret place of the most High [pointing to the Spiritual Eye]. Abide in that. See the Infinite Light there. Then whatever you affirm, will have the Power of God behind it. You have joined your will with God's Will, and when you say, you know whereof you speak. That's the greatest power that an affirmation can have. Oneness, or substantiated, or backed up, by the Presence of God within you. So let us affirm that way when we affirm.

An affirmation that gives God contact is the greatest affirmation, because when you have God contact, you have the source of All-power in the Universe. Therefore, the greatest affirmation that you can give, is to consciously affirm, Om, O-m, Om, Om. Mentally, but you must hear the Om, at the same time. By that I say you must hear the Sound of the vibration, or see the Light, or feel God's Consciousness in you.

Now, when you do that, that's the greatest affirmation you can have. You don't have to say, "Give me this," "I am this," "I am that." Just affirm that. Be one with it. You are one with God. There's no other affirmation that will equal it. You must feel, and know, that you are one with God. What does that do? That removes the ignorance of the Soul. And when you remove the ignorance of the Soul, then the Light of God comes in – the Truth. You have the highest, the best affirmation, when you affirm something that gives you God contact. And that God contact comes by merging in the Holy Ghost, His Sound, His Light, His Great Omniscience. Over and over, by the repeated washing and regeneration of the Holy Ghost, we are saved. Now affirm that. Affirm that. That's the greatest affirmation you can have. That has the power. Not only in your little will, but the Will of the Master of the Universe – that will give power to your affirmation.

And so, in closing, there are several affirmations we can say: "I am Thy child;" "I am Thy child." Feel it. "Thy power and Thy strength is with me." You must contact the Strength of God to get that Power. When you affirm it – contact it. "Thy Power is with me." "Thy Strength is with me." Another one that comes to me: "When Thou art with me, who can be against me?" When people bother you or, or, or try to do things against you, contact God. Feel Him with you. Who can be against you? They cannot touch you, because you are God's child. You are loyal to God. You are doing as best you know and wants you to do. Do that. Fear nothing. Who can be against you when God is with you?

And finally, one that is used many times in this, it is of a softer nature; not so much the Power of God, but the Love of God. If God is Love, and I am love, feel in your heart. "If God is Love and I am love, it is impossible for me to be faintish or finished." That's the Power of God's Love. That brings into your affirmation the Power of the Greatest Force in the Universe. Greater than the Force of God's Will, is the Force of His Love. God is Love. First commandment is to love God. Second is to love thy neighbor. On these two hang all the law and the prophets. Therefore, when you affirm these two things, feel the Power of God at this point [pointing to the Spiritual Eye]. Feel Him with you.

Second, feel His Omniscience in your heart. Feel His Great Love and Compassion for you. Who can stand against it? No one. That will give you the greatest power in your affirmations, because you have joined your little will with God's Will. You have joined your little love in the heart, with God's Great Love.

Closing Meditation, Hymn, and Prayers

Let us meditate just a moment. Make this Power and Love which you feel, your own. When you affirm, remember, God is with you; no one can be against you.

Fear nothing. God is with you.

Heavenly Father, we thank Thee for this communion, with Thee. We are indeed grateful, that we are joined together, in Thine Everlasting Consciousness. Help us to fear no evil, for Thou art with us. Om, Amen.

Now let us rise and sing our closing song. Sing with your hearts now. Brenda Lewis plays "In the Beauty of the Lilies" while Doctor and the audience sing together on the .mp3 file.

Raise your hands.

Heavenly Father, Friend, Beloved God, Divine Mother; may Thy Love shine forever, on the sanctuary, of my devotion; and may I be able, to awaken that love, in all hearts. Make my soul Thy temple, make my heart Thy altar, make my love Thy home. Be Thou the only King, reigning on the throne, of all my

desires. I bow to Thee O Father, I bow to Jesus, I bow to the Great Ones; and with my love and devotion, I bow to the beloved Master. Om, Bliss, Amen. God bless you.

Brenda Lewis plays the chants "Thou Art My Life" and "I Am the Bubble" on the .mp3 file as people leave the church.

1 Psalms 91:1