

How to Write an Affirmation

Affirmations are powerful tools to work with for spiritual growth and overcoming. Here is a simple technique for formulating our own personal affirmations:

- 1) Write a few sentences describing your problem or need.
- 2) Transpose these words into a description of how you think things ought to be.
- 3) Transpose each "ought-to-be" statement into an affirmative "I AM" declaration.

For example:

- 1) "My body is afflicted with this disease."
- 2) "My body ought to be alive and well, the expression of perfect Life and Health."
- 3) "I AM perfect Life and Health, and my body is now alive and well, the dynamic expression of perfect Life and Health!"

Take the resulting affirmation into your meditation and speak these words of Truth. They, then, become a projection of great power, imbued with the energy of Spirit. Now you have the formula. The next step is to practice it.

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