

Spiritual Practice: Affirmation

“Our thought is the unseen magnet, ever attracting its correspondence in things seen and tangible.”

—Prentice Mulford, *Thoughts Are Things*, 1889

An affirmation is a positive statement asserting a desired change in the thinker’s mind and belief system.

Affirmations are effective spiritual tools for training your thoughts to be in alignment with your desired life experiences.

Consider a daily practice of reading your affirmations, or posting them around the house where you will see and read them throughout the day. Ultimately you must change your beliefs about yourself and your world in order to attract better outcomes.

To write affirmations that are effective and powerful:

- Make them personal (I am statements are best).
- Write them in the present tense.
- Use active and feeling language.
- Keep them short and easy to remember.
- Be specific as to “what” you wish to experience, but leave out “how” it will occur (we’ll trust God to do that).
- Read them out loud to see if they “ring true.”

Here are effective sample affirmations:

- I am prosperous with plenty of money to pay my bills, make investments, share with others and grow my savings.
- I am loved and loving. All my relationships are filled with unconditional love.
- I am a wonderful and capable employee who attracts a job where my talents are well used and well compensated.
- I make grate decisions that bring me success in all my endeavors.