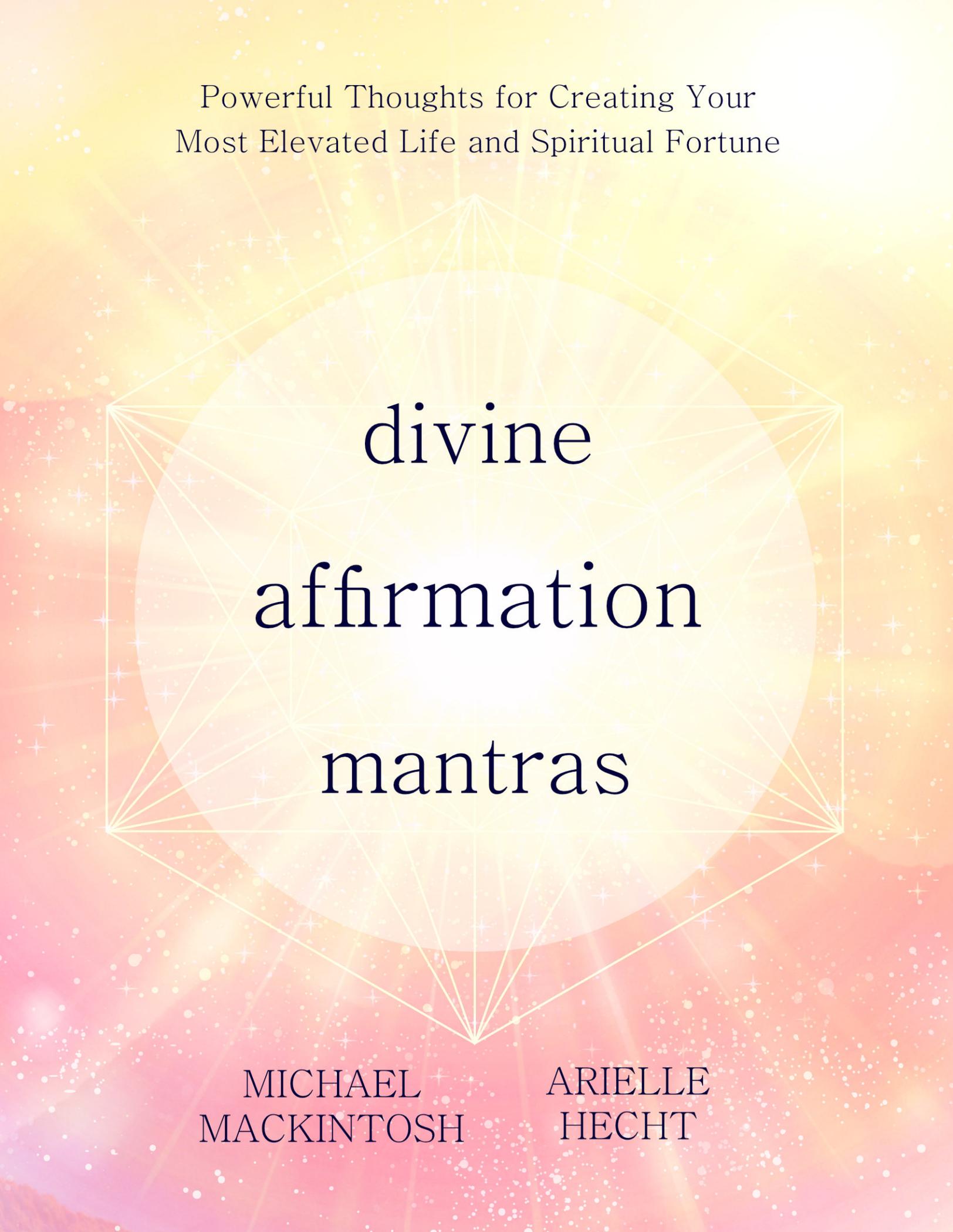


Powerful Thoughts for Creating Your
Most Elevated Life and Spiritual Fortune



divine
affirmation
mantras

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Chapter 1.

Thoughts Are Things

“Whatever stage you want to adopt, whether it is elevated, whether it is of happiness, wasteful or of weakness, you can adopt it with one second’s thought. You just have the thought: “I am an elevated soul” and you will have an elevated stage and an elevated experience. The moment you have the thought, “I am a weak soul, I do not have any power”, then through that thought of just one second, your happiness disappears; you would experience signs of distress in your stage. However, the basis of both of these stages, are your thoughts.” – Avyakt Bapdada

“Our life is shaped by our mind; we become what we think. Suffering follows an evil thought as the wheels of a cart follow the oxen that draw it. Our life is shaped by our mind; we become what we think. Joy follows a pure thought like a shadow that never leaves.” – Buddha

Your Personal Book Of Thoughts

The average person thinks about 30,000 - 40,000 thoughts per day! That’s about the length of a self-help book. Every day we are writing a whole book’s worth of thoughts in our mind. One whole book per day. In a week, that’s seven full books. In a year, it’s a whole library. And each thought carries with it a vibration and energy that impacts our feelings, our health, our relationships, our actions and our lives. Most people think about 95% of the same thoughts they thought yesterday. Same worries, same fears, same obsessions. Is it any wonder that most people are stuck in the past, stuck in a rut? Living on autopilot repeating themselves.

The good news is the day we wake up and realize we can *choose* our thoughts, is the day we begin to change our lives and claim back our freedom.

Right now you can go from being a passive victim of the past to an active creator of your present and future.

The day you begin creating powerful, conscious thoughts in your mind is the day you step into a spiritual airplane that can take you anywhere you can imagine.

Thoughts are things. Each thought either lifts us up or pulls us down. When we think powerful thoughts or affirmations, with feeling and belief, we become that which we think. Thoughts can make us afraid or relaxed. If we think of good outcomes, we feel optimistic and inspired. If we imagine nightmare scenarios, we ruin our day and feel constricted.

Thoughts create things. Thoughts are real. Thoughts impact every aspect of our lives, from how we feel to what we speak, how we act and what we believe is possible. Once you upgrade your thoughts to those that uplift, inspire and illuminate, your whole life gets better.

Can you imagine how much better you would feel if you removed the junk and negative thoughts from your mind and filled them instead with joyful, healthy, blessed and powerful thoughts? How would your life be different if each day you created a whole book full of blessed, pure, happy and supportive thoughts?

The mind is the first creation. Change your mind and you change your life.

But what to think? How to think? What's the method to overcome negative thinking, unconscious thoughts and old thinking habits?

That's where affirmations and mantras come in. They are the easy way to master our minds.

What are affirmations and mantras and how do they work?

Affirmations are powerful thoughts that remind us of what we want to feel and attain. For example, if you want to feel less stressed and at peace, you may create an affirmation, "I am peaceful" or "I am relaxed." The purpose of an affirmation is to affirm something to ourselves and intentionally override negative thoughts.

Mantras can be anything that is repeated over and over and over. This can be an affirmation, a single word or even a sound.

Mantrams are mantras that are spoken aloud.

To get the most from our mind, we can create very powerful affirmations that we feel good about, and then use them as a mantra, repeating the affirmation over and over until it becomes an experience.

The aim is to repeat the affirmation over and over, like a mantra, until the meaning of the words turns into the experience of what we want. This is because while thoughts are things, they are not the same as the thing. For

example, the word tree is not the same as an actual tree. The tree exists separately from the word tree. The word peace is not the same as the feeling of peace itself. Peace is a feeling. The thought “peace” is, at least initially, just a thought.

What we want to do is move beyond words and get to the feelings, the real experience of what we are thinking to the point that it feels as if we are fully immersed in that experience right now. In other words, the purpose of mantras is to become that which we are focusing on.

*We experience and become what we
hold in mind.*

This shift from words, to real, deep experience can be increased by creating affirmations that touch your heart and are meaningful to you, personally.

Think about your values and what qualities mean the most to you.

Perhaps it's peace, freedom or joy.

Love, lightness or purity.

Power, bliss or strength.

Connect with what you most need in your life, right now.

When you start with what's meaningful to you, and not just an affirmation that works for someone else, you are personalizing the process and making it real. The more you own your affirmations and fully embrace and accept them for yourself, the greater the result you'll experience.

Let's move on now to crafting your personal affirmation mantras.

Chapter 2.

The 8 Keys To Create Powerful Affirmation Mantras

Many people use affirmations, but not everyone gets results. Why not? Because there is an art to creating powerful affirmations that actually work. Once you know these eight keys, you'll enjoy the power, joy, and blessings of effective affirmation mantras in your life.

Key 1. What Do You Want To Experience?

The key to affirmation mantras is to choose something you personally find meaningful to focus on. The more the thoughts you choose are things that matter to you personally, the more likely you will think them and enjoy them. So first of all consider yourself and your life. Look into your heart. What do you want?

Peace, calm, joy, freedom, health, happiness, contentment, wealth...etc.

You can write down what you want to experience to remember. Once you've done this, we can move on to creating your affirmation mantras.

Key 2. "I" Or "Not I"

The potential problem with affirmations is that if we don't fully believe what we are saying, another part of our mind can mock us and make us feel bad. For example, when we say something like, "I am peaceful," with the word "I," we can be bringing our limited (often negative) sense of identity into the affirmation - which can create conflict in the meaning. For example if someone sees themselves as a stressed person and they think, "I am peace," what they are really saying to themselves is, "I (this stressed person) am peace." "I am a stressed out person who is peaceful" runs counter to the intention to feel peaceful and can make the person feel worse than before.

The words "I," "me," and "mine" often have so many negative associations that it can be better to remove them from your affirmations entirely.

For example, instead of thinking "I am peace," you can simply think "Peace" or "Divine Peace."

To get the feeling we want, we don't actually need the word "I" at all. Peace means peace. Peace can bring about the feeling of peace, calm, and tranquility to our minds and bodies without any reference to "I."

Try it out for yourself.

Think the following affirmation mantras 5 times each and notice how you feel:

1. I am peace

2. Peace

3. Infinite Peace

There is no right or wrong here. What matters is the experience that *you*, personally have. If you feel removing the word "I" allows you to experience a better state, then just remove it for now. If having the word "I" makes no difference or makes you feel better, then keep it.

Other options

You can also add another word in front of your affirmation mantra such as, "Infinite peace," "Constant peace," "Unlimited peace," or "Divine peace."

You may also enjoy changing the order of the words in your affirmation mantra.

For example, I am peace > peace I am

Divine Light, I am

Pure Joy, I am

By swapping the word order, you can shift your sense of identity from, "I am this stressed person," to "Peace is who I am."

The main thing is to tune into what works for you and what feels right to you.

I, the soul

It is also powerful to keep in mind your true sense of identity. Before repeating your mantra affirmations, practice stabilizing yourself in the consciousness of I, the soul. On one hand, there is the limited identity of "I," meaning, your body-personality-role-ego complex. However, by practicing to let this go, as though stepping out of old shoes, you can remember your eternal, unlimited identity, and repeat to yourself:

I, the soul, am divine light.

I, the soul, am infinite joy.

I, the soul, am an embodiment of love

And so forth. You can fill in the blank and see how you like this version. By affirming to yourself, "I, the soul," you are reminding yourself of your eternal identity and true qualities.

Key 3: How Long To Repeat Your Affirmation Mantras?

“Let no one think lightly of evil and say to himself, “Sorrow will not come to me.” Little by little a person becomes evil, as a pot is filled by drops of water. Let no one think lightly of good and say to himself, “Joy will not come to me.” Little by little a person becomes good, as a pot is filled by drops of water.” - Buddha

The power of affirmation mantras accumulates over time.

Just like taking good care of our health each day - going for a morning walk, eating healthy foods, spending time in nature - these things add up slowly over time to create strength and resilience.

Drop by drop our mind impacts our lives. Slowly but surely our affirmation mantras start to seep into our subconscious mind and effect our reality. This means that the more often we repeat our affirmation mantras, and with feeling, the more they will impact us.

For example, if we simply think, “I am safe,” or “I am peace,” once per year, and the rest of the time we think fearful, stressful thoughts, what effect can that affirmation really have?

But if we think, “I am peace,” or “divine peace,” with feeling over and over 1000 times per day, what will happen? How will we feel in a week? A month? A year? And what if you practiced this 10,000 times per day?

Key 4: Feeling And Focus Vs. Rushing And Forcing

While repeating your affirmation mantras more often is better than less often, it's also important to remember that the *feeling and focus*, is more important than the number of repetitions.

For example, 100 slow, powerful, meaningful affirmation mantras experienced deeply are far more powerful and effective than 200 or even 2000 fast frantic repetitions.

Ideally you will do more and with feeling, but if you are unable to do a lot, then make time to focus on what you are thinking and go into the depth of it.

What are words? Words are symbols that point towards real things. The word "peace" is not peace itself. It simply points towards the feeling and experience of peace. The aim of your practice is to go beyond the thoughts to the feelings and experience - to transcend the words and sounds and to become an embodiment of the awareness of what you are thinking. This happens by slowing down and being open to the feeling and awareness.

Key 5. Mantram And Mantra: Speaking And Thinking

A mantra is a thought in the mind. A mantram is spoken aloud. You can try both types. If you speak your affirmation mantras aloud, we recommend doing so in solitude to focus, be free of others' opinions distracting you and to receive the most benefit.

When speaking aloud, do it with feeling and power. Say it like you mean it. Consider your mantram as an invocation. By saying it aloud, you are bringing it into life.

Key 6. Writing Your Mantras: Your Magic Pen

Another way to bring your affirmation mantras into life is to write them down.

For this you can simply:

1. Get a pen and paper.
2. Choose an affirmation mantra.
3. Write it down many times. We recommend 108 times.
4. In between each affirmation mantra, pause for a moment to feel it.

What will happen if you do this? You'll be amazed at how you feel and it will also increase your concentration power. Try it and see.

Key 7. Before Sleep & Upon Waking

What we think about and focus on as we are falling asleep (the last 10 mins before sleep) and as we awaken (the first 10 minutes when we wake up) have a powerful impact on our lives. Why? Because during this special window of time, when we are in-between dreams and waking, the door to the subconscious is open. What we think when we awaken falls into our subconscious and impacts our beliefs, feelings and actions. And what we think just before sleep affects our mind while we are asleep, impacting our dreams.

So if you want to get the most from your affirmations, then make sure you enjoy them during the last 10 minutes as you drift into sleep and the first 10 minutes when you first awaken.

To help you do this, here are some suggestions:

- Write down what to think and feel and put it next to your bed to remind you to do this practice.
- Avoid negative conversations, images, movies etc. in the last hour before sleep (or more if possible).
- Keep the lights low before going to sleep, as this helps you to sleep more easily.
- You can get new sheets, covers and/or essential oils if you like, so you associate your bed and sleep with your divine affirmations. The point here is that you do something *new* to your sleeping arrangement to remind.
- Avoid other things in your bed other than sleep and affirmations if possible.

- Keep your home cool enough or warm enough to sleep well. If it's too hot or too cold, you may find it hard to sleep.
- As you are falling asleep, focus on what you want, enjoy your affirmations, slowly and with feeling.

A healing affirmation for sleep is:

"I am safe. I am secure. I have attained everything."

Key 8. Asking What If...?

Another way to get the most from your mind and affirmation mantras is to turn them around and make them a question.

For example, if you want to feel joyful, you can turn the statement, "I am in joy," into the question, "what if I was in joy?"

I am peace > what if I was peaceful?

I am strong > what if I was strong?

I am happy > what if I felt happy?

What if you felt good all the time?

What if you were constantly joyful?

What if you were the most peaceful person in the world?

What if you had never done anything wrong?

Can you feel the shift?

When you ask a question, you are forced to consider its answer. In this case, the answer is a feeling state.

What does it feel like to be peaceful?

What does it feel like to be completely relaxed?

What would it feel like if you were enlightened?

Try turning your desires into questions and feel what it's like to already have what you want.

You can use this with almost any affirmation or thing you want in your life.

Try it and see for yourself.

What if you tried this and it worked?

What if you did this practice and it changed your life?

Chapter 3.

Creating Your Divine Affirmation Mantras

Words And Feelings

As you know, the words you use and the order you say them in can change the feeling. And good feelings are what we are going for. Our aim is to move beyond the words to the experience, the awareness of what we wish to attain. And, on a deeper level, that which we desire, we already are and already have, which is why we are seeking it. We just need to remember, and then reconnect with what we want.

Notice the difference in the feeling...

Below are some examples of saying the same thing in different ways. You may find saying or thinking all of these things at the same time is beneficial too. In the end, what matters is you feel better. :-)

I am Peace. Peace I am. Peace. Divine Peace. Constant Peace. Infinite Peace. What if I was Infinite Constant Peace?

I am Peaceful. Peaceful I am. Divinely Peaceful. Constantly Peaceful. Infinitely Peaceful. What if I was Infinitely Peaceful?

I am a Supremely Pure Soul. Supremely Pure Soul I am. Constant Purity. Infinite Purity. Divine Purity. What if I was Divine Purity?

I am a Powerful Soul. Powerful soul I am. Powerful. Pure Power. Constant Power. Divine Power. Infinite Power. What if I was Constant, Divine Power?

As you can probably notice from thinking these thoughts, the way you say them and how it flows makes a difference to how you feel.

You may also find that saying the same thing in different ways back to back makes the feeling stronger.

As you start using your own affirmation mantras, consider the order of the words and notice what lights you up and inspires you most. Then use that.

Your mission, should you choose to accept it, is to create ONE powerful affirmation mantra that you say to yourself 108 times. Then increase it from there.

108 Powerful Affirmation Mantras

1. I am divine light
2. Om shanti, I am peace
3. I am beloved of God
4. I have attained everything
5. I am a supremely pure soul
6. I am a powerful soul
7. God's love is my love
8. God's peace is my peace
9. God's power is my power
10. God's joy is my joy
11. God's purity is my purity
12. I am free

13. I am safe and secure always
14. My life unfolds with perfect grace
15. I live in ease and grace
16. My body and mind are filled with light
17. I am an embodiment of health and energy
18. I am pure joy
19. I am an ocean of love
20. I am an angel of purity
21. I bless everyone I meet
22. I am blessed by life and all I meet
23. I am the embodiment of wealth
24. I attract blessings towards me as I send out blessings to the world
25. I am the embodiment of joy
26. Everyday in every way my life gets better and better
27. I am a master almighty authority
28. I am the master of my mind

29. Thank you, thank you, thank you

30. God is my Companion

31. As I help others' lives get better, my own life automatically gets better

32. I am divinely safe and protected

33. My heart is filled with pure love

34. I am healed

35. I am whole

36. My heart's true desires come to me with ease

37. I am an angel

38. I am a fortunate soul

39. I come from my eternal home

40. I am a soul having a human experience

41. I am a bestower of fortune

42. I live my highest life and dharma

43. I am a sunshine of joy

44. I expand in health, wealth and happiness

45. Love is my truest nature
46. I am a divine soul
47. Supremely pure
48. Unlimited peace
49. Ocean of love
50. Divine purity
51. Pure bliss
52. Divine serenity
53. Constant freedom
54. I am a child of God
55. I am a child of the Bestower of Blessings
56. I am a child of the Ocean of Love
57. I am a conquerer of Maya / Negativity
58. I am a victorious soul
59. I am a constantly flying soul
60. I am constantly full and content

61. I am constantly healthy
62. I am cool and peaceful
63. I am constantly content and cheerful
64. I am a destroyer of obstacles
65. I am a detached observer
66. I am the divine jewel in the center of the forehead
67. I am an embodiment of all attainments
68. I am an embodiment of all divine virtues
69. I am an embodiment of all experiences
70. I am an embodiment of all spiritual powers
71. I am an embodiment of all attainments
72. I am an embodiment of authority
73. I am an embodiment of awareness
74. I am an embodiment of bliss
75. I am an embodiment of cleanliness
76. I am an embodiment of constant cheerfulness

77. I am an embodiment of contentment
78. I am an embodiment of coolness
79. I am an embodiment of dharna and virtues
80. I am an embodiment of divinity
81. I am an embodiment of elevated attainment
82. I am an embodiment of experiences
83. I am an embodiment of happiness
84. I am an embodiment of happiness and peace
85. I am an embodiment of powerful yoga
86. I am an embodiment of knowledge
87. I am an embodiment of light
88. I am an embodiment of love
89. I am an embodiment of peace
90. I am an embodiment of power
91. I am an embodiment of remembrance
92. I am an embodiment of renunciation and tapasya

93. I am an embodiment of shakti
94. I am an embodiment of silence
95. I am an embodiment of solutions
96. I am an embodiment of success
97. I am an embodiment of support
98. I am an embodiment of tapasya
99. I am an embodiment of the essence
100. I am an embodiment of the experience of all attainments
101. I am an embodiment of the experience of every virtue
102. I am an embodiment of the fruit of blessings
103. I am an embodiment of the great mantra
104. I am an embodiment of the inculcation of purity
105. I am an embodiment of the power of truth
106. I am an embodiment of total success
107. I am an embodiment of truth
108. I am a liberated soul

What are *your* divine affirmation mantras?

The possibilities are limitless. Just reading these statements will help you shift your inner and outer life. The more you expose yourself to uplifting thoughts, the more you'll benefit.

Willingness Affirmation Mantra Questions

Affirmation Mantras are one way to focus your mind. There is another type of affirmation mantras that are specifically designed to expose hidden, or unconscious blocks and resistance to feeling good, as well as open us to more joy, freedom and blessings in our lives. These are called, "Willingness Affirmation Mantra Questions," because the aim is to unlock your inner power to change. These are important because the ego and negativity within has a vested interest in sustaining its negative states. The "dark side" doesn't just give up and let go without any problems. It likes to hold on and block our transformation, so we need to have methods to loosen the grip and move ahead, and that's what these questions are all about.

When we say YES to change, we receive power and energy to make it happen. If we say NO (or are unconsciously unwilling), we block change. These questions are here to help you release any resistance to positive change and open you up to higher states of consciousness, joy and freedom.

You can use these daily, as an affirmation mantra, or when you feel blocked. Either way, these will help you ascend to the next level.

1. Am I willing to feel good?
2. Am I willing to let go of negativity and experience peace?
3. Am I willing to stop blocking higher states of spirituality?
4. Am I willing to be happy?
5. Am I willing to feel joy?
6. Am I willing to let go of my old habits and create new ones?
7. Am I willing to do what it takes to be free?
8. Am I willing to admit I have a problem and get help?
9. Am I willing to let go of the past?
10. Am I willing to let go of [insert problem / situation / person / belief]?
11. Am I willing to let go of body consciousness?
12. Am I willing to be soul conscious?
13. Am I willing to remember God?
14. Am I willing to feel content with what I have?

15. Am I willing to put in the effort needed to change my life?

16. Am I willing to be free?

17. Am I willing to have my life go well?

18. Am I willing to let go of the struggle?

19. Am I willing to focus on what matters most?

20. Am I willing to [insert whatever you need here]?

What To Do Now?

Choose 1-3 affirmations you'd love to enjoy right now.

Simply make sure they touch your heart and light you up.

Once you have your 1-3 affirmations, move on to the next chapter.

You can always go back and add more later on. The main thing is to get started.

You can literally begin now. Just start filling your mind and awareness with the things you wish to feel, experience and become.

ENJOY!

Chapter 4.

Remembering To Remember

The next most important piece is to remember to remember your inner truth. Remembering to repeat your affirmation mantras is the next key to your success.

And so consider your plan:

When will you practice your affirmation mantras?

Where will you practice your affirmation mantras?

Why will you practice your affirmation mantras?

What affirmation mantras will you practice?

How will you practice your affirmation mantras?

To ensure you actually put this into practice, the answers to these 5 questions must be clear. Let's break down each question, and ensure there is total clarity in your mind and heart.

1. **When** will you practice your affirmation mantras?

Assuming you are practicing daily, what time of day will you practice?
Will it be in the Morning? Evening? Lunch time? Afternoon?
Perhaps you will practice multiple times a day (recommended).
For how long will you practice?

Write out your answers to the questions above - make it clear.

2. **Where** will you practice your affirmation mantras?

Where will you be for your practice?

In your Bedroom? Meditation room? Office? Kitchen?

Visualize yourself clearly *where* you see yourself practicing.

Write out where you plan to practice.

3. **Why** will you practice your affirmation mantras?

This one is important. If we don't have a deep reason *why* we are doing something, we may not do it.

Why is this important to you?

How will your life improve by reminding yourself of your divinity?

How would your life and wellbeing go downward if you continue thinking the ways you have been? What could get worse? Why are your goals and dreams important to you? (As you think elevated thoughts, you bring towards you your greatest fortune).

Write out why you are practicing.

4. **What** affirmation mantras will you practice?

We went over this some in the last section.

What affirmation mantras are you going to practice? Choose at least 3 options, though, you may wish to start with just 1 or 2. Overtime, you can also refine and upgrade these.

Write out your affirmation mantras.

5. **How** will you practice your affirmation mantras?

How will you practice? Meaning - will you repeat the affirmation mantras silently in your mind, or, will you speak them out loud? Will you repeat them slowly? Will you repeat them quickly?

We recommend repeating them more slowly and with deep feeling and meaning.

How Will You Practice?

Write out how you will practice.

I will think _____

When _____

Where _____

Why _____

How _____

Congrats! Now that you have this clarity, your subconscious mind and conscious mind are both on board to actually practice - to remember to remember - and to achieve your success.

Your Divine Plan

Now it's time to bring it all together and create a divine plan for yourself.

Step 1: Ensure your divine affirmation mantras are clear to you.

Remember, choose at least 3 so you have a few to work with.

In addition to your focused practice time, continue to repeat your affirmation mantras throughout the day as you remember. The more you practice them in your sacred time you set aside, the more you will naturally remember them throughout the day/evening.

Step 2: When resistance comes, practice anyway.

It's natural for resistance to arise, as once you start making changes in your mind, your familiar negativity may rear its head in opposition. However, note that this is normal! And keep practicing anyway. :-)

Step 3: Witness the magic and wonders unfold.

Notice the changes in your state of being, your mind and feelings. Notice the shifts in your relationships and life. With patience and love, watch your life change, drop by drop. Notice the transformation in your heart.

Congratulations! It has been our deep joy sharing this short booklet with you. May you go in peace to love and serve the Divine and the Highest Good for All.

Epilogue:

Inspiring Quotes on the Power of the Mind

“Today, [the Divine] is seeing the account of the treasures of all the children everywhere. Each child has received treasures; you have received imperishable countless treasures. You haven’t received them for just this birth, but you have the guarantee of them for many future births. You have them with you now and you will also have them with you in the future. So today, [the Divine Father] is especially seeing to what extent you have accumulated the most elevated treasure, the one that is the special basis for all other treasures. You have received countless treasures, but how much have you accumulated? The most elevated treasure is the treasure of thoughts.”

“A karma yogi means one whose every thought and word are constantly elevated at every second. There is service in every thought. Even if you are ill, you can do the service of creating an atmosphere and spreading vibrations with your mind.”

“The fastest means of service is to do service with powerful thoughts. Let there be powerful thoughts, words and deeds. Let all three work simultaneously. This is a powerful tool. When you come into words,

the percentage of powerful thoughts reduces or the percentage remains the same and it makes a difference to the power of words. However, let all three be simultaneous.”

“In order to become a master bestower, remain free from three things – jealousy, dislike and being critical – and have pure and positive thoughts for all and experience the stage of having only pure and positive thoughts. This is because those who have the fire of jealousy in them burn themselves and also cause distress for others. Those who have dislike fall and also make others fall and those who even jokingly criticize others make others lose courage and make them unhappy. Therefore, remain free from all these three things and experience the stage of having pure and positive thoughts and become a master bestower, a child of the Bestower.

“Hearing the sweet songs emerging from everyone's mind, the Friend of the mind was very pleased with their elevated thoughts. The Friend of the mind is responding to the songs of all His spiritual friends, His Godly friends. Congratulations for always remaining holy, happy and healthy in your every thought, at every second and in every word. Let your hand of co-operation always be hand-in-hand with the thought of co-operating in the task of the mind's Friend.”

“Everyone has thoughts, but there is now the need to fill those thoughts with power. The more powerful you yourselves are, the more you will be able to fill the thoughts of others with power. For instance, nowadays, people accumulate solar power and successfully get a lot of work done

with that. Here, too, when you have accumulated the power of thoughts, you can fill others with power too. You can accomplish a task successfully.”

- Quotes from the beloved Father

One Page Recap

1. Your mind is your #1 most powerful tool. You create a whole book's worth of thoughts per day. Each thought is a thing that has an impact on your life. When you change your thoughts and focus, you will change your feelings, actions, vibrations and destiny.

2. Affirmation mantras are powerful thoughts that focus your attention upon something that you wish to become or create. The more your affirmation mantras are personally meaningful to you the better. You are, after all, doing this for yourself. You get to choose what you want for yourself and your life. What will bring you the greatest lasting joy and benefit?

3. Experiment with the 8 KEYS to create powerful affirmation mantras, and see what works for you. The 8 Keys are:

Key 1: What Do You Want To Experience?

Key 2: I Or Not I?

Key 3: How Long To Repeat Your Affirmation Mantras?

Key 4: Feeling And Focus Vs Rushing And Forcing

Key 5: Mantram And Mantra: Speaking And Thinking

Key 6: Writing Your Mantras: Your Magic Pen

Key 7: Before Sleep And Upon Waking

Key 8: Asking What If...

4. Create Your Own Divine Affirmation Mantras. Now you have an idea about how affirmation mantras work, create your own 3 affirmation mantras. Use the ones that bring you the most joy.

5. When, where and how will you do it? Create a plan to start filling your mind with precious beautiful thoughts. Consider when you'll practice, where you'll do it, how you'll do it and why it's important. The more tangible and real this is, the more you'll enjoy it and see the benefits.

6. Start now! You don't need to wait. Use the power of your mind to shift your state of consciousness and create a beautiful life and future for yourself, right now.

Sending you lots of love, Michael & Arielle

More Support

If you enjoyed this little book and would like more support - we think these things will help you.

The Raja Yoga Course (Divine Connection)

rajayogaonline.com

Guided Mediations

<https://rajayogaonline.com/meditations/>

May every blessing find you and be with you, now and always.