

*Daily I meditate to dwell consciously in the secret place of the Most High.
I know where my security is: it is in God. Wherever I go, whatever I do,
God is the reality of my life and the reality of all I behold.*
—Roy Eugene Davis

Seven Steps for Practicing Spiritual Affirmation

1. Consider your current need, some area in your life where you are ready to experience positive change.
2. Look for the deeper truth about your divine Self that is your unconditional affirmative ground in the light of this changeable situation.
3. Draft an “I am” statement that declares this deeper truth of your being. *Write it out.*
4. Speak your affirmation aloud. Listen and notice what you feel as you say it.
5. Contemplate this deeper truth until you feel established in it.
6. As you contemplate this truth, take it into your felt experience in your body and mind. Imagine what it would feel like to have this affirmation fully realized. Feel that. Cultivate that feeling. Accept it as your highest truth.
7. Keep returning to your affirmation throughout your day. Start your day with it, return to it during the day, and contemplate (and feel it) before you fall asleep at night.

Sample Affirmations from Yogacharya O’Brian

Here are a few general affirmations. Make yours specific to your particular need.

For complete physical well-being:

*I am healthy and vital in all ways. My body is strong and well.
Divine intelligence and power are guiding every system in my body.
I am renewed, revitalized, and restored to complete well-being.*

For successful ventures:

*In accordance with divine will, I easily and gracefully succeed with my worthy endeavors.
I am in the right place at the right time. Divine opportunity awaits me at every turn.*

For healthy relationships:

*Divine love, compassion, and wisdom flow from and to me in every relationship.
My communication is clear. I attract and appreciate loving, nurturing,
caring and wise companions.*

To support your practice, refer to: *Yogacharya O’Brian’s book the Jewel of Abundance*, p 195-202.