

Affirmations are not just positive self talk intended to boost your morale. They are a tool we use to align our internal consciousness with our desired outcome. Specifically, we use them to train the subconscious mind on the new concept we want it to integrate.

Repetition of the affirmation on a daily basis signals the importance of the statement to the subconscious, which in turn seeks to hardwire the sentiment into our psyche. Once hardwired, we began to unconsciously function in ways so as to align with the concept conveyed in the affirmation. The end result is we become nearer to the person we want to be and move closer to ushering in the reality we seek.

Here I will include some of the most powerful affirmations for personal transformation and for beckoning in a new, improved reality.

Affirmation #1. "The past is perfection."

Everything that has transpired happened in accordance with the divine. Dwelling on past regret or reminiscing about what could have been is spiritual folly. The past happened as it was intended to happen so that you could arrive at this point.

Your greatest moment lies before you and the past paved the way for it. Whenever you feel tempted to struggle with the past, recall this affirmation. Before long, the past memories that may still haunt you will let go of their grip. Forgive yourself for past mistakes and forgive the mistakes of others.

Affirmation #2. "The present is perfection."

You are on a righteous path. The past has steered you here. There is nowhere else better for you to be than right here at this moment reading this text. You are exactly where you need to be. Whenever you feel a longing, lean on this affirmation for insight. You are here at this moment to learn and grow. The opportunity is before you. Grow and thrive.

Affirmation #3. "Inner silence is righteous."

It's so easy to become bothered by circumstances or words that we shouldn't pay any mind to. When we cultivate inner silence we are no longer subject to this conflict. The state of inner silence is the most righteous state to reside in. The still mind is the portal to the divine. There is no greater place to position our mind than to align it with the divine. To be in a state of inner silence is to be in accordance with fundamental Goodness. To reside in a state of inner turmoil is to be in alignment with chaotic and unrighteous energy. When you feel as though you are in a state of inner turmoil, lean on this affirmation.

Affirmation #4. As it is within, so it is without.

Your inner world is the well from which the outer world springs. Keep your inner world healthy and sanctified so that the external world can give you back the same.

Affirmation #5. It's all in me.

Everything you encounter in the external world contains some exponent of yourself. You are embedded in all of it, both the good and the bad. Recognize this and do not judge. Instead meet the world with compassion in place of anger. Remember to show yourself love and understanding as well. To love one's self is ultimately to love all.

Affirmation #6. Ride the wave of Tao without resistance.

The Tao is the nature of existence itself. It cannot be spoken of in explicit terms because we cannot fully know it. To live well and in harmony we should seek alignment with it. It is helpful to view Tao as a wave, much in the way life has its ups, downs, and windy roads. Don't resist this natural movement, but ride its wave instead.

Affirmation #7. No end. No beginning. Only what I imagine to be.

Death is not the end. Being has no definite end or beginning. Instead the reality you perceived is constantly being created within you. Embrace this truth and use it for righteous ends.

Affirmation #8. No gossip. No ill-speak toward others.

To ridicule or seek to belittle others is to be in a state of profound spiritual misalignment. This one is difficult to live by as we are culturally encouraged to engage gossip and belittlement. This is born out of the ego's insecurity. When you notice yourself desiring to do this, bring yourself back with this affirmation.

Affirmation #9. Nothing is permanent, not even loss.

All the good things we accrue in life will go because nothing is permanent. But the sacred truth in this reality is that loss, too, is impermanent. What we believe we've lost is always within us.

Affirmation #10. Let go and trust the process.

It is in our nature to want to control the outcome of every endeavor so we can always reap immediate benefit. Seeking to control usually has the opposite of the desired effect. Instead of receiving reward, we end up setting ourselves back. Instead of seeking to control outcomes, move righteously and perform the tasks that need performing each day.