

Affirmations and Mantras

Everything begins with a thought. Everything you do, whether it is making a cup of tea or deciding to move to another country - begins with a thought. Thought is energy. You are already familiar with the power of intention, intention is thought that carries energy. Thought is the energy of creation. In order to harness the creativity of thought it is good to practice focus of the mind or mindfulness through meditation practice. When we are able to visualise what we wish to manifest we are using through creatively.

Words are powerful tools. Words carry energy and intention. The results of someone hearing negative words spoken to them or by themselves even throughout their life will have long reaching effects on that person's self esteem and consequently the choices they make in their lives and relationships. We even hear words in our sleep and a child can be adversely effected by hearing their parents arguing.

In this way, we should practice mindfulness and be conscious of the words we choose to say. Being mindful also of the thoughts we have about ourselves. Think about it, what do you think when you look in the mirror? Do you say and think good things about yourself always? Or do you chastise yourself for how you look or feel?

Look into the mirror, naked if possible and say - 'I am beautiful, I am gorgeous, I am a goddess/god.' Say this each day for a week and see how differently you begin to feel about yourself or at least what energy thoughts are beginning to shift for you.

This is the power of affirmation. An affirmation can be any sentence which is affirming something positive about ourselves or what we wish to achieve. In our intention to manifest goals we need to be realistic, we must be able to believe the words we speak and know that they are possible. This may consist on observing how you feel when certain words are spoken. How does it make you feel within your body? Is there some resistance somewhere? Be free from being annoyed or irritated with yourself and just breathe into these resistant spaces and maybe change the words to be a little more loving. Affirmations are a gift of love after all.

Affirmations and mantras continued . . .

To find the correct affirmation, it's a good idea to write it down on paper first. Ground and centre yourself, focus on your breath meditatively and then bring your attention to your affirmation. Say the words to yourself in your mind over and over or out loud. See how you feel when you say them. What resistance is coming up? Be free from making an affirmation too long or wordy or it will distract you and you'll be too much in your mind when you speak it. Try placing your hand on your heart and looking at yourself in the mirror when you speak your affirmation. This is very powerful, particularly when you look into your own eyes. Why? Because your eyes are the windows of your Soul - so you are therefore speaking directly to your Soul and all the multidimensional aspects within.

Affirmations can help clear blockages in the body

You may be familiar with the work of Louise Hay and her book 'You Can Heal Your Life'. Louise Hay was a great believer that using affirmations can help clear blockages in the body. Certain parts of the body are related to certain mental/emotional resistances we have developed throughout our lives due to our life experiences and environment. For instance, someone who has problems in their knees, may be resistant to actually moving and moving forwards in their lives, preferring to be stuck in whatever life situation they are in. The stuckness could be a reflection of their deep seated emotions or fears but manifest within the knees physically. Example affirmation may be 'I am free from the fear of moving on, I embrace the future with joy, confidence and love.' Affirmations you create for yourself are always powerful as they come from your Soul.

Mantras

A mantra is similar to an affirmation - it is the power of the spoken word or sound. 'OM' is used in meditation as a mantra. The Buddhist mantra 'Om mani padme hum' is said to contain the energy of the teachings of Buddha and to use it is very powerful.

'Namo kwan shi yin pusa'. - is another Buddhist mantra to summon the help of Kwan Yin who is the Bodhisatva who has chosen to be an ascended master/Goddess and be the eyes and ears on the suffering of the world. She is compassion, love and understanding and may bring great healing to you when this chant is said with intention.

Transcendental meditation uses words that you may create yourself and use as a repeated mantra over and over. You may of course chant the word 'peace' or 'love'. A mantra uses the power of Sound as energy which manifests the meaning and intention of that sound into reality. Try to create your own mantra to use for yourself.

All affirmations begin with a thought - keep them positive. Using negative words such as no and not are free from being a good positive intention. Using 'free from' has a more positive and gentle effect on the energy being as a whole.