

Moving Forward in the New Year – How to Use Affirmations

By Dr. Connie

Winter. Spring. Summer. Fall. The natural world flows naturally, effortlessly, inevitably through the seasons. Seeds sprout. Flowers bloom. Petals drop. Plants wither and die. Our bodies follow a similar cycle from birth and infancy through childhood and adolescence and young adulthood to aging and death.



Our mental and emotional worlds and habit patterns evolve as well, but not so naturally, effortlessly, or inevitably. We are who we are and we do what we do as a result of the circumstances attendant to the lives we have led and the decisions we have made.

New Year's is a time of introspection when many of us work to change aspects of ourselves and the direction we are following in our lives. The success of this endeavor depends on the subconscious mind, the conscious mind, and the superconscious mind,

The frequent failure to follow through on New Year's resolutions can in part be attributed to the tendency of many people to depend solely on the conscious mind to instigate progress. The conscious mind IS important. We need to conceptualize what it is we want to change, plan steps we can take to effect the change, and visualize the result. Simply resolving to exercise more or to lose weight in the New Year doesn't tend to do the trick. And, even when we've conceptualized, planned and visualized, many New Year's resolutions fail.

One reason for failure to achieve results is subversion by the subconscious mind. As much of our behavior is not under conscious control, we revert to subconscious conditioning and behavior patterns. Techniques like Emotional Freedom Technique can deprogram the subconscious. Self-hypnosis can solidify new patterns. Vibrational remedies such as flower and gym essences can help as well, particularly when combined with supportive affirmations.

Affirmations can move us into the realm of superconscious conditioning. I often hear from patients that affirmations have been ineffective. This comment brings to mind a situation in which an extremely stressed acquaintance of ours stood on a railway platform literally screaming "In my world, everything's perfect, everything's perfect". Sadly, affirmations are not a matter of simply repeating something which you wish you believed, but you don't believe, and hoping it will change your experience.

The content and phrasing of affirmations is vitally important. **You must believe what you are saying. And the affirmation should be first person, present tense.**

Fortunately, there is a technique for achieving predictable results with affirmations. I find it best described in the booklet *Scientific Healing Affirmations* by Paramhansa Yogananda.

Affirmations are repeated sequentially, first loudly, then in a normal voice, then in a whisper, then silently, then silently focused on the third eye. **The repetition is not formulaic, but rather repeated at each level until the effect is felt.** This allows the awakening of the conscious and subconscious minds, and ultimately touches into the powerful and creative superconscious mind.

You can write your own affirmations, utilize affirmations of writers like Louise Hay, or choose an affirmation from a spiritual master. When you choose an affirmation infused with soul power by a master, or an affirmation that has been used by many before you, the power is strengthened, the journey eased, and the effect more predictable.

One of my favorite affirmations for the New Year comes from Yogananda. I can attest to the transformative power this affirmation packs;

“Within me lies the energy to accomplish all that I will to do. Behind my every act is God’s infinite power.”