

How affirmations transform the world

Affirmations not only affect your thoughts, actions, and attitudes, but they also affect the world in metaphysical ways. As Chapter 14 explains, you're not ultimately separate from the world around you. Everyone and everything in this world is made from the same divine universal Consciousness and is living, as it were, in the Mind of God. Your thoughts are also expressions of that universal Consciousness and are therefore more powerful than you would probably like to think they are!

This truly is a magical world, and the more you can open to the possibility of this magic, the more you're able to experience it. You don't have to learn all kinds of incantations at Harry Potter's Hogwarts School for the Magical Arts to affect the external world. Just understand that whatever words you speak with a strong focus and intention do have an effect on the world around you.

Spirituality in Action

New Year's resolutions have long been a way to tap into the power of affirmations to create new, more positive karmas. Can you remember the resolutions you've made in years gone by? Consider writing them down so that you can read and remember your goals as you move forward into new phases and new goals.

Grasping the power of your thoughts and words requires that you accept a new level of responsibility, just as you've had to do while growing through various stages of personal growth and development throughout your life. If you go around saying that this or that makes you sick, well, what do you think the outcome of those words may be? If you sing songs about failure and heartbreak over and over with a recording by your favorite singer, guess what kind of words you're expressing into the universe for your recipe of life experience? And I hope I'll never again hear a mother yell to her playing child negative affirmations like, "I know you're going to crack your head open!"

Be Careful

Many an affirmation is said in jest! Remember that everything and anything you say can be an affirmation, especially as your spiritual power becomes stronger and more powerful.