

Dancing with Divinity:

*POSITIVE AFFIRMATIONS
FOR ANY SITUATION*

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Tips for Positive Affirmations

Use positive language

Positive wording in your affirmations carries much more power than negative words. Avoid words such as not, no, don't, etc. Although it seems obvious, negative words have a tendency to slip into our unconscious minds and into our language without recognizing they are negative. When someone says that he is doing "not too bad," there is implied language that he is not doing well either. Someone who says, "I see no reason why I can't make this work" also implies that she sees no reason why she *can* make it work. Someone who asks, "Why don't we go on a picnic?" is asking for a reason why they shouldn't go rather than why they should.

By saying, "I'm doing well," we affirm how well we are doing. By saying, "I can make this work," we show confidence in our abilities. By saying, "Let's go on a picnic," we bring enthusiasm toward our invitation.

So it is with positive affirmations. Rather than affirming: "I am not scared to speak in front of a large audience," affirm: "I am confident of my voice and my abilities in the presence of others."

There are times when I specifically use "not" or "no" in affirmations. For example, "It is not my business what others think of me" and "I choose to no longer remain in situations in my life that are less than ideal." Both phrases can easily be made positive, however I have kept the statements exactly as they are because it is important to acknowledge and release what *isn't* working in your life, so that you can *then* bring in what is right for you.

After you have worked with the affirmation for a certain amount of time that seems appropriate for you, you can alter the affirmations to become completely positive. The above affirmations could then be changed to, "Everyone in my world accepts me for who I am" or "Every situation in my life is ideal for me." I recommend that you sculpt your affirmations until they are a perfect fit for you. Your focal affirmations could change hourly or they could remain the same for years. Each person is different, with different situations and different perceptions of those situations. Be open and flexible with what is working best for you at any given moment.

With few exceptions, the affirmations in this book are stated positively. My suggestion for you is to get rid of the negative words and the negative energy. Test it out with your body by saying the affirmation with the negative word and then without it. For example, "I no longer need to worry about what the future holds for me" can be changed to "The future holds good things for me." To me, the second affirmation resonates much better in my body and uplifts my spirit. "There's nothing keeping me from success" can be changed to "I am successful." Again, I feel better with the second affirmation than the first. It leaves me smiling and secure, ready to move forward with confidence and grace.

Use present tense

Affirmations are most effective in the present tense, as if you believe they're happening right now. For example, the affirmation: "I will communicate one hundred percent from my heart and soul" would become: "I communicate one hundred percent from my heart and soul." The word "will" denotes the future and that someday it will happen. But there is no telling when someday will come. It could be thirty days from now or thirty years from now. There is little immediacy in using future tense. The Universe will pick up on your lack of urgency and ultimately in your lack of belief in your affirmation. Eliminating "will" brings the affirmation alive today. I would much rather communicate effectively today than wait until someday to be a good communicator.

Tomorrow is always tomorrow. It remains ahead of us. Today is always today. It is always in the here and now. The advertising industry follows this same principle, with messages such as, 'treat yourself *today*' or 'call *now* to take advantage of this *limited time* offer.' Notice that they don't suggest that 'you treat yourself *tomorrow*' or that you can 'call *later* to take advantage of a never ending offer.' If they tell their customers to wait until tomorrow or to call later, they'll be missing out on millions of customers *all the time*.

Your most present thoughts and actions will bring about your greatest gains. The advertising industry sends out its messages to the Universe in present tense and that is what gets it the greatest results. The same is true for you sending out your thoughts and words to the Universe. Keep your affirmations alive with the energy of the present moment.

Use strong language

Use the strongest language possible to harness the greatest amount of energy to your affirmation. The affirmation: "I try to live ethically and morally" becomes: "I live ethically and morally." The affirmation: "I am good enough" becomes: "I am magnificent." The affirmation: "I have plenty of time" becomes: "I have all the time I need to do all that I need to do."

As much as possible, try to eliminate the words: "have to," "should," "try," "can't" and "I don't know" from your vocabulary. They are disempowering words that detach you from the process of creating your reality. The words: "have to" removes you from gratitude. It keeps you confined to an obligation rather than becoming conscious that you have a choice. "Should" removes your desire. The words: "try," "can't" and "I don't know" remove you from belief. Remove the words and remove the blocks they carry.

Do not suppress negative emotions

Don't hold back your feelings, positive or negative. Take the opportunity and recognize what it is you are feeling as you experience a situation. Allow yourself to move through your emotions. When we suppress emotions, we leave our physical body no choice but to retain that emotion inside of us. That negative emotion becomes toxic to our bodies. These toxins can cause physical ailments.

Once you are aware of your emotion, recognize why it is present. Are you feeling angry? Why? Is it because someone crossed your boundary? Did someone say or do something that violated you? Did you do something that was self sabotaging? Figure out the cause of your anger.

Once you've identified the correlation between the cause and the emotion, you can then move through the emotion. Use the positive affirmations to help you do this. Review the section on Getting Conscious with your Thoughts to maneuver through this process more deeply.

Take action

Positive affirmations work well when we put our physical energy behind them. There are times when we need to take steps to manifest our goals and dreams. For example, when you're feeling disgusted, let's say because your house is a mess, don't simply turn to the positive affirmations for feeling disgusted and will your house to be clean. Get up and clean your house, pay someone to clean it or ask your friends or family to help you clean it. Take a step toward making it the cozy, relaxing home that you love.

If the task before you seems daunting, examine why you are intimidated or overwhelmed. Get to the root of the problem. Is your house messy because you're lacking time or energy to clean it? Are you depressed or unmotivated? Then look to positive affirmations to help you through those issues.

We need to be willing to say and do the things that we feel inspired to do. We may not feel one hundred percent confident about doing them, but we know that we will benefit by doing them. The world around us will benefit, too. Sometimes those things may force us out of our comfort zones. Sometimes they might increase our heart rates or make us sweat a bit. Our stomachs might flip and our hands might shake, but deep inside us we know that taking that step is for our highest good. Taking that step will move us forward on our paths.

The intuitive voice inside each of us may not leave us alone until we take action. When our intuition tells us to initiate a conversation with that beautiful stranger on the bus or to apply for a position we're not quite qualified for, we need to take those risks. We can't sit back and hide behind positive affirmations to find the perfect mate or the perfect job while refusing to do the things to carry the affirmations forward. Using affirmations without action is like riding a bike with a rusty chain. It is inefficient and foolish.

Do not override your intuition. If you know you need to act in order to adequately move through a situation, don't simply repeat positive affirmations. Get up and take action!

Listen to a recording of affirmations

Listening to a recording of positive affirmations is a highly effective technique. You can either listen to the *Dancing with Divinity* compact disc or you can make a recording of yourself and choose affirmations specific to you. You can record yourself saying the affirmations or you can record someone else's voice. Play the affirmations when they can captivate your full attention, like when you are falling asleep at night.

Speak affirmations with conviction

Stand in front of the mirror and say them to yourself or look a good friend in the eyes and tell them your affirmation. Be sure you articulate your words and speak them with confidence and love. A monotone or slurred affirmation carries much less energy than one said clearly with enthusiasm. Get fired up about your affirmations. Proclaim them with passion. Broadcast them with belief. Communicate them with courage.

Use the first, second and third person

You can also do affirmations in the first, second and third person along with your name. For example, the affirmation: "I deserve to be happy" would become: "I, Jason, deserve to be happy. He, Jason, deserves to be happy. You, Jason, deserve to be happy." Personalizing your affirmation with your name brings a greater sense of ownership and using the second and third person triggers different reactions than saying it in the first person does.

Remain detached from the outcome

Having goals and desires is human. Many times we act with a specific outcome in mind. As much as you are conscious and able, stay clear focusing on outcomes. Do the right thing that feels right for you in the moment. Have faith in the Universe that you will be taken care of and that your desires will be met. Remember that we can only see a small part of the bigger picture. What seems like something so perfect for us at the time can have dire consequences down the line. The section on The Highest Good goes into greater detail on this subject.

Experiment and be creative

The positive affirmations that are provided in this book are a perfect starting point to bring awareness to your emotional states and your body. You then can take the steps to change the negativity in your life.

Affirmations can be spoken, meditated upon, written, sung, shouted, painted or conveyed through any other creative medium. You can focus on your affirmations while walking, driving, swimming, cooking or writing in a journal. Two of the best times for your mind and body to fully integrate affirmations are before falling asleep and upon waking. You can write your affirmations on a piece of paper and place it on your nightstand, your refrigerator, your dashboard, your bathroom mirror or wherever else you may want to reflect on it.

Recognize that what works well for one person may not work at all for you. An affirmation that works for you in one situation may not work at all for you in another situation, even though you are feeling the same emotion. Experiment and adapt the affirmations to make them right for you. Over time, you may find that varying your affirmation works better for you now than it did before. You may get creative and find a new system altogether.

There is no wrong way to do positive affirmations. The most important thing is that you are doing the affirmations and that you believe in them and the power they have to alter your life and your reality. Your thoughts add to the peace and harmony of the Universe. The more positive your thoughts and your frame of mind, the more peace and harmony flow into the Universe.

To summarize, here are some of the main things to remember when working with positive affirmations:

- Use positive language
- Use present tense
- Use strong language
- Do not suppress negative emotions
- Take action
- Listen to a recording of affirmations
- Speak affirmations with conviction
- Use the first, second and third person
- Remain detached from the outcome
- Experiment and be creative