

# AFFIRMATIONS

## *A Contract with Yourself*

### *About Affirmations*

Affirmations are clear, straightforward statements of positive personal change in body, being and performance. They represent a firm contract with yourself. They focus your best conscious efforts on transformation, while seeking to enlist powers beyond your conscious understanding.

Affirmations create an alignment in body, mind, heart and soul, which serves to integrate the individual, and create a whole being greater than the sum of the parts. In terms of the evolutionary vision that informs ITP, the infinite possibilities of Source were involved in the universe from the very beginning. Evolution is the process through which these hidden possibilities are revealed. Extraordinary life often emerges as a gift, rather than as the product of striving, because it is already there.

Affirmations are best realized by practicing what is called *Focused Surrender*. The practice of Focused Surrender combines strongly imaging a desired outcome in the present tense, and then totally surrendering to grace. When we open the way for grace, a direct connection with the divine is possible.

Affirmations are *written in the present tense* to describe *your intentions for the future*. You clarify your intentions, and write as if the positive changes have already come to pass. Affirmations are not a denial of your current reality, rather they are instruments for creating a parallel, present-tense reality in your consciousness.

## ***PRACTICE AFFIRMATIONS***

For each six to twelve-month period, you make at least one affirmation having to do with significant positive change in your own being. You include your affirmations daily, in the Kata, and seek in appropriate and healthy ways to realize those affirmations in your life.

Create a written record by writing out your affirmations. After writing the affirmations, read them carefully, then sign and date them.

It is recommended that you make no more than four affirmations for any period, always including the following commitment that is shared by the entire ITP community:

*My entire being is balanced, vital and healthy.*

Consider these questions before making your affirmations:

- Does the affirmation really represent a change in *me* rather than in the external world?
- Am I getting ahead of myself?
- Is this change a healthy one?
- How will this change affect others in my life?
- Do I really want this change?