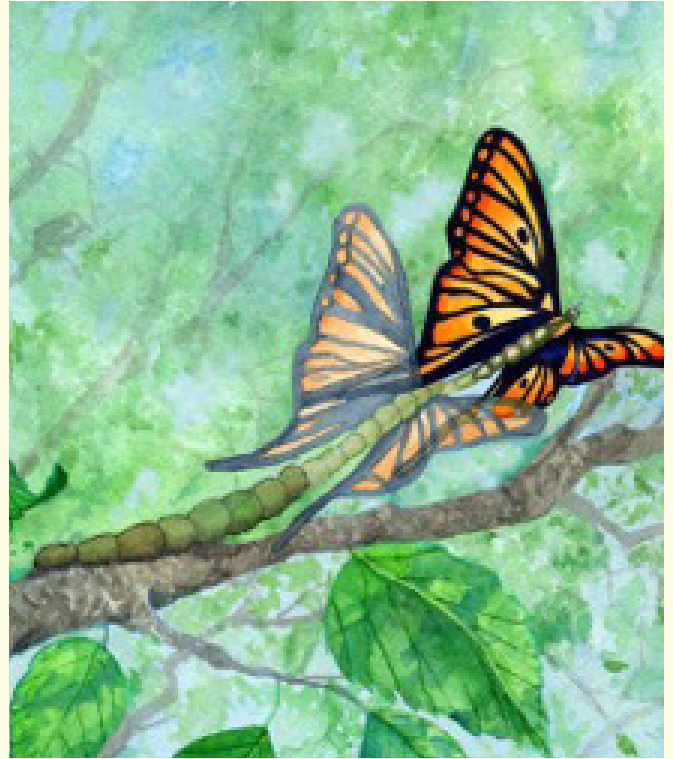


Embodied Affirmations in ITP

by Julie Perkins
Member of Mastery and ITP San Rafael

Embodied affirmations support us in living our new vision, and they do this by connecting us to the transformed state in tangible ways. And doesn't that transformed state feel great? Open, capable and alive with infinite possibilities, we are that which we envisioned. We are, in fact, the change we have been seeking. But how do we get to this state, where "our affirmations are living us"?

Dr. Joe Dispenza, author of *You Are the Placebo*, talks about *emotionally embracing* the fully transformed state you are affirming for yourself now and going forward. "If you can bring up the emotion of appreciation or thankfulness and combine it with a clear intention, you're now beginning to *embody* the event emotionally. ...you're chemically instructing your body to know what your mind has philosophically known. We could say that you're in a new future in the present moment. You are no longer using familiar, primitive emotions to keep you anchored to the past; you're now using elevated emotions to drive you into a new future."



Art by Richard Sigberman

Here are some suggestions for embodying your affirmations:

Say your affirmation out loud. From this starting place, relax into surrendering by envisioning and sensing yourself as already transformed, even for a moment, into a new state of being. Let the feeling of it sink in. How do you feel, behave, move or perform in the transformed state? Is there an image, language, movement, sensation or way of being that arises? These are cues that your affirmation is emerging from the inside out! Bring this new reality into vividly, emotionally enriched embodiment with touch, taste, sound, smell, sight, sensation and motion and *feel the effect of living from the center of that transformed state in body, heart, mind and soul.*

Animate your affirmation! Sing the affirmation, draw the symbol, print the image, write out the words in colors, or dance the motion to associate the feeling state of the affirmation with the change in your body, heart, mind and soul. With repetition and sincere practice, affirmations trigger the living experience of our desired change as we feel the effects of our transformation. As we embrace our new state emotionally, gratitude or a sense of 'rightness' may well up, even for a moment, and this moment opens to the next, further creating space for more of our new reality to manifest in daily life.

Expressing your gratitude privately to the Divine and outwardly to the world is a reciprocal process, bringing your transformed state into service for the good of all. In addition, when we express our sincerely felt affirmation in words or actions to others, we transform a string of words into a living and shared connection. As friend and fellow Mastery member Annie Ellicott says, "The affirmation lives us!"