

## CONTENTS

<i>Introduction</i> .....	1
<i>Affirmations</i> .....	9
I Am Whole.....	16
I Am Perfect.....	24
I Am Strong.....	30
I Am Powerful.....	36
I Am Loving.....	42
I Am Harmonious.....	48
I Am Rich.....	54
I Am Young.....	60
I Am Happy.....	68
<i>Conclusion</i> .....	75
<i>Bibliography</i> .....	81



# INTRODUCTION

Most of us have experienced that when we sit in quiet contemplation in the midst of nature, we have been mesmerised by its sheer magnificence and felt one with it.

What is it that gives rise to this feeling of 'being one' with nature? This happens because our consciousness expands in that setting. We lose body consciousness. The ego, or the 'I' identified with the body, disappears and we get the feeling of being an intrinsic part of the vast universe. With this experience, one reaches a different level of understanding.

The question which then arises from deep within oneself is:

*‘Who am I?’*

*‘What is my relationship with the universe?’*

When this question arose within me, I found that everything in nature – the rising and setting of the sun, the waxing and waning of the moon, the ebb and flow of the tide, the cycle of the seasons – moves to a set rhythm. Human beings, on the other hand, have been endowed with ‘awareness’ or ‘consciousness’ – the faculty by which we know what we know, and try to know what we do not know.

This consciousness enables us to bring about desired changes and shape our destiny. Since everything in nature moves to a certain rhythm and has a set purpose, man too realises that at some stage in his life, he must let life flow to its natural rhythm in order to realise his true purpose.

Is man a slave to circumstances, or can he create his own circumstances? Those who believe in destiny may argue that everything is predetermined and one cannot escape one’s lot in life. However, the approach of the modern sage is different, in that he believes that there must be a way to circumvent

or bring about a positive change in one's situation or circumstances.

Although circumstances and situations will arise of their own accord and there is nothing one can do to prevent that from happening – what one can do is to change one's attitude towards them.

Once you have learnt the art of circumventing and managing unpleasant situations and circumstances, you can then move towards manifesting the life to which you aspire.

Wise men say that there are three stages to creating and manifesting all that you aspire for in your life:

First, you Think.

Second, you Feel.

Third, you Act.

This means that there is a law that determines the outcome of all that you aspire towards. Thinking involves both 'reasoning' and 'imagining'. Reasoning determines the 'certainty', and imagining gives it the creative faculty that guides the reasoning towards action.

You have to learn how to direct the creative faculty because if you don't direct it, it will direct you. Imagination, or the creative energy, will do what you direct it to do. If you let it direct you, it will do so according to the tradition and belief system of the culture to which you belong.

In his book *The Power of Your Subconscious Mind*, Dr. Joseph Murphy gives very clear instructions on how to direct the mind:

1. As you would want people to think about you, think about them in like manner.
2. As you would want people to feel about you, feel also about them in like manner.
3. As you would like people to act toward you, act towards them in like manner.

Human consciousness has evolved over time and it therefore needs to shift and adjust to prevailing conditions. Belief systems that were prevalent in the past have little or no relevance to the times we now live in.

So, whatever it is that you imagine – you must

let your reason endorse it. The deep conviction of achieving what is desired has to pass from the ‘mental’ state, where your reason has endorsed it, and move into the state of ‘feeling’ so that you not only *feel* the outcome to be a certainty, but you also *know* it to be a certainty. This will help you face the situation you find yourself in more efficiently and intelligently, without giving in to panic and despair.

Thus, you will be well prepared to meet every situation or circumstance that arises in daily living. If there is efficiency in dealing with your personal life with right understanding, firm will, decisiveness and equanimity – no situation in life will overwhelm you. With this law in operation, mastery over one’s self and over one’s life will give you the freedom from becoming a slave to circumstance.

His Holiness The Dalai Lama, in his book *Voices from the Heart*, asks and gives an answer to the question:

‘What is the purpose of life?’

*‘The purpose of life is to be happy.’*



However, this does not come without effort. To achieve that blissful state of mind, an individual has to learn to direct his mind instead of his mind directing him. This means one has to consciously direct the mind through positive affirmations. My mentor, Justice M. L. Dudhat, would emphasise time and again: *‘Every thought has a form and the potential to actualise itself.’*

In the same vein, you have heard your parents and grandparents constantly checking you on the words you choose to speak at home. In a traditional Indian household, whenever a negative word is spoken by a child, they immediately reprimand him saying, *‘shubh-shubh bolo!’* (utter positive words). The wisdom has always been there through the ages; we accept and imbibe it only when we are ready.

This book presents ‘The 9 Positives’ – gems of ancient Tibetan wisdom, that can lead you to a deeper understanding of yourself, and the relationship you share with Consciousness as a Whole.



# AFFIRMATIONS

What is an ‘affirmation’?

An affirmation is anything you say or think. In your day to day life, negative thoughts usually dominate the positive. A significant amount of what you say and think is ‘life-negative’ and does not create good feelings in you.

You create your reality based on the foundation of balance or imbalance that you maintain in your mind. You are the result of your thoughts. All you need to do is ‘think’ of how you want to be, and so you will be. You are affirming and creating your life experience with every word and thought. You should understand that every complaint is an affirmation – your constant internal dialogue

is a stream of affirmations. Constant repetition of affirmative thoughts and statements, whether negative or positive, are released into the 'collective consciousness' to shape your future. Once you understand this, you can design your body and circumstances by simply changing your belief system. This will help you in becoming self-motivated and self-empowered. With this clarity of thought and understanding, you will consciously move through a process of transformation.

To help you actualise your potential, ancient Tibetan sages have given you 'The 9 Positives'. These aim to instil in you the qualities of the Spirit so that you can manifest them in your day-to-day life. This is possible if, with child-like wonder and surrender, you make these affirmations a part of your life, as your daily 'mantra'. In time, the deeper meaning of the affirmations will come into your awareness and lead you to actualise the purpose of your being.

To understand the meaning of 'The 9 Positives' you have to first understand the function of the mind. The great barrier between you and

Consciousness as a Whole – omniscient (all-knowing), omnipotent (all-powerful), and omnipresent (all-pervading) – is the mind. In day-to-day living, your mind is in a state which has been displaced from its original place. This is an oscillating state in which the mind operates between the past and the future. Another aspect of the mind is the ‘exteriorised mind’ that creates a barrier between the Creative Intelligence as a Whole and the creative intelligence within you. The mind has a tendency to follow the senses and because of this, your thinking at times can get misguided.

For example, when on your morning walk you happen to see a respected gentleman from your area walking with his arm around the shoulders of a young girl, your mind immediately jumps to a conclusion and forms a judgement (probably erroneous) about his intentions and his character. This happens because your mind being a product of preconceived notions of the five senses (sight, hearing, smell, touch, taste) and the five sense organs (eyes, ears, nose, tongue, skin) identifies with the body, which is egocentric to the extent that you feel that the body is ‘Me’.

By repeating the affirmations before the start of your day and as the last thing before you fall asleep every night – day in and day out – they become a mantra, which in time gets internalised and arises of its own accord when required.

When sitting by yourself in contemplation, the realisation dawns that ‘The 9 Positives’ are repeating themselves in the order they have been affirmed and, in time, if you are sincere in their practice, their deeper meaning will begin to unfold.