



RETREAT “LIFTING THE VEIL OF MAYA”—PART 2

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The power of affirmations

The wrong way to write affirmations

1. Write the exact opposite of the negative belief. The subconscious will reject this new assertion as a lie.
2. Use negative words (*but, without, no, never...*)
3. Write in the past or future tense.
4. Write in vague terms, without conviction.

The right way to write affirmations

1. Offer a new and positive perspective to the subconscious.
2. Use positive words.
3. Write in the present tense.
4. Write clearly and definitively.

The subconscious is constantly attracting or manifesting outer events to sustain its inner beliefs.

***A positive affirmation is a statement designed to replace
a toxic affirmation that negatively influences our life***

EXERCISE TO IDENTIFY NEGATIVE BELIEFS

- a. Write the sentence “I cannot progress spiritually because...” and complete it with the first thought that comes to your mind, without censoring it. Do it seven times. Example:
 1. I CANNOT PROGRESS SPIRITUALLY BECAUSE *I am too lazy.*
 2. I CANNOT PROGRESS SPIRITUALLY BECAUSE *I am stuck in the enjoyment of the senses.*
 3. I CANNOT PROGRESS SPIRITUALLY BECAUSE *I prefer to do other things.*
 4. I CANNOT PROGRESS SPIRITUALLY BECAUSE *I don't have time.*

5. I CANNOT PROGRESS SPIRITUALLY BECAUSE *I am inconsistent.*
6. I CANNOT PROGRESS SPIRITUALLY BECAUSE *I will be criticized.*
7. I CANNOT PROGRESS SPIRITUALLY BECAUSE *I am afraid.*

b. Create seven counter-beliefs to replace these negative beliefs. Example:

1. I enjoy exercising the power of my will every day.
2. My senses enjoy spiritual progress.
3. Everything I do helps me progress spiritually.
4. I have the same amount of time as everybody else – I just need to learn to prioritize and organize myself.
5. I enjoy trying new and varied things all the time.
6. I can grow and fulfill my spiritual goals regardless of other people's approval.
7. I love moving forward and discovering new inner resources.

c. Select the best counter-belief among these seven. For example:

I enjoy exercising the power of my will every day.

d. Write this same new affirmation in three different persons (*I*, *you*, and *he*)

1. *I* enjoy exercising the power of *my* will every day.
2. *You* [*insert your own name here*] enjoy exercising the power of *your* will every day.
3. *He/she* [*insert your own name here*] enjoys exercising the power of *his/her* will every day.

These correspond to the three ways we acquire beliefs (*I* = through personal experience; *you* = through an external authority; and *he/she* = through an accidental encounter).

e. Note the reactions of the subconscious

Take a new sheet of paper and divide it in two columns, with two-thirds on the left-hand side, and one third on the right-hand side. In the left column write the positive affirmation in the first person, in this case "*I* enjoy exercising the power of *my* will every day", and in the right column write the response, the first thing that pops in your mind, however negative or inappropriate it seems, e.g. "Are you kidding?" Do it five times, then skip a line, and write the next five times in the second person voice, in this case "*You* [*insert your own name here*] enjoy exercising the power of *your* will every day". Write a different response for each, e.g. "You have no right to tell me this!" Then skip a line, and write the last five times in the third person voice, in this case "*He/she* [*insert your own name here*] enjoys exercising the power of *his/her* will

every day.”, and again write down five different reactions in the right column, e.g. “What does he know about me anyway?”

This is an extremely important step, as it gives a voice to the subconscious’ objections, and will help to gain its cooperation later, as the main objective of the subconscious is to make sure that its concerns are being heard. To help you with this process I have created a template that you can use for your own use. See the attached document “Generic Daily Affirmations to Practice – Template”

d. Two weeks for change

This exercise should be practiced for two weeks to get a positive result and achieve a long-lasting change. The best is to do it twice a day, first thing in the morning as soon as we get up, and last thing at night before going to bed.

The right column usually contains mostly negative responses. But after a few days, you may observe that some more moderate views start to appear, e.g. “Sometimes”, or “I used to do it when I was in my thirties”, etc. This is a sign that the subconscious mind is starting to have a dialogue with itself and is contemplating the possibility that there might be another way of doing things. By the end of the second week, most of the responses become more positive or at least neutral, which indicates that the subconscious has integrated the new behavior.

Occasionally, it may happen that even after two weeks the responses are still overwhelmingly negative. If that is the case, it is a signal that you have come across a core negative belief which the subconscious is not willing to change for the time being. It would be counter-productive to continue fighting it; it is best to set aside the problematic affirmation for a month or so, and continue with another affirmation instead. After a few months, you can try the problematic affirmation again, and will probably obtain a different result this time.

TIME TRAVEL

This is another exercise to get the cooperation of the subconscious. This four-stage process gives us a clear picture about how to transform any aspect of our life:

1. Decide what kind of change you want to implement in your life.
2. Project yourself five years from today into the future. Visualize where you now live, in what kind of house, what kind of work you do, what your body looks like, how is your health, etc.
3. Now project yourself one year from today into the future, on your way to achieving your five year goal. What steps have you taken to start making the change?
4. Finally, project yourself one month from today into the future, on your way to achieving your first year changes.

It is much more efficient to walk *backwards* from our goal (“the big picture”) to discover smaller intermediary actions to be taken along the way.