ANNOTATIONS

QUESTIONS TO BE ANSWERED

LESSONS IN TRUTH (Cady)

Lesson 5

"AFFIRMATIONS"

1. What is an affirmation?

2. What is the purpose of affirmations? What part do affirmations play in the fulfillment of our desires?

3. What is the power in an affirmation that brings about its fulfillment? What factors and conditions are most necessary to make our affirmations effective?

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4. Copy the following affirmation: "I am perfect."

5. Should denial and affirmations be confined to set forms or set rules?

6. Are supply and demand equal?

7. What changes take place through the use of affirmations?

8. Can we make contact with our Source at all times and under all circumstances?

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for
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3. What is the power in an affirmation that brings about its fulfillment? What faculty of mind is most necessary to make our affirmations effective?

4. Copy the four affirmations listed in the text and explain each in your own words.

5. Should denials and affirmations be confined to set forms or set rules?

6. Are supply and demand equal?

7. What changes take place through the use of affirmations?

8. Can we make contact with our Source at all times and under all circumstances?

9. Is it wise to commit affirmations to memory?

10. Will Principle always work in the solving of life's problems?
1. What is an affirmation?

1. An affirmation is a statement of Truth by which we establish in our consciousness the truth about God, the universe, ourselves, others, or about a condition or thing.

Affirmation is the presentation of constructive ideas by definite words, spoken silently or audibly, in order that the ideas may take hold of the feeling nature, the subconscious phase of mind, and become an habitual possession.

"An affirmation is a positive and orderly statement of Truth. By affirmation we claim and appropriate that which is ours" (page 142; Keep a True Lent).

The word affirm comes from the Latin word affirmare which means "to make firm, to assert positively." When a thought becomes so firmly grounded on the Truth of God that it cannot be shaken or diverted therefrom, it is established in consciousness. The repeating of constructive affirmations, silently or audibly, adds firmness and strength to the mind, just as repeated physical exercise adds firmness and strength to the muscles of the body. Man's "mental muscles" are his abilities to think, reason, and feel and they need strengthening by affirmations.

We must bear in mind that affirmations, as well as denials, are more concerned with attitudes of mind than with words because mental attitudes are the result of the use that has been made of divine ideas.

Affirmations are the "yes" attitudes of mind that indicate acceptance of our good.

In the lesson "Denials" we considered some denial statements we might use for cleansing our consciousness of specific undesirable thoughts. The following affirmations could be used to improve our understanding of God, the universe, ourselves, others, a condition, a thing:

"God is Spirit, limitless, changeless Principle."

"There is only one Presence and one Power in the universe, God, the good, omnipotent."

"I am a spiritual being living in a spiritual universe, governed by spiritual laws."
"I see you unfettered and unbound, triumphant! glorious! splendid! free!"

"God's love and harmony are present in this condition."

"God's intelligence is operative in this machine" (or equipment of any kind).

It is very interesting to note that in one of the oldest books of our Bible, instruction is given as to affirmation:

"Thou shalt also decree a thing, and it shall be established unto thee;
And light shall shine upon thy ways.
When they cast thee down, thou shalt say, There is lifting up" (Job 22:28, 29).

2. What is the purpose of affirmations? What part do affirmations play in the fulfillment of our desires?

2. The primary purpose of affirmations is to build a consciousness of the presence of God; a consciousness of Truth; a consciousness of God as absolute good, as the only presence and power in the universe.

In our daily living, affirmations are used to train and direct our mind into right habits of thinking and feeling concerning every-thing in us and in our world. After we have erased error beliefs by denials, we replace them with new beliefs by the use of affirmations, or statements of Truth. When an idea of Truth concerning our health, the health of a loved one, or an idea concerning our affairs or our human relationships is presented by an affirmation, a little time may elapse before it is completely absorbed by the subconscious phase of mind, or feeling nature.

"For it is precept upon precept, precept upon precept; line upon line, line upon line; here a little, there a little" (Isa. 28:10).

The practice of any skill or art requires repetition in order that it may become an automatic function. The repetition by the conscious phase of mind of a Truth idea by the use of an affirmation presents the idea to the feeling nature (subconscious phase of mind) until it becomes natural to respond to the God qualities of love, power, life, faith, understanding.

Another vital purpose of affirmation is to bring ideas out of God-Mind into the realm of manifestation or formed things.

Affirmation does not in any way change God. It does, however, quicken in us a response to the good. This response brings our supply in the form of ideas that are awaiting expression through us.

Affirmation plays a very important part in the fulfillment of desire. Affirmation is a claiming of the good that is ours as a divine heritage, and it sets the pattern on which the conscious phase of mind may think. It is a step toward fulfillment of desire because it puts us in contact with the law that assures the fulfillment.
Repetition of an affirmation is very important because the idea embodied in the affirmation then becomes a permanent pattern in the feeling nature, or subconscious phase of mind. When these two functions of mind, the conscious thinking and the subconscious feeling, are in accord the idea has become established in our consciousness where it now acts spontaneously to bring the fulfillment of our desires.

3. What is the power in an affirmation that brings about its fulfillment? What faculty of mind is most necessary to make our affirmations effective?

3. The power in the affirmation that brings about its fulfillment is the idea or meaning back of the words. Silent, audible, or written words are the clothing of ideas.

The idea is the "spirit" back of the words. "The letter killeth, but the spirit giveth life" (II Cor. 3:6). Affirmations spoken without an understanding of the meaning of the words underlying them are spoken in the "letter" only. In such a case feeling has not entered in and thus the affirmation is just a group of words lacking the "spirit."

Faith is the faculty of mind necessary to make our affirmations most effective. Jesus said to His disciples, "Have faith in God" (Mark 11:22). He also said, "According to your faith be it done unto you" (Matt. 9:29). Our faith must be in God and in the power of His ideas to achieve perfect expression. The law that moves ideas into expression always works, but it takes faith to set the law into operation for us. It takes inner conviction, a calm assurance, to enable us to persist until the idea is made visible.

When our affirmations are spoken with joy and faith that the fulfillment of our desires will be realized, we hasten the manifestation of the desired good. The ideas that are embodied in the words of our affirmations will manifest as health of mind and body, or as harmony, happiness, prosperity, success in our affairs, according to our decree.

4. Copy the four affirmations listed in the text and explain each in your own words.

4. The four affirmations given in the text are:

"God is life, love, intelligence, substance, omnipotence, omniscience, omnipresence."

"I am a child or manifestation of God, and every moment His life, love, wisdom, power flow into and through me. I am one with God, and am governed by His law."

"I am Spirit, perfect, holy, harmonious. Nothing can hurt me or make me sick or afraid, for Spirit is God, and God cannot be sick or hurt or afraid. I manifest my real self through this body now."

"God works in me to will and to do whatsoever He wishes me to do, and He cannot fail."
Lesson 5

5. Should denials and affirmations be confined to set forms or set rules?

5. No, denials and affirmations need not be confined to set forms or set rules. However, there are rules covering both of these processes that we need to clearly establish in our mind. Such knowledge enables us to make effective use of the two processes in our spiritual unfoldment.

As brought out in the preceding lesson, denials erase unwanted thoughts and error beliefs that have lodged in the subconscious phase of mind; they also reject anything that is not acceptable at any given moment. In regard to denial Charles Fillmore says:

"We do this releasing by . . . letting go of the old or that which has done its part and is no longer useful" (page 176; Prosperity).

Denials build the "no" attitude of mind which releases us from harmful thinking and undesirable conditions.

Affirmations are positive and constructive; they strengthen our faith and will power so that we are able to meet victoriously all the experiences of life. All of us need to use affirmations continuously whether we say them audibly or silently, or when we just hold affirmative attitudes of mind.

When we let Spirit within guide us, we will know what denials and affirmations to use, and how to use them. In the beginning, however, it is necessary to discipline our mind by definitely working with both denials and affirmations until the ideas back of the words become attitudes of mind that work automatically as the need arises. Sometimes just lifting up our heart in gratitude and thanksgiving, without an audible word, becomes our most powerful denial of any power other than God as well as a recognition (affirmation) of His presence.

Neither denials nor affirmations need to be confined to set forms. Sometimes when they are, we find ourselves bound by the "letter" and miss the "spirit" or quickening quality within.

Often it is helpful to change the wording of either a denial or an affirmation in order to convey to our consciousness the true meaning. It may be that certain words are not familiar to us and find no response in our feeling nature. In such a case, it is better to present the ideas in words that have a vital meaning for us. Our question is not dealing with "set forms" so much as the danger of confining our affirmations to them instead of letting the ideas back of the words have freedom to accomplish their work in our life.

So long as we keep in mind that the purpose of affirmations is to establish divine ideas in the human consciousness, we will never find ourselves confined to set forms. Rather we will be able to use so-called "set forms" of affirmations and Bible texts with a sense of freedom, for the words will be so at one with the ideas they contain that they will be our own soul's language.
6. Are supply and demand equal?

6. Yes, the supply is always equal to the demand because our real supply is the kingdom of God, universal substance, the Presence of God, the realm of divine ideas of which Jesus spoke, when He said,

"But seek ye first his kingdom, and his righteousness; and all these things shall be added unto you" (Matt. 6:33).

The ideas of Divine Mind, or creative Mind, always have been, are now, and always will be at man's disposal, but in the relative sense we must make the "demand" before the "supply" comes to us. A merchant's store may be filled with goods, but if we were not aware of his stock, we would not be in a position to benefit from any of it.

God, our Father, is always offering to each of us "the unsearchable riches of Christ . . . according to the riches of his glory" (Eph. 3:8, 16). These riches are offered in the form of ideas--such as life, love, faith, wisdom, strength--which we may accept and rightly use to fulfill the needs of mind, body, and affairs. For example, the ideas or qualities of life, vitality, energy, and strength produce health of body; ideas of plenty, opulence, and abundance produce prosperity in our affairs; ideas of harmony, love, compassion, and understanding produce friendship, companionship, satisfaction in all our human relationships.

As we give deep thought to the law of supply and demand, we come to see that we could not even make a demand for some good were the supply not already established in Divine Mind. We are primarily spiritual beings so our response will always be to the urge of God within, to express more of His nature in all aspects of our lives.

The supply (ideas) comes with each of us when we come into the world, just as every seed contains within itself all that is necessary to unfold into a plant or tree.

"The Father-Mother God has provided abundantly for all. In truth, when a babe is born into the world it brings with it faculties that, once set to work consciously functioning in the omnipresent etheric substance, open up channels through which unfailing supply and support come to this one" (page 40; Teach Us to Pray).

"Eye hath not seen, nor ear heard" (I Cor. 2:9 A.V.) what the great reservoir of God has in store for us subject to our call ("demand") and the call of all creation. Substance or Mind essence in which ideas inhere is "over all, and through all, and in you all" (Eph. 4:6).

Primarily, the aim of all our study is to learn to make conscious contact with God, the one Source of our supply, to "seek God . . . feel after him and find him" (Acts 17:27). In electricity the "contact" is the touching surface of two conductors through which a current passes. In spiritual unfoldment the channels or conductors are our desire to receive (the demand) and the willingness of Divine Mind to give (the supply) and these make contact in the silence of
our own soul. When our mind touches or is consciously at one with Divine Mind, then the current of substance begins to flow in the form of rich ideas. These ideas in turn become the spiritual patterns for the "things . . . added" to which Jesus referred when He told us to seek first His kingdom.

Our recognition of the need for fulfillment, and making the demand, is, after all, just as important and wonderful as the fact that the need can be supplied. It shows our faith in God as unlimited substance, as the source of the supply for every demand. This is how we consciously work in divine order with the law of supply and demand. Lesson one of this course brought out that there is no situation where God cannot be found. No matter what the condition may be that appears, it has been formed out of spiritual substance, and this essence pervades it. Some conditions in life may appear to be rather terrifying, yet if we will remember the Truth that it is out of the substance of God that all things are made, we will realize that God must be present in all conditions. The supply for any need can be found when the demand is made. Our part, then, is to use intelligently the underlying principles of Absolute Good in order to bring forth our supply.

7. What changes take place through the use of affirmations?

7. Good, practical changes take place in the mind, body, and affairs through the use of affirmations. In this lesson we have learned that two vital purposes of affirmations are: first, to train the mind in positive habits, and second, to bring ideas out of the unformed into the formed or visible world.

Our mind, under the discipline of affirmations, is receptive to the ideas of God. Its conscious phase (the thinking faculty or intellect) becomes more positive, efficient, keen, wise, decisive, alert, strong. Under the discipline of affirmations the subconscious phase of mind (the feeling nature, sometimes referred to as the heart) when cleansed of negative beliefs becomes more compassionate, understanding, loving, more peaceful and constructive in its reactions.

The next practical change is in our body. With the change of thought and feeling attained through the use of positive affirmations, the body begins to manifest vitality, strength, energy, wholeness--radiant health! We feel different; we look different; we are different because old limited thoughts and desires have left us and we have begun to conform to spiritual laws. Our body reveals itself for what it truly is—"a temple of the living God" (II Cor. 6:16), with all its members functioning in divine order.

Just as changes come in our mind and body so changes come in our affairs through the use of affirmations backed by faith, love, and understanding. Peace, order, and harmony begin to manifest in our daily living; many things become adjusted, and we recognize that divine justice is at work. We no longer fight against conditions we have to meet in the outer. We know that as we affirm divine order and justice, we need have no fear of the outcome. We are easier to get along with in our home, in our place of employment, in our social contacts, for our affirmations of God's love and harmony make these
qualities active in all our human relationships. No matter what the situation, we turn to God and affirm that He is in charge, that His love and wisdom are actively working throughout all of His creation.

8. Can we make contact with our Source at all times and under all circumstances?

8. Yes, we can contact God, our Source, at any time because He dwells within as the loving Father-Mother, consequently we are never separated from Him.

At times we may think that we are separated from God because adverse beliefs steal in and temporarily form a mental barrier that keeps us from the sense of oneness with our Father-Mother God, and from our manifest good. Two opposing thoughts cannot occupy the same mind at the same time, and if we would have good manifested in our life, then we must erase (deny) limited, wrong thoughts from our mind and use affirmations to bring us into conscious contact with God.

We may contact our loving Father-Mother God at any time and under any circumstance by turning our entire attention Godward.

As we practice prayer daily we realize that we can "pray without ceasing" (I Thess. 5:17) for true prayer is a conscious communion with God. We may turn instantly to God, even in cases of danger or great need, without feeling that we have to take a certain position of body that we may previously have thought necessary when in prayer.

"It is not the position of the body so much as it is the attitude of mind and heart that expresses true devotion" (page 136; You Can Be Healed).

Our moments of daily prayer set the pace for our day. While we may have spent a designated period in prayer, we know that we may turn to God whenever we desire, for "in him we live, and move, and have our being" (Acts 17:28). Once we may have thought that we could pray only when we were in a certain place or under certain circumstances. When Jesus made the statement,

"But thou, when thou prayest, enter into thine inner chamber, and having shut thy door, pray to thy Father who is in secret, and thy Father who seeth in secret shall recompense thee" (Matt. 6:6).

He was not referring to a place in the outer, but to a place within our consciousness, to the inner chamber of our own being. We shut the door by closing the mind to outer distractions, if only for a few seconds, and turn to the Father within. This contacting God may seem difficult at first, but if conscientiously persisted in, we grow in skill until it becomes natural, easy, instant, and can be done at any time, under all circumstances.

"The real foundation of all effective prayer is the understanding that God is Spirit and that man, His offspring, is His image and likeness, hence spiritual. Such a concept of God gives man a point of contact that
is never absent; in all places and under all conditions he has the assurance of the attention and help of God when he realizes the Father's spiritual presence and comrade-ship" (page 74; Jesus Christ Heals).

9. Is it wise to commit affirmations to memory?

9. Yes, it is wise to commit affirmations to memory, not in order to speak them thoughtlessly but to enrich our mind with the ideas of Truth they contain. As we hold true thoughts in our mind they begin to glow with new and deeper meanings. The mind that is richly filled with affirmations and Bible texts is fortified with Truth to meet the challenging experiences of daily living.

There is activity of thought in our mind at all times for it is never a vacuum. If our thoughts are not constructive, then they are destructive, since nothing stands still. If we have stored in our mind plenty of Truth affirmations (and this includes Bible verses) we can call on the ideas they convey whenever we have need of them. We should remember that there is a law of mind action ("like begets like") operating in and through our affirmations that has power to fulfill our desires, as brought out in Annotation 3 of this lesson.

We must, however, come to understand that merely memorizing affirmations, without understanding their meaning, is keeping the "letter" and not the "spirit." When we keep in mind that the purpose of affirmations is to lay hold of divine ideas (the spirit) and bring them into manifestation, then we are not in danger of misunderstanding the reason for memorizing them. Our memorizing of affirmations enables us to become proficient in thought control. We consciously lay hold of the ideas back of the affirmations and are thus able to go far beyond the words themselves into the realm of Truth, pure knowing.

10. Will Principle always work in the solving of life's problems?

10. Yes, Principle (God) always works in the solution of the problems we face in life. God as Principle, Divine Mind, contains all the essential elements or ideas, and He is the law that governs the action of these ideas.

In working out mathematical problems the student must use the principle of mathematics in the right way in order to arrive at the correct answer or solution. So we must turn to God, the Principle of life and use His laws to solve the problems that confront us. Thus we can carry out the divine plan for our life.

"In the beginning God" (Gen. 1:1) that is, at the very source or core of our being, Spirit resides. The movement of Spirit is an expanding or unfolding process. "And the Spirit of God moved upon the face of the waters" (Gen. 1:2). Creation came forth from this movement of Spirit. In our individual life, Spirit moves from the center of our being into our human consciousness, through ideas, then into our body and affairs. Our affirmations bring us into conscious contact with God as Principle, and our compliance with God's laws always brings the perfect solution to any problem.
The meaning of the root word for problem is "anything thrown forward" so we see that whatever is "thrown forward," or presented in our outer life as a problem is the result of what is held in our consciousness (thinking and feeling natures) and a change in the outer is only possible when a change is made within. This inner change can be made only by a return in consciousness to Principle, the divine plan of God for our life. In a problem of health, we turn our thoughts toward God as the principle of life, vitality, strength, wholeness; in a problem concerning our finances, we turn to God as the principle of substance, abundance, prosperity; in a problem touching upon our human relationships, we turn to God as the principle of love, harmony, compassion, and understanding.

This "turning to Principle" (God) involves additional action on our part, for it means that we are beginning to use the laws of Truth in the right way. Through denial we erase from our consciousness all that is contrary to Principle. By affirmation we build into our consciousness the ideas that God reveals to us. This leaves the way open for Principle to move through our life in divine order and bring about the solution to any and all of life's problems. We read in our Scriptures:

"Unto thee it was showed, that thou mightest know that Jehovah he is God; there is none else besides him" (Deut. 4:35).

Our whole life becomes based on the fundamental teaching that God, as Principle, is the one presence and the one power in our existence.