

AFIRMACIJE za meditacijski program »Prebujanje zavesti #2«, Gregor Leskovšek, junij 2015

PROLOGUE

1.) Ommm x3

Om Shanti Supreme Beloved

I am of Šri Krišna and I am for the Šri Krišna alone.

2.) I believe it is worth to live and love. I am aware that Šri Krišna helps me in mystical ways. I do all prayers attentively, consciously, regularly and consciously. My gratitude Heart is all that matters all the way. I am humble as a blade of grass and tolerate as an oak. I eat the right amount, slowly and gratefully only healthy non-processed vegetarian food. I know when to stop eating and persistently put off, so I will have perfect weight.

2.*) I live to love. I am aware that Šri Krišna is now helping me in mystical way. I chant all prayers attentively, consciously, regularly and consciously. My own gratitude Heart means everthing to me. I am humble as a blade of grass and tolerate as an oak, especially when I slowly and gratefully eat only healthy prašad of right amount and I know when I must stop eating - I always bless the food and persistently put off till ideal weight: I walk daily, bicycle, swim and run.

3.) I have superb memory. I am sincere, pure, sure and simple. I am relaxed, at ease and at peace, vigilant, active and determined. I am perfectly grounded and in touch with myself and real world. I am firmly grounded with both feet on Earth. I think with my own brains.

3.*) I remember important facts, because I am sincere, pure, sure and humble. I stand behind my words and acts, because I am vigilant and completely grounded, in touch with God, my Soul and Real Life. I think with my own brains, because I am firmly grounded with both feet on Earth, completely present.

PRAYER

4.) Every day in every way I'm getting better and better. I can do all things through Šri Krišna, who strengthens me. I have not been given the spirit of fear, but power, love and normal, sound mind. I am happy, I am healthy, I am whole, I am satisfied. I have Faith and with Faith I can overcome anything. I am complete in every way; filled with courage and inner strength. I am at peace with myself and I accept myself as I am. I am the master of my fate; I am the master of my Life. Negativity has no effect upon me at any level at any time in any ill condition.

UVOD

1.) Ommm x3

Om Shanti Supreme Beloved

Jaz sem od Šri Krišne in samo za Šri Krišno.

2.) Verjamem, da je vredno živeti in ljubiti. Zavedam se, da mi Šri Krišna pomaga na mistične načine. Vse molitve delam pozorno, pazljivo, redno in prisebno. Moje hvaležno Srce je vse kar je vekomaj vredno. Ponižen sem kot travna biljka in toleranten kot hrast. V mojem imenu je zrno Resnice; v svoji duši sem posebljena Ljubezen. Zmerno, počasi in hvaležno jem samo zdravo nerafinirano vegetarijansko hrano. Znam se zadržati pri hrani in vztrajno hujšam, da bom imel idealno težo. Vsako jutro grem na grad in na mašo. Redno kolesarim, tečem, hodim in plavam.

2.*) Živim, ker ljubim. Zavedam se, da mi Šri Krišna sedaj pomaga na mističen način. Vse molitve mantram pozorno, pazljivo, redno in prisebno. Moje hvaležno Srce mi pomeni vse. Ponižen sem kot travna biljka in toleranten kot hrast, še posebej medtem, ko počasi in hvaležno uživam samo zdrav prašad v primernih količinah, pri katerem se znam zadržati - vedno blagoslovljam hrano in z redno telesno aktivnostjo hujšam do idealne teže: redno hodim, kolesarim, plavam in tečem.

3.) Imam super spomin. Sem iskren, čist, gotov in preprost. Sem sproščen, umirjen, previden, aktiven in odločen. Popolnoma sem prizemljen in v stiku s samim seboj in z realnim svetom. Trdno sem ozemljen in z obema nogama na Zemlji. Razmišljam s svojimi možgani.

3.*) Zapomnim si pomembne stvari, ker sem iskren, čist, gotov in preprost; umirjen in sproščen, pa tudi previden, aktiven in odločen. Trdno stojim za svojimi besedami in dejanji, ker sem buden in popolnoma prizemljen, v stiku z Bogom, samim seboj in Realnim svetom. Razmišljam s svojimi možgani, ker sem trdno ozemljen in z obema nogama na zemlji, s celim bitjem pri stvari.

MOLITEV

4.) Vsak dan v vsakem pogledu stalno napredujem. S Šri Krišno, ki me krepi, zmorem vse. Ni mi dan duh strahu, ampak moči in ljubezni ter normalnega, zdravega uma. Sem srečen, zdrav, zadovoljen, veren in z vero se zmorem vedno preseči. Popoln sem na vsak način; napolnjen s pogumom in z notranjo močjo. Sam s seboj sem pomirjen in se sprejemam takšnega kakršen sem v

4.*) I make progress with Šri Krišna, that strenghtens me. I have not been given the spirit of fear, but power, love and normal, sound mind. I am happy, I am healthy, I am whole, I am satisfied. I have Faith in Šri Krišna and with His help I *DO* overcome everything. I am complete plus perfect in every way; filled with courage and inner strength, that confirms me. I am at peace with myself and I accept myself during meditation as Šri Krišna sees me. I am friend to myself and the Master of my fate and of my Life. I will be liberated soon. Negativity has no effect upon me at any level at any time at any ill condition. I respectively and profoundly express my emotions in a perfect way. During the chanting of maha mantra I open myself to the Truth Within and for the Truth.

5.) EVERYTHING IN MY LIFE IS PUNCTUAL, AT THE RIGHT TIME AND IN THE PERFECT WAY.

6.) I aspire to adopt to outer circumstances. I know how to relax myself. I am extremely successful and disciplined. When I go to bed I fall asleep easily, relaxed and at Peace. Early in the morning I get up refreshed, relaxed and full of energy. I am extremely attentive and I have one pointed concentration and a perfect focus.

6.*) I aspire to adopt to my Soul, that relaxes me, disciplines me, pacifies me and fills me with Love, therefore I feed my Soul every morning with prayers and meditation, it means everything to me. When I go to bed I fall asleep easily, relaxed and at Peace. Early in the morning I get up refreshed, relaxed and full of energy. I am extremely attentive and I have one pointed concentration and a perfect focus.

7.) I know that You, Jesus Christ loves me such as I am now, therefore I love myself and my Heart is pure and full of Peace, so I feel worthy and able to serve the Source of Life in others. I accept my parents as an independent adult. I accept energy from Oneness. I meditate on Peace.

7.*) My Heart is pure and full of Peace and Love, therefore I meditate on Šri Krišna's Peace and serve my Guru and my parents. Om Shanti Supreme Beloved.

CONCLUSION

8.) I am a good programmer and a friend. I know how to comfort my near and dear ones. I don't need anything, not even myself, because I cannot lose myself. I am surrendered to God's will. I belong to Love. I am personified Cheerfulness and Incarnated gratitude, normal and sound personality,

Šri Krišnovi Luči. Sem Gospodar svoje usode; sem mojster svojega Življenja. Večno sem osvobojen nevednosti v vseh svojih bolezenskih stanjih. Svoja čustva vedno izrazim na primeren način. Odpiram se Resnici in jo delim s svetom, ki mi je drag.

4.*) Pomembno mi je napredovati. S Šri Krišno, ki me krepi zmorem vse narediti. Ni mi dan duh strahu, ampak moči, Ljubezni in normalnega, zdravega uma. Sem srečen, zdrav, zadovoljen, veren v Šri Krišno in z Njegovo pomočjo se presegam. Popoln sem na vsak način, napolnjen s pogumom in z notranjo močjo, ki me pomirja. Sem razbremenjen ob misli, da se med meditacijo sprejemam takšnega kakršnega me vidi Šri Krišna. Sam sebi sem prijatelj kot Gospodar svoje usode in mojster svojega Življenja. Verjamem, da se bom kmalu osvobodil nevednosti. Svoja čustva vedno izrazim na primeren način. Med mantranjem maha mantr se odprem Resnici v sebi in za Resnico.

5.) VSE V MOJEM ŽIVLJENJU JE PRAVOČASNO, V PRAVILNEM VRSTNEM REDU IN NA NAJBOLJŠI MOŽNI NAČIN.

6.) Zavzeto se prilagajam zunanjim okoliščinam. Znam se sprostiti. Sem izjemno uspešen in discipliniran. Zvečer zaspim zlahka, sproščen in pomirjen. Zgodaj zjutraj vstanem spočit, sproščen in poln energije. Sem izredno pozoren in imam ostro koncentracijo ter perfekten fokus.

6.*) Zavzeto se prilagajam svoji Duši, ki me zna sprostiti, disciplinirati, umiriti in napolniti z energijo Ljubezni, zato jo hranim vsako jutro z molitvami in meditacijo, mi je vse. Zvečer zaspim zlahka, sproščen in pomirjen. Zgodaj zjutraj vstanem spočit, sproščen in poln energije. Sem izredno pozoren in imam ostro koncentracijo ter perfekten fokus.

7.) Vem da me Ti, Jezus Kristus imaš rad takšnega kakršen sem, zato se imam rad tudi sam in moje Srce je čisto in polno Miru, zaradi katerega se imam vrednega in sposobnega služiti Izvoru Življenja v drugih. Sprejemam svoje starše kot neodvisen odrasel. Sprejemam energijo iz Enosti. Meditiram na Mir.

7.*) Imam čisto Srce, polno Miru in Ljubezni, zaradi česar meditiram na Šri Krišnov Mir in služim Guruja in svoje starše. Om Shanti Supreme Beloved.

ZAKLJUČEK

<p>independent person, serious athlete and angelicly pure Soul that I am determined and destined to love.</p> <p>8.) As a good programmer and a friend I patiently and humbly wait and gratefully love mySelf, Šri Krišna and dear ones, because I know that with that I gain New Life. I am surrendered to God's will. I belong to Love. I am personificated Cheerfulness and Incarnated gratitude, normal and sound personality, independent person, serious athlete and angelicly pure Soul that I am determined and destined to love.</p> <p>I am of Šri Krišna and I am for the Šri Krišna alone. Om Shanti Supreme Beloved.. Ommm. X3</p>	<p>8.) Sem dober programer in prijatelj. Znam potolažiti bližnje in drage. Nič ne potrebujem niti sebe, ker sebe ne morem izgubiti. Izročam se Božji Volji. Pripadam Ljubezni. Sem poosebljena Dobrodušnost ter inkarnirana Hvaležnost, zdrava in normalna osebnost, samostojna oseba, resen športnik in angelsko čista Duša, ki sem odločen in usojen ljubiti.</p> <p>8.*) Kot dober programer in prijatelj dobrodušno in ponižno vse potrpim in hvaležno ljubim sebe, Šri Krišno in bližnjega, ker vem, da s tem prejemam Novo Življenje. Pripadam Ljubezni. Sem poosebljena Dobrodušnost ter inkarnirana Hvaležnost, zdrava in normalna osebnost, samostojna oseba, resen športnik in angelsko čista Duša, ki sem odločen in usojen ljubiti.</p> <p>Jaz sem od Šri Krišne in samo za Šri Krišno. Om Shanti Supreme Beloved Ommm. x3</p>
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AFIRMACIJE za meditacijski program »Prebujanje zavesti #1«, Gregor Leskovšek, 27. marec 2012

<p>Ommm x3 Om Shanti Supreme Beloved I am of the Šri Krišna and I am for the Šri Krišna alone.</p> <p>I am worthy of Divine Life. Please God, let me pull my falus inside me like a turtle into itself's armour. God, help me to insert my falus inside Her as a husband in his Beloved wife. God, I thank Thee that I love Mrs. XY such as she is in Her normal, natural state in a perfect way. Success is circulating in me in an avalanches of abundance. My name is the Truth; I am personalized Love. I am at my perfect weight. I eat healthy prašad.</p> <p>Every day in every way I'm getting better and better. I can do all things through God, who strengthens me. I have not been given the spirit of fear, but power, love and sound mind. I am happy, I am healthy, I am whole, I am satisfied. I have Faith and with Faith I can overcome anything. I am complete in every way; filled with courage and inner strength. I am at peace with myself and I accept myself as I am. I am the master of my fate; I am the master of my Life. Negativity has no effect upon me at any level at any time.</p> <p>EVERYTHING IN MY LIFE IS PUNCTUAL, AT THE RIGHT TIME,AND IN THE PERFECT WAY. I aspire to adopt to outer cimcurstances. I do all mantras attentively and consciously.</p>	<p>Ommm x3 Om Shanti Supreme Beloved Jaz sem od Šri Krišne in samo za Šri Krišno.</p> <p>Splača se živeti. Bog daj, da potegnem svoj falus vase kakor želva v svoj oklep. Bog pomagaj, da se ljubim s svojo Dušo dvojčico. Bog, zahvaljujem se Ti, da imam Prijateljico XY rad takšno kakršna je na popoln način. Moje ime je Resnica; sem poosebljena Ljubezen. Imam idealno težo. Zmerno, počasi in hvaležno jem samo zdravo hrano. Bog mi pomaga.</p> <p>Vsak dan v vsakem pogledu stalno napredujem. S Šri Krišno, ki me krepi, zmorem vse. Ni mi dan duh strahu, ampak moči in ljubezni ter normalnega, zdravega uma. Sem srečen, zdrav, celosten in brez napak ter zadovoljen. Sem veren in z vero se zmorem vedno preseči. Popoln sem na vsak način; napolnjen s pogumom in z notranjo močjo. Sam s seboj sem pomirjen in se sprejemam takšnega kakršen sem v Šri Krišnovi Luči. Sem Gospodar svoje usode; sem mojster svojega Življenja. Večno sem osvobojen nevednosti na vseh stopnjah.</p> <p>VSE V MOJEM ŽIVLJENJU JE PRAVOČASNO, V PRAVILNEM VRSTNEM REDU IN NA NAJBOLJŠI MOŽNI NAČIN. Zavzeto se prilagam zunanjim okoliščinam. Vse mantre delam pozorno, pazljivo in prisebno.</p>
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<p>My own gratitude Heart is all that matters. I am humble as a blade of grass and I tolerate as an oak. I know how to relax myself. I am extremely successful and disciplined When I go to bed I fall asleep easily, relaxed and at Peace. Early in the morning I get up refreshed, relaxed and full of Energy. I am extremelly attentive and have one ponted concentration and a perfect focus.</p> <p>I know that You, Jesus Christ loves me such as I am now, therefore I love myself and my Heart si pure and full of Peace, so I feel worthy to enjoy Life. I accept my parents as an independent adult. I accept energy from Oneness. I meditate on Peace. I have superb memory. I am sincere, pure, sure and simple. I am relaxed, at ease, ,active and determind.</p> <p>I am perfectly grounded and in contact with myself and reality. I am firmly grounded and in contact with the Earth. I think with my own brains. I am good programmer and counceleur. I don't need anything, not even myself, because I cannot lose myself. I am surrendered to God's will. I am of the Šri Krišna and I am for the Šri Krišna alone. Om Shanti Supreme Beloved.. Ommm. X3</p>	<p>Moje hvaležno Srce je vse kar je vredno. Ponižen sem kot travna biljka in toleranten kot hrast. Znam se sprostiti. Sem izjemno uspešen in discipliniran. Zvečer zaspim zlahka, sproščen in pomirjen. Zgodaj zjutraj vstanem spočit, sproščen in poln energije. Sem izredno pozoren in imam ostro koncentracijo ter perfekten fokus.</p> <p>Vem da me Ti, Jezus Kristus imaš rad takšnega kakršen sem, zato se imam rad tudi sam in moje Srce je čisto in polno Miru, zaradi katerega se imam vrednega uživati v Življenju. Sprejemam svoje starše kot neodvisen odrasel. Sprejemam energijo iz Enosti. Meditiram na Mir. Om Shanti Supreme Beloved.</p> <p>Imam super spomin. Sem iskren, čist, gotov in preprost. Sem sproščen, umirjen, previden, aktiven in odločen. Popolnoma sem prizemljen in v stiku s seboj in realnim svetom. Trdno sem ozemljen in z obema nogama na Zemlji. Razmišljam s svojimi možgani. Sem dober programer in svetovalec. Znam potolažiti prijateljico. Nič ne potrebujem niti sebe, ker sebe ne morem izgubiti. Izročam se Božji Volji. Jaz sem od Šri Krišne in samo za Šri Krišno. Om Shanti Supreme Beloved Ommm. x3</p>
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The following information is intended to help you develop your personal affirmation script for use on your deeper level Holosync soundtracks.

Remember, to submit your personalized affirmation recording you'll need to have your customer and order numbers, plus the phone number to the automated telephone recording system. This information is found in the email you received shortly after placing your deeper level order.

The ultimate purpose of the Autofonix affirmations used in The Holosync Solution is to shift unconscious programming from that based on conflict and unhappiness to that based on harmony and happiness. Because Holosync places the listener in an extremely receptive state, affirmations become incredibly effective and positive change is dramatically accelerated.

This process of rescripting the beliefs in the unconscious mind is really nothing new. Seekers the world over have practiced it for over ten thousand years, using any number of time-honored methods.

First, through some form of focusing (the most effective form of which is meditation), the two hemispheres of the brain are synchronized, thereby accessing the brain's unconscious databanks. Simultaneously, through affirmations, prayers, visualizations, etc., the old,"unhappiness programming" is replaced with new, life-affirming programming.

This process has typically required many years. However, due to the incredible suggestibility created by Holosync, this rescripting can be accomplished much more quickly. When we add the fact that the affirmations used are recorded in your own voice, using our proprietary Autofonix silent communication technology, the results are often nothing short of miraculous.

Your own voice is the voice most familiar to your unconscious mind. Your speech is unique to you, from the timbre and tone of your voice to the tempo and accent of your use of language. While Autofonix encrypts your affirmations, your unconscious mind can detect these subtle aspects of your speech, improving your receptivity to the material.

Since the ultimate purpose of The Holosync Solution program is to empower you, all decisions regarding the affirmations are up to you. You may affirm anything, in any way, that you desire. You may wish to consult with your therapist or counselor, if you have one, in order to really focus on your specific key issues.

Do The Autofonix Affirmations Really Work?

In a word: yes. While Holosync is responsible for the bulk of the changes you'll experience while working with your soundtracks, the affirmations help refine and support these changes, often dramatically.

Many psychologists assert that much of what we learn and retain in life is absorbed not solely through conscious learning but by unconscious assimilation. By repeatedly exposing your mind to the affirmations, you will see the powerful results possible by this unconscious assimilation process.

We know that some other forms of subliminal affirmation recordings offered by other companies have not proven very effective. But we've seen excellent results from the Autofonix method, and were sure you will too.

Remember that affirmations can take time to anchor in the unconscious, affect your internal scripting, and manifest in conscious thought and behavior. While these changes begin to happen as soon as you begin working with the affirmations, allow time for the changes to become noticeable.

With each deeper level comes a soundtrack called "Floating." You'll find this sound-track helpful in reinforcing the effect of the affirmations, along with your daily Dive/Immersion listening session (See your program instructions for details on how to use Floating).

Considerations When Making Your Affirmation Script

In looking over the enclosed affirmation suggestions, be willing to entertain the possibility that those statements to which you feel the greatest resistance may represent areas in which you have some work to do and therefore may have the greatest impact and cause the greatest shifts for you.

The enclosed list of suggested affirmations is merely a guide designed to give you a start in constructing your own. You may create your affirmations in any way you desire, addressing any issues you feel are important for you in your growth and healing.

Feel free to make your affirmations as specific, or as general, as you wish (many Participants feel that a mix of both works best). For example, an individual hoping to use their affirmations to address a specific health condition might also wish to include affirmations that address health in a more general way by focusing on proper diet, exercise, etc.

Although you can compose affirmations according to your preference, we find that reciting affirmations in the first person, present tense, and affirmative seems to work best (examples: "I am successful," "I always make time to exercise," "I enjoy coming up with new ideas.")

If you find yourself getting stuck, it might be because you're attempting to be too specific. Start with general areas you wish to focus on, such as "Health" or "Relationships," and begin listing words you associate with these topics. For example, under "Health" you may list words like "exercise, vitality, energy, deep sleep, stamina." It then becomes easier to compose affirmations using simple phrases like "I exercise regularly, I have plenty of vitality and energy, I sleep deeply each night, I have tremendous stamina."

Affirmations need not be long, complex sentences. Use verbiage that is clear, concise, and meaningful to you. One other note, remember that most people do not like the sound of their own voice. This has no bearing on the effects of your affirmations. The recording does not need to be perfect to be effective and an occasional verbal "stumble" won't diminish the effectiveness of the recording.

Making the affirmation script can be an enjoyable exercise. It's your chance to affirm the specifics of the life you want to live and the experiences you want to have. With time you'll see the results of your affirmations manifesting throughout your life.

**Should you have any questions or concerns,
feel free to contact the Centerpointe Support Team:**

support@centerpointe.com
001-503-672-7117 (M-F 9:30AM 5:00PM Pacific)

Sample Affirmations

Below is a list of affirmation examples. You can use any of these affirmations verbatim if you wish. You can select one, several, or all from any or all categories. Feel free to mix topics. You can also compose your own affirmations specific to your personal development goals. Remember, you have up to 5 minutes of recording time.

SECURITY - SAFETY - SELF-IMAGE - HEALING

I am beautiful, capable, and lovable. I am valuable. I have complete faith and trust in (God, the Universe, myself, my possibilities, Infinite Intelligence). All my needs are met, for I am one with (God, Creation, the Universe, everything). I love myself unconditionally and nurture myself in every way. I trust my inner guidance.

I give and receive love. I am an important and valuable part of the world. I am perfect just the way I am. My needs are important. All my needs are met. It is easy and safe for me to know and express my feelings. It is safe to be vulnerable because the universe protects me.

I am a beautiful child of (God, the Universe). I like people, and I radiate warmth and friendship to all. The world is a safe and nurturing place. People like me. I have as many friends as I want. I can set healthy boundaries for myself. I am healing all my childhood wounds and moving toward greater peace and happiness every day.

My fears are melting away and my happiness is growing to infinite proportions. My mind is perfect, my body is perfect, my feelings are perfect, I am perfect. I speak my truth and walk my talk. My capacity to give and receive love grows by the minute. I release my past and welcome the present. My happiness comes from within.

No one has the power to make me feel bad. I am a good person. I can trust. I can hope. I can be curious and explore and do. I am somebody. I have purpose and value. I can imagine and feel. I have conscience. I am intelligent. I can think and learn.

I am competent and resourceful. I am unique and valuable. I have an inner sense of who I am. I can be intimate with myself and with others. I can be totally close and totally separate. I can love myself and I can love others. I am committed to life. I can create and produce. I am responsible for my life.

Everything that happens to me I create consciously or unconsciously. I have made a decision not to judge anyone, including myself. I choose to forgive everyone for whom I feel less than unconditional love. I choose to see the perfection in everything, just the way it is. I allow support in my life. I am open to new beliefs. I accept my parents and affirm my independence from them.

I create my own happiness. I acknowledge my needs and feel free to make them known. I am appreciated and I appreciate others. I make decisions with confidence. I let go of things I cannot control. It is easy to trust because I am a powerful person. I let myself play and have fun. I have no need to control people or situations. I allow myself to grieve and heal.

ACHIEVEMENT - SUCCESS

I am a success. I can be, do and have everything I want. I see each day as a new and positive adventure. I love my work. I have unlimited personal power and I always use it for the good of all. I can do anything I put my mind to.

It's great to be alive. My life is a great and exciting adventure. I live in a world of abundance. **Prosperity is circulating in my life. It flows to me in avalanches of abundance.** All my needs, desires, and goals are met instantaneously for I am one with everything. Whatever I can conceive and believe, I can achieve.

I can be, do and have everything I want. My capabilities and potential are unlimited. I express my potential more and more each day. I see problems as exciting challenges that cause me to grow and evolve. I vividly visualize myself as the person I want to be and I am enthusiastically achieving my goals.

I see the seed of an equivalent or greater benefit in every adversity. All my relationships are based on respect and integrity. I have unlimited self-confidence. I can be, do and have everything I want. I persistently act and move toward my goals. I work for the good of all.

I like to meet in harmony with my positive minded friends to master-mind my goals. Ideas are now coming to me that will help me to achieve whatever I want in life. I thankfully and gratefully accept these ideas and enthusiastically and immediately act on them. I sizzle with power and enthusiasm.

I willingly jump at the opportunity to serve others. I am always positive, prosperous-minded and filled with self-confidence. I persistently act and move toward my goals. I think before I act. I sizzle with power and enthusiasm. I control my thoughts at all times. I have an alert, positive mental attitude and I persistently think and act in the direction of my good and my goals.

I start each day with enthusiasm, eager to act. I am creative and resourceful and have all the abilities I need to succeed. I love challenges and learn from every situation in my life. I live every day with power and passion. I feel strong and excited, passionate and powerful. I feel tremendous confidence that I can do anything. All my relationships are based on integrity and respect.

I contribute to the world in a meaningful way and am paid back a thousand-fold. I manage my money and other resources wisely. I willingly jump at the opportunity to serve others. It is fun and easy to take action toward my goals.

I efficiently make use of my time each day. I have unlimited self-confidence. I can be, do and have everything I want. The more I act, the more I succeed.

I am deeply grateful for the freedom to act and move toward my goals. Whatever I can conceive and believe, I can achieve, My capabilities and potential are unlimited. I am expressing my potential more and more each day.

HEALTH

Every cell in my body vibrates with health, healing, vitality, and love. I am perfectly healthy, mentally and physically, and I do all things to properly maintain my health. I think healthy thoughts. Every day, in every way, I'm getting better and better. I am healthy and strong, filled with energy and vitality.

I am at my perfect weight, healthy in every way. I eat only those foods that I need in order to maintain optimum health and vitality. I think healthy thoughts. I am healthy and strong, filled with energy and vitality.

I awaken each day feeling healthy and alive with energy. I feel energized throughout the day. I am bursting with health and vigor. I think young and feel young. Every pressure I feel is a signal to relax, release, and let go.

I expect to be healthy. I feel healthy and strong. I think healthy thoughts. I awaken each day feeling healthy and alive with energy. I always have more than enough energy to do all I want to do. I think young and feel young. Every cell in my body works together in perfect harmony to create perfect health.

I am at my perfect weight, healthy in every way. I eat only those foods that I need in order to maintain optimum health and vitality. I feel energized throughout the day. I am bursting with health and vigor. I think young and feel young. Every day, in every way, I'm getting better and better. I am perfectly healthy, mentally and physically, **and I do all things to properly maintain my health.**

I always have more than enough energy to do all I want to do. Every cell in my body works together in perfect harmony to create perfect health. I expect to be healthy. I think young and feel young. Every cell in my body works together in perfect harmony to create perfect health.

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RELATIONSHIPS

I give and receive love freely. I am open and honest in all my interactions. I attract those who have healthy, positive intentions. I radiate beauty. I enjoy romance and intimacy with a loving partner. I find it easy to express my love for my (wife, husband, partner, etc.). I easily find ways to show my love and appreciation for my (wife, husband, partner, etc.). My relationships are joyful and fulfilling on all levels.

I communicate with my (wife, husband, partner, etc.) clearly and easily. **I embrace passion and intimacy in my relationship.** I find ways of demonstrating love to those in my life. I make healthy decisions regarding all my relationships. I bring a positive energy to all my relationships. My relationships thrive and succeed on all levels. The love I experience in my relationships is unlimited.

I am attracted only to those relationships that are open, honest, and healthy for me. I maintain healthy boundaries in all my relationships. I am surrounded by loving, supportive, and positive people. I am open to all healthy possibilities where relationships are concerned. **All my relationships are evolving to higher, healthier levels.**

My relationships are passionate, exciting, and fun. I communicate with openness and integrity at all times. I relate easily to people in all kinds of situations. I am comfortable and confident in all my relationships. I constantly notice positive traits about my (wife, husband, partner, etc.).

I build and maintain strong relationships. I find many opportunities to establish meaningful relationships. People like me for who I am. I am seen by others as loving, confident, attractive, and personable. I exude warmth and love. I am open to all that the universe brings me in my relationships.

MENTAL PERFORMANCE/FOCUSING

My mind is sharp. I always think powerful, creative thoughts. I have an excellent memory. I easily think of creative ideas. I am focused on success and happiness. I see and create opportunities for myself with ease.

I think clearly at all times. My thoughts are lucid, clear, and coherent. I always come up with brilliant ideas. I use my mind to focus on what I want. I stay focused on what is resourceful. My mind is filled with thoughts of peace, happiness, and success.

My intelligence is increasing every day. I learn new things easily. I like to challenge my mind to grow and become sharper. My powers of concentration are excellent. I easily remember and retain important information. My mind functions at a high level.

I am creative and intelligent. Clear, logical thinking comes easily for me. My capacity to learn is unlimited. My mind is nimble, sharp, and open. I am solution focused at all times. I know what I want and focus my mind on it. I use my focusing ability to make mental images of what I want. I focus on the positive. My mind always thinks of healthy, resourceful ways of living.

My mind quickly develops new ideas. My mind easily grasps new concepts. My mind effortlessly generates exciting and creative ideas. My mind constantly scans for new and healthy opportunities. My mind is open and clear. I perform at a very high mental level.

I can focus my mind in whatever way I wish. I easily memorize anything I study. My mind is filled with energy. New challenges are always resolved by focusing on what I want. I possess all the answers I need in my mind.

My memory is outstanding. I can access all memories with ease. I easily focus in on the task at hand. I am mentally disciplined. I use my study time wisely. I learn new things quickly. I am a fast learner.

TRADITIONAL - SPIRITUAL

I surrender my life to (God, Higher Power, Christ). I have a wonderful, fulfilling relationship with God, which guides my life. I can always trust the guidance of the Holy Spirit. I feel my connection to God in everything I do.

All that I am, I derive from God. God gives meaning to my world. God is in everything I see because God is in my mind. My relationship with God helps me to forgive. My relationship with God helps me to grow.

My mind is a part of God's. God goes with me where ever I go. I can always trust His guidance. God is my strength. God is my source. God is the light in which I see, the mind in which I think, the love in which I forgive.

I am sustained by the love of God. God's will for me is perfect happiness. God's peace and joy are mine. I rest in God. The peace of God is shining in me right now. I need not worry, because God guides my life.

MYSTICAL - SPIRITUAL - EASTERN PHILOSOPHY

I am the Supreme Reality. All is because I am. As the Source of everything, I am in everything and everything is in me. I have no shape, no name. Before all beginnings, after all endings, I am. **I am Love itself.**

As the Source of everything, I am eternally at peace, immersed in the deep silence of Reality. I exist forever as Love, peace, and ecstasy. I am the infinite potentiality, the inexhaustible possibility. I am Love.

All has its being in me. Even not-being is unthinkable without me. I am all that is, all that ever was, all that ever will be. I am uncaused, independent, undivided. I am Love. I am happiness.

I am complete and perfect. I need nothing, not even myself, for myself I cannot lose. My very nature is limitless freedom and happiness. I am Love.

I am the totality of Being, the ocean of consciousness, the limitless universe of all that is. I have nothing to desire for I am complete forever. I am Love. I am Compassion. I am Oneness. I am deep, immense, unshakable peace.

Before all beginnings, after all endings, I am. I am eternal Happiness. I am eternal Peace. I am eternal Harmony. I am eternal Love. As the Source of everything, I have nowhere to go, nothing to do, nothing to become.

All there is, is me. I am the ecstatic flow of What-Is, the endless ocean of pure Awareness. Compassion and love are my very nature. I am Perfection. I am Delight.

I am Oneness. I am ever-calm, immovable and eternal. I am the happiness of absolute freedom. I am the perfection of all that is. I am Love.

I am timeless being and awareness. I am uncaused, undivided, independent. Before all beginnings, after all endings, I am. I am the totality of being, the ocean of consciousness, the entire universe of all that is. I have nothing to desire for I am complete forever.

Mantre:

1.) UVOD

Aummmmmm x3

Živim od Šri Krišne in ljubim Šri Krišno. Jaz sem od Šri Krišne in samo za Šri Krišno.

VSE V MOJEM ŽIVLJENJU JE PRAVOČASNO, V PRAVILNEM VRSTNEM REDU IN NA PERFEKTEN NAČIN.

Nič ne potrebujem niti sebe, ker sebe ne morem izgubiti. Ponižen sem kot travna biljka in toleranten kot hrast.

2.) ZDRAVJE

Sem srečen, zdrav, kreposten, celo brez napak in s tem sem zadovoljen! S Šri Krišno, ki me krepi, zmorem vse. Vsak dan v vsakem pogledu stalno napredujem. **Ni mi dan duh strahu, ampak moči in ljubezni ter normalnega, zdravega uma.** Perfekten sem na vsak način; napolnjen s pogumom in z notranjo močjo. Sam s seboj sem pomirjen in se sprejemam takšnega kakršen sem v Šri Krišnovi Luči. Sem Gospodar svoje usode; sem mojster svojega Življenja. Večno sem osvobojen nevednosti na vseh stopnjah.

3.) IDENTITETA

Sem veren in z vero se zmorem vedno preseči. Splača se mi živeti, sočustvovati in rodil sem se, da se naučim ljubiti. Vreden sem Božanske Ljubezni. Vse mantre delam pozorno, pazljivo in prisebno. Sem dober programer in svetovalec. Sem pameten! **Zavzeto se**

prilagajam zunanjim okoliščinam. Spoštujem sebe in svojega Učitelja, Šri Krišno. **Vem da me Ti, Jezus Kristus ljubiš takšnega kakršen sem, zato se imam tudi sam rad** in moje Srce je čisto ter polno Miru, zaradi katerega se imam vrednega zabavati. Sprejemam svoje starše kot neodvisen odrasel.

4.) **KORENINE**

Sem miren, tih in vztrajen! Sem iskren, čist, gotov in preprost. Znam se sprostiti in sem sproščen, umirjen, previden, aktiven in odločen. Sem izjemno uspešen in discipliniran. Popolnoma sem prizemljen in v stiku s seboj in realnim svetom. Trdno sem ozemljen in z obema nogama na Zemlji. Razmišljam samo z lastnimi možgani. Zvečer zaspim zlahka in sanjam o Šri Krišni. Zgodaj zjutraj vstanem spočit, sproščen in poln energije.

5.) **ZAKLJUČEK**

*Najbolj ljubim Šri Krišno. Jaz sem od Šri Krišne in samo za Šri Krišno.
Izročam se Božji Volji. Sprejemam energijo iz Enosti. Meditiram na Mir.
Aummmmmm Shanti Supreme Beloved. X3
Aummmmmm. x3*