

ט"וב

Affirmation statements such as below should be said slowly while in a still, quiet, contemplative space. Repeated daily and consistently, verbalizing such affirmations (use these or come up with your own list) have a tremendously powerful effect on creating more G-d consciousness and an overall feeling of being enveloped in Hashem's loving presence.

POSITIVE THOUGHTS CREATE SHIFTS IN CONSCIOUSNESS

1. Hashem loves me with an infinite, indescribable, unconditional love.
2. Everything Hashem does is good and is the best case scenario for my growth and overall well-being.
3. Hashem trusts me and believes in me to do great things.
4. Everything I am, all that I do, whatever I become is all chesed from Hashem.
5. I am nothing without Hashem – I am everything with Hashem.
6. Hashem is taking care of me, my family and all that is important to me, all of the time.
7. I have infinite potential if I would but learn to tap into the infinite inside of me.
8. I have free will to choose my thoughts, to guide my emotions, to set my moods.
9. Happiness is the energy, the fuel that generates success.
10. I can choose to be positive, to think positive, and to feel happy at any given moment.
11. I can choose to let go of any negative thought or worry at any given moment and give it all over to Hashem's loving care.
12. Being more b'simcha will set me free.
13. Hashem is always beside me, next to me, within me, surrounding me. He is as close as close can be. I need only to open myself ("Shiviti...") to His presence, to His Reality, to His love. This is true simcha.
14. Hashem wants only to do good; Hashem only gives; Hashem only loves.
15. I want to want only what Hashem wants me to want. All else is hevel and vanity.
16. If I but control what comes out of my mouth, then I can control what goes into my mind.

Shiviti: Be Calm. Be Conscious!

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