

140 POSITIVE AFFIRMATIONS AND MANTRAS



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Foreword

Positive affirmations and mantras are the key to a steady and up going spiritual life. They are a key aspect of our daily practice and they complement easily a steady meditation practice, a yoga practice or a prayer practice. For many of us, there is the question of "but why do these positive affirmations work, given that most of the time, the affirmation usually contrasts with our present moment situation." This is a valid question, as most of the time, we affirm through our positive affirmations the contrary of our present moment situation. For example, even if our day feels bad, uneasy or stressful, we choose to say, through a positive affirmation exactly the opposite, such as "What a beautiful day today".

The answer is simple: brain rewiring. If you have a spiritual life, meaning that you practice meditation, or any other spiritual practice and strive to read from spiritual texts so you can steadily earn merit, you noticed that on your path, you sometimes (for some less, for some often) you get spiritual insights. These insights manifest as epiphanies, or moments of truth, where you "hear" in your mind phrases that conclude a few hours of meditation or prayer. The emotional and mental load of the epiphany is great, and you "realize", "see", "understand" or "hear" in your mind, a phrase that means a lot to you. That phrase can be something similar to "I have to accept life as it is" or "being mindful helps me in living my life well", or "I love my life now". These are no different than what the positive affirmations are, with the sole difference that in positive affirmations we "know" the affirmations and affirm them, and in the epiphanies or insights we get them from our practice. But to the brain, the affirmations that we get either from insights or from willingly affirming them as positive affirmations, the message is the same. So that's why positive affirmations work. We willingly affirm a positive message in our minds, as if we have had a spiritual insight or epiphany.

This book contains a set of 70 positive affirmations and 70 mantras. The difference between positive affirmations and mantras is that a positive affirmation is just a reminder to our brain that we tell ourselves in our mind once, and a mantra is being repeated continuously, sometimes even one hundred times or even more.

I hope you will enjoy this book and it will benefit your spiritual practice a great deal.

1. All is exactly as it should be.

In viewing the world, we always need to see that untainted quality in the things we see and in the people we meet. Everything is as it is because of countless of causes and effects, and everything holds in itself a lesson or an enjoyable moment to be experienced.

Life is best experienced through the simple eyes of joy, where simplicity generates humbleness, which in turn, makes us see the true heights and beauty of our world.

2. My life is so beautiful now.

We always need to see the positive side of things. Our lives are so wonderful and cheerful, but sometimes we cannot see the forest because of the trees, as the saying goes. There are or can be countless dramas, events or situations that can show us the evil or ugly aspect of our lives, but above the dark-grey clouds that form because of these events, the sun always shines, and that's the truth of our lives.

3. I rest quietly in the serene space of my mind.

Resting quietly in our peaceful minds brings the natural expression of mindfulness. We just are, we just enjoy our lives, and the peace that exists in our minds allows us to see the world for what it really is. This peaceful state of mind will always help us in making the best decisions in our lives.

The serenity and openness of our minds will also bring about all the qualities of the things we perceive, and we will start to enjoy life, with fresh, new eyes.

4. My open heart is always making me feel the wind of freedom.

This positive affirmation is great and simple in itself. The wind of freedom can be always felt when one has an open heart and a peaceful mind.

Freedom is something we always strive for in our lives, and freedom can always be granted by an open heart. Feeling the invigorating fresh air in our lungs and accepting life with an open heart will always put us, right there, in the spot where freedom develops effortlessly.

5. Today it's so much better than yesterday.

This affirmation holds in itself the power to eradicate bad karma or mistakes in one's life. By seeing that the providence always gives us a second chance, we can see that our mistakes were actually lessons from which we have learned a great deal, either through suffering or from accepting our truth, as it is.

6. Never mind the problems, focus on the solutions.

This is a simple positive affirmation that reminds us that the problems appear in our lives to be solved, not to just create further burdens on our backs. If you stay long enough with a problem in your mind, with an aware state of being, you will find the answer to its solution. If you focus on the positive side of life, you can always solve with ease the problems that appear, and that will make you walk further, on the path of your life.

7. I feel excellent today.

This simple positive affirmation is useful to break the chains that keep you in unwanted situations.

8. No matter what I do, I always
enjoy it.

Being always positive and feeling fresh and recharged with positive energy will always make you enjoy life, no matter what you are presently doing.

9. My wealth and well-being are connected to each other.

Our health and happiness is always connected to our wealth, abundance, success and money. Only a happy and vibrantly healthy person can be able to create abundance in his life, because only then you can see life from a clear point of view.

10. Abundance comes to me in the easiest ways when I am grateful.

Gratitude or being thankful for what we have in our lives can always create the ground for more abundance. Money, wealth, success, fame, can always come to the people that are already so grateful for what they presently have, because by being thankful, by being grateful, you create the basic ground for more to arrive in your life.