

# **AFFIRMATIONS**

**FOR YOUR  
SELF**

**BOOK I  
THE WRITINGS**

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## AFFIRMATIONS

### #1 I TAKE A MOMENT TO BE AT PEACE

The Spirit in whom you believe moves through you each hour of the day and each second of the hour. It is there, running smoothly and continuously in its effort to energize you with the positivity of Life and the vitality of indifference to the universal code of upheaval.

Disruptions exist only at the hand of human beings who see themselves as bodies and nothing more. Begin to see your Self as Spirit and as Light, for that, and that alone, is what you truly are. And with this new Vision will you then be shown all the parameters of work you must accomplish while on the planet, and the work you must attain while in the sphere of spirituality and the envelope of all eternity that can be sealed only from the inside outward. It can contain you therein, but it cannot prevent you from entering it.

Take a moment to be at peace, and know that in that moment is all the cavalcade of miracles available to you in every second from now on. See it as the beginning of your new perception, and refuse to think about the end it brings to dreams that will be of no value to your memory now.

### #2 LOVE IS MY COMPASS AND WILL SHOW ME THE WAY

To see the direction to which you are bound is often a task undertaken by you when you feel good and in control of your emotional spirituality and your body rhythms and movements. But when all those possessions become somewhat shaky to you, and the fear thoughts enter in, as they often seem to do, you need the compass of all direction to point you to where you must go to find the next behavioral mood that quenches every thirst you now must have.

**Depend on Love and you depend on all you need in every circumstance.** It is all-encompassing from you, to you and for you. It comes in, it goes out, it protects and it guides you through every animosity and signal of unrighteousness that claims the moment you have found your Self within.

When you do not know what to do, use it then unto your Self and all of those around you, for it will be the greatest Healer unto you as well as by you.

Do not fear at being lost, for at your fingertips and in your hand is the greatest compass available to the body's search for all that is contained within.

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### #3 MY EYES WILL REST IN LIGHT AND SEE NO FEAR

If you feel a feeling of fear, then it is in the way of what you are supposed to be feeling, for fear is always a block to something that is great and pure.

Mounted by the ego, it is a characteristic of the dark side of your Self and of the Universe. Like the dark side of the moon, it exists, but it can only be seen when your eyes have grown so weary from looking at the Light that they rest awhile, and in that rest, their focus will wander to the seductive tranquility of darkness. But once they reach the darkness, they can see no more. What was thought of as rest becomes the unknown, and what is unknown becomes fearful.

Let your gaze be strong and your will be mighty. Allow your vision to not turn to the darkness, for all that can grow there is a fungus of fear all moist from tears that have previously been shed and need fall no more, nor can they fall a second time from you. They are gone, and your eyes are washed clean of every speck of dust that has clouded your Vision for so very long.

### #4 MY HEART WILL BEAT TO THE RHYTHM OF ALL HEALING

Sacred are the hearts that remain open to the Truth as it comes smashing in through doors that are so sealed and locked by time in darkness and blocks of total unforgiveness. Let your heart feel open and relaxed. Think about it, and feel the tension and the strain lying deep within your chest that shrieks of paranoia and screams with fearful anxiety as it beats to rhythms as yet unknown within the present.

Trust your heart, and you will soon be able to trust all things. The pulse you feel passing through all healing episodes is really the pulse that is passing through your heart. It is that energy from you that beats within your chest, but has the capability of being refocused to another location to move throughout with healing waves of rhythm that are like a line of poetry when healing.

Your hands become your heart then. Through them will pass the flow of all the life-giving, essential fluid that operates the spirit like the blood does operate the body. Your soul is in need of both right now as it ventures through an earthly plane that consists of both the spirit and the body, and has offered lessons to them both, sometimes collectively, sometimes individually.

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Let your heart then teach you all the ways the flow you seek can be pulsed from one chamber to another, and from one hand to another. Listen to your heart with body and with spirit, and feel your working soul then gain the lessons it was brought to learn, and accomplish all the fundamental feats it needs to attain in order to progress onward in teaching and in healing works and functions meant for others through relationship.

### #5 IF I STEP BACK, I WILL SEE WITH TRUER VISION

Blessed are the days that turn all pain to joy for they will come to change perception in our minds and from our hearts. **Reversal** is the key to unlock every door that opens and allows us entry into a world like we have never known before, but one which, once it **is** known, can never again be replaced by any intrusive past identification with what is important and what is not.

All the value we have placed on past importances just simply disappears like smoke that breaks up and fades the further it drifts from the flames. The fire of yesterdays still burns, but the heat we once felt from it is not as hot, nor as intrusive, now that we have learned to back up and see what fuel is really feeding all the fire.

Step back then from the pain inside that fear has used to strike you many times! Step back and away from all the flames that burn so hot upon your Being, and then cool your Self. Know that all that fiery demonstration is no longer necessary to you as you travel through the systems of time, within perception alone, and not within the framework of the body.

### #6 ALL GUILT BEGINS AND ENDS WITH ME

AFFIRM: All that I am is mine. If I own what I am and who I am, then I am properly betrothed to guiltlessness in a fashion that can only be worn by me, but observed by many.

All that I am belongs to everyone else as well. Through the great, outstanding power of **extension**, I can pervade and prolong all perceptions belonging to others by simply being who I am right now and letting no shadows conceal the grandeur of my own strength as it shines from the inside outward.

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The perception, which teaches the best, is that of how I see my Self. The purer I see inward is the most direct way of sharpening all vision I have outward of the world and all other souls with whom I come in contact, and with whom I have no meetings.

You do bless the world because you bless your Self and that valuable thought is one worth repeating. There can be no greater action in a world so distraught and filled with self-centered confusion and selfish anger than to help your own Self first.

Look for your own healing and you will heal the others. Search out your own Truth, and in that finding, so will you find the answer to all questions that the world will have for you as you travel among the hunters and the seekers and the takers. Protect your Self best not by defensiveness, but by strength and knowledge, for it is in those degrees of righteous establishment you will find your personal education to help you be a teacher to the world.

**AFFIRM THEN:** We are all in a dream, and it is **my vision of the dream** in which I can act out all my involvement with it and to it. I can choose to be the hero or the villain in a scenario given to portray all that I am in that role for me as well as for everyone else.

If I choose to be the hero, I see my Self as such and thus create the answer to the question of why there should be guilt at all.

### #7 I TAKE TIME TO GO -- I TAKE TIME TO RETURN

You who are weary, do not rest in your trouble, but rather, in your joy. Rest in any joy you can find or make, and in that resting period will you become one with all that is good and all that dominates the fear and the anger.

Tend not, then, to address the custom of mulling through the misery that befalls and dominates your life so. See your Self as being raised up and away from all the misery and distress, and that is where you will remain, high above it, looking down. Separate from it, and then look upon it as not really being a part of you.

Close your eyes and take a deep, deep breath, and when you blow away the air, blow away all troubles and distress, and make your body light and free of pains both inside and outside. Leave it then, and look down upon it, and know you

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will return to give it life, only this time will you value it as a lodging place for you, and not as you, **your Self**.

As you rise above your body, so do you then rise above all worries and concern. As you leave your body, so then do you leave your anguish and your grief as you feel drawn to and more a part of Heaven.

### #8 I WILL CHOOSE LIGHT TO SURROUND ME FROM WITHIN AND WITHOUT

Plenty of doubt can enter into a world so full of grief and suffering and pain of heart and body, but I will have none as long as I focus on the center of my soul, which is my **faith**. It is the one strong, steady offering I have to give unto my Self that is unchangeable and immovable in a world so begot with the motion of ebb and flow.

Like an anchor in the waters of all movement and all change, my faith will keep me sturdy and strong enough to forego any seeming challenge, or any apparent plight my path may cross along the way to greener pastures and tranquil streams of consciousness.

How do I then let my faith hold me affixed to all the projects my soul does work on in a world that wants to whittle me down to only a semblance of what I was born into, so pure and unchaste in form and in reality? I focus on my Light that will surround me like a large cocoon and keep me comforted for the within and protected from the without of all forces of me and to me alike.

The Light is a two-way wall of purity and justice for my soul as it sits inside the capsule created for it and by it in the mind, which is an extension of all great creative consciousness unto Heaven and to the earth as well. For there is no line as to where one will end and the other begins, other than the line I draw with the Light that surrounds me.

It is all my choice as to where it will begin, and where it will extend, and where, it too, will end.

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### #9 MY FREE WILL PROTECTS ME LIKE ARMOR MADE OF STEEL

Periodically, there are chapters in your life that are very hard for you to read while in the transcripts of all great joy and peace bestowed to everyone by Heaven. So surrounded by the goodness and the graciousness are you, but there can only be a flicker of the positive available to your eye set among the fiery flames of worldly lashes and devastating deeds by hearts who choose to beat to rhythms of destruction, rather than rhapsodies of restoration.

To remain under the influence of all others is the protocol set forth by habits of our earthly nature and all our inherent trust. Following suit is not just ruinous to our individuality, but can also damage and debilitate the exercise of our free will. Like a moving part of some great machine, our free will must be exercised and lubricated by a universal fluid to keep it moving and functioning at its peak of performance. It grows rusty and serene when lying dormant for too long amid the strong opinions, rules and laws predicated by others and exacted further by others still.

A challenge to be presented are the alternatives given to our minds of what we may choose to do in recourse and in bold retaliations to the bombardment of all seeming predecessors to behavior and all righteous actions of how it all “should” be. For who really is it then that decides the “shoulds” and the “should nots”? What laws are you under that will dictate and rule your behavior so as to alter your purposeful contribution to humankind?

It is not the fact that **you are different** from the others that bothers them. It is the fact that **they are all alike** that bothers them. And through their great disenchantment with themselves and lack of adventure in Self-exploration and Self-discovery do they take all their exasperations out on you, the fair target, with your openness and your candor.

Become defenseless to their lashing of tongue and the brutality of their stare, and you will be strong through all titanic forces brought to you on a cloud that is dark before the sun can shine through it.



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### #10 I THINK ABOUT THE WORDS BEFORE I SEND THEM OUT TO WORK

Two lips are on your face to outline all the words you speak with air that cycles through your body and your brain then goes out into the world with either promise or with curse. What the air takes with it is first demonstrated within you. You not only create the disposition of the uttered thoughts and phrases, but they are first processed to you and for you before moving outward to fall on ears, also of your choosing, which await communication with you.

What do you create in this process? It is up to you to know. Mechanically, you seem to respond with words that have little or no thought behind them. They seem flagrant in the fact that once they are thought, then spoken, they are gone and vanished into air that combines so well with the air of your breath that gives them life. But this is not where the process ends.

The words live on in **your** existence and **your** space of life and time. They create more for **your** surroundings than any actions you may implement unto yourself, your Self, and any other in your affixed space of present tense and time. Prepare the words more carefully then, with all of these factors in mind, and guard them more diligently than you have before, for they are responsible for your happiness or your misery much, much more than you will ever know.

Perhaps it would then do you well in this process to first analyze if the words are going to strike out and hurt anyone at all. You have a nature inside of you that misleads you into thinking that once you have delivered words of scorn onto another person who has somehow, in your thinking, crossed you, you will, in that process, vindicate yourself and no longer carry wounds inflicted by them. How incorrect this way of thinking is to the mind in search of freedom and of peace, for by extricating counterattack upon the one who shot the arrows first to you do you then begin a long and dualistic process of progressive, retaliatory dancing back and forth.

What a waste of valuable time and energy this is for the working soul! You would do better to not even get your body out of bed in the morning than to embark on behavior such as this! You would do better to pull your coverlet high up over your head and block all light from your squinty eyes, and return deep into your dreams of unreality. **For all conflict is unreality. All conflict is illusion.**

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Only peace and comfortable coexistence is real among the souls who work and climb to higher ground of enlightenment and greener turfs of rewards and values. Raise yourself and your Self up to where all words will be like songs the angels sing to one another up on higher ground than that on which you walk, and in hearing them first within your inside ear of infinite wisdom and grace will you be placated to a venue so resourceful and complete you cannot but become your calmest teacher.

### #11 INWARD IS MY INDIVIDUALITY AND MY SANCTION TO HAPPINESS

Tarry not amid the mentality that all mortals are the same while walking and talking, and, further, when making the great crossing from body into sheer spirit. There are not two alike among you who pilgrimage from far and wide in steady circumference around a planet so filled with active devices of destruction and gloom. So bright could all of your tomorrows be, and yet you cannot see what is there and directly before you because of all the blinding obstacles before you and your vision.

Your vision is what will turn it all around for you in your perception, and that puts all the responsibility on you directly as well as on all the particulars of your individuality. Your individuality belongs to you just as does your destiny.

Although the bodies and the souls all appear to be grouped together into a tundra-type terrain of chilly attitudes and cold, conniving minds of self-centered ego and self-destruction, **you do not have to choose or select to be there!**

To depend on any outside force to heal your perception of where you are is to jump onto a moving train that is already full and will carry you to nowhere new. It will take you along a rhythmic track that seems to be straight, but the bend in it is so completely subtle it will curve, albeit abbreviated, until you have gone full-circle with travel time beneath your belt of center, but with no new destination or relocation offered to you.

To travel the farthest is really to move not at all. You will go on many more scenic routes if you stay in your one place, and turn your vision inward to where there is only you to be your companion and your friend. There is where the world will be shown to you. There is where your happiness resides and rekindles ancient glee that smolders in the embers of a forgotten time and song.

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### #12 I SEE ALL OBSTACLES AS GONE WHEN I SEE MY SELF AS WORTHY

Tarry awhile amid the wellspring of all saints that come to greet you and to cheer you as you walk down a path that can feel so lonely and isolated, but which really is abundant with all guests of great comfort and companions of exuberant glee. It is you, and you alone, who create the seeming isolation and forlorn disposition of a fallen rapture that exposes a great lack of companionship and absolutely no understanding at all. You create these walls that hold you inside these dismal emotions of yours, and only you can tear them down.

Use not your hands nor any pick or hammer to demolish the walls so tall and thick that it is like a prison they have become! Use instead your mind and faith to know, deep within, that there are no obstacles too great, nor any boundaries too rigid that cannot be undone by your simply **seeing them as gone.**

Watch your Self step out of all isolated misery, and that is exactly what you will do. Look at your heart, open and warm in a bright pink light that will give you all you ever desired as soon as you do entertain, once and for all, that you are worthy.

### #13 I LIFT MY SELF AND ERADICATE ALL THAT IS BENEATH ME

A shift in your perception is what you really need to change all things that seem so insurmountable and comfortless. You spend so much time searching for solutions outside of you that you do not see all answers lie simply and quietly at rest within you now. **Make up your mind** to change things, and they will change. Let go of all your misery, and it will leave your body and your emotional levels both. Take the time to love your Self enough to help your Self, and in that action, you will be helping all of those that are around you as well.

Learn easily to find solutions to all your seeming problems by releasing them to the powers that govern your existence through your own mind. They are your friends and your guardians, and they want only what is best for you if you will but let go of all mental, emotional and physical ailments, and give them over to the watchful eyes that are eager to assist you. They await your recognition of them like soldiers awaiting a signal from their leader to charge on a situation and fight the enemy with every ounce of strength, motivation and courage in order to gain freedom and victory.

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Dwell on the positive aspects of all victory, and you will realize the **departure from the negative** is your greatest healer in every symptom and with every cause that produces an effect which you want to eradicate.

### #14 I WILL NOT TARRY ON ANOTHER PERSON'S PATH

Do not let your Self play a role in the disasters of others' dreams and nightmares in this lifetime, and you will maintain a clear focus on the positive position in your own substantive agenda. Distractions from your personal objectives are brought to you on the wings of all the other ones who cross your path and cause you to delay and have a melee.

Do not choose to fight with them, and you will not. Choosing peace instead is optimal in dealing with any temptations of conflict and magnetic draw of ruinous episodes between yourself and anyone who chooses to cast onto your strength their barbaric weakness. This is not to say to you, or from you, that you are in some way better than the other soul. Only to say this is to refocus your evaluation as you commit to a journey so totally personal and completely your own, you can take no other with you hand in hand and synonymously.

Recognizing your own individuality and freewill is to recognize the other person's as well. So easy it is to teach us as children that a special someone will be with us through all of life's journeys, twists and turns, and that all will be blissful and peaceful with this companion. Sometimes this can happen, but it is rare, and it is hardly the norm. This ideal placed on you by others, yet most often unsubstantiated by them, is not the reflecting action of reality by any means. It is a fairy tale of sorts told to children who then approach their adult life like it was a childhood dream made to come true!

This sets you up for a breakdown of communication and of your own quest for happiness, for you have betrothed yourself and your destiny to that energy and predisposed information belonging to another. This cannot be what keeps you happy, for all your focus is then cast outside of you with concern and caring for the other and not for your Self. It does also seem that the more you care and connect with the other, the more you lose your Self and your own focus of purpose and disposition of journey. Visit them and care for them upon their path, but do not tarry there, for theirs is so different from your own. It is when you walk on another's path that you lose your way, but never while on your own.

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### #15 LIFE IS NOT ALL ABOUT ME

Matters that flow through you are not necessarily matters about you. So very often, any sense you have or receive about some issue or some pertinent, relevant force is intended for one who is near your path, but not on it. In fact, they really are on no cognitive path at all at the time, and, therefore, need to receive, full-throttle, some **message of guidance** with you as the delivery-person and implementation-technician.

The energy of this action or these actions is not necessarily your own, although that is how it would appear to you, and certainly, to the recipient. The art of how to use the talent well is to see yourself as a channel through which the waters of some wisdom flow from one very large body of fluidity into another cavity awaiting the arrival of the mobile, liquid substance. This is really all the nutrition of life in flow.

It has been done to you over and over again to get you to the place where you are right now, so reflect on this while humbling yourself in terms of your own capabilities, and do not use your energy in ways that are seemingly yours, but really are not. They are ways that are **of** you, **for** you, but not **from** you.

Your humbleness of mind is important in your focus of all work, but especially in acts of healing with the ones around you who have been brought before you quite not by any accident. Placed before you by One who knows all timing from the clock of destiny, which has the hands of Truth upon its face, are the many and the few who need you to substantiate the radiance of inner core trying so hard to find the oxygen with which to burn and glow.

See your Self then as the channel so necessary to interpretations of the lessons being brought forth to the world from saviors who are really clothed like you and equipped with only earthly devices as their tools of work and labor. The instinct is strong to feel you are responsible for some gracious act of greatness that is bestowed upon you, but to humble yourself in the full view of these many gifts is to open your channel even further for a more adequate flow.

Life is not all about you. This is perhaps one of the shortest lessons in words, yet one of the more complex in terms of meaning and also in terms of relevancy to your growth.

The greatest distraction provided to all humankind is the preponderance of how

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incredibly special you are in your greatness, for that self-centered and self-contained energy will cut off any flow through your channel more quickly than any dam or any obstacle which is intentionally obstructing. You become so totally encapsulated with and by your Self that nothing can come in and nothing can then go out.

Keep your Self open. See the flow move through you, and it will. Be wise enough to always know it is not all about you, and you will have and know it all.

### #16 WHAT I SEE AND WHAT I AM ARE TWO DIFFERENT THINGS

Playing the part in a role of who you think you are and who you really are becomes the single most important differentiation you can make within your lifetime in the body. Recognition of your wholeness as a spiritual body, and denial of your holiness as a physical body are tools necessary to build what will withstand all the hardships, pain and anguish brought to the body by the world, by age, and by time itself.

Separate those two of you, and you will see the new integration of your Selves in a Light much easier to bear than the previous one, which was so brilliant with confusion that nothing was clear in your vision. Predicated by any stance you have held previously are the innumerable choices made to prolong happiness and submit to joy available to you once you can catch a glimpse of your Self without the body. Your spirit is so pure with total Love that once you let it break free, even for an instant, and look separately upon the body, you will fear no form of separation again because you no longer relate to your Self as matter that can become separated from anyone or anything ever again.

Look down from above you and see yourself from your Self! This is the display case for awhile and nothing more.

Look into a mirror now and admire the things you see that you like, and accept those things you see that have never been particularly pleasing to you, and know that they both are equally irrelevant to who you are.

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### #17 MY INTERMEDIARY HAS ALL JUSTICE THAT I SEEK

Trying to blame someone else for the discomfort you feel about and toward them is seeing the **cause** outside of yourself, while the **effect** is inside of you. This cannot be, for the cause and the effect are both inside of you from inception to release.

You cannot change the one you feel is causing you such ill at ease feelings toward them and toward your own reaction to them, which in itself, causes you to feel badly toward yourself. Stop trying to change the other person. Stop trying to change the other person, and you will stop trying to control the destiny both in you and outside of you.

Place, instead, all decisions and choices to be made into the Hands of your Destiny, which is your Healer as well as the Healer of and for all others! Why continue to put energy into a pocket in your chest that holds only the retention of your progress in terms of tension and uneasy feelings of retaliatory intervention on your part, rather than justice intervention on the part of One who sees each angle of the relationship through unbiased eyes?

Do not think this Power is strictly there for you and your purposes or you even further put more responsibility upon yourself. Remember when you turn it all over to the One who knows all, you are now, moreover, removing yourself from everything in the entire scope of interaction, both with the other person and with the Intermediary.

Once you have given it all over to the One who takes it from you so gladly and so responsibly, you must let it go entirely to the course established and maintained outside of you. You must then follow and not lead at all. You must find Trust as the guidepost and Acceptance as the humbling device of surrender.

### #18 BEING RIGHT AND BEING OF RIGHTMINDEDNESS ARE NOT THE SAME

Release the need you have to be right, and you release the overwhelming desire you have to accomplish your rather diligent feats of elevation above the seeming obstacles of the world. By undue influence, you are somehow enraptured by this aerobic style of thought as it cavalcades over ancient ruins of dinosaur ideas and prehistoric philosophies of broken, but nonetheless, functional venues of

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dream, illusion and unreality.

Foiled by mythological episodes of happenings inside your head are the thoughts that constantly call out to you that you must be right. It is as though there is a contest somewhere, with points of entry, rules, judges and some type of humanly devised finish line that you are somehow trying to cross first. Reckless are you in this contest because you are not focusing on the value of knowing how to play it well, but only on the final effect which is that of victory in being right.

But how do you feel time and time again in knowing you were right? Is the reward contained within that knowledge and that feeling of being right worthy of all the activity it took to be there in that space of you and your victory? How much have you won, and what is the challenge anyway in a championship with trophies that no one ever sees but you? What good are they if you cannot share them with another, and what is there to share when being right singles you out unto yourself alone and is all about you?

Does being right draw more people unto you? Occasionally, but not in terms of relationships of the heart. Relationships of the head are based on the polarities of wrong and right, but rightmindedness, as an entity unto itself, is contained within the heart.

### #19 MY THOUGHTS COME AND GO BUT ARE NOT A PART OF ME

Read the thoughts that come into your mind like they are lines of words typed orderly upon some piece of white, pure paper that contains nothing but them. See them there before you, and recognize the fact that, although they came **from** you, they are not you. They represent a moment of your process and that is all.

They are the experience itself, and you are the experiencer, and you should place not a scope of higher grandeur or prestige upon them. See them. Feel them. Then let them fade from the white crisp paper on which they are contained as the breath that leaves your lungs does dissipate throughout the still, and seemingly immobile, air around you. Make the paper white and clear again, and ready to contain and project the new words from the new thought.



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### #20 THE GREATEST GIFTS COME NOT FROM SOULS LIKE ME

Pick a bouquet of the freshest flowers you can find amid the thoughts you have in fields of dreams and meadows of laughter with happy times and sweet resolve of issues. Take, then, the bouquet up into your arms and carry all the colorful blooms and fragrant blossoms to an altar inside of your home, and put them in your vase, and water them well. See them as tangible gifts from a Heaven, which sheds the Light onto an earth that feels so dark and all alone to you.

If you wait for some admirer to send you flowers, you are then missing out on what all flowers represent in terms of Great Affection. From the admirer, they come to you from shops that harness the energy therein, then dole out the representations sent to you from the heart of that other soul. This is a wonderful and glorious gift.

To find them though in fields all kissed by sunlight and thick with dewy anthems of nature that is sticky with insect humming and bird songs is to see them as the gift from your Greatest Admirer and your Truest Friend and Suitor.

### #21 THE TRANSFORMATION THAT I SEEK IS THERE BUT FOR MY ASKING

If you will take any request at all that you have about healing and put it in a basket and personally hand it over to One who seems to be your Guide and your Comforter, then you will visualize the release necessary from your own self in order to attain solution and resolve. This is to no longer fight the situation, but, to quite simply see it as resolved, and then, that is what it will be.

When you have pain physically or in your heart, give it over to One who, in your mind, has all the Power necessary to transform the pain into happiness. This shift may seem extreme, but it is really the ruler for the law of all opposites, which is so predominant in duty to you and for you.

Your greatest burden can then become your greatest delight. Strange as this seems to the world you are in, it is a teaching among rules of opposition and transformation that is essential to your growth on a spiritual plane, and in an existence of creating what you want and need in your progression.

Transform anything that makes you feel a sense of fear, anger or deprivation of

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pleasure in any way into a reward or a value so geared toward happiness and peaceful resolution that you cannot even remember for an instant the darkness that it brought to you initially. How can you do this? **Ask.** Ask with charity in your heart, and hope in your breath, and love in your words of request. Ask kindly and it will be given kindly to you. Ask and trust with a patience unlike that of daily life to you. Ask and trust, and thank with a grateful heart when you receive.

### #22 THE ONLY ENEMY I HAVE IS THE PERCEPTION OF MY SELF

Transgression and transposition differ only in spelling. A harmony resounds within atypical symbolism of thought and form in realms undone by cause and effect. Moving onward within the same category is to transgress and transpose all seeming substance as it changes form and formation.

Be yourself among these changes, and do not fear your unfamiliarity with what is not of you or for you. There are thousands of little subtleties that will comfort you as you change and grow if you would but open your eyes long enough to see them and know them. The most obvious of consoling factors are often overlooked simply because we will stumble and fall over them rather than look at them and see them as our comfort. They are placed there to comfort and guide us rather than confuse us on our way, but we somehow relegate them as being our enemy rather than our friend.

Take hold of what is handed you by the moon and stars and all the patterns of the earth, and be a part of the harmony that resides within the working order of all seeming great parts. It is your battle against all that is natural for you that predisposes your destiny to ruin rather than to progress and success, which really is the natural order of everything if you will but let it all be what it is supposed to be.

Subsequent to your control is the phenomenon of result. If you want the results for you to be at their purest in form, then you really must trust what is spread out before you like some great map rather than taking a compass in hand and trying to fumble and find your way alone. To follow is the Way. To trust is the Answer. To battle these predisposed gifts to you from the Universe is to continually set yourself up for a fall that will make it impossible to rise again.

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### #23 ANYTIME I FEEL DISTRESS BECOMES THE TIME TO BREATHE

Take a moment unto your Self and breath, and let every fiber of your body fill with air that refreshes and rejuvenates each space and crevice so stale and stiff from time and history that is yours. Close your eyes, and see the invisible air with your internal senses that move it into every spot so worn by time and tissue and toil in the body. See the Air become a cleansing, healing light as it moves silently into you, and then blow it out with all the dis-ease and tension as it leaves your body. Relax, then, and know that you can create something very new out of something old.

To purge your Self of bodily stalemate and stagnation is to also relieve all that is old and rancid emotionally. Your age within the body matters not on a plane so flattened by experiences and laid out by careful hands that press together and upward in a position of prayer not only valuable for asking but for listening. Open hands are not only giving, but ready to receive as well.

To see your Self as a conduit through which all energy flows inward as well as outward is to view your existence as proper and good in terms of optimal functioning for both you and all with whom you come in contact and serve.

Make of your space and energy all that is sacred. In doing this first unto your Self will you learn the methods then necessary to assist and help all those with whom you are given to share.

### #24 MY BOUNTY MUST BE GIVEN FIRST TO ME

When your body gets so very tired from the toil and commitments it has to keep up with your mind's focus, let it all go with breath, and with help from a surface it can rest upon awhile. No one will slow your body rhythms down for you. This is up to you.

Like the captain of a ship, you must know at times what is best for your vessel if you plan to continue to sail it across oceans, many of which you have seen, and many which you have not. There is no time like the present to learn to be kind to your own body first, or you will not have the fortitude nor the gumption to assist all others to whom you are assigned. Being of true service to others is learning to be of service to yourself and your Self first. This is the foundation of all strength on which you build your ship and thus are cast out onto seas of

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adventure and learning.

Protocol for assistance to the world **always** begins with you first. How backwards are we taught to help! We somehow have become enmeshed in thoughts that sacrifice and martyrdom are the only ways to serve the ones we love and humankind in general. To be this great example which results from such actions is to have suffered and rendered all that is enjoyable to yourself out to some great pyre to become a combustible sacrifice to who knows what!

How can giving of yourself become giving away all goods that you possess? These treasures that are yours are to be extended outward for **mutual** usage and for sharing, not given away like burdens you no longer want or need. Once you overextend your bounty to the point of no longer having it yourself, you will then be without it. And without it, you will help no one, including first and foremost, your Self.

### #25 I TRUST ALL I CREATE TO THE CREATION OF MY SELF (in memory of my late husband, artist, Ladd Rau)

Applause is in order to show appreciation for performances well done and portrayals of characterizations acted out to demonstrate a point. The concept behind the point is written, then, it is acted out by the performers and absorbed by the audience to be carried away in their minds into the world in which they scatter and infiltrate. Hence, the point is made.

A book may be written, and then sent away to be put into print and bound by a cover not even thought of while being conceived. When the cover is completed, the books are distributed to be carried away, opened, and read by the circumference of people necessary to complete the idea of what the book says.

A painting will begin with a quiet inception in the mind of one lonely with thought and light and color in the moment where they stand. It is not the intention in that moment to project thought out into where it will be mass produced in prints and hung on many walls to be looked upon by different eyes and interpreted as meaning many things.

Creativity is the art of life, and it begins with one speck or one spark or one seed of inception that is accepted totally for what it is in that instant, and not in any way expanded or expounded upon within that moment as to what it will become,

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and where it all will go. That extravagant part of the distribution is not really up to the mind that creates with thought or hand or actions. Rather it is up to the flow of all distribution exonerated by the One in charge then of the discourse assumed in the advanced stages of the products of creativity.

Too often, the moments of creative beginnings are lost in minds that are too quick to plan the entire disposition of the product rather than just simply being in that moment and working on the product itself. Trusting the Self for the creation is so necessary in moments such as these, and then trusting the Creation itself is so necessary in subsequent moments of destiny unto the product of the thought.

### #26 TRUTH FOLLOWS ME WHEREVER I GO

The long and short of all matters is Truth. It runs through the veins of every body of the person and of the situation as well. It is a river in that once it begins its destined flow, it cannot be stopped. Dams of guilt have attempted to slow down and impede its fateful progression, but it can eventually conquer any seeming obstacle that gets in its way.

Long and hard are the ways that lead you to this realization! All that life in the body does is present you with dream after defying dream of sanctuary from the Truth, but all to teach you, in the end, that Truth will outlast any dream, for it is the only reality you can possess in the body and then carry on with you when you go.

It follows you like a puppy that feels so small and lost in a world made up of giant, impending physical obstacles trying to block its way and keep it from you. But with instinct that is strong, and a sense of smell and true direction born deep within, the Truth will find you no matter how dark the alley is you walk down, nor how high the mountain is you climb.

There are times when you try to lose the Truth, and then there are those times when you try to find it. Your desire to have it or not have it depends entirely upon your perception at that given time, but never on the Truth itself, for it is **always** there for you! Searching and finding then are always up to you and you alone. Change your mind about the Truth and what it means to you in every moment, every word, and every action, and you will change your perception and know what gifts await you on the body's path to life beyond itself.