

HEALING BY SPIRITUAL AFFIRMATION AND BY ASTRAL FOOD

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Words are vibrations of thought. Thoughts are vibrations of power and energy. Strong words or commands, such as “Wake up,” uttered feebly without the background of latent vigorous force, are meaningless.

Hence, when you mechanically affirm: “I am prosperous,” and in the background of your mind you think: “I am always poor, and I am going to remain so,” and “What is the use of prosperity affirmations anyway,” then, of course, no results will be forthcoming.

In affirming for any desired end, you must disgorge yourself again and again of all devastating negative thoughts. Thought is the force which runs the complicated cellular machinery of the body as well as the machinery of human destiny and the entire Cosmos. Thoughts carry on all the chemical, psychological, and metabolic functions of the body. The thoughts of the general public, and of politicians especially, shape the destiny of the national machinery.

Thinking on God keeps the Cosmos in balance and rhythm. Hence, the right thoughts expressed in rightly uttered words, will set up rhythmic etheric vibrations and initiate proper actions in the affirming individual and in all circumstances connected with the successful attainment of the desired result.

In ancient Scriptures a saint was affirming: “Lord, destroy *Indra Satru*” instead of Lord, destroy *Indra Satru*,” so he set up vibrations which killed himself instead of his enemy. The Saint, by putting emphasis on *Satru* in “*Indra Satru*” (meaning *Indra*, enemy) signified “*Indrasya Satra*,” that is, the enemy of *Indra*, or himself. If he had only uttered *Indra Satru*, that would have signified the *Indra*, named enemy.

Thus, if you are angry and affirm with anger in your heart: “I am peace, I am peace,” your parroting peace will mean nothing, but instead you will develop more anger, and if you affirm: “I am rich,” with a belief that you will never be rich, you will remain poor, for your negative thoughts will keep you paralyzed, impotent, and unable to initiate the right modus operandi which will yield you the desired result.

First, sit calmly. Quiet the fanciful, subconscious mind. Stop the conscious mind from being restless. Induce the all-powerful superconsciousness by meditating deeply.

Then make the following affirmations in groups or singly, loudly or in whispers, or mentally. All affirmations, whether uttered loudly or in whispers, or mentally, must be impregnated with ever-increasing devotion and concentration with each repetition. A mechanical repetition is taking the name of God in vain; that is, if you are thinking of going to a picture show while you are uttering “God” again and again. To utter “God” once with devotion, and to increase the devotion with each repetition of the word, is to keep sinking deeper in the ocean of power, until you reach the bottom of God’s perception.

When you utter “God” again and again, forgetting time and with ever-increasing devotion, and when your consciousness forgets itself in affirming, at that point you will feel the presence of God.

In group affirmations it is best to take a sentence. Let one man utter it or explain its meaning, and let him warn his colleagues of the danger of mechanical utterance of words without thinking of their corresponding meaning.

Most people in a church choir sing with concentration on the music and on the glory of captivating their listeners and extracting cheers and praise from them, but they think little of the One to whom they are singing the song. Such singers never think of God, to whom the song or anthem is addressed. Hence, in group singing, the leader must see to it that his colleagues do not mechanically grind out a song louder and louder, emotionally and unthinkingly. The words in a song must not be sung without devotion. Rather, the devotional thought in a song must be predominating, while the sound of the words in producing that song must meekly, gently, softly follow the increasingly warm thought.



All **loud affirmations by a group** may be started loudly or softly, but must end in chanting them mentally for some time in silence, until the words change into vibratory messengers of thought let loose in the ether to execute their desired errands.

Individuals would do better to start affirmations in a whisper, or mentally, and with deep, ever-increasing mental affirmations.

First, affirm for wisdom and Bliss, then for harmony, then for health,
then for true happiness for all mankind.



Affirmations remind the Soul of what it already has, and what it does not have because of forgetfulness. They are statements of Truth, and are different from begging prayers. Beggars seldom get what they want from the Father, but a reformed son, trying to remember that he is a “Son of God,” can, by means of affirmations, have anything through the proper application of the vibratory law.



A few specimen super affirmations

- “I am Thy son; I am wise.”
- “Thou art happy; I am Thy child, therefore I am a happy child.”
- “Father, Thou hast everything. I am Thy child; I have everything.”
- “Thou art ever-well; I am well, I am well.”
- “We are Thy children; I wish all to be happy.”
- “Thou art power; I am power.”

Food in the future. Energy.

The future food of the world will all come by receiving different rays from Cosmic Energy, Cosmic Rays, electrons, atoms, and air, drawn through different openings of the body.

From cosmic energy.

1. If one constantly keeps his mind concentrated on the point between the eyebrows (at the Christ Center) and sees there **the Spiritual Eye** and commands it to recharge the body with strength, it will do so. By doing this, people would cease growing old.
2. Drawing energy **from the cerebrum and medulla** by connecting the tip of the big tongue with the little tongue (uvula).
3. **From the sun.** Energy may be drawn from the sun by covering the whole body with a piece of thick blue silk or a blanket and keeping the medulla exposed with the sun shining there, on the back of the head. Concentrate on the back of the head and feel it getting warmer and warmer. Feel the energy being stored in the brain and distributed through the body.

Take a sun bath and concentrate deeply upon the sun-bathed surface of the body, and drink the sunshine in through every pore of the body. Concentration on the sun rays give one hundred times greater results than taking a sun bath absentmindedly.

4. From electrons.

Likewise, when using a sun lamp on the affected body part, concentrate your entire thought on the feeling of warmth and know that you are absorbing energy into the atomic composition of the body, and thus electrifying your cell batteries.

In order to receive electronic energy from the ether, expel the breath, remain calm while sitting in the erect posture, and feel the electronic energy surrounding your body and entering through your body cells, or receive energy through your fingers while your hands are lifted over your head.

5. From oxygen.

Sit upright on a chair. Close your eyes. Expel the breath quickly, but start inhaling very slowly through nostrils, thinking that the air is filling your brain, lungs, heart, spine, stomach, abdomen, thighs, legs, arms, and so forth. You can also inhale quickly and fill the whole body with the atomic power in the oxygen.