THE REALITY MANUSCRIPT LIBRARY · FOLIO NO. 1

Printable Affirmations

Sixty statements of assumption, arranged by theme, for daily repetition and quiet reading.

Read slowly, or repeat mechanically. Both belong to the practice.

Before You Begin

An affirmation is not a plea. In the New Thought lineage it is a statement of what is already true in the unseen, spoken until the outer world conforms. Florence Scovel Shinn wrote in The Game of Life and How to Play It (1925) that every word is a decree; Neville Goddard taught in The Power of Awareness (1952) that assuming the feeling of the wish fulfilled is the whole of the law.

Use this folio in either of two ways:

Quiet reading. Read one theme slowly, morning or evening, letting each statement settle before the next.

Mechanical repetition. Choose one statement and repeat it plainly, without strain, for ten minutes or through idle moments of the day. The repetition wears a new groove; belief follows familiarity.

Print the pages. Mark the statements that stir resistance, for those are the ones you need.

I. Self-Concept

Who you assume yourself to be decides what you may receive.

I am the one life has been preparing for this.

I am worthy of every good thing I desire.

I am chosen, not hoping to be chosen.

I am calm, because my good is already secured.

I am the kind of person things work out for.

I am enough, exactly as I stand today.

I am trusted with increase.

I am free of the old story.

I am the author of my state, not its prisoner.

I am loved for who I am, not for what I prove.

I am steady when circumstances are not.

I am already the person I was trying to become.

I am seen, valued, and remembered.

I am at home in my own life.

I am the operant power in my world.

II. Love & Union

Assume the relationship, and the arrangements follow.

I am loved deeply and deliberately.

I am in a harmonious, devoted union.

I am cherished without condition.

I am wanted, openly and proudly.

I am at peace in love, never in pursuit of it.

I am met with the same devotion I give.

I am the one they choose, every day.

I am loved in the way I once only imagined.

I am secure in this bond.

I am lovable without effort or performance.

I am reunited in harmony.

I am spoken of with warmth.

I am loved first and loved most.

I am grateful for a love that feels like rest.

I am adored, and it is natural that I am.

III. Supply & Prosperity

Shinn's word was supply: the substance of good, already present.

I am supplied before the need appears.

I am open channels for infinite supply.

I am provided for in expected and unexpected ways.

I am a faithful steward of increase.

I am free of the fear of lack.

I am paid well for work I value.

I am always at the right moment for opportunity.

I am surprised by supply from directions I did not plan.

I am debt-free in mind before I am in ledger.

I am generous, because my source is not finite.

I am under divine protection in all my affairs.

I am owed good, and it comes to me pressed down and running over.

I am indifferent to appearances of shortage.

I am rich in the only wealth that matters first: assumption.

I am supplied, supplied, supplied.

IV. Peace & Health

The body and the day obey the state you occupy.

I am whole in body and quiet in mind.

I am rested, restored, and renewed each morning.

I am free of the weight I carried yesterday.

I am guided through this day without strain.

I am safe in every room I enter.

I am sleeping deeply and waking glad.

I am stronger than the story I was told about myself.

I am letting the day be easy.

I am well, and every cell knows it.

I am unhurried, because nothing true can be lost.

I am forgiven, and I forgive.

I am breathing in calm and breathing out the old scene.

I am carried through what I cannot carry.

I am grateful for this body and its faithfulness.

I am at peace, and my world arranges itself around my peace.

How To Use This Folio

Morning. Read one theme before the phone, before the news. Two minutes is enough. You are setting the state the day will be lived from.

Repetition sessions. Sit for ten to fifteen minutes with a single statement. Repeat it at a plain, conversational pace. When the mind drifts, return without scolding. The practice is the returning.

Idle moments. Queues, kettles, corridors. Let the statement run in the background where worry used to run.

Evening. Read the theme of Peace and Health last. Whatever occupies the mind at the edge of sleep is sown deepest.

Continue the study: Robotic Affirming, the full method at realitymanuscript.com/article/robotic-affirming