

Meditations & Affirmations



Dr. Joseph
Murphy

Meditations & Affirmations

Books by Joseph Murphy



Believe in Yourself

How to Prosper

Meditations & Affirmations

The Healing Power of Your Subconscious Mind

Meditations & Affirmations

For Health, Wealth, Relationships, and Self-
Expression

Dr. Joseph Murphy



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MEDIA

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INTRODUCTION



These pages are full of powerful affirmations for Health; Wealth, Relationships, and Self-Expression. The idea behind these techniques is pretty simple. Most of us grow up learning to put ourselves down for any real or imagined error. We grow up believing certain things about ourselves or comparing ourselves negatively to others. The use of positive affirmations is a technique to change negative self-talk into something more positive. Since we've spent many years on the negative image it's unreasonable to expect an instant effect from affirmations, but if we stick to it for a few days, with honesty, trust, and belief, results will start to happen.

CONSCIOUSNESS OF HEALTH



- 🕊️ How to Apply the Healing Principle
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- 🕊️ Overcoming Fear
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How To Apply The Healing Principle

I WILL RESTORE health unto thee, and I will heal thee of thy wounds, say the Lord. The God in me has limitless possibilities. I know that all things are possible with God. I believe this and accept it wholeheartedly now. I know that the God-Power in me makes darkness light and crooked things straight. I am now lifted up in consciousness by contemplating that God indwells me.

I speak the word now for the healing of mind, body, and affairs; I know that this Principle within me responds to my faith and trust. “The Father does the works.” I am now in touch with life, love, truth, and beauty within me. I now align myself with the Infinite Principle of Love and Life within me. I know that harmony, health, and peace are now being expressed in my body.

As I live, move, and act in the assumption of my perfect health, it becomes actual. I now imagine and feel the reality of my perfect body. I am filled with a sense of peace and well-being. Thank you, Father.

THE HEALING PRINCIPLE

Jesus said, "Thy faith hath made thee whole."

I positively believe in the Healing Power of God within me. My conscious and subconscious minds are in perfect agreement. I accept the statement of truth which I positively affirm. The words I speak are words of spirit and they are truth.

I now decree that the healing Power of God is transforming my whole body making me whole, pure, and perfect. I believe with a deep, inner certitude that my prayer of faith is being manifest now. I am guided by the wisdom of God in all matters. The Love of God flows in transcendent beauty and loveliness into my mind and body, transforming, normalizing, and energizing every atom of my being. I sense the peace that passes through understanding. God's Glory surrounds me, and I rest forever in the Everlasting Arms.

WEARING HIS GARMENT

I have found God in the sanctuary of my own soul. God is Life; that Life is my life. I know God is not a body; He is shapeless, timeless, and ageless; I see God in my mind's eye. Through understanding I see and look upon God in the same way that I see the answer to a mathematical problem.

I now rise to the awareness of peace, poise, and power. This feeling of joy, peace, and goodwill within me is actually the spirit of God moving within me; It is God in action; It is Almighty. There is no power in external things to hurt me; the only Power re-sides in my own mind and consciousness.

My body is the garment of God. The Living Spirit Almighty is within me; It is absolutely pure, holy, and perfect. I know that this Holy Spirit is God, and that this Spirit is now flowing through me healing and making my body whole, pure, and perfect. I have complete power over my body and my world.

My thoughts of peace, power, and health have the Power of God to be realized within me now. "Blessed are the pure in heart: for they shall see God." I have seen and felt His Holy Presence; it is wonderful.

THE QUIET MIND

God dwells at the center of my being. God is Peace; this Peace enfolds me in Its Arms now. There is a deep feeling of security, vitality, and strength underlying this peace. This inner sense of peace, in which I now dwell, is the silent, brooding Presence of God. The Love and the Light of God watch over me, as a loving mother watches over the sleeping child. Deep in my heart is the Holy Presence that is my peace, my strength, and my source of supply.

All fear has vanished. I see God in all people; I see God manifest in all things. I am an instrument of the Divine Presence. I now release this inner peace; it flows through my entire being releasing and dissolving all problems; this is the peace that passes through understanding.

MENTAL POISE

"Whither shall I go from thy Spirit? Or whither shall I flee from thy Presence? If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there. If I take the wings of the morning, and dwell in the uttermost parts of the sea: Even there shall thy hand lead me, and thy right hand shall hold me." I am now full of a Divine enthusiasm, because I am in the Presence of Divinity. I am in the Presence of All Power, Wisdom, Majesty, and Love.

The Light of God illumines my intellect; my mind is full of poise, balance, and equilibrium. There is a perfect mental adjustment to all things. I am at peace with my own thoughts. I rejoice in my work; it gives me joy and happiness. I draw continually upon my Divine Storehouse; for It is the only Presence and the only Power. My mind is God's mind; I am at peace.

THE PEACE OF GOD

All is peace and harmony in my world, for God in me is “The Lord of Peace.” I am the consciousness of God in action; I am always at peace. My mind is poised, serene, and calm. In this atmosphere of peace and goodwill which surrounds me, I feel a deep abiding strength and freedom from all fear. I now sense and feel the love and beauty of His Holy Presence. Day by day I am more aware of God’s Love; all that is false falls away. I see God personified in all people. I know that as I allow this inner peace to flow through my being, all problems are solved. I dwell in God; therefore, I rest in the eternal arms of peace. “Your life is hid with Christ in God.” My peace is the deep, unchanging peace of God; “It is the peace of God, which passes through all understanding.”

SPIRITUAL MEDICINE

“A merry heart makes a cheerful countenance.” The spirit of the Almighty pervades every atom of my being making me whole, joyous, and perfect. I know that all of the functions of my body respond to this inner joy welling up within me. I am now stirring up the gift of God within me; I feel wonderful. The oil of joy and illumination anoint my intellect, and become a lamp unto my feet.

I am now perfectly adjusted emotionally; there is a Divine equilibrium functioning in my mind, body, and affairs. I resolve from this moment forward to express peace and happiness to every person I meet. I know that my happiness and peace come from God; as I shed His light, love, and truth to others, I am also blessing and healing myself in countless ways. I radiate the sunshine of God’s Love to all mankind. His Light shines through me and illuminates my path. I am resolved to express peace, joy, and happiness.

CONTROLLING MY EMOTIONS

When a negative thought of fear, jealousy, or resentment enters my mind, I supplant it with the thought of God. My thoughts are God’s thoughts, and God’s Power is with my thoughts of good. I know I have complete dominion over my thoughts and emotions. I am a channel of the Divine. I now redirect all of my feelings and emotions along harmonious, constructive lines. “The sons of God shouted for joy.” I now rejoice to

accept the ideas of God which are peace, harmony, and goodwill, and I delight to ex-press them; this heals all discord within me. Only God's ideas enter my mind, bringing me harmony, health, and peace. God is Love. Perfect Love casts out fear, resentment, and all negative states. I now fall in love with truth. I wish for all men everything I wish for myself; I radiate love, peace, and good will to all. I am at peace.

OVERCOMING FEAR

There is no fear, as "perfect Love casts out fear." Today I permit Love to keep me in perfect harmony and peace with all levels of my world. My thoughts are loving, kind, and harmonious. I sense my oneness with God, for "In Him I live, move, and have my being."

I know that all of my desires will be realized in perfect order. I trust the Divine Law within me to bring my ideals to pass. "The Father does the works." I am divine, spiritual, joyous, and absolutely fearless. I am now surrounded by the perfect peace of God; it is "The peace of God which passes through all understanding." I now place all of my attention on the thing desired. I love this desire, and I give it my wholehearted attention.

My spirit is lifted into the mood of confidence and peace; this is the spirit of God moving in me. It gives me a sense of peace, security, and rest. Truly, "perfect Love casts out fear."

THE HOLY TEMPLE

"Those that be planted in the house of the LORD shall flourish in the courts of our God." I am still and at peace. My heart and my mind are motivated by the spirit of goodness, truth, and beauty. My thought is now on the Presence of God within me; this stills my mind.

I know that the way of creation is Spirit moving upon its self. My True Self now moves in and on It-self creating peace, harmony, and health in my body and affairs. I am Divine in my deeper self. I know I am a son of the living God; I create the way God creates by the self-contemplation of spirit. I know my body does not move of itself. It is acted upon by my thoughts and emotions.

I now say to my body, “Be still and quiet.” It must obey. I understand this and I know it is a Divine Law. I take my attention away from the physical world; I feast in the House of God within me. I meditate and feast upon harmony, health, and peace; these come forth from the God- Essence within; I am at peace. My body is a temple of the Living God. “God is in His Holy Temple; let all the earth keep silent before Him.

ACCEPT ABUNDANCE



- ☪ God is the Eternal Now
- ☪ The Way of Prayer
- ☪ How to Realize the Abundant Life
- ☪ The Prayer of Faith
- ☪ The Abundant Life
- ☪ Imagination, the Workshop of God
- ☪ God's Will For Me
- ☪ Abide in the Silence
- ☪ To Be, To Do, and To Have

GOD IS THE ETERNAL NOW

(Using the Subconscious Mind)

KNOW THAT MY GOOD is this very moment. I believe in my heart that I can prophesy for myself harmony, health, peace, and joy. I enthrone the concept of peace, success, and prosperity in my mind now. I know and believe these thoughts (seeds) will grow and manifest themselves in my experience.

I am the gardener; as I sow, so shall I reap. I sow God-like thoughts (seeds); these wonderful seeds are peace, success, harmony, and goodwill. It is a wonderful harvest.

From this moment forward I am depositing in the Universal Bank (my subconscious mind) seeds or thoughts of peace, confidence, poise, and balance. I am drawing out the fruit of the wonderful seeds I am depositing. I believe and accept the fact that my desire is a seed deposited in the

subconscious. I make it real by feeling the reality of it. I accept the reality of my desire in the same manner I accept the fact that the seed deposited in the ground will grow. I know it grows in the darkness; also, my desire or ideal grows in the darkness of my subconscious mind; in a little while, like the seed, it comes above the ground (becomes objectified) as a condition, circumstance, or event.

Infinite Intelligence governs and guides me in all ways. I meditate on whatsoever things are true, honest, just, lovely, and of good report. I think on these things, and God's Power is with my thoughts of Good. I am at peace.

THE WAY OF PRAYER

"Thou shell make thy way prosperous, and then thou shell have good success." I now give a pattern of success and prosperity to the deep mind within me, which is the law. I now identify myself with the Infinite Source of supply. I listen to the still, small voice of God within me. This inner voice leads, guides, and governs all of my activities. I am one with the abundance of God. I know and believe that there are new and better ways of conducting my business; In-finite Intelligence reveals the new ways to me.

I am growing in wisdom and understanding. My business is God's business. I am divinely prospered in all ways. Divine Wisdom within me reveals the ways and means by which all of my affairs are adjusted in the right way immediately.

The words of faith and conviction which I now speak open up all the necessary doors or avenues for my success and prosperity. I know that "The Lord (Law) will perfect that which concerns me." My feet are kept in the perfect path, because I am a son of the living God.

HOW TO REALIZE THE ABUNDANT LIFE

I know that to prosper means to grow spiritually along all lines. God is prospering me now in mind, body, and affairs. God's ideas constantly unfold with-in me bringing to me health, wealth, and perfect Divine expression.