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1. Why Affirmations Work

Man's word is Spirit in man. Spoken words are sounds occasioned by the vibrations of thoughts; thoughts are vibrations sent forth by the ego or by the soul. Every word you utter should be potent with soul vibration. A man's words are lifeless if he fails to impregnate them with spiritual force. Talkativeness, exaggeration, or falsehood makes your words as ineffective as paper bullets shot from a toy gun. The speech and prayers of garrulous or inaccurate persons are unlikely to produce beneficial changes in the order of things. Man's words should represent not only truth but also his definite understanding and realization. Speech without soul force is like husks without corn.

Spiritual Power in Man's Word

Words saturated with sincerity, conviction, faith, and intuition are like highly explosive vibration bombs, which, when set off, shatter the rocks of difficulties and create the change desired. Avoid speaking unpleasant words, even if true. Sincere words or affirmations repeated understandingly, feelingly, and

willingly are sure to move the Omnipresent Cosmic Vibratory Force to render aid in your difficulty. Appeal to that Power with infinite confidence, casting out all doubt; otherwise the arrow of your attention will be deflected from its mark.

After you have sown in the soil of Cosmic Consciousness your vibratory prayer-seed, do not pluck it out frequently to see whether or not it has germinated. Give the divine forces a chance to work uninterruptedly.

The God-Given Power of Man

Nothing is greater than Cosmic Consciousness, or God. His power far surpasses that of the human mind. Seek His aid alone. But this counsel does not mean that you should make yourself passive, inert, or credulous; or that you should minimize the power of your own mind. The Lord helps those who help themselves. He gave you will power, concentration, faith, reason, and common sense to use when trying to rid yourself of bodily and mental afflictions; you should employ all those powers while simultaneously appealing to Him.