

# Thoughts and Ideas about Affirmations

By Jeannie Kay

Growing up I had always heard about affirmations. When I was a child, my mother went to a three-day class held by Glen Turner and "Dare to be Great". When she came home, it was like having a new member of the family. She started showing us, (a family of six) new ways of thinking about ourselves. One of the things I very much remember is the mirror exercise. I would watch her stand in front of the mirror and say, "I love you". At ten years old, I didn't understand the self-esteem issues that plagued my mother or any other adult; I thought they were the ones with all the answers. Although affirmations had been a part of my life as a child, as a teenager I had let go of such things, (that my parents believed in,) after all what do they know? Well, as it turned out they knew a lot!

However, why does it take so long for affirmations to work? The mirror exercise, which is said to take the shortest amount of time, still can take 30 to 40 days just to feel good about saying it, let alone have it start working. I don't know about you, but to remember to do this for 30 to 40 days is the best way to give up and fail. I would like to say that it's because I'm too busy or maybe it is just being lazy. But I feel at this point in my life (late 40's) I may still be in rebellion. But who am I rebelling against and who is really rebelling?

I have always loved meditating and I love to do group meditations, visualizations, workshops and seminars. Then why was it I wasn't getting the same feeling in my daily affirmations, and visualizations, as I do in the group. I wanted to know what I was missing and if anyone else was feeling the same way. I started having more luck with audio visualization i.e. CDs and tapes. This at least had answered the question of group experience. So, what made the difference to me as an individual experience? One day as I was doing CD mediation with a voice that was saying, "You are vibrant, healthy and loved". The thought came to me that the only way the voice could tell me this, was to say "you", the same way that a mediator in a group exercise would. But my mind would take the "you" and turn it into the "I", and it was not even something I had ever consciously thought about doing. However, what if my mind did not transform it to the "I", then who was the "You" the voice was talking to?

Still more questions. If the mirror exercise took the shortest amount of time to achieve, why? The mirror exercise is simple, "I Love You", is it the simplicity of the statement that makes it work? Well I wanted to look at the statement closer. I know what you're thinking, what is there to look at, this is a statement most of us have heard or said all of our lives. O.K. so I know what love means, at least I believe that I do. So I wanted to look at the, "I" in "I Love You" who is the "I"? When I say "I", am I referring to the personal me, my labels, Mom, daughter, sister, writer, etc. or is it my personality, my character, and temperament that

endures over long periods of time? On the other hand, is the "I" referring to my ego? The ego; that part of me that keeps me separate, and in feelings of superiority. Looking up the word ego in the dictionary; the "ego" turns out to be Latin for "I". O.K. now I felt I was getting somewhere.

Now the question is, who is the "you", in "I Love You"? Who is the ego (the I) talking to when referring to the "you"? Is "you" just another way of talking to my ego, or am I talking to another part of me? I started thinking about my use of the word "you" what did it mean to me, to say "I love you" to someone, for me "you" meant acknowledging the authentic person, or their true self. However, when I say "you" what part of who you are is listening to me? Therefore, this led me to look up the word "you" in the dictionary. Well, guess what all the dictionary will say about "you", is that grammatically speaking, it is used as the second-person pronoun, and to go to "Thou." Looking up the word, "Thou" was used in old English to refer to or address kings and the aristocrats. It is still used in phrases today such as "Holier than Thou", and when I moved to the religious use of "Thou", it refers to a singular "Thou", meaning One God. Therefore, from the translated Bible into English in the 1500's to 1988 the word "Thou" is used exclusively to address or refer to God. (Which makes me wonder about the Ten Commandments, but that's another story) In 1989 of the Revised Standard Version of the Bible "Thou" is entirely omitted.

WOW! This new information blew me away. So by looking at the word "You" it is derived from the word Thou, and Thou is used to address someone or something greater than us, i.e. Lord or God. If what I was learning about words, and thoughts being things, then what was the meaning of what I am saying when I say "I Love You"? Well from the research about "I", it means the ego, and "you" translated from Thou to mean God, soo... EGO LOVE GOD. I thought this was an interesting equation. So to take it one more step, I looked up the word "Love" in the dictionary, Love; 1) Cherish, 2) to feel a passion, devotion, or tenderness for.

I liked 2, so I wrote it out; Ego feels a passion, devotion or tenderness for God. I like that, I really really like...but wait a minute! If the "I" is really "ego" and the ego is that part of me that keeps me separate and in feelings of superiority, then what is really being said? Is it really saying what I think it's saying? That, "I", (ego) keeps me separate and in feelings of superiority from the passion, devotion or tenderness, Love, of You, Thou, God".

"Oh my Thou!" What is going on, how can this be? If this is true and words are things, (in the beginning there was the word) and an aspect of manifestation, what is the meaning of "I love you" and what is the purpose of the ego and why is it separating me from God? It seems as though one answer leads to another question. Through all the spiritual and metaphysical teachings I have studied and participated in, I have always been told that the ego is something to be overcome, that, wouldn't it be nice if you could get an egoectomy, and what would be the consequences of that? What role does the ego play and is it something that

needs to be put in its place? I took this question to my friends and family; we came up with many analogies. However our favorite was the use of a large company, The “You” is the CEO and the “I” is the EGO (Engineer of **G**arbage **O**utput, ha, ha). The only problem is that the EGO is a little dyslexic and thinks it’s the CEO. We all had a great time thinking about how to get the EGO to the basement, where we all thought it belonged and out of the corner office of the penthouse floor. However, if the EGO is sitting at the desk of the CEO than were is the CEO? If “you” is God and God is everywhere, doesn’t it stand to reason that God is also the EGO. Therefore, lets look at the EGO as a part of the One, and in what part in the company does it play? After going through many scenarios, we came to the idea that maybe, just maybe, the EGO is a decoy or guard to the CEO. What if the EGO’s job is to protect, disguise as, filter out, buffer and in general protect the CEO. However, over time the guard now thinks it is the CEO and owns the company. This leads me back to affirmations. Do we say affirmations using the “I “ because we think we have to go through the EGO to get to the CEO? Using this analogy I can now understand the role of the EGO, it is protecting the CEO from the useless information that should not and must not be laid on the desk of the CEO, however do I have to keep convincing the EGO that my intentions are for the CEOs highest interest? Maybe this is why Affirmations take so long to work, and the mirror exercise is the one that works the best because it is the EGO talking directly to the CEO. The CEO is in touch with my belief systems and intensions, the CEO is not sitting around in an office but throughout the Unified Field being a mover and shaker on my behalf.

Therefore, with a clear understanding of my desires and intensions, I am changing my affirmations to the “you” as in “You are Loved”. The first time and every time since, I started doing this, I feel a physical reaction to the word “you”. I feel the deeper you within me. The “you” that is God, no longer the God through the filter of the EGO, but the real deal. I am now in touch with the observer, the witness, the silent one that is within. Please don’t take my word for it, try it yourself. Beware the ego **does** want to be a part of this. So you may have a difficult time or some resistance to keeping your mind from flipping the “you” to “I”, after all from the first day at school, to the business meeting you were in last week, your mind has been flipping the “you” to “I”.

An interesting side effect that is happening with me is that the, editor, critic i.e. the ego has always talked to me in the “I” in my thoughts, “I am not good enough” or “I am to fat”. But since, I have started making positive statements directly to my God self using the “you” statements, as in, “You are Loved”, “You are healthy” etc.. There is very little input or output from that part of me that thinks it (the ego) is in control. I feel the space between the thoughts opening up. My mind is not full of useless thoughts, like the pain of the past, who can I blame for my feelings, and all the music from pop artists, or show tunes that seemed to always be playing in my head, even in my sleep. The sense of peace that now flows through me is something that I want to share with everyone. So look at who

your rebel is and what role does it play in your company. Thank it for the job it is doing and allow it to keep working on your behalf.

Now take the “You” affirmations and talk to that deeper part of you; the part that is connected directly to source. I like to use the vision of the Light Being from the movie Cocoon. They pull away their seven-layer bio-body suit, and we see who they really are. We may not be able to pull away the suite at this time but we can go within and make a choice to be, have, and achieve more than we ever have before.

We would love to hear about your experiences using the “You” Affirmations.

Please e-mail us at [affirmations@mindsyncproductions.com](mailto:affirmations@mindsyncproductions.com)

Have you taken the affirmation [test](#) and [surveys](#), and watched the [You Affirmations videos](#)?