

AFFIRMATION

My Body

I have a body, but I am not my body. My body may be in different conditions of health or sickness. It may be rested or tired. But it is not my real "I". My body is my precious instrument of experience and action, but it is only an instrument.

My Emotions

I have emotions, but I am not my emotions. They are countless, contradictory, changing, and yet I know that I always remain I, myself, in times of hope or despair, in joy or pain, in a state of irritation or calm. Since I can observe, understand and judge my emotions, and then increasingly direct and use them and bring them to a transforming center to be changed, it is evident that they are not myself. I have emotions, but I am not my emotions.

My Desires

I have desires, but I am not my desires. They, too, are changeable and contradictory, with alternations of attraction and repulsion. I have desires, but they are not myself. They give me energy and power, but they are not me.

My Intellect

I have an intellect, but I am not my intellect. It is more or less developed and active, it is undisciplined, but teachable; it is an organ of knowledge & judgment in regard to the outer world as well as to the inner world. But my intellect is not myself. I have an intellect, but I am not my intellect.

My Psyche

I am a psyche capable of growth, infinite growth. I have an ego and a will, but they cannot bring the growth. I need them in order to bring me to the transforming center, the divine Lover, the Christ, and He will give me growth. He will heal my body, quiet my emotions, empower the desires which lead to growth, enlighten my intellect, and make me gradually into the likeness of Him upon whom I look.

I am not this divine lover, but I can be transformed into His likeness and image as I bring myself before Him. I can become an instrument of that kind of love toward myself and toward others. I am a psyche capable of infinite growth when I come and remain in His presence.