

The Power of Affirmation

Keter

There is an innate goodness/godliness in us. It is our soul of light. The divine name of Keter, Eheieh, reminds us of this goodness and the power of affirmation when we use the phrase "I am" in conjunction with a positive phrase about ourselves. Through affirmations, we draw upon our innate goodness and invoke the blessings of the Holy One upon ourselves. Affirmations can be in all manner of forms, from purely spiritual or heavenly to practical or earthly – the two, in fact, being one and the same. Affirmations that we create for ourselves tend to be more powerful, as they are in our own language or way of speaking, and are an expression of the creative spirit that we are at the level of our inmost being. The following are some possible affirmations:

- I am the light of the world, the light of the Messiah is in me, and I will let the light shine from within me.
- I am the holy vessel of the Christ-presence, and I am at-one with the Christ-presence; as I walk in the world, I bear forth the Light of Christ.
- I am a holy person, the Holy Spirit works with in, and through me to accomplish everything good – I am successful in all that I do.
- I am good at my work; I can and I will be able to do every task given to me well – I will shine in my job.
- I am healthy and happy; I am successful and prosperous.
- I am loving and will experience love.
- Etc.