

## THE RENFORD AFFIRMATIONS

*I know that anything I can conceive and believe I can achieve. Everyday ideas are coming to me. Everyday I gain more confidence because I believe in myself. God dwells in me, and I can access God Power by recognizing my innate powers.*

*I know that there are certain Universal Principles or Laws upon which all laws, including the laws of physics, rest. I am persistent in my identification of these Laws in my life. I am using my innate powers to come into harmony with these Laws of life. I know that these Laws are the Divine Self-Expression and that through understanding them in my life experiences, I can BE STILL AND KNOW GOD.*

*I see all problems as challenges that simply require a learning process. I love them because they exist in Divine Love for my benefit. I understand that proper perspective is necessary to begin any work and I'm daily developing the capability to view my life in proper perspective.*

*The essence of God is in me and I am pure potentiality. Every thought I have creates. I am aware that I can create destructively as easily as I can create constructively; therefore, my every thought is observed as if I were outside looking in. Negative and fearful thoughts are immediately apprehended and brought into the light from the dark corners and hidden caverns of my mind. In their place, creative and constructive thoughts are building the edifice of self-knowledge and understanding, which is my birthright.*

*I know that there are no limits upon the abundance that is available to me, except those that I place upon myself. I am releasing all thoughts that restrict or limit me. I am attracting all the skills, people and materials that I need to fulfill my primary purpose. These assets and attributes are daily being placed on the infrastructure that I have created in thought. I am manifesting what I have imaged in thought.*

*I know that I am not alone but part of the absolute unity of all. I know that every action has a reaction. I know that all is connected; therefore, there are always consequences of my thoughts, attitudes and actions. I observe this and daily create an ever-expanding positive force.*

*I am giving of myself everyday in every way. I share my wealth, time and knowledge, and the cosmos rewards me in multiples of my giving. It is inevitable that I receive when I give, because this is an expression of a Universal Law.*

*I know that no matter what I give or receive, there is only one essential ingredient, and this ingredient is the makeup of God. IT IS LOVE. Every time I share my knowledge, wealth or time, I am giving packets of LOVE—Packets of God. Love is all that I have been given, and it is all that I can give. I give love freely and daily.*

*I know where I am, who and what I am, and what I am capable of. I know that my capacity for energetic activity, creative thought and love is endless and that my energy supplier, Universal Being, is infinite.*

*I take responsibility for what I have and will create. I know that what I create in thought, and give the power of emotion to, will be manifested. I AM IN EVERY WAY CREATING MY LIFE! ~ ~ ~*