

Denials and Affirmations

What is a denial? From the *Revealing Word*: The mental process of erasing from consciousness the false beliefs of the sense mind. Denial clears away belief in evil as reality and thus makes room for the establishing of Truth.

A denial is a relinquishment, and it should not be made with too much vehemence. Let us make our denials as though we were gently sweeping away cobwebs, and our affirmations in a strong, bold, positive attitude of mind. When we poise ourselves in Divine Mind our affirmations and denials will be made in right relation. We will know just when to let go of a thought and when to lay hold of another. (Fillmore, 1959)

Example from *Who have you come here to be?* (Bonario, Simmons, & Isola, 2010)

Insecurity and doubt are powerless to stop me.

Ways to write denials:

- Use words that focus on the present moment.
- Use words of letting go.
- Can be general or specific.
- Remember the brain may skip over “not” and “don’t” words!

Examples:

- I gently let go of any thoughts of limitation.
- I now release all that doesn’t serve me.
- All fears now melt away.
- Other examples:

Note: We typically follow a denial with an affirmation – to fill the space left behind with something positive! 😊

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What is an affirmation? From the *Revealing Word*:

A positive statement of Truth. By the use of affirmations we claim and appropriate that which is ours in Truth. The "yes" action of the mind; the act of affirming; the declaring of Truth; the mental movement that asserts confidently and persistently the Truth of Being in the face of all appearances to the contrary.

To establish in consciousness a broad understanding of the divine principles on which all life and existence depend. By affirming Truth we are lifted out of false thinking into the consciousness of Spirit.

Example from *Who have you come here to be?*

I am courageous. I break through obstacles by accessing the power of God living, moving and acting through me.

Ways to write affirmations:

- Use words that focus on the present moment.
- Use I Am or other present-tense verb statements (vs. I will/should)
- Remember "it is your Father's good pleasure to give you the kingdom" (Luke 12:32)
- Can be general or specific.

Examples:

- One with God, I am Divine Power expressing.
- I claim my good as a child of the Most High.
- Prosperity abounds, and I swim in a sea of supply and blessings.
- I express Divine Life itself, and every cell in my body is in perfect working order.
- Other examples: