

Guidelines to Construct an Affirmation

1. The number of words to be in odd numbers
2. It needs to be stated in “Simple Present Tense”; like, “I am...” “I always...”
3. Construct sentences in such a way that punctuations are not required

Examples

- I am a wonderful person
- All the power is always inside me
- All the cells in my body are very healthy
- I am wealthy

Writing Guidelines for any Likita Japa (+affirmations)

1. Sit in a comfortable position
2. Dedicate a separate notebook and pen for this purpose
3. Use a ruled notebook initially and then switch to unruled notebook; use a blue pen
4. Treat the notebook/pen with respect and safekeep the same in a revered place
5. Use a ball-point pen and write with a little pressure (ink-pen nibs are sensitive for pressure); the little pressure activates the Nervous-system
6. Repeat the affirmation either orally or in mind as you write
7. Focus your attention on the paper/notebook than elsewhere; ‘mindful writing’
8. Write 48 times each day and 48 consecutive days without a break; if there is a break, the net day is considered the first day
9. You could write in any language
10. It can be written in any ‘case’ (lower case, upper case); but be consistent once you choose
11. No punctuation required especially full stop at the end
12. Writing with emotions and visualization is more effective
13. Write at the same time each day (plus or minus 30 minutes)

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