

Conscious Affirmation/Intention Eight-Fold Process

by Cayelin K Castell

"Decree a thing thus and it shall be established unto you."

<https://masterysystems.com/introduction-to-conscious-languaging/>

Conscious Affirmation and Intentions are life changing. Find ways of speaking and crafting your intentions that resonate for you guided by these principles.

1. Make clear, concise, specific statements! Avoid making statements beginning with, *I would like to, I want, perhaps someday, I wish, I hope, I feel that, I'll try or I am trying, I am becoming*, and so on. Avoid using, *but, however, although, whatever, may*. These words disempower our statements through negation, or through vagueness. Be specific. Avoid using *want* in any statements. The definition of want is "desire without having."

Conscious Language and Prayer is a process of co-creating your reality, moving out of want to having, enjoying and being fulfilled. When we consciously create and speak statements of intent, our words either empower, or disempower the statement or affirmation.

Some words separate us from our true feelings and are vague. So, avoid statements containing these words: **like, which, these, those, this, that, it, the**. Instead of saying something like I know **that** everything is in divine order, state *I know everything IS in divine order*. OR I am grateful for the divine order expressing through me or you might say: *My life is expressing in divine order!* or *I am gratefully experiencing Divine Order in My Life*.

2. Prayers or invocations are empowered by calling on the desired energy directly. Avoid beginning statements such as **I would like to ask for**....In the Lord's Prayer the statements are commanding.

...Thy Kingdom Come...Give us Our Daily Bread...Forgive us Our Debts or Trespasses.

This is not about asking *may this be done*, as in the statement "*May Peace Prevail on Earth*" but rather assuming it is already done. **Peace Prevails on Earth** or better yet: **WE give thanks for Peace on Earth!** Be specific.

3. Robert Stevens creator of Conscious Language Mastery Workshops suggests using statements that begin with **I am, I choose, I have, I love, I create, I enjoy**. The last statement **I enjoy** – reminds us to enjoy our creation. In the past, many people worked so hard at creating their reality; they didn't have time, or even know how, to truly enjoy it. Enjoying life is as important as actively co-creating it.

4. Make statements describing exactly the reality you are co-creating or manifesting. Avoid mentioning negative conditions. If someone says "don't think about chocolate chip cookies" immediately the thought of chocolate chip cookies is present. If someone says, "stop struggling," the image of struggle is invoked.

Make statements aligned with what you are creating. For example, **I am healthy**, rather than, *I am free from disease*. **I am giving and receiving pure love**, instead of using the term "unconditional love." The word unconditional implies conditions. Use **universal love or pure love or divine love** as alternatives. Replace words that have what you don't want in them.

Cayelin K Castell <https://cayelincastell.com> and [My Star Alchemy](#) and [Venus Alchemy](#)

For example, replace non-judgment with **acceptance**. Helpful ways to say this are: *I love and accept myself. I love and accept my family, partner, co-workers. I love and accept life on life terms.* If you want to add power to these statements you might say: *I deeply and completely love and accept myself.*

Ending statements with: ***And so it IS with gentleness, ease and grace*** OR ***It is done and It is So with gentleness, ease and grace,*** OR ***It is Done, It Is So and So It IS!*** Or **I am grateful it is Done and It is So and I give thanks!** This is a great reminder to relax and receive our intent.

5. Use the power of the present moment! Instead of saying, I am becoming healthy; say **I am healthy**. Instead of...I am growing towards my divine purpose; say...**I am living and expressing my divine purpose now**. Becoming implies something that is happening in the future.

Words implying a future or past event take us out of the present. Practicing making decrees in the present moment as if they are already manifest and they will manifest according to your belief in them.

6. Claim ownership. Use **MY** instead of *the*. So, for example, instead of saying, I joyfully choose **the** highest good in this situation, say *I joyfully choose MY highest good...* For collective statements, use *our*, instead of *the*.

For example, use **our** world, or **my** world, instead of **the** world. Ending with a statement that claims ***this is done and this is so in the most beneficial and supportive ways possible for me and all concerned*** are also powerful declarations.

7. Follow your true heart's desire. In the Bible, Jesus says, "First seek the kingdom of heaven and all else shall be added unto you." Other interpretations have included "Seek ye first the kingdom within...." Robert Stevens suggests that if we replace *heaven or within*, with *heart* then the statement is saying seek first our true heart's desire. "*Seek ye first your true heart's desire....*"

Aligning with your heart's desire, then decreeing it so - with passion, specificity, and certainty - right now - truly believing and aligning your feelings with your desire assures rapid manifestation of your new reality. It is vital to be specific with your words, coming through your alignment with your feelings and thoughts.

8. The most important and powerful element is genuinely *feeling* deep gratitude for what we already have and for what is emerging in our lives. Gratitude quickly magnetizes our thoughts and feelings into manifestation. True magic is gratitude fully expressed.

Melodie Beatie says: "Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos to order, confusion to clarity..."

Also... "Gratitude is the heart's memory." ~French Proverb

Words are holographic reflections of our reality, and we can literally change our reality by consciously choosing words (prayers) designed to empower our dreams and desires.

With Gratitude It is Done, It is So And so it IS! Blessed Be!!!