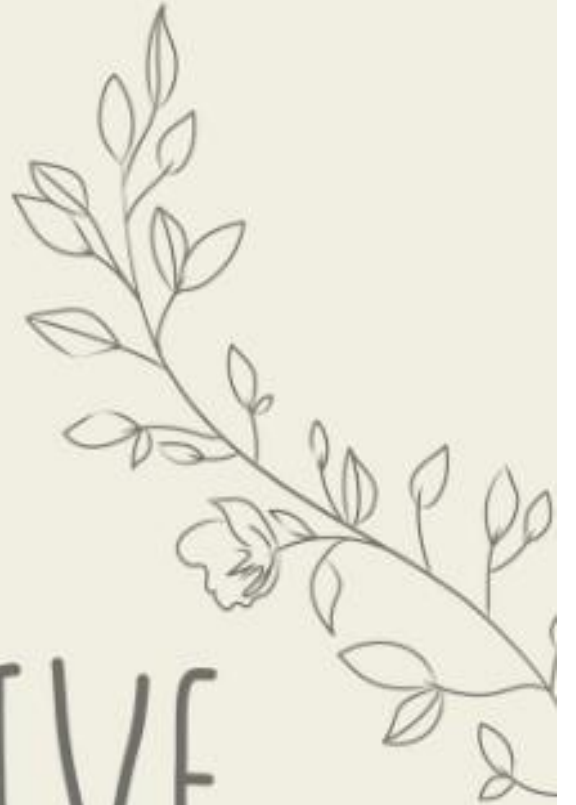


SEEDS  
OF  
POSITIVE  
THINKING



GEETA B BHANSALI

*This is a booklet of affirmations.*

*Each affirmation has been intuitively crafted by Geeta as morning messages in the year 2024.*

*Affirmations are really like planting seeds.*

*We have all heard about the saying, 'as you sow, so shall you reap'.*

*Doing affirmations is like sowing seeds in the mind.*

*Once you sow the seeds of positive thoughts in your mind, you need to nurture them and only then they give the desired fruits.*

*Hold on to any positive thought mentioned and let it guide you through your journey.*

*At times some affirmations may directly relate to you and at other times it may challenge your beliefs. And that's fine. Just plant these seeds of positive thoughts, nurture and enjoy the fruits.*

*Just as each seed has immense potential, every thought that you think has immense power. Let these seeds of positive thoughts guide you in your journey.*



I wake up with a beautiful smile and welcome the new morning

I am grateful to take charge and have a head start

I am patient with myself, others and with situations at hand

I am grateful to practice patience knowing that every minute of wait is worthwhile

I contribute to my environment in small little ways- through mindful thinking, speaking and actions

I am grateful that every mindful contribution towards my environment nourishes me and the larger community

I have the ability and wisdom to look at disagreements and conflicts as information

I am grateful to handle the conflicts and disagreements gracefully

I am in the flow, knowing that whatever comes my way is only the best

I am grateful to accept the topsy turvy flow of life

I trust my strengths and capabilities and it is this trust that helps me sail through

I am grateful to value myself

I no longer take things personally...I look at criticisms through an observational and objective lense

I am grateful to have the ability to look beyond self judgement

I add different colours to my life .. every colour has it's own significance and I value that essence

I am grateful to enjoy the hues of life

I bloom wherever I am planted...instead of blaming the environment, I nourish myself to the fullest so that I can flourish wherever I am

I am grateful for being in harmony with my inner and outer environment

I bring positive energy and vibe wherever I go

I am grateful that my vibe attracts my tribe

I care and value my environment...I put in conscious and consistent efforts to nourish all that exists in my surrounding

I am grateful to contribute fully and willingly to the health of my environment

I welcome the summer heat...I welcome the new season and prepare my body to greet and meet the warmth of the season

I am grateful to enjoy the Summer Season and all that it has to offer

I release the need to fix my situations or fix myself...I use my energy in understanding my feelings and connecting with myself

I am grateful that I choose "connection over correction"

I dare to dream, I believe in them and give my bestest efforts to achieve my dreams

I am grateful that my dreams keep me awake, alive and kicking with joy

I am patient with myself and my inner struggles

I am grateful to go through my own metamorphosis and come out in full colour

I value every awareness that comes to me in any form as it brings me closer to myself...

I am grateful to go through the sweet pain of holding the awareness with compassion and curiosity

I make a heart full choice with complete awareness of my thoughts and feelings

I am grateful that when I make conscious choices, I take ownership and responsibility of their consequences too

There is joy in knowing and there is also joy in "not knowing" ...and I enjoy both certainty and uncertainty

I am grateful to hold space for my uncertainties

I release the need to push away my pains...I understand and take care of my pains

I am grateful to have the capacity to process and deal with my pains

I awaken to the hidden parts of myself...I awaken to the beauty within

I am grateful to see all that lies within with love compassion and feel whole and complete

I have control over my thoughts, actions and behaviour through deep listening to myself

I am grateful to be in alignment with my thoughts, actions and behaviour

I am able to handle the toughest of situations by firstly looking at the situation as is, and then feeling the situation fully

I am grateful to be unperturbed even in the toughest situations

I let this season of "Varsha Ritu" wash away all the stored impurities...I cleanse and purify my being

I am grateful to feel nourished, rejuvenated and I rejoice in this beautiful transformation

I listen to my body 's messages and trust them as well...I honour the signals and warning signs that my body gives

I am grateful to be in tune with my body

More than the action or situation, I focus on what the action or situation does to me and when I do that I become aware of my feelings

I am grateful that the awareness of my feelings gives me an opportunity to fulfill my needs

I am grateful to live in the world of infinite possibilities

Every day brings with it wonderful opportunities for me to prosper, feel abundant and grateful...no matter what

I keep reminding myself that 'I AM HERE'...with that I bring my whole self in the NOW

I am grateful to know and believe that the point of power lies in the NOW...

I am restful...I prioritise rest...I am more alert and productive when I have rested enough

I am grateful to give ample rest to my body and mind, in my daily life

I believe in myself...and when I start to do that...I miraculously believe in others and in the Universe

I am grateful that I walk the path of trust

I am willing to pause and reflect ...feel and look within instead of fixing situations

I am grateful for the restful pauses that I take consciously for inner reflections

I joyfully connect with my body, every discomfort or pain is a message for me to look at my body and take care of it

I am grateful to live in a healthy and happy body

I acknowledge my mistakes with humility and grace

I am grateful to be vulnerable and take responsibility for my actions

My triggers are my biggest teachers...they tell me about my feelings and needs

I am grateful to tune in to the wisdom that lies within my triggers

I am grateful to learn from my triggers by pure observation of my feelings

My triggers are mine

I embody the energy of Shakti that keeps me grounded as well as empowers me to stand up against evil

I am grateful to ignite this Shakti energy within

I embrace my struggles, disappointments, failures fully

I am grateful to have the capacity to hold space for these struggles and failures

I welcome all festivities with open arms

I enjoy and relish the goodness and the spirit of the coming festivals

I ignite the light within knowing that this light will show me the path in my darkest times

I am grateful to celebrate the victory of goodness, love and compassion

I make conscious and full choices that are envilvening for me and for the world

I am grateful to live my life fully without any regrets

My choice and decision matters and I contribute just by being present fully

I am grateful for all the conscious contributions I make to all

I wake up to welcome the new day and take the steps towards welcoming the future with freshness and brightness

I am grateful to shine bright

I am home where I am

I am grateful to be home

I value cleanliness and hygiene...I take efforts to keep my surroundings neat and clean

I am grateful to value the peaceful inner and outer environment

I notice and value the little things in life that nourish me

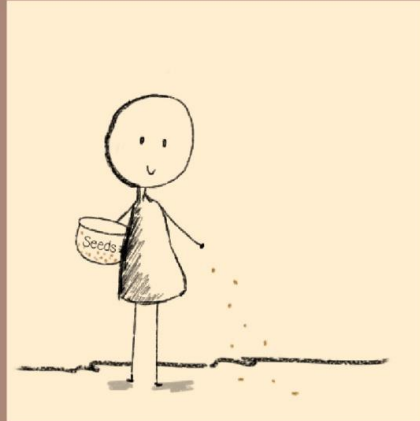
I am grateful for these little things that make my life big

I move with time and I change with every moment of change

I am grateful to let things end gracefully so that I can prepare for the new

I gracefully bring a closure to what needs to end

I am grateful to prepare and be ready for new beginnings



Sow the seeds



Nurture the plants



Enjoy the fruits