


SEEDS  
OF  
POSITIVE  
THINKING



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*This is a booklet of affirmations.*

*Each affirmation has been intuitively crafted by Geeta as morning messages in the year 2022.*

*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.*



Beginnings are beautiful...they give me a fresh opportunity to start afresh

I am grateful to welcome this new beginning with open arms with full faith and trust

I love my heart...it tells me so much...it guides me in so many ways..my heart is my supplier of love that can heal the entire planet.

I am grateful to have a beautiful heart...I take care of my heart with love

I follow my body wisdom...it guides me in every way

I am grateful to listen to my body needs and willingly fulfill them in the best possible way

My breath is my friend...

I breathe into myself, my being, my soul, my Universe

I am grateful to be in sync with my breath

I create new habits with ease without having to force them on myself

I believe new habits sustain when they get formed naturally

I am grateful to bring more ease and sustainability into my life

I am deeply anchored to my breath...

Each time I sense any form of stress, I come back to my breath

Just by being aware of my breath, helps me to be in a state of rest and balance

I am grateful to observe my breath with attention, curiosity, reverence for all that it does and for all that it is

I go beyond my physical body and my thinking, feeling mind. I access my deep inner wisdom and allow it to lead and guide me.

I am grateful to experience this deep inner stillness which is all knowing.

In my moments of challenge...I ask myself... how can I live my life without expectations and without the need for specific results...

I am grateful to feel the freedom during challenging moments

I am in the centre of my own wellbeing...my life and my world revolves around this wellbeing.

My wellbeing is the connection with my being and I am grateful to be in deep connection with who I am

I protect myself from any toxic energy that is unhealthy for me

I am grateful to become aware of the energies that surround me

I let go of my preferences...I am learning to enjoy 'what I don't enjoy'

I am grateful to move towards 'learning to unlearn'

I realise that application of knowledge is true wisdom...I consistently take time to practise all that I have learnt.

I am grateful to choose practised wisdom over learnt wisdom

I practise being calm, composed, balanced, positive

I am grateful that my consistent practice gets the desired results

Today I offer a prayer to all those who need it...let this prayerful energy help them transform their fears and negativity into positivity and wholesome health.

I am grateful to contribute through my prayers and good wishes...let there be harmony,

My efforts and actions bring joy to me....I free my efforts and actions from its results and judgements of all sorts

I am grateful to experience the joy and freedom of effortless effort

I make use of this time to be grounded and anchored in faith and surrender

I am grateful to stay connected to my SELF and this helps me to sail through

I am stable, at peace and rooted in my practice of anchoring myself in my "Dharma"...this practise brings to me ease, joy, love and compassion and I let this flow out in all directions

I am grateful to be anchored in my practice of "Dharma"

I am constantly changing and so is the world around me and in this minute to minute change, is evolution

I am grateful to enjoy this constant change and evolution

I bring stillness into my life...this stillness gives me ease, clarity, choice and freedom

I am grateful to be in the practice of stillness

When the going gets tough, that's when I get going....I move with the flow with faith and surrender...I know that, this too shall pass...as only change is the constant

I am grateful to flow with time and the situation

I practise AHIMSA (which is nonviolence), in my thoughts, words, behaviour and actions...through this practise, I create a peaceful environment around me

I am grateful to have the capacity, willingness and consistency to keep up with the practice of AHIMSA

I walk the path of complete surrender with courage and faith without any expectations, embracing all that comes my way...

I am grateful to experience the knowingness of surrender

The more I am rooted to my own self, the less reactive I become

I am grateful to have awareness of my reactions and turn them into responses

I let of all resistance to change...I accept all that is showing up for me now and flow with it...

I am grateful to believe that all that is happening, is for our collective highest good

Awesomeness is all about being myself...I feel this awesome feeling when I feel and accept all of myself fully

I am grateful to feel fully awesome in my whole true being

I am no longer a part of any race, whether it is for money, success, name, fame, intelligence or for love, freedom, joy...

I let all of these naturally flow into my life with gentleness and grace

I am grateful to step into the ease and flow of life

I practise cleanliness regularly...Cleansing my physical being, my environment, my space, my mind, thoughts and emotions...is now a ritual for me

I am grateful to feel the Godliness and Goodness of a cleansed body, mind, energy, emotions and space

I value my triggers...these triggers show up and reveal something within me that needs healing

I am grateful to my triggers as they bring me closer to my own self

There is transition happening in every single moment...I allow this transition(both inner and outer) to happen smoothly and with stability, ease and joy

I am grateful to accept this transitional flow of life

I take ownership for my feelings and my situations...when I take ownership, I also take responsibility for what is happening to me

I am grateful to own up and feel responsible

I am like water...easy, joyful, calm and taking shape wherever I am placed...

I am grateful to be like water, steady and yet in the flow

I stop feeding the parts of me that create unhealthy patterns...I use this conserved energy to heal myself

I am grateful to learn, where to use and where not to use my energies

I know and believe that all my experiences, whatever they may be, however hard they are... these experiences are meant for me and my growth...

I am grateful to receive the teachings from these experiences. Even if it feels very hard, I expand my sense of awareness, growth just little bit more...

I activate the collective support and service to each other...when I serve, I see the wholeness and greatness in me and the other.

I am grateful to nurture and be nurtured through this generous giving and receiving

I celebrate festivities consciously with devotion and bhakti

I am grateful to imbibe the true qualities of what and whom I celebrate

I am aware of my awareness...I observe myself observing...I pay more attention to how I am observing instead of what is being observed

I am grateful to refine my quality of observing

Life happens FOR me and not TO me...what I experience is for me to learn and grow...the more I believe this, the experience becomes a learning and transient journey...

I am grateful to accept all my experiences whole heartedly

I spend some time in feeling the profound magnificence...I hold and remember that connection to the sacred everyday for even just a little window of time and then resource from that sacred place

I am grateful to feel nourished through the deep connection with the sacredness within

Today I ask myself 'what is victory? what is evil? what do I wish to kill or demolish? What do I wish to celebrate?'

I am grateful to be in awareness of my victories over my evils

I observe... how I observe and from where I observe holds more relevance than what I observe...

I am grateful to make my mind more subtle and clear to make the process of observation more refined

When I am in pain, I separate myself from the pain and realise that "I am not the pain'....

I am grateful to be an observer to the pain

I am aware of my truth and speak my truth with care for myself and for the other

I am grateful to have the courage to express honestly with care

I enjoy the knowing and I also enjoy the unknowing,,,it is the unknowingness that brings with it the excitement and the constant movement

I am grateful to be prepared for the unknowingness in my moments

You can reach me, You can teach me, I am here with you...

I am grateful to be reachable

I learn from nature...nature teaches me to reach to my original nature by constantly constructing and deconstructing...

I am grateful to be in tune with nature and letting nature shape me

Nature listens, nature speaks and nature also heals...I tune into this all encompassing nature and allow the speaking, listening and healing to happen

I am grateful simply BE in nature

I celebrate the season of peace, joy, giving and receiving, letting go and forgiving...

I am grateful to feel the true spirit of oneness, wholeness, caring and sharing

I invite this year to bring in more nurturing and freeing moments where I am anchored in my beingness

I am grateful to walk into this year with ease, peace and balance

All that I ask for and all that I pray for, is already healed

I am grateful to have ultimate faith and trust in myself and in the super power

I tune into that which is eternal ...I experience 'me' which is changing every moment and find that ever constant and expansive 'me'

I am grateful to be in the truth which is a permanent, to be in the 'me' that I am already

I am aware...I allow my awareness to dissolve (instead of solving) the problem, to reveal the story and the hidden secrets



I am grateful to experience the magic and beauty of awareness

The wonder that I am....takes the form of this experience, takes the form of every action, takes the form of my breath.

I am grateful to be the wonder that I am and a part of everything and everyone

I am human and that's my strength and my biggest quality...I cry, I fall, I fail, I feel and that's only being human

I am grateful to pride in feeling the humanness in me

I have faith...it my faith in me and my efforts that gives me the inner strength, to take the next step and the next...it is my faith that doesn't allow me to ever give up....

I am grateful to nurture this faith that feels the light when the dawn is still dark

I am because you are...I am because of your contribution and vice versa

I am grateful to feel this beautiful tapestry of inter connectedness

I tune to the SOURCE that is omnipresent, omniscient and omnipotent....being aligned to this SOURCE gives me exactly what I need to experience

I am grateful that me and my SOURCE are in tune and in alignment

I celebrate with colours

I celebrate the vibrancy

I celebrate aliveness

I celebrate life

I am grateful to enjoy the celebration

I am always anchored deep within-to my breadth, my inner silence and wisdom, to the deep knowingness...

I am grateful to flow while being held

I bring in my essence, my ability, my quality, my skill and my resource in interaction with others

I am grateful to be aware of what is special and unique about me and bring that alive

I play with my imagination and use it to connect me what is real...

I am grateful to trust my imagination and lead me to where I need to reach

I make nature my friend, my teacher and my guide. I tune into my nature through the benevolent presence of nature.

I am grateful to relax in nature

There is joy in knowing and there is beauty in 'not knowing' as well

I welcome the uncertainties with grace.

I am grateful to allow each moment to reveal itself, bit by bit

I allow my awareness to reveal the hidden secrets, to not solve but dissolve my problems

I am grateful to be present to this never changing presence of awareness

I have the strength and energy to be who I am and who I am not

I gather my thoughts, emotions, energy and assimilate them into my beingness

I enjoy learning with grace....I am constantly learning from my environment, my relationships, my work and from my life situations

I am grateful to be open to learning with joy and ease

I direct my attention inwards...I look into my thoughts, emotions and body

I am grateful to access the deep inner wisdom that lies within my own self

I rediscover the joy of gifting...

I am grateful to feel my heart expand with love through the joys of gifting

I live my life as a journey, with various destinations....with lot of excitement and surprises on the way

I am grateful to flow into this journey non stop, every day and moment

I invest generously and mindfully....I know every conscious investment I make is going to give me benefits now or later

I am happy and grateful to invest my time, energy and money with awareness

I inhale love, joy, peace and relaxation and I exhale out all the tiredness and past baggage

I am grateful to my breath, as in each moment I can let in what is healthy and let out that which is unhealthy for me

I start my day with a smile on my lips, love in heart, vibrant energy in my body, peace in my soul

I am grateful to let my positive energy radiate through me, as I go on with my day

I am healthy, wealthy and wise

I make conscious choices to be healthy

I attract wealth and success by having a positive attitude

I use my wisdom in the right direction

I am grateful to have enough health, wealth and wisdom

I ask questions....I take a stand....I enquire....I voice and have an opinion...I agree and I differ

I am grateful to showcase my point of view...I showcase that I matter

I live each day as if I am born again...each day is a fresh new beginning for me...each day is a celebration...I am grateful to see each day with a fresh, new positive lense

I believe in equality and mutual respect;

I stand up for myself and for others out of respect for each other

I am grateful to stay in a world is rooted in mutual respect

I bond with my family, my relationship with my family is based on mutual giving and receiving

I am grateful that I am beautifully supported by my family

There is beauty in knowing and also in not knowing

I surrender to the not knowing and am grateful to let the unknown reveal to me with grace

I make time for myself, for my feelings and to fulfill my needs

I value time without any regrets about not having enough time

I am grateful to have abundance of time

I feel loved and when I access the deep love within, everyone and everything around me seems lovable

I am grateful to feel lovable and offer this love with gratitude to others

I travel safe and healthy....I create beautiful memories on my journey

I am grateful to enjoy every step of my travel journey

I am in reverence to all that matters and adds value in my life...

I am in gratitude to the very essence of life that celebrates the victory of aliveness and truth

I welcome little moments of joy in my life and I am truly grateful to make my life a celebration

I love life, I live life

I have a healthy regime...I am willing to have a disciplined routine

I am grateful that my efforts for a healthy ritual contributes to my wellbeing

As I move through the layers of other people's opinions and beliefs, I see within myself a magnificent being, wise, and beautiful.

I am grateful to love what I see in me.

I garner wisdom, love and joy from the places I travel and the people I meet

I am grateful to journey home, feeling restful and rejuvenated

"It is Possible"...I say this to myself and believe that it can happen and it is possible

I am grateful to cultivate "possibility thinking" and to witness the possibilities

I connect with the SOURCE....this connection enlivens, heals and guides me

I am grateful to value the beauty and divinity of the SOURCE

I truly believe that I am because we all are...I am a big contributor in the healing of others and vice versa....

I am so grateful that we are all connected at the deepest level

I release the need to know the entire road map of my journey....I take the 'just right next' step that helps me move forward

I am grateful for just the next moment to reveal itself

"Who am I? Where am I? Why am I here?" I stay with these deep fundamental questions and flow with enquiry

I am grateful to have the ability to stay with deeper enquiry

I am cheer, I am joy and I am happiness

I am grateful to spread the smiles of cheer, joy and happiness wherever I go

I graciously breathe, pause and bring a harmonious closure to all that needs to end...

I am grateful to reflect and harvest the wisdom from what passed by



Sow the seeds



Nurture the plants



Enjoy the fruits