

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 2023.

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 make new beginnings with ease and grace, knowing that only when I begin afresh I can bring a new change

I am grateful to be in the flow of change

I begin my day with a joyful heart and a beautiful smile and I let this happiness and mirth spread through the day

I am grateful to carry my smile with me everywhere I go

I allow my pain to talk to me...I listen in deeply to all problems without trying to suppress my pain or problems

I am grateful to receive the wisdom from my pain and problems

Each time I feel less than others or I compare myself...I look at that little part in me, that feels 'not good enough' and give that part a nice warm hug

I am grateful to acknowledge the parts of me that are looking for approval and acceptance

I gift a smile, I gift a hug to someone I love, and also to a stranger

I am grateful that in my beautiful giving is my receiving

I quieten my mind....I listen to the little strong voice inside and let it guide me in my choices

I am grateful to trust the deeper and subtle parts of myself

I bring playfulness in my daily life....it is through the joy of playfulness that I learn to let go and be in the moment

I am grateful to cultivate a childlike playful attitude

I make a conscious choice to forgive and let go of the past...I prepare myself to forgive and I am willing to forgive

I am grateful to feel the freedom and lightness through the grace of Forgiveness

I have the courage and compassion to understand my pain...physical, mental and emotional pain

I am grateful to listen to my pains and receive the wisdom from my pains

I have awareness and clarity about when to pause and stop, when "not to continue"

I am grateful to understand the value of when to begin and also when to stop

I am driven by "who I am" rather than "what I am expected to be"

I am grateful to let go of other's expectations and anchor myself into my own being

I listen to my cravings and aversions...

I am grateful that through the process of listening, I am able to process and dissolve my cravings and aversions

What must be faced, must be faced, sooner rather than later....and I do face it with courage, grace and surrender

I am grateful to face my life situations with a relaxed mind and an open heart

Freedom starts in my mind...

I am grateful to free my mind from all the accumulated clutter

I beat the Summer heat by lovingly feeding my body with nutrition that keeps it cool

I am grateful to enjoy the Summer heat

I am truthful to myself....I let go of the pretence and masks when I interact with myself

I am grateful to have authentic conversations with myself

I take things easy....I let them go...I release the need to always be right and perfect

I am grateful to let certain issues find their own solutions in it's own journey and time

I choose true belonging which is "not fitting in"...true belonging which is non negotiable, it is something that I hold in my heart for my own self

I am grateful to be committed to my own self

I take responsibility for myself and I share responsibilities with each other

I am grateful that I can bring about change by being self responsible

Good or bad, anything I do is right for me at this moment

I am grateful to be the master of my life

I prepare myself for the "just right next"...it could be just the next week, day or moment or situation

I am grateful that my "preparedness" helps me to deal with "the just right next" in a healthier way

I view my life as being abundant with meaning and purpose

I am grateful that meaning and purpose finds their way and move closer to me

I find happiness in small things...I release the need to be in the tiring race and chase for happiness

I am grateful to be right here in the NOW and be happy!

I am walking on the path of Unity and Wholeness

When I do that there is no separation

I am grateful to feel the compassion for all as I am a part of the WHOLE

I bloom wherever I am planted...I adjust to the environment around me and make it favorable for my growth

I am grateful to feel at home

I believe that all my answers are within me...I sit with myself to decode what I already know

I am grateful to enjoy and cherish the beautiful process of unravelling of answers

My story matters coz I matter....every chapter of my story talks about me and my journey and it is beautiful, no matter what

I am grateful to own my story- every tiny bit of it

I create space for the toughest and darkest parts of my thoughts and feelings

I am grateful to feel compassion for all of myself just by creating this space

I have enough and more... I always have enough as I use my resources wisely

I am grateful to have the wisdom to be in abundance

I am the boundless ocean in a droplet of water... eternally full and abundant

I am grateful to be boundless and bountiful

I take self responsibility for my choices and decisions....my self choices matter to me

I am grateful that my decisions empower me to stand up for myself

I make incredible things happen just through my complete commitment

I am grateful to witness the fruits of undeterred commitment

My time here is precious...

I manage my time well instead of time managing me

I am grateful to have more than enough time for all I wish to do

I transform my lack into abundance by looking at where my lack is coming from and then letting the lack go

I am grateful to know that I am forever enough and there is always enough and more for me

I believe that any end is never an end... it's always a beginning of something new

I am grateful to accept an end and welcome the new

I open the doors for communication....I whole heartedly express myself, trusting that I am received

I am grateful to be seen, heard and understood

I have the willingness, courage and wisdom to choose discomfort over resentment

I am grateful to be at ease with my uneasiness

I take part in the festivities and celebrations with full vigour

I am grateful for all the goodness and joy that these beautiful celebrations bring with them

My food nourishes me...I eat what my body needs...I eat with joy

I offer my love and gratitude to everything I eat...I am grateful to all the sources where the food comes from

I own and acknowledge my mistakes...I take responsibility for the consequences of my mistakes

I am grateful to learn from my mistakes

I calibrate my mind and body...I bring them together in harmony with gentle awareness

I am grateful to listen to both my mind and body

I rejoice when things are my way...I also rejoice when things are not my way, as they are wonderful opportunities for me to learn and grow

I am grateful that my life is full of rejoice

I let go of the fear of being wrong

I live a creative full life where there is no wrong and no right

I am grateful to live a life of authenticity

I am heard, I am seen, I belong....I am alive

I am grateful to be rooted in the fundamentals of existence.... I rejoice in my existence

I ignite the light of positivity, joy and cheerfulness

I am grateful to overcome my inner darkness

I bring lightness into my day through laughter, humour, music, dance and play

I am grateful to feel joyful by incorporating playful activities in my daily life

Life is a simple topsy turvy game and I enjoy this game...whether I win or I loose

I am grateful that in the game of life, there is no race, no chase

I watch my thoughts and feelings with gentleness and curiosity, without judgement

I am grateful to experience the wonder, beauty and wisdom of observation and awareness

My 'self worth' determines my 'net worth'...

I am grateful that I feel worthy enough to be financially rich

I am a jolly good fellow and I believe so

I am grateful to feel the joy in my heart

I feel the joy of ending and bringing a closure to this entire year- full of experiences

I am grateful for all that went by...I feel grateful as I reflect back to all that I lived through the year



Sow the seeds



Nurture the plants



Enjoy the fruits