

The background features a vibrant, abstract composition of colors including red, yellow, cyan, and green, which appear to be splashed or painted onto a black background. On the left side, there is a dark silhouette of a person's head and shoulders, facing right. The text is overlaid on dark rectangular boxes.

# MY CANCER IS ME

*THE JOURNEY FROM  
ILLNESS TO WHOLENESS*

VIJAY BHAT  
NILIMA BHAT

# Affirmations

Affirmations are a simple and proven technique to channelize the mind towards creating desired outcomes.

They activate the force of your free will and allow it to manifest a new reality for you in the present moment, not in the distant future. Given the mind-body connection, when the mind is thus set in motion, the body responds by delivering the intention accordingly.

When stating a positive affirmation, check for any resistance that you may feel towards it, which is likely to come up as a 'yes, but.' For instance, you may feel 'yes, but it cannot be so simple.' Irrespective of the nature of your mental resistance, you need to acknowledge and accept it in order to move past it, otherwise it can cancel the positive effect of the affirmation.

So, we recommend that you start by accepting your resistance or limiting belief first, and then releasing it as follows: 'Even though \_\_\_\_\_ (I don't feel this will work/I may not believe this/I feel so helpless /I do not have the will to do this, etc.), I now consciously release any mental patterns within me that could manifest as dis-ease in any way.'

Once you can accept and state the reality of a situation as you see it, it loses its power over you and space gets created for the new outcomes you wish to redirect your energies towards.

Some key words/verbs for effective affirmation outcomes are:

‘I choose and accept ...’

‘I deserve and allow ...’

‘I invite and welcome ...’

It is a good idea to write down your key affirmations on a post-it or sticker and place it near your bed or another place where you can view it regularly. Each time you pass it, stop and take the time to say the affirmation; let every cell and organ of your body hear it. Claim it as your highest truth.

### **Affirmations for general health:**

‘I accept health as the natural state of my being.’

‘I choose to release and let go all that does not serve me anymore.’

‘All is well. I am safe.’

### **Affirmations for cancer and disease:**

‘I release all my mental patterns that manifest as this disease.’

‘I lovingly forgive and release all of the past. I choose to be well now.’

‘I love and accept myself.’