

RADIANT HEALTH RESEARCH

DAILY DECLARATIONS

(To be read aloud, morning and evening, with force and feeling)

With Intuitive Certainty
Of being released from all negativities,
I now heartily declare these Truths of my Self.

I choose this life.

I have love, faith, trust, and gratitude in my heart.
I praise the Source of this Life, and I am full of courage.
I am humble. I am tolerant. I am modest.
I am happy. I draw good fortune to myself every day. *Every day!*

I reach out with love. I reach out with forgiveness.
I have faith and confidence in my future. I am secure. My future is secure.
I am sexually confident. My sexual energies are balanced.

I am clean. I am bright with goodness. I am worthy of being loved.
I release the past. I let it all go. I am generous in my feelings toward others in my past.
I have love and forgiveness in my heart.

I am light and buoyant. I am lifted up with hope.
I am full of joy. I am bursting with joy!
I am content. I am tranquil. I am at ease.

I have love, faith, trust, and gratitude in my heart.
I praise the Source of this life, and I am full of courage.

My life energy is high.
I live my life on the basis of Gratitude and Praise.
I abide in a state of Balance and Love.
I am blessed beyond measure.

***Praise to the Source of this Life; Praise to the Source of All Healing
Praise to the Source.***

DAILY DECLARATIONS

Powerful Tools For Change

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INSTRUCTIONS

Read the Daily Declarations aloud twice each day, the *first thing in the morning* and the *last thing at night*. Do it with the conscious intention to be released from all negativity hidden in your unconscious mind. Begin with several deep breaths. Then read them *heartily*, with strength, heart-felt feeling, and conviction.

DAILY DECLARATIONS:

WHAT THEY ARE WHAT THEY DO

The “*Daily Declarations*” are expressions of the Truth hidden as the Core of Being deep within your own Heart.

Most likely, they do not express how *you* actually experience life. Probably you are *not* “jumping for joy.” You may *not* feel “secure” or “tranquil.” Perhaps you are not *really* “happy,” nor do you reach out *easily* with forgiveness.” However, what you *declare to be true, tends to become true*. Persist for seven months with the “*Daily Declarations*” and your life will change, and your health may become *very different* from what it is at this moment.

Each Declaration is a specific *antidote* to the toxic effects of a particular suppressed emotional state or mental attitude. These suppressed states and attitudes prevent you from feeling the Truth of your Self, and experiencing your life in the Bright Terms of the Declarations.

SUPPRESSED FEELINGS FROM CHILDHOOD HURT OUR PRESENT LIFE

Suppose, as a three year old, a beloved friend, a grandparent, a neighbor or a nanny, moved away and you were dumped into day care under the control of an all powerful stranger. Sorrow and sadness overwhelmed you. You cried and cried until, at last, you went *numb* to the pain. Outwardly you *seemed* fine. But, inwardly, the whole universe had changed for you. A form of post traumatic shock began to obscure the Brightness of your Being. Separation, abandonment and loss now became ever impending possibilities to you, and sorrow was deeply inscribed upon your unconscious mind.

Now, many years later, you cry in all the sad places in the movies. It embarrasses you, but you have no defense against the feelings that come upon you at such times. The movie triggers the pain of your beloved’s disappearance those many years ago. You re-experience the feelings of sadness and loss you suppressed as a child. These feelings come flashing forward, out of the unconscious mind, when triggered by similar feelings in the present. When suppressed feelings from your past are added to the present you will over-react in negative ways that do you harm. These feelings can age you before your time and make you sick.

Suppressed

Emotional States and Mental Attitudes

Neutralized By The “Daily Declarations

Fear, Resentment, Hatred and Envy disrupt the energy of the thymus gland and weaken the immune system.

Disdain, Scorn, Contempt, Haughtiness, Prejudice, False Pride, Intolerance, weaken the lungs and poisons the cells..

Unhappiness disturbs the liver’s many functions.

Rage, Fury and Wrath harm the gall bladder functions and endanger *others*.

Anxiety about the Future weakens the pancreas and spleen.

Sexual indecision can result in kidney impairment.

Guilt and a sense of Unworthiness to be Loved threatens the large intestine and stifles creativity.

Remorse, Regret, Jealousy, and Sexual Tension diminish energies needed by the adrenals and reproductive organs.

Anger weakens your heart and endangers *your* life.

Disgust, Disappointment, Bitterness, Greed, Deprivation, Nausea, and a feeling of emptiness disturb the sinuses and stomach.

Depression, Despair, Hopelessness, and Grief disturb the thyroid function.

Sorrow, and Sadness weaken the small intestine and interfere with digestion.

Restlessness, Impatience, Frustration weaken the bladder.