

Reprogramming the Human Biocomputer

As you completed each of the previous exercises you probably noticed that you felt better about yourself, and you had more energy with which to tackle each subsequent exercise. After doing the first two exercises for a couple of days your self-esteem and motivational energy should be pretty high. If you continue to do all of the exercises for a few weeks, you will be so full of energy you will feel unstoppable on your new path to finding meaningful work.

When you reach this point, you can take one of your first positive steps toward building your own Good Business. With all that newfound energy it is now possible to offer your lizard brain some new podcasts to listen to. These new 'casts are called "Positive Affirmations" and they can help to create a new focus on values for your good business and your future life.

They can be thought of as subroutine programs for the human biocomputer. They are a way to add positive self-talk to replace some or all of your negative self-talk, help raise your self-esteem, and aid in building your confidence.

After you have mastered the "Negative Self-Talk," "Acknowledgment List," and "Confidence Building" exercises, begin using affirmations on a regular basis.

You may find your own starting affirmation or choose one from the affirmations at the end of this chapter. Use it. Make its intention your intention.

Make notes in your journal as you proceed day by day.

While the affirmations presented here have a particular structure, it is OK to modify them or create new ones of your own as long as you follow this structure.

To get the best results, choose one affirmation to repeat at least once per day for at least 20 days. First thing in the morning or last thing at night are the two best times to do this.

A word of caution: avoid bouncing around from affirmation to affirmation looking for one you like better. It works best to pick one and stick with it until at least 20 days have passed.

Warning: It is usually not a good idea to attempt positive affirmations prior to taming your negative self-talk, working with an acknowledgements list, and building a bit of confidence. The reason for this is that without the extra energy those exercises bring, without the new clarity about the power you have to overcome your existing assumptions and mental models, the old programs that the lizard brain uses to keep you safe will tend to win out. So, wait, if you can, until you've done the preceding exercises for a short while.

Exercise 13. Positive Affirmations (Biocomputer Subroutines)

- 1. Relax.** (See the exercise entitled "Creating a Container for the Work" above.)
- 2. Reflect.** Pick one of the affirmations below. Read the affirmation you have chosen to start with. It is not necessary to memorize the affirmation to make it work. In fact, it is better if you don't. After the first few days, you need no longer read the affirmation, but instead simply recall its nature and intention to the best of your ability. At some point in each day, make some notes in your journal about what you see happening.

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- Are your attitudes changing?
- Are the affirmations becoming a part of your new character?
- When you have completed at least 20 days of work with an affirmation, you may move on to the next one.

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Affirmations To Strengthen and Support. . .

. . .Positive Thinking
. . .Humor
. . .Memory
. . .Work
. . .Physical Health
. . .Sexual Sublimation
. . .Reinforcement
. . .Overall

Positive Thinking

From today onward . . .

I shall become more and more conscious
of all that is happy, positive, and cheerful.

The thoughts which enter my mind
will be strong and healthful ones.

Daily I shall gain self-confidence.

I shall believe in my own powers.

And they shall manifest themselves in
greater strength.

My life is growing smoother, easier, and
brighter.

These changes become daily more
profound.

I rise easily
to higher planes of life,
as, day by day,
all the troubles
which have perplexed me
drop away,
never to return.

Humor

Day by day . . .

I grow more good humored.

Equanimity and cheerfulness
are my normal states of mind.

All the little happenings of life
are received by me in this spirit.

I am a center of cheer and helpfulness
to those around me,
infecting them with my own good humor.

This cheerful mood
has become so habitual
that nothing can rob me of it.

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Memory

Day by day
my memory improves in every way.

The impressions I receive
are clearer and more definite.

I retain them automatically
and without any effort on my part.

When I wish to recall them
they immediately present themselves
in their correct form to my mind.

My memory is better
than it has ever been before
and continues to grow
increasingly better.

Work

My work is easy, quite easy.

Since it is easy, I can do it,
and I shall do it
efficiently and successfully.

And I enjoy doing it;
it gives me pleasure. . .
my whole self joins harmoniously in the
task,
and the results are beyond even my
expectations.

Physical Health

As each day passes,
it is easy for me
to prepare and eat good food
in sufficient but not excessive quantity.

I find exercising my body
to be easier and easier.

Day by day
I become healthier and healthier.

Sexual Sublimation

Day by day
I temper my outgoing sexuality,
cultivating an inner softness. . .
a softness
with the strength of a stream
that can easily shape stone,
or wind
that can wear away a mountain.

I turn this energy inward
creating a positive power
that is immensely attractive to others.

At the same time. . .

I accept responsibility
for my obligations as a custodian
of the outward, creative energy of the
world.

Through these energies,
I act as protector and provider,
powerful in myself,
but not harmful or belittling to others.

I am not just my body. . .

I am the limitless, eternal energy within. . .

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Reinforcement

Day by day. . .

I live with these ideas. . .

repeating them
tranquilly and effortlessly.

My mind is serene.

I am filled with hope and confidence.

My way becomes clear
as my unconscious dwells on
the best means for me to reach my goals.

All fear and anxiety are gone.

My ideas flow freely,
my plans construct themselves
in the clearness of my center.

I come to all my work
with a creative vigor
and singleness of purpose.

I move through life
in a powerful, centered way.

Overall

Day by day. . .

In every way. . .

I am getting better and better.

~*~

I'd love to 'follow my bliss,' if I could just figure out what it was!

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