

Affirmation Statement
(Married Female)



Scientific research demonstrates that the use of positive self-talk can be a powerful influence on one's life, leading to change in both thinking and behavior.

The following affirmation statement was composed from selections of the Bahá'í Writings. Repeat this statement each morning and evening for 30 days and then reflect on the changes you are beginning to make in your life.

This statement is meant to accompany materials on character development and a personal development program entitled "The Brilliant Star." The compilation used in this program is available on the World Wide Web at the following URL: <http://chiron.valdosta.edu/whuitt/religion/bahai/brilstar/brstar/brstovr.html>

Additional versions of this statement are available.

I, _____, have an enlightened nature, an upright, virtuous and radiant private character and a luminous outer being. I live a chaste and holy life and show a rectitude of conduct. My actions are decent, pure and righteous. I have pure intent and high standards of behavior.

As one who has recognized Him Who is the object of all knowledge I am submissive to the Will of God, obedient to the teachings of God and stand firm in His Laws and guidance. I have renounced the peoples of the earth, putting my complete reliance upon God as I endeavour to serve the Cause of God and His servants. I actively pursue the teaching work and labor to cause the Word of God to be exalted.

Even though I have abandoned the body and the material focus of life, I have complete health, strength and physical courage. I expend health and well-being of the body in the path of the Kingdom and to the benefit of the human world in general.

I have intellectual perception, discernment, reason and brilliance. I am clean-minded, have elevated thought and complete freedom from prejudice. I continue to develop my knowledge and seek instruction in such arts, sciences

and foreign tongues as are of benefit to humanity. As I search for and serve truth I develop true understanding and universal wisdom.

I have a heartfelt fear of God. I have a pure, kindly and radiant heart filled with ecstasy and love. I am honest, truthful and trustworthy. I have integrity and honour. I am happy, patient and content under all conditions. I have hope, faith, and certitude and place my whole trust and confidence in God. I am loyal and faithful; humble, thankful and modest. I am without malice and tolerant of others. I have true moderation. I use my intuition and sense of shame to guide my actions.

I am generous, kind and benevolent. I am magnanimous and show compassion, goodwill and charity towards my fellow human beings.

I have energy, zeal and courage to pursue God's will in my life. I have perseverance, firmness, reliability, resolution, steadfastness and constancy. I fulfill my obligations and keep promises, agreements and covenants. I redeem my pledges and vows and render the Trust of God.

I am chaste in my marriage and becoming thoroughly acquainted with the character of my husband. We have a mutual attachment and are loving companions and comrades. We will be one with each other for time and eternity. As a mother I am the first educator of the children. I consult with my husband about counseling the children over a long period of time. I have regard for the rights of my own parents; I show honor and pay homage to them.

I continue to develop skills thereby becoming rightly trained and educated. I engage in crafts and professions to earn a livelihood; I strive to become successful in business, art, or profession. I facilitate the means of living for others.

I am engaged in obtaining a material education and striving to progress materially. I seek material advancement, wealth and perfection in worldly things. However, I am willing to forsake all comfort and prosperity in service to God and humanity.

I display courtesy and manners and show tact when dealing with others. I have a kindly tongue and engage in eloquent, though moderate, speech. I mention only what is good and refrain from

backbiting. I give high quality, cogent and effective talks with convincing testimonies.

I work to establish harmony and remove differences. I cause discord to cease and become united in counsel with my fellow human beings. I am a source of attraction and unity and show forth perfect love and fellowship. I am totally obedient to every just government.

I have a love for all mankind and esteem and kindness for all nations. I render service to humanity. I engage in actions that will profit mankind and rehabilitate the conditions in all regions. I am willing to sacrifice my life for the good of all people.

I treat others with a sense of equity and justice. I have respect for the rights of others and fight against oppression, hate and discord. I seek to lift the burden of others and be a source of comfort to souls. I work to banish ignorance, to educate the nations and races, impart guidance unto the people and guide and enlighten those in darkness. I work to advance civilization.

I am an example to mankind. I produce goodly and wondrous fruits through benevolent acts, goodly, praiseworthy deeds and seemly, upright and righteous

conduct. I demonstrate a high sense of moral rectitude in my social and administrative activities.

I have a strong desire to become accomplished and acquire inner and outer perfections. I strive and struggle night and day to obtain spiritual and physical strength and intellectual power. I have a fervour and yearning to obtain excellence in all things and achieve such distinction as to make others astonished. I walk the straight path, adhering to what will elevate my station to the noble rank to which I have been created. I bring myself to account each day as I seek to awaken my inner, potential nature, acquire divine qualities and live a life fortified by the Holy Spirit.

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