

# Gene Key Affirmation Videos for Contemplation

## Gene Key 10: Being at Ease

### *The Gift of Naturalness*

- I dive deep into my own uniqueness.
- My true identity can never be found.
- My nature is far greater than I ever imagined.
- I let go of all self-labels and who I think I am.
- "Who am I?" has no answer. I am indefinable.
- My inner questioning & searching are now over.
- Deep in the heart of my uniqueness, I find unity.
- I relax into expansive joyousness and purpose.
- My true beauty now flowers naturally.
- My creative uniqueness reveals itself.
- Being natural is the simplest thing of all.

### *The Siddhi of Being: Divine Laziness*

- I embrace life's meaninglessness.
- Everything becomes Self, floating in Love.
- All dissolves... mind, self, not-self, form, purpose.
- Absolutely nothing remains to be "done".
- Being has no agenda or direction, it simply IS.
- Time is an illusion, life is a game. Relax!!
- I rest in the pure Being behind all life's dramas.
- I revel in the lightness and humor of life itself.
- I am pure consciousness expressing itself.
- I am not doing NOTHING! I am BEING!
- I embrace the wonder of the endless present moment.