

# Gene Key Affirmation Videos for Contemplation

## Gene Key 20: The Sacred OM

### *The Gift of Self-Assurance: Divine Relaxation*

- I let go of my thinking as the authority for making my decisions.
- I stop interfering with the process of life. Life has its own plans!
- I stop worrying about life. I am no longer a victim of my mind.
- I have the ability to witness my mind without being caught up in it.
- My decisions emerge instantly and clearly through the entirety of my being.
- I have a deep inner sense of humor, a sense of lightness about life.
- I know a higher presence is actually looking after me.
- The awareness in my solar plexus now takes over from my mind.
- I have the continual feeling that everything is going to be all right.
- I no longer have to try and control life. I let Life move me.
- I allow everything to come to me through trust, patience and surrender.

### *The Siddhi of Presence: The Sacred Octave*

- Pure consciousness floods my being, silencing all my mental activity.
- Every moment I am drawn further into the eternal present.
- I experience the Presence as everywhere, inherent in everything
- My all pervading silent ease radiates out to all creation.
- My physical body has entered into a state of permanent ease.
- My thoughts are irrelevant. My mind has been cut at the root.
- I am the sacred breath that unites the realms of both light and sound.
- I enter the logioic plane... beyond humanity, words and form.
- I no longer feel anything but the Presence itself.
- All my urges and desires are swallowed up in the majesty of the Presence.
- I hear the soundless sound. It connects all life, suffuses all creation.