

## Gene Keys Affirmations

GK	SHADOW	GIFT	SIDDDHI
1	<b>ENTROPY</b> I am deeply depressed and out of sync	<b>FRESHNESS</b> I am burning with inner creative fire	<b>BEAUTY</b> I bathe in the eternal field of syntropy
2	<b>DISLOCATION</b> I live in fear, disassociated from life	<b>ORIENTATION</b> I am letting go into the feminine power	<b>UNITY</b> I live in unity with all creation
3	<b>CHAOS</b> I am only interested in my own survival	<b>INNOVATION</b> I am thinking for myself with optimism	<b>INNOCENCE</b> No work – just play
4	<b>INTOLERANCE</b> My opinion is the only truth	<b>UNDERSTANDING</b> I play with the patterns of existence	<b>FORGIVENESS</b> I release all karmic debts
5	<b>IMPATIENCE</b> I am pessimistic about my life	<b>PATIENCE</b> I turn on the higher code of my DNA	<b>TIMELESSNESS</b> I transcend even the highest codes
6	<b>CONFLICT</b> I am addicted to conflict, defending myself	<b>DIPLOMACY</b> I am tactfully dropping my defences	<b>PEACE</b> My body dissolves and I become empty
7	<b>DIVISION</b> I am giving others authority over me	<b>GUIDANCE</b> I am the kind of leader that I would follow	<b>VIRTUE</b> We are the virtuous, visionary leader
8	<b>MEDIOCRITY</b> I live safely in a grey world	<b>STYLE</b> I am not afraid of trying new things	<b>EXQUISITENESS</b> Completely at rest, I let go of all history
9	<b>INERTIA</b> I am completely bored with my trivial life	<b>DETERMINATION</b> I am calmly following my life's purpose	<b>INVINCIBILITY</b> I am loosing all artificial boundaries
10	<b>SELF-OBSESSION</b> I don't have time for anybody but myself	<b>NATURALNESS</b> Who am I? Why am I here?	<b>BEING</b> I rest in the divine laziness of being.
11	<b>OBSCURITY</b> I am lost in unmanifested dreams	<b>IDEALISM</b> I know what my ideals and dreams are	<b>LIGHT</b> I am enveloped in cosmic light
12	<b>VANITY</b> I am afraid to loose my unique power	<b>DISCRIMINATION</b> I am entering unafraid into the drama of life	<b>PURITY</b> I am falling in love with the beloved
13	<b>DISCORD</b> I disagree with you no matter what you say	<b>DISCERNMENT</b> I view life with optimism at a mythic level	<b>EMPATHY</b> I am listening through the cosmic mother
14	<b>COMPROMISE</b> I lack the capacity to reach my dreams	<b>COMPETENCE</b> I am enthusiastic about what I am doing	<b>BOUNTEOUSNESS</b> I am abundant, uniting heaven and earth
15	<b>DULLNESS</b> My spirit feels low. Life is meaningless	<b>MAGNETISM</b> I experience the expansion of my aura	<b>FLORESCENCE</b> My search has come to an end
16	<b>INDIFFERENCE</b> I am not sufficiently qualified yet	<b>VERSATILITY</b> I can tune into any gift I want and use it	<b>MASTERY</b> I have become an empty vessel for life
17	<b>OPINION</b> I have the only correct opinion	<b>FAR-SIGHTEDNESS</b> I am seeing things from the heart	<b>OMNISCIENCE</b> I am the single eye of consciousness
18	<b>JUDGEMENT</b> I am not good enough	<b>INTEGRITY</b> I know your name, "Rumpelstilzken"	<b>PERFECTION</b> I am a perfect expression of divinity
19	<b>CO-DEPENDENCE</b> I don't have the courage to stand alone	<b>SENSITIVITY</b> I sense the emotional patterns of others	<b>SACRIFICE</b> I am interdependently linked to all
20	<b>SUPERFICIALITY</b> I busily live on the fringe of life	<b>SELF ASSURANCE</b> I surrender to life at every moment	<b>PRESENCE</b> I rest in the majesty of presence
21	<b>CONTROL</b> I am controlling and defending my territory	<b>AUTHORITY</b> I am balancing authority and submission	<b>VALOUR</b> I am led by the spirit of true nobility
22	<b>DISHONOUR</b> I dishonour myself by belittling myself	<b>GRACIOUSNESS</b> I am grateful for a cocktail of noble qualities	<b>GRACE</b> All is well
23	<b>COMPLEXITY</b> I am speaking to gain approval	<b>SIMPLICITY</b> I realize that things are simple and easy	<b>QUINTESSENCE</b> I have distilled the fifth element
24	<b>ADDICTION</b> I am addicted to my suffering	<b>INVENTION</b> I cherish the gaps between my thoughts	<b>SILENCE</b> I rest in the silence of pure awareness
25	<b>CONSTRICTION</b> I am not able to look at my own pain	<b>ACCEPTANCE</b> I have the courage to simply feel the fear	<b>UNIVERSAL LOVE</b> I transcend the suffering of humanity
26	<b>PRIDE</b> I have to go out and grab what I want	<b>ARTFULNESS</b> I am listening to my loving intention	<b>INVISIBILITY</b> I surrender to the cosmic game of life
27	<b>SELFISHNESS</b> I give to receive something for myself	<b>ALTRUISM</b> I am generously giving without expectation	<b>SELFLESSNESS</b> I live my life in philanthropy
28	<b>PURPOSELESSNESS</b> My life has no purpose, lived in fear	<b>TOTALITY</b> I embrace all my demons and angels	<b>IMMORTALITY</b> I give myself to the everlasting moment
29	<b>HALF-HEARTEDNESS</b> I am a victim of fate, living in fear	<b>COMMITMENT</b> I am committed to my inner guidance	<b>DEVOTION</b> I surrender my identity to the one I love
30	<b>DESIRE</b> I am hungry for any kind of experience	<b>LIGHTNESS</b> I let go of desire, beyond needing help	<b>RAPTURE</b> I willingly step into the fires of annihilation
31	<b>ARROGANCE</b> I control others through the use of words	<b>LEADERSHIP</b> I help others to break out of their bonds.	<b>HUMILITY</b> I can never do anything wrong.
32	<b>FAILURE</b> I am going to loose all my money and die	<b>PRESERVATION</b> I know how to connect and prosper	<b>GENERATION</b> I know my place within my lineage
33	<b>FORGETTING</b> I am locked into eternal suffering	<b>MINDFULNESS</b> I see the patterns that cause my suffering	<b>REVELATION</b> I am falling in love with my own story

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34	<b>FORCE</b> I have to force the flow of life	<b>STRENGTH</b> I am the true hero of my life story	<b>MAJESTY</b> I express the divine essence of creation
35	<b>HUNGER</b> I am possessed by the urge to fill myself	<b>ADVENTURE</b> I live unconditionally with an open mind	<b>BOUNDLESSNESS</b> I am infinite, with no beginning and no end
36	<b>TURBULENCE</b> I live through the turmoil of my emotions	<b>HUMANITY</b> My heart is open for everyone	<b>COMPASSION</b> My suffering encompasses all humanity
37	<b>WEAKNESS</b> I don't feel appreciated and supported	<b>EQUALITY</b> The more I give, the more I receive	<b>TENDERNESS</b> Family is the collective aura of tenderness
38	<b>STRUGGLE</b> I am struggling to find a purpose in life	<b>PERSEVERANCE</b> I love obstacles to increase my strength	<b>HONOUR</b> I am living my individual truth for all
39	<b>PROVOCATION</b> I know how to push someone's buttons	<b>DYNAMISM</b> I feel the raw energy of childlike creativity	<b>LIBERATION</b> I am leaving behind all sense of individuality
40	<b>EXHAUSTION</b> I let my energy being misused by another	<b>RESOLVE</b> I set personal boundaries around my energy	<b>DIVINE WILL</b> I am deeply relaxed in splendid aloneness
41	<b>FANTASY</b> I am always hungry for a better future	<b>ANTICIPATION</b> I download the morphogenetic field	<b>EMANATION</b> I am swallowed by the black whole
42	<b>EXPECTATION</b> I am expecting that life is going my way	<b>DETACHMENT</b> I even enjoy experiencing disappointment	<b>CELEBRATION</b> I laugh at the joke of all creation
43	<b>DEAFNESS</b> I am a mighty worrier, deaf to my fears	<b>INSIGHT</b> I am a rebel, listening to my inner voice	<b>EPIPHANY</b> I know that I know absolutely nothing
44	<b>INTERFERENCE</b> I distrust all relationships	<b>TEAMWORK</b> I can pick up the scent of a true ally	<b>SYNARCHY</b> I see the entire tapestry of interaction
45	<b>DOMINANCE</b> I do not want to rock the hierarchy boat	<b>SYNERGY</b> I take a leap of faith into Heterachy	<b>COMMUNION</b> We are each others food
46	<b>SERIOUSNESS</b> Life is serious business. No joke!	<b>DELIGHT</b> I am at the the right place at the right time	<b>ECSTASY</b> My orgasmic mind is completely at rest
47	<b>OPPRESSION</b> I am terrified by my route to higher realms	<b>TRANSMUTATION</b> I am constantly surpassing all definitions	<b>TRANSFIGURATION</b> I am attaining the golden rainbow body
48	<b>INADEQUACY</b> I am nobody.	<b>RESOURCEFULNESS</b> I have deep trust in life. I am abundant	<b>WISDOM</b> I am secure in being insecure
49	<b>REACTION</b> In order to survive it is OK to kill another	<b>REVOLUTION</b> I am free of old emotional prejudices	<b>REBIRTH</b> I experience the rebirth of the phoenix
50	<b>CORRUPTION</b> I need to compete for the top position	<b>EQUILIBRIUM</b> I trust in the self organising intelligence	<b>HARMONY</b> I experience myself in cosmic harmony
51	<b>AGITATION</b> I only work for my own advancement	<b>INITIATIVE</b> I have the courage to follow my creativity	<b>AWAKENING</b> I am in my natural state of being awake
52	<b>STRESS</b> All I hear is noise and all I see is chaos	<b>RESTRAINT</b> I patiently watch myself grow like a seed	<b>STILLNESS</b> I sit in stillness at the heart of all creation
53	<b>IMMATURITY</b> I am afraid to really go for what I want	<b>EXPANSION</b> My endeavours outgrow their own forms	<b>SUPERABUNDANCE</b> I am pure consciousness
54	<b>GREED</b> I have to push to the top to be filthy rich	<b>ASPIRATION</b> I work in unison with others to benefit all	<b>ASCENSION</b> I transmute matter into spiritual essence
55	<b>VICTIMISATION</b> I need intense drama to feel alive	<b>FREEDOM</b> Like a dragonfly I rise above emotions	<b>FREEDOM</b> I am experiencing the collective orgasm
56	<b>DISTRACTION</b> I escape into in my own fantasy world	<b>ENRICHMENT</b> I have learned the art of self discipline	<b>INTOXICATION</b> I am addicted to the highest form of love
57	<b>UNEASE</b> I am afraid of the future	<b>INTUITION</b> I have trust in the power of my intuition	<b>CLARITY</b> I transcend time through gentle softness
58	<b>DISSATISFACTION</b> I am trying to find happiness out there	<b>VITALITY</b> I am feeling the joy of self awareness	<b>BLISS</b> My awareness stretches into infinity
59	<b>DISHONESTY</b> I distrust others and fear relationships	<b>INTIMACY</b> My ego is dissolved in union with another	<b>TRANSPARENCY</b> I am transcending the agenda of evolution
60	<b>LIMITATION</b> I feel safe through rigid structure.	<b>REALISM</b> I am structuring led by common sense	<b>JUSTICE</b> I trust in the magic of divine justice.
61	<b>PSYCHOSIS</b> I am insecure, unfulfilled and restless	<b>INSPIRATION</b> I express inner truth through my creation	<b>SANCTITY</b> I am silent in mystery, knowing nothing
62	<b>INTELLECT</b> I am obsessed with scientific facts	<b>PRECISION</b> I access the universal language of light	<b>IMPECCABILITY</b> I am intelligent beyond reproach
63	<b>DOUBT</b> I am suspicious, full of self-doubt	<b>INQUIRY</b> Through inquiry I unlock natures secrets	<b>TRUTH</b> Truth is the eternal moment of the universe
64	<b>CONFUSION</b> I live in a state of permanent confusion	<b>IMAGINATION</b> I allow alchemy to occur inside my being	<b>ILLUMINATION</b> I think God's thoughts

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I have created a small box next to the affirmation. That way you can keep a record of the affirmations going through your head.  
This could serve as a mirror for your inner process.