

# The Forty Bijas

Bija (pronounced Bee-Ha) is a Sanskrit word meaning "seed." The forty bijas are seed thoughts. Whatever is planted in the mind will bring forth fruit. If the mind is filled with thoughts of doubt, fear and negativity, dis-ease will result. If positive beliefs are held in the mind, they will out-manifest in confidence and positive results.

"As a man thinketh in his heart, so is he." Whatever fills a person's mind will manifest in his belief and experience.

The suggested use of the Forty Bijas is to use each as a mantra for a period of forty days or more until you are affect by noticing that the thought returns to the surface unbidden, and you accept it without hesitation. Repeat the statement of the "bija" at least 360 times each day for the forty days. Say it over and over silently and aloud while driving, while meditating, during meals, during relaxation periods. Fill your mind with the thought as much as possible until you are affected by it to the point of change or transformation.

Be a "response-able" thinker. Plant the thoughts you wish to grow inside you and bring forth fruit quite deliberately. don't be a victim of life. Become a conscious Cause of all you experience. Use these thought to replace weeds in your garden of consciousness.

After you have repeated each of them for forty days, start over again! You can't raise too much of this crop!These forty bijas were channeled by Paul Solomon as he rode with several of his students from Virginia Beach, Virginia, to the Shenandoah Valley to participate in an experience called "Forty Days in the Wilderness."

The experience was patterned on the lives of several great Biblical figures who spent a period of forty days for spiritual growth and renewal. Jesus Christ spent forty days in the wilderness. Moses spent forty years in the desert. Paul the Apostle spent forty days in the wilderness.

Each day during the "Forty Days in the Wilderness" experience, the students were given one seed thought to use as a mantra. By repeating the bijas throughout the day, they became programmed into the subconscious mind so that they would return to consciousness unbidden. As trigger mechanisms, built upon each other, they created first a physiological change, and then a change in consciousness to increase awareness, potential and effectiveness. Each of the bijas was set to music to help the students focus and remember them.

**GOD BLISS YOU!**

## Bija Seed Thoughts

1. My prayers are powerful.
2. My creative consciousness changes things.
3. What I create is.
4. The world depends on me.
5. Reality is my creative responsibility.
6. The world is waiting for me to change it.
7. My Father has called and is waiting for me to wake up.
8. God needs my cooperation.
9. The Divine Plan is waiting for my involvement.
10. My involvement makes a difference.
11. I have abilities this world needs.
12. Love is my greatest asset.
13. Whatever I love is affected.
14. My love is a dynamic force.
15. God has a plan in completing creation. I am the tool through which it will be done.
16. If the Divine Plan works, it will be because I have help
18. The Divine Plan will work. I have decided it.
19. God and I will build a new heaven and a new earth together.
20. God has asked for my ideas on how the new heaven and the new earth should be.
21. I am a co-creator with God.
22. I love you enough to make you more beautiful.
23. I will believe the best of those I love.
24. I will expect the highest of those I love.
25. It is natural for me and for those I love to be God-Like.
26. I will find a way, today, to improve the earth.
27. If I can make someone happier, I have made someone better.
28. I have every reason to be happy today.
29. Today is waiting for my design.
30. I will fill in the blanks of this joyous experience.
31. I need no excuse for experiencing and expressing pure joy.
32. God is, God loves, I Am.
33. I have an important job in the universe no one else can do.
34. Creation is waiting for me to complete it.
35. I am all right, I Am.
36. I can take full responsibility for my growth without being entertained or excited.
37. I am new, I Am.
38. What God has made me, I Am.
39. I am made perfect in Him.
40. IT IS FINISHED.