

## The Forty Bijas

"As a man thinketh in his heart, so is he." (Proverbs 23:7) Whatever fills a person's mind will manifest in his beliefs, and therefore, in his experiences.

Bija (pronounced bee-ha) is a Sanskrit word meaning "seed." The Forty Bijas are seed thoughts. Whatever is planted in the mind will result in a product. If the mind is filled with thoughts of doubt, fear, and negativity, dis-ease will result. If positive beliefs exist in the mind, they will manifest confidence and positive results.

These Forty Bijas were channeled spontaneously by Paul Solomon as he drove with several of his students from Virginia Beach, Virginia, to the Shenandoah Valley. The group was heading for a residential Fellowship experience called Forty Days in the Wilderness. The Forty Bijas became an integral part of that experience.

The experience was patterned on the lives of the great Biblical figures who spent a period forty days, weeks, months or years in solitude to enhance spiritual growth and renewal. Jesus Christ spent forty days in the wilderness. Moses spent forty years in the desert. The Apostle Paul spent forty days in the wilderness.

Each day during the Forty Days in the Wilderness, the students were given one seed thought to use as a mantra. By repeating the bija throughout the day, it became programmed into their subconscious minds so that the thought would return to consciousness unbidden. As trigger mechanisms, one building upon another, the Forty Bijas created, first, a physiological change, which included a slowing of the breathing and pulse rate resulting in relaxation of the body. Secondly, the Bijas resulted in a change in consciousness, increasing awareness and effectiveness. Each bija was set to music to help the students focus and remember them.

We suggest that you use each bija as a mantra for forty days or more. 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 work, during relaxation periods. Fill your mind with the thought until you are affected to the point of change or transformation. Each day, repeat the entire list of bijas up to the point of your current seed thought. Notice that, at some point during the forty days, your bija will begin to return to your consciousness unbidden, and you will accept it without hesitation.

The Forty Bijas will help you become a *response-able* thinker. Plant the thoughts that you wish to grow within and bring forth fruit deliberately, consciously. Do not be a victim of life any longer. Become a conscious cause of all you experience. Use these thoughts to replace weeds in your garden of consciousness. They will certainly bear fruit. They will amplify the change in consciousness you wish to create as you work with other spiritual disciplines.

After repeating each bija for forty days, start over. You cannot raise too much of this crop!

## **The Forty Bijas**

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 helped
17. The perfection of the Divine Plan is dependent on me
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 believe 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 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

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