

Gene Keys Affirmations

GK	SHADOW	GIFT	SIDDHI
1	ENTROPY I am deeply depressed and out of sync	FRESHNESS I am burning with inner creative fire	BEAUTY I bathe in the eternal field of syntropy
2	DISLOCATION I live in fear, disassociated from life	ORIENTATION I am letting go into the feminine power	UNITY I live in unity with all creation
3	CHAOS I am only interested in my own survival	INNOVATION I am thinking for myself with optimism	INNOCENCE No work – just play
4	INTOLERANCE My opinion is the only truth	UNDERSTANDING I play with the patterns of existence	FORGIVENESS I release all karmic debts
5	IMPATIENCE I am pessimistic about my life	PATIENCE I turn on the higher code of my DNA	TIMELESSNESS I transcend even the highest codes
6	CONFLICT I am addicted to conflict, defending myself	DIPLOMACY I am tactfully dropping my defences	PEACE My body dissolves and I become empty
7	DIVISION I am giving others authority over me	GUIDANCE I am the kind of leader that I would follow	VIRTUE We are the virtuous, visionary leader
8	MEDIOCRITY I live safely in a grey world	STYLE I am not afraid of trying new things	EXQUISITENESS Completely at rest, I let go of all history
9	INERTIA I am completely bored with my trivial life	DETERMINATION I am calmly following my life's purpose	INVINCIBILITY I am loosing all artificial boundaries
10	SELF-OBSESSION I don't have time for anybody but myself	NATURALNESS Who am I? Why am I here?	BEING I rest in the divine laziness of being.
11	OBSCURITY I am lost in unmanifested dreams	IDEALISM I know what my ideals and dreams are	LIGHT I am enveloped in cosmic light
12	VANITY I am afraid to lose my unique power	DISCRIMINATION I am entering unafraid into the drama of life	PURITY I am falling in love with the beloved
13	DISCORD I disagree with you no matter what you say	DISCERNMENT I view life with optimism at a mythic level	EMPATHY I am listening through the cosmic mother
14	COMPROMISE I lack the capacity to reach my dreams	COMPETENCE I am enthusiastic about what I am doing	BOUNTEOUSNESS I am abundant, uniting heaven and earth
15	DULLNESS My spirit feels low. Life is meaningless	MAGNETISM I experience the expansion of my aura	FLORESCENCE My search has come to an end
16	INDIFFERENCE I am not sufficiently qualified yet	VERSATILITY I can tune into any gift I want and use it	MASTERY I have become an empty vessel for life
17	OPINION I have the only correct opinion	FAR-SIGHTEDNESS I am seeing things from the heart	OMNISCIENCE I am the single eye of consciousness
18	JUDGEMENT I am not good enough	INTEGRITY I know your name, "Rumpelstilzken"	PERFECTION I am a perfect expression of divinity
19	CO-DEPENDENCE I don't have the courage to stand alone	SENSITIVITY I sense the emotional patterns of others	SACRIFICE I am interdependently linked to all
20	SUPERFICIALITY I busily live on the fringe of life	SELF ASSURANCE I surrender to life at every moment	PRESENCE I rest in the majesty of presence
21	CONTROL I am controlling and defending my territory	AUTHORITY I am balancing authority and submission	VALOUR I am led by the spirit of true nobility
22	DISHONOUR I dishonour myself by belittling myself	GRACIOUSNESS I am grateful for a cocktail of noble qualities	GRACE All is well
23	COMPLEXITY I am speaking to gain approval	SIMPLICITY I realize that things are simple and easy	QUINTESSENCE I have distilled the fifth element
24	ADDICTION I am addicted to my suffering	INVENTION I cherish the gaps between my thoughts	SILENCE I rest in the silence of pure awareness
25	CONSTRICTION I am not able to look at my own pain	ACCEPTANCE I have the courage to simply feel the fear	UNIVERSAL LOVE I transcend the suffering of humanity
26	PRIDE I have to go out and grab what I want	ARTFULNESS I am listening to my loving intention	INVISIBILITY I surrender to the cosmic game of life
27	SELFISHNESS I give to receive something for myself	ALTRUISM I am generously giving without expectation	SELFLESSNESS I live my life in philanthropy
28	PURPOSELESSNESS My life has no purpose, lived in fear	TOTALITY I embrace all my demons and angels	IMMORTALITY I give myself to the everlasting moment
29	HALF-HEARTEDNESS I am a victim of fate, living in fear	COMMITMENT I am committed to my inner guidance	DEVOTION I surrender my identity to the one I love
30	DESIRE I am hungry for any kind of experience	LIGHTNESS I let go of desire, beyond needing help	RAPTURE I willingly step into the fires of annihilation
31	ARROGANCE I control others through the use of words	LEADERSHIP I help others to break out of their bonds.	HUMILITY I cannot ever do anything wrong.
32	FAILURE I am going to lose all my money and die	PRESERVATION I know how to connect and prosper	GENERATION I know my place within my lineage
33	FORGETTING I am locked into eternal suffering	MINDFULNESS I see the patterns that cause my suffering	REVELATION I am falling in love with my own story

Gene Keys Affirmations

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

(C) 2017 Jörn Lehnert (distilled from the [Gene Keys](#) by Richard Rudd)

64 Keys in detail:

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.