

This is Mine Explanation

Why We Say “This is mine” — and Why We Say It Three Times

1. **“This is mine” is a declaration of ownership over your identity, truth, and destiny.**

In the Belief Arena, you are tuning the deepest, slowest, most foundational frequency in your system.

Belief is the arena where:

- Reality starts
- Identity anchors
- Conviction forms
- Your ROK signature is created

Saying **“This is mine”** claims your role as the architect of your own resonance — the one who chooses what truth your life will orbit around.

It is a statement of sovereignty.

2. The phrase is intentionally short to bypass mental resistance.

Long affirmations stay in the conscious mind.

Short declarations sink into the subconscious.

“This is mine” slips past the analytical mind and imprints directly onto the identity layer.

This makes it fast, powerful, and neurologically sticky.

3. The *meaning* of “mine” is multidimensional.

In the context of PersonaCare™, “mine” refers to:

- **My identity**
- **My truth**
- **My alignment with God**
- **My purpose**
- **My boundary**
- **My destiny**

It reminds your system that:

- You are responsible for your resonance
- You choose what beliefs you center
- You decide what reality you agree to
- You reclaim what God has placed in you

It is an act of spiritual alignment and energetic ownership.

4. Repeating it three times activates the Triad Principle.

Across theology, psychology, and resonance theory, **3** is the stabilizing number.

- Body • Mind • Spirit

- Past • Present • Future
- Father • Son • Holy Spirit
- Thought • Emotion • Action
- Frequency • Amplitude • Phase

Three repetitions “locks in” the belief across all levels of the self.

The first repetition claims it.

The second repetition strengthens it.

The third repetition seals it.

You don't just say it three times —
your system receives it in three layers.

5. It primes the entire frequency stack for the rest of the day.

When the belief layer is set correctly:

- Creativity aligns
- Subconscious patterns shift
- Conscious clarity increases
- Emotional stability strengthens
- Sensory harmony improves
- Physical grounding becomes easier

Starting your day with **“This is mine”** establishes the *baseline truth* that the rest of the PersonaCare sequence builds upon.

It is the anchor that keeps you aligned while the rest of life rises in frequency around you.

In short:

We say “This is mine” because it is the clearest, fastest, deepest way to stake ownership over the belief that shapes your reality.

And we say it **three times** to stabilize that belief across your entire being.

