

HEALING AFFIRMATIONS

I AM God – I AM All That Is.

My Wonderful Preferred Life is Unfolding NOW.

Thank You for the Miracle of My Life.

Everything is Energy. Everything is Divine. I AM ONE with ALL.

My Body is Relaxed.

My Body is Filled With Grounded, Vital Energy.

My Mind is Still.

My Heart is at Peace.

I AM Physically Healthy and Strong, Mentally Positive and Doubt-Free, and Emotionally at Peace.

I Welcome the Ever-Flowing Stream of Well-Being.

I Open Myself More and More Each Day to Health and Wellness.

Perfect Health is My Divine Right.

Perfect Radiant Health is What God and the Universe Wish For Me.

Perfect Radiant Health is the Truest Expression of My Sacred Existence.

I Release All Resistance

I AM Completely Receptive to Health and Well-Being.

I AM Completely Receptive to All the Wonder and Joy of Life.

*For All My Past Closed Eyes, Closed Ears, Closed Mind, Closed Heart, and Closed Soul –
I'm Sorry, Please Forgive Me, Thank You, I Love You.*

I Forgive My Short-Comings.

I Forgive Everyone and Everything.

I AM Healthy in Mind, Emotions, Body and Spirit.

Divine Healing Energy Heals and Renews My Body.

I AM Open to Becoming All that I Am Meant to Be.

I AM Open to Becoming All that I Desire to Be.

I AM Present and Awake Within My Body.

I Love and Appreciate My Body.

I Take Loving Care of My Emotions and My Body.

I Maintain the Vibrations of Having and Being, not Trying or Wanting.

My Digestive System is Working Perfectly.

My Cardiovascular System is Working Perfectly.

My Lungs are Working Perfectly.

My Immune System is Working Perfectly.

All My Hormones are in Perfect Balance.

My Sleep is Peaceful and Rejuvenating.

I Awaken Each Morning Feeling Happy, Passionate, and Grateful.

All My Cells Know Exactly What to Do and Exactly How to Do it.

Every Cell in My Body Vibrates with Love, Joy and Wellness.

I Feel them Vibrating.

Food is My Friend. Everything I Eat is Converted into Exactly What I Need.

I Love to Exercise.

I Love to Watch My Body Getting Stronger Every Day.

My Body is Eager to Move, to Play, to Be.

I AM Full of Energy. I AM Full of Life.

My Metabolism is Running at a Perfect High Rate.

Well-Being Flows To Me and Through Me Constantly.

All the Positive Energies of Life are Flowing To Me.

I Love Knowing that When I Focus on the Good, the Good Gets Better!

Nothing is More Important than Feeling Good. And I Feel Good!

I Love Knowing that My Inner Guidance is Always Available.

I Love Knowing that I AM Always Loved and Blessed.

I Allow Love to Heal Me.

I Love Myself. I Honor Myself. I Celebrate Myself.

I Love Knowing that the Entire Universe is Conspiring to Give Me Everything I Want.

I Love Knowing that Everyone Has Access to Love, Abundance, Joy, Well-Being, and Fun.

I Love Knowing that I AM Free to Heal, I AM Free to Create My Own Life.

I AM Whole and Complete.

I AM Getting Healthier Every Day.

Life is Magnificent.

All is Well.