

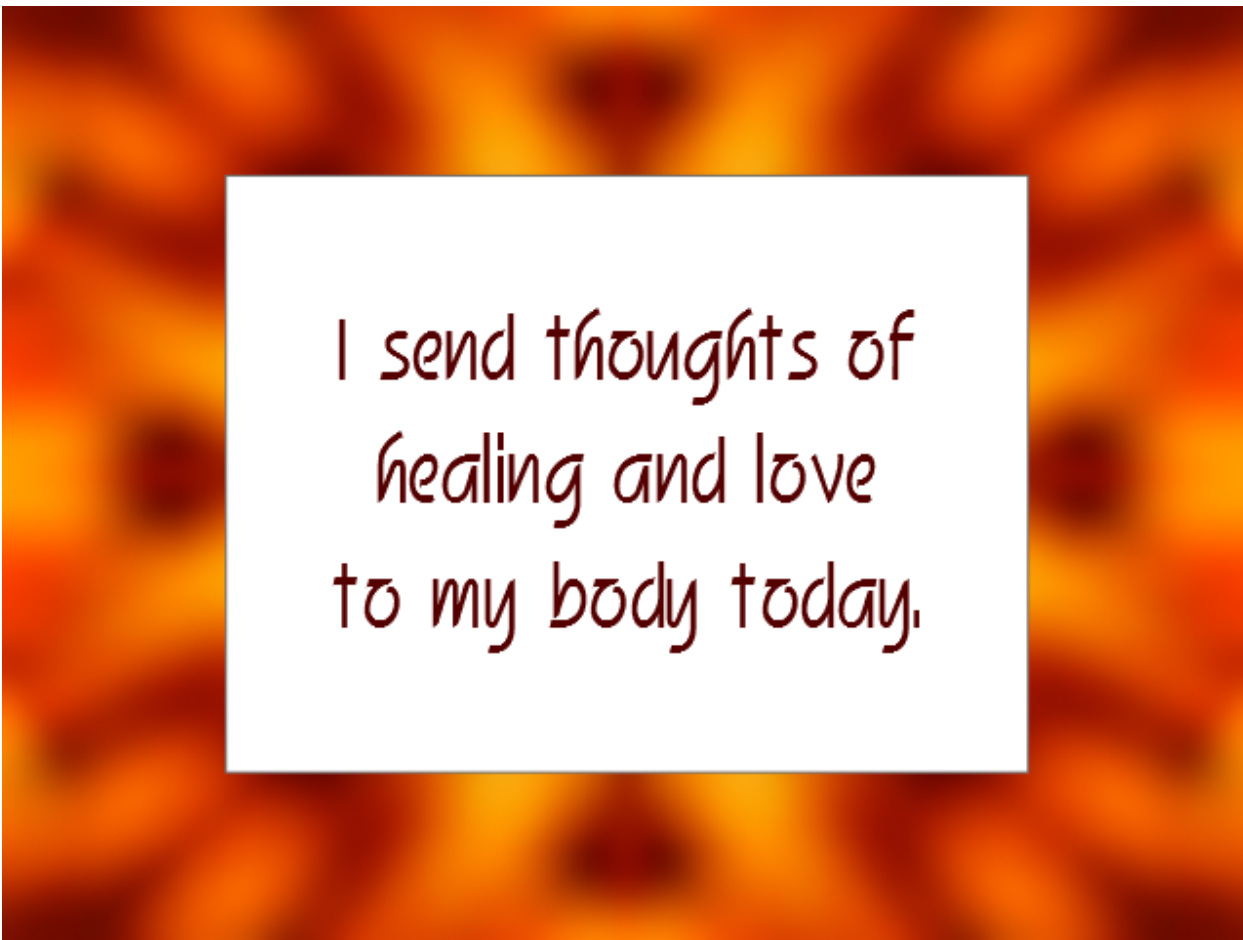
The Power of Our Minds and Affirmations on Health and Healing

Writing and reading affirmations aloud can be a very powerful tool in our mental state and overall health and well-being. Write out a positive affirmation that you will both write and speak aloud twenty-five times to yourself in front of the mirror, upon waking while still lying in bed, when relaxing before bed and any other time you sense any negative mental thought patterns and negative mindset beginning to settle in. This powerful exercise can help transform your mind and mindset towards health and healing.

Some suggestions:

1. I am healed and healthy.
2. My health is vibrant and abundant.
3. I am grateful for my perfect health and positive mindset.
4. I deserve and am worthy of good health.
5. Healing is already on its way.
6. It is safe to heal my mind, body and spirit.
7. I receive and accept perfect health now.
8. In this moment, I am safe to heal.
9. My mind and body heal rapidly and well.
10. I no longer criticize myself for my mind is at peace and all is well.

Feel free to write your own or combine with some of the suggestions above.



I send thoughts of
healing and love
to my body today.

My Health and Healing Affirmation

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