

73 Positive Affirmations for Healing

(©HSS)

“I AM”

1. I am healing with every breath.
2. I am at peace within myself.
3. I am worthy of perfect health.
4. I am worthy of love and healing.
5. I am releasing all that no longer serves me.
6. I embrace positive energy with my mind, body and soul.
7. I am nurturing my body with love.
8. I am open to healing on all levels.
9. I allow my body and mind to heal on their own time.
10. I am connected to my inner strength.
11. I listen to my body's wisdom.
12. I allow myself to heal fully.
13. I am filled with vitality.
14. I choose thoughts that support my healing.
15. I am gentle and patient with myself.
16. I am surrounded by healing and loving energy.
17. I am grateful for my body's ability to heal.
18. I am creating a healthy and happy life.
19. I am whole and complete.
20. I trust the healing process and let go.
21. I deserve a healthy mind and body.
22. I release all tension and stress.
23. I am filled with inner peace and calm.
24. I allow my body to restore itself.
25. I focus on positive outcomes.
26. I am moving towards greater health.
27. I am open to receiving healing.
28. I am kind and compassionate to myself.
29. I am creating a sanctuary within.
30. I am feeling renewed and refreshed.
31. I am healing from the inside out.
32. I now embrace a healthy future.
33. I am worthy of feeling good.
34. I release old patterns that hinder healing.
35. I now choose joy and well-being.
36. I am connected to a source of healing.
37. I feel stronger with each passing moment.
38. I embrace the power of my mind to heal.
39. I am creating balance in my life.
40. I am filled with hope and optimism.
41. I allow myself to thrive.
42. I am healthy, whole, and healed.
43. Healing is happening now.
44. My body knows how to heal.
45. I embrace the healing process.
46. I am open to complete healing.
47. I find new ways to open up to love.
48. I live in perfect harmony with the Universe.
49. Every cell in me is healing.
50. I am resilient and strong.

51. I nurture myself back to health.

52. I deserve to be well.

53. Positive energy heals me.

54. I release what doesn't serve me.

55. Healing comes easily to me.

56. I am grateful for my body.

57. I am getting better and better.

58. I am kind to my healing body.

59. I focus on feeling good.

60. I welcome healing energy.

61. I am patient with my healing.

62. Love promotes healing.

63. My inner self is healing.

64. I trust the process completely.

65. I am filled with hope.

66. Each day brings more healing.

67. I am connected to healing forces.

68. My mind is a powerful healer.

69. I release all resistance to healing.

70. I am moving towards wholeness.

71. I allow good things to come to me.

72. I trust in the infinite wisdom of the Universe.

73. I am loved and protected by Source of Life.

“YOU ARE”

1. You are healing with every breath.

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4. You are worthy of love and healing.

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