

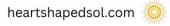
73 Positive Affirmations for Healing

(@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.



HEART SHAPED SOL

- 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.
- 2. You are at peace within yourself.
- 3. You are worthy of perfect health.
- 4. You are worthy of love and healing.
- 5. You are releasing all that no longer serves you.
- 6. You embrace positive energy with your mind, body and soul.
- 7. You are nurturing your body with love.
- 8. You are open to healing on all levels.
- 9. You allow your body and mind to heal on their own time.
- 10. You are connected to your inner strength.
- 11. You listen to your body's wisdom.
- 12. You allow yourself to heal fully.
- 13. You are filled with vitality.

- 14. You choose thoughts that support your healing.
- 15. You are gentle and patient with yourself.
- 16. You are surrounded by healing and loving energy.
- 17. You are grateful for your body's ability to heal.
- 18. You are creating a healthy and happy life.
- 19. You are whole and complete.
- 20. You trust the healing process and let go.
- 21. You deserve a healthy mind and body.
- 22. You release all tension and stress.
- 23. You are filled with inner peace and calm.
- 24. You allow your body to restore itself.
- 25. You focus on positive outcomes.
- 26. You are moving towards greater health.



HEART SHAPED SOL

- 27. You are open to receiving healing.
- 28. You are kind and compassionate to yourself.
- 29. You are creating a sanctuary within.
- 30. You are feeling renewed and refreshed.
- 31. You are healing from the inside out.
- 32. You now embrace a healthy future.
- 33. You are worthy of feeling good.
- 34. You release old patterns that hinder healing.
- 35. You now choose joy and well-being.
- 36. You are connected to a source of healing.
- 37. You feel stronger with each passing moment.
- 38. You embrace the power of your mind to heal.
- 39. You are creating balance in your life.
- 40. You are filled with hope and optimism.
- 41. You allow yourself to thrive.
- 42. You are healthy, whole, and healed.
- 43. Healing is happening now.
- 44. Your body knows how to heal.
- 45. You embrace the healing process.
- 46. You are open to complete healing.
- 47. You find new ways to open up to love.
- 48. You live in perfect harmony with the Universe.
- 49. Every cell in you is healing.
- 50. You are resilient and strong.
- 51. You nurture yourself back to health.
- 52. You deserve to be well.
- 53. Positive energy heals you.
- 54. You release what doesn't serve you.

- 55. Healing comes easily to you.
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- 57. You are getting better and better.
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