

Affirmations and Exercises

Heal Your Way To Health

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This book is for informational and educational purposes only. It is not medical advice and should not replace professional diagnosis, treatment, or care. Everyone's body responds differently to meditation, mindset work, and non-medical healing practices. Always consult a licensed medical provider before making changes to your health routines, medications, or treatments. Use these exercises responsibly and at your own discretion.

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Introduction

Healing is a journey -- an experience and an opportunity.

How does one heal themselves?

Well, a variety of ways. We've all heard stories of people who were miraculously healed from conducting certain exercises, practices, meditations, and, ultimately, a shift in their mindset.

Why not try the non-medical stuff just to see if it works out for you?

Meditation 1

Serene

Meditation 1

Exercise:

Sit with yourself in a serene and distraction-free environment and allow yourself to sit in thoughtful contemplation.

Affirmation:

I am whole, perfect, strong, powerful, loving, harmonious, happy, favored, abundant, and healthy.

Meditation:

Listen to healing frequencies while you meditate. Focus your thoughts on love, healing, happiness, gratitude, peace, restoration, and joy.

Thoughts

Write down any thoughts that came to mind during your meditation.

1. Are they productive or unproductive?
2. Do you need to release any of the thoughts?
3. Did you have any epiphanies?
4. How do your body and mind feel?

Meditation 2

Creative

Meditation 2

Exercise:

Sit with yourself in a creative environment and allow yourself to sit in thoughtful contemplation.

Affirmation:

I am experiencing complete, total, and miraculous healing from the top of my head to the soles of my feet.

Meditation:

Listen to healing frequencies while you meditate.
Focus your thoughts on miracles and wonders.

Thoughts

Write down any thoughts that came to mind during your meditation.

1. Are they productive or unproductive?
2. Do you need to release any of the thoughts?
3. Did you have any epiphanies?
4. How do your body and mind feel?

Meditation 3

Love

Meditation 3

Exercise:

Sit with yourself in a loving environment and allow yourself to sit in thoughtful contemplation.

Affirmation:

I am full of love. I embody love. I give love. I emanate love. I love myself unconditionally.

Meditation:

Listen to love frequencies while you meditate. Focus your thoughts on love, nurture, and kindness.

Thoughts

Write down any thoughts that came to mind during your meditation.

1. Are they productive or unproductive?
2. Do you need to release any of the thoughts?
3. Did you have any epiphanies?
4. How do your body and mind feel?

Meditation 4

Liberation

Meditation 4

Sit with yourself in a liberating environment and allow yourself to sit in thoughtful contemplation.

Affirmation:

I am free from the chains of disease. I am free from negativity. I am free from distress. I am free from sadness. I am free from depression.

Meditation:

Listen to elevating frequencies while you meditate. Focus your thoughts on liberation and healing.

Thoughts

Write down any thoughts that came to mind during your meditation.

1. Are they productive or unproductive?
2. Do you need to release any of the thoughts?
3. Did you have any epiphanies?
4. How do your body and mind feel?

Meditation 5

Healing

Meditation 5

Sit with yourself in a healing environment and allow yourself to sit in thoughtful contemplation.

Affirmation:

I am whole. I am healed. I am perfect.

Meditation:

Listen to healing frequencies while you meditate.

Focus your thoughts on healing.

Thoughts

Write down any thoughts that came to mind during your meditation.

1. Are they productive or unproductive?
2. Do you need to release any of the thoughts?
3. Did you have any epiphanies?
4. How do your body and mind feel?

Meditation 6

Strength

Meditation 6

Sit with yourself in a strengthening environment and allow yourself to sit in thoughtful contemplation.

Affirmation:

I am strong. I am powerful.

Meditation:

Listen to strengthening frequencies while you meditate. Focus your thoughts on strength and power.

Thoughts

Write down any thoughts that came to mind during your meditation.

1. Are they productive or unproductive?
2. Do you need to release any of the thoughts?
3. Did you have any epiphanies?
4. How do your body and mind feel?

Meditation 7

Manifestation

Meditation 7

Sit with yourself in a manifestation-driven environment and allow yourself to sit in thoughtful contemplation.

Affirmation:

I manifest my ideal circumstances. I manifest my ideal health. I manifest my ideal life.

Meditation:

Listen to manifestation frequencies while you meditate. Focus your thoughts on your ability to manifest whatever you desire.

Thoughts

Write down any thoughts that came to mind during your meditation.

1. Are they productive or unproductive?
2. Do you need to release any of the thoughts?
3. Did you have any epiphanies?
4. How do your body and mind feel?

Meditation 8

Positivity

Meditation 8

Sit with yourself in a positive environment and allow yourself to sit in thoughtful contemplation.

Affirmation:

I am positive. My attitude is optimistic. My demeanor is happy. I am joyous.

Meditation:

Listen to positive frequencies while you meditate.
Focus your thoughts on happiness, joy, and positivity.

Thoughts

Write down any thoughts that came to mind during your meditation.

1. Are they productive or unproductive?
2. Do you need to release any of the thoughts?
3. Did you have any epiphanies?
4. How do your body and mind feel?

Meditation 9

Laughter

Meditation 9

Sit with yourself in a comedic environment and allow yourself to sit in thoughtful contemplation.

Affirmation:

I laugh all day.

I laugh every day.

Meditation:

Listen to happy frequencies while you meditate.

Focus your thoughts on laughter, joy, peace, and bliss.

Note

Laughter is the best medicine. Get as much of it as you can. You can never get enough of this medicine.

Thoughts

Write down any thoughts that came to mind during your meditation.

1. Are they productive or unproductive?
2. Do you need to release any of the thoughts?
3. Did you have any epiphanies?
4. How do your body and mind feel?

Meditation 10

Gratitude

Meditation 10

Sit with yourself in a gratitude-facilitating environment and allow yourself to sit in thoughtful contemplation.

Affirmation:

I am grateful. I am appreciative. I am thankful. I bask in gratitude.

Meditation:

Listen to gratitude frequencies while you meditate. Focus your thoughts on gratitude, appreciation, love, generosity, and thankfulness.

Thoughts

Write down any thoughts that came to mind during your meditation.

1. Are they productive or unproductive?
2. Do you need to release any of the thoughts?
3. Did you have any epiphanies?
4. How do your body and mind feel?

Meditation 11

Comfort

Meditation 11

Sit with yourself in a comfortable environment and allow yourself to sit in thoughtful contemplation.

Affirmation:

I have perfect health. I am perfect. My health is perfect. I am grateful for perfect health. I am grateful for optimal health. My health improves daily.

Meditation:

Listen to healing and comforting frequencies while you meditate. Focus your thoughts on perfect health.

Thoughts

Write down any thoughts that came to mind during your meditation.

1. Are they productive or unproductive?
2. Do you need to release any of the thoughts?
3. Did you have any epiphanies?
4. How do your body and mind feel?

Thank You For Reading

Thank you for reading this book.

Stay loved, blessed, lucky, favored, aware, joyous,
enlightened, and committed to bettering yourself.