

I AM A SELF-HEALING ORGANISM...

I am a self-healing organism, and I am wonderfully well...

My brain produces copious amounts of healing hormones which are distributed throughout the body... creating health and well-being...

I'm full of peace and positive energy and as a result my genes express themselves beautifully... instructing my cells to perform every function exactly as needed...

I'm full of love and hope, which calm my central nervous system and enhance my immune system...

My immune system performs incredible miracles every day and I marvel at its magnificence...

I choose kind, loving thoughts and I wish others well...

I choose to accept and love myself... and to forgive myself...

I choose love over fear... I choose faith over doubt... I choose peace over conflict...

I choose to find the jewel of benefit in every situation...

I look at my mistakes with kind eyes and as a result I grow from them...

I learn from my past... I fully embrace the present moment... and look forward to a bright future...

I now understand that every thought provides me with the opportunity to be a better version of myself...

I think of those I love and respect and wish them all that they need on the road ahead...

I levitate above fear and anxiety... and immerse myself in the ether of love...

Every day is the first day of the rest of my life... and provides me with unlimited opportunities for positive change...

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