

“I am a child of God, and I
do not inherit sickness.”



I am free to choose my thoughts.

I am free to align with Spirit.

No circumstance outside me can control my
inner peace and power.

I take full responsibility for my consciousness,
And in that freedom, I find strength, healing,
and direction.



I am the creator of my health and well-being.

With each thought, I rewire my brain toward healing and vitality.

I release all fear and limitation.

My mind is focused on wellness, and my body responds with strength and balance.

Every cell in my body knows how to heal and regenerate.

I am grateful for the infinite power within me to create vibrant health.



Today I see beyond appearances.

I take full responsibility for my
consciousness.

I discipline my thinking to align with
Truth.

I live as a powerful, joyful, and healthy
expression of Spirit.

