



I am the source of my health. I know that I am the source of healing for my body. I am receiving healing in all that I do.

I am the healing power of love and I fill my whole space with love. I am healing my body all of the time. I'm healing my body even when my symptoms are present. I'm healing my body even when it appears otherwise. I'm healing every cell of my body at every moment of my life. Opening to love sets me free.

I feel the presence of healing love in my body.

Love is now healing my back.

I commit to fully and continually opening to my healing energy in my thoughts. The life energy that creates my body is now recreating it. And I trust that Life will bring me aliveness to expand my aliveness in my body.

I need no special circumstances to open to healing! I open to healing, whether it is noisy or quiet. I open to healing, whether I am fatigued or energetic. I open to healing even while others around me are fearful or negative.