

Healing and Wholeness Words

to repeat for improved health and happiness...

From the Unity Spiritual Centre of Ottawa – March 13th, 2024

Recite or make your own recording to listen to each day!

SECTION ONE

Be seated somewhere comfortably! Breathe in, gently and slowly. Take 10 long, slow, deep breaths!

Repeat out loud...

I am letting go of the heaviness of the day!
I am freeing up the space I need to enter flow again!

I am good!
I am gracious!
I am in perfect order!
I am a temple of love in motion!
I am good!
I am great!
I am whole and abundant!
I am good!
I am good!

These statements activate my awareness of my deserving all that I am and all that I have in flow with divine being, divine life, divine health!

I AM GOOD! I AM GOOD! I AM GOOD!

(All above to be repeated from 2 to 10 times only. You will likely start to feel lighter and brighter.)

SECTION TWO

_____ Again, Breathing-in Gently and Slowly! _____

Read this **Affirmative PRAYER** out loud.

I willingly and lovingly release all the thoughts and stuck energies that no longer serve me. I completely accept and love myself for who I am, now! I am so happy and grateful for my internal and external balance.

Unity Spiritual Centre of Ottawa – Written by Cee Driskell – Prayer by Ann Therriault
unityottawa.org

I AM whole, and at peace. I have Divine Joy, which makes me stronger and stronger each day. I give no power to the thoughts and fears that have created imbalances in my mind and body. The Living and Loving Source's healing life flows through me now, restoring me to wholeness and perfection. I AM peaceful in my mind and in my heart. I am entitled to the fullness of life. I AM Divine Life. I am whole, right now and right here. I am whole, full of life and health, wherever I am and whatever the conditions of my mind or body. I am in flow and I am Happiness and Gratefulness. And so it is, amen.

SECTION THREE

I am a profound being and when I am in divine flow, I am healthy!
I am abundant and alive!

Today I am recognizing and remembering that every day, I know that there is a power so strong and awake within me, that knows what to do!

It inspires and heals me when I welcome it! This power and presence is abundant and the MINUTE I remember it, it activates healing for my greatest good!

I AM prepared to recognize this power and presence today! YES, I AM!

As I look at the area of my heart, I let this inner power know that I am aware of its presence. I am aware of its blessings of light! Each cell in my body is now becoming more alive and healthy.

Each cell is being filled with the light of this amazing power and my cells are becoming more alive, healthier, in flow with my natural way of being, they are revitalized and I am feeling more and more alive, more and more healthy!

I can feel each cell lighting up with full health! This is an amazing experience.
I can feel each cell lighting up with full health! I am fully alive. I am fully alive.

SECTION FOUR

Talk to your body and tell it you love it! Over and over.
Then talk to any out of balance areas and let them know how much you love them.
No matter how hard it is to start, be sure to tell a troubled breast, leg, ovary, prostate, heart, lung, kidney, etc., that YOU LOVE IT SO MUCH and HOW GRATEFUL YOU ARE FOR ITS PRESENCE AND HEALTHY ACTIVITY IN YOUR LIFE.

AND SO IT SHALL BE!