

Body Talk

These statements are positively energized for maximum health. Say them daily and you'll see how your body and subconscious subtly improve and heal.

Body, you are healthy, safe, loved and healed. You easily dissolve any stress, burden, toxin or excess weight in your path. For this I am truly grateful.

Body, please dissolve the tightness I no longer need. Now I am so healthy. Now I am totally in love with myself.

**Now I am healthy.
Now I love myself.**

If anyone else's energy is in my body please leave now.

If anyone else's energy is in my energy field please leave now.

If there's anything in my body that doesn't serve my highest good please leave now.

Money comes easily and frequently.

Julie E
Simple Solutions
for Health

