

Declaration To Accept and Embrace Healing of Body, Mind, and Soul

I am now completely open to receiving the most powerful healing of my body, mind, and soul, without limitation, including long standing issues and blockages. This includes all physical, sexual, emotional, mental, and spiritual conditions.

I am grateful for these conditions for having taught me about life, and I acknowledge that they no longer serve me, as I have learned all I can learn from them, and so I am now willing to release them.

I am willing to face any and all discomfort from all the blockages that come to the surface to be released, through non-resistance, conscious breathing, and awakened presence.

I am now ready to live a life of freedom and joy.

I love and accept myself exactly the way I am.

I forgive myself for all that I have done in the past to myself or others that I consider wrong or bad.

I forgive everyone I have ever known that did something to make me feel bad or that hurt me in any way.

Everyone I have ever known has come into my life to help me, to hurt me, to love me, to leave me, and to make me the person I am now, and the person I am becoming.

I make these declarations in the presence of the Creator, my inner guides, that include my ancestors, spiritual masters and angelic beings, and my own higher self, and I acknowledge that these beings are here silently directing the healing of my body, mind, and soul.

Suggestion: read this declaration out loud or silently at the beginning of the day to create an all day long atmosphere of healing.