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Creating Perfect Health

101 Affirmations to Think By



by

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Throughout the ages, Mystics, Truth Teachers, and even modern-day Self-Help Gurus have all lauded the effectiveness of positive affirmations. Most of us are very good at negative affirmations like: "I'm too fat." "That's not good for me." "I've always been sickly." Positive affirmations work best when we say them, not to make something come true or to make us believe something, but because they are the Truth (with a capital T) and stating them reinforces our acknowledgement and acceptance of them in our lives. Read these affirmations often. Say them out loud. Write them down and post them in a place where you will see them every day. Begin to understand the Truth behind every statement.





81. I know, to my very core, that I am Perfect Health.
82. I choose only loving thoughts, joyful thoughts, grateful thoughts.
83. I release all that is unloving, fearful, and angry – I have no need for them now.
84. I start from the idea that I am Perfect Health and only health follows.
85. As a Divine Child of God, I deserve my Perfect Health.
86. God wants only the best for me and gives only the best to me.
87. I trust that only my highest good takes place.
88. I am at ease.
89. Love and joy circulate freely in me.
90. Divine ideas flow through me and create my perfect health.
91. I give no more power to certain unwanted conditions – I take my power back.
92. I turn away from unwanted conditions and focus on creating Truth conditions.

