

HEAL THYSELF



I am a self-healing organism... Within me lives the power to transform and heal... I have a wonderful pharmacy inside of me, which gives me access to everything I need to generate health and well-being... Whatever challenge my mind or body faces, living inside me is the solution... I am a miracle, a genuine wonder of nature... A child of the universe...

Far too easily I take for granted the enormous resources that reside in me... As I take those resources for granted their power and potential remain beyond my grasp and influence... It's time to form a relationship of mutual respect between me and those countless gifts that live within me... The more respect and appreciation I have for the wonder of my life, the more I can become my own pharmacist, my own physician... I truly possess the keys to unlimited power... Power that lives in me and power that I can access from the world around me...

As these thoughts start to seep in, I feel a sense of belief in my capabilities beginning to emerge... My emerging self-belief is like a warm glow, throbbing inside of me and extending its warmth and light to every part of me... The creative intelligence that I am, knows that these seemingly unbelievable concepts about my power and capacity are indeed true...

I just need to have the courage to believe them... I am indeed a self-healing organism, with the power to transform and heal... I do have access to the most incredible pharmacy, which is able and willing to concoct what my mind-body system needs to be happy, whole, and well... Whatever challenge presents itself to my mind

or body, I have the solution ebbing and flowing within me... Waiting to be harnessed.... All I need to do is listen to that divine and complete bit of me that can see the whole picture...

All I need to do is draw on my innate wisdom, for it knows exactly what needs to be done... I start by trusting my inner knowing, because the more I trust myself the greater my access to all that I need... There is an intelligence in me that transcends my education, my past, my genetics, and life experiences, and it is that bit of me that I am accessing right now...

This bit of me is unlimited, fearless, intuitive, all knowing, yet humble... As I activate this part of me with my belief in myself, I'm able to become that self-healing organism, and with that I can become wonderfully well... And I do... The power to heal myself lives in me... I am my own antidote... I am amazing, and I give myself permission to be just that... Amazing...