

## ealth Allirmations

Health and well-being are spiritual, mental, and physical conditions and connections that take a lot of maintenance You have heard of the computer jargon—garbage in, garbage out. That same maxim is true for what you put into your body, mind, and spirit—garbage in, garbage out. Eating anything and everything you want will eventually lead to preventable diseases like obesity, diabetes, and high blood pressure, etc. Filling your mind with negative and violent television, movies, music, entertainment, et vill show up as various forms of negative and violent behavior, which affects and vexes your spirit. It is battle. However, my philosophy is that the battle is fought and conquered in the mind. The mind has to be programmed or reprogrammed with affirmations, in this case health affirmations. The old health notions and thought patterns need to be annihilated by new health ideas and beliefs to form a new health paradigm. Affirmations must be used daily, especially during times of relaxation, for example, when you are relaxing in your at home spa, soaking in a tub of relaxing water with scented bath and body tagrances, and aromatherapy and candles placed all around. This is when your conscious and subconscious minds are in their most susceptible state. You will know when your new belief system has been established because your body will be compelled to manifest the mental programming or mental suggestions. Soon, you are that healthy person who you always wanted to be. Affirmation is a lifestyle echnique that one uses throughout one's lifespan.

I have a strong health consciousness

Divine healing power radiates within every cell of my being

I am well, I am whole, I am strong

I nourish my spirit, mind, and body daily

I enjoy eating fresh and nutritious foods

I exercise daily for my health and well-being

I am always my true weight and size

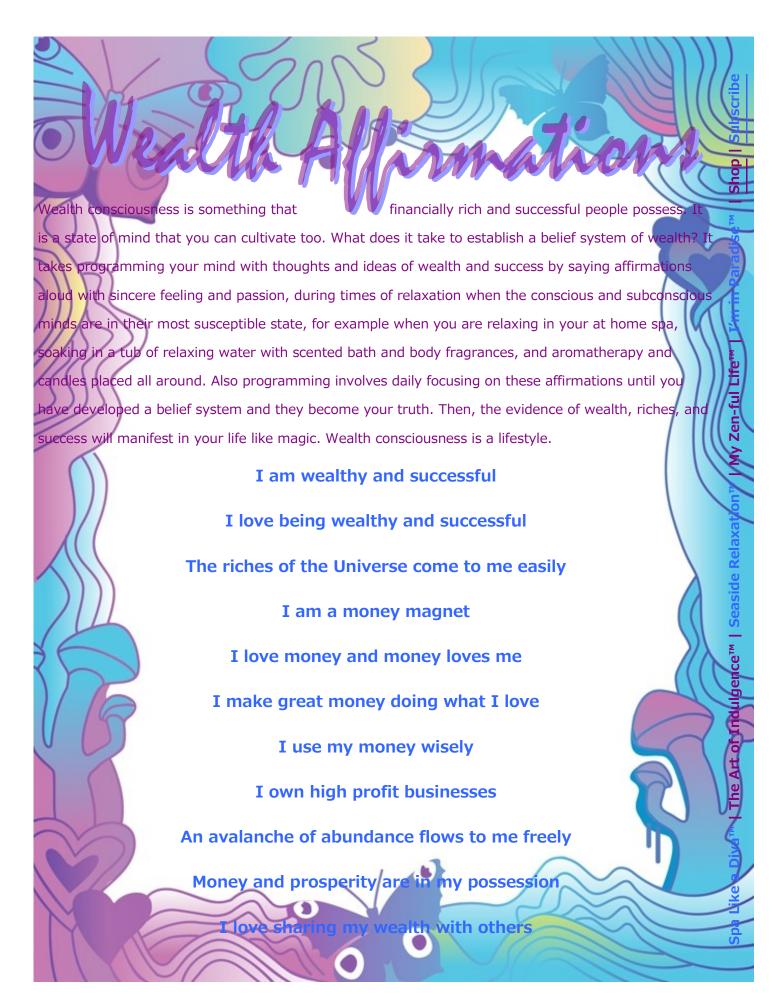
I am beautiful

I choose to be happy

I sleep soundly and peacefully

I am relaxed and calm

Spa Like a Diva



## Miracle Allermation

miracle is Divine phenomenal activity and supernatural experiences. It is something that seems to be an impossibility, beyond human manipulation. A miracle is an amazing event that is extraordinary. Many maintain that a miracle is a needed blessing, especially when the situation is dire or urgent, for example. Above all, our words, thoughts, and beliefs create and attract the phenomenal energy that we call miracles. Interestingly, however, miracles can happen to anyone. Thus, miracles can also be referred to as grace, mercy, and love that emanates from Divine energy. Yet, there is a difference between those who have the endowment to call forth miracles because they are aligned and flowing with Divine supernatural power versus those who are not aligned. Such endowment and alignment with Divine supernatural power to harness miracles, again, has to do with affirmations, speaking forth words that hold vibrations, and which attract and call forth miracles. Affirmations are best actualized when the conscious and subconscious minds are in a relaxed state, for example when you are relaxing in your at home spa, soaking in a tub of water with scented bath and body fragrances, and aromatherapy and candles placed all around. Endowment of miracle power requires daily affirming miracles until you have developed a belief system that is aligned with Divine energy. Affirmation is a lifestyle technique used throughout one's lifespan.

I am a Miracle

Seaside Relaxat

Miracles abound in my life

I am surrounded by blessed unexpected Miracles

I believe in Miracles big and small

I expect and embrace Miracles in my life

I am now experiencing wonderful Miracles of love, friendship, and

prosperity

speak forth Miracles