

## *Affirmations for Healing and Wholeness*

from Silent Unity

### **Doctor's Guidance**

We give thanks that the doctors and the staff who care for you are divinely guided and directed in their thoughts, words and actions. The all-powerful presence of God's love expresses through each of them, and you feel safe and secure.

### **Waiting for test results**

As you wait for the results of your tests, you focus your attention on God. You feel God's love flowing through you, calming your emotions, freeing your mind, and healing whatever needs to be healed, You release all fear and concern into God's tender care. You are whole and well.

### **Healing and Wholeness**

God's powerful healing presence touches every atom of your body and every part of your spirit, calling forth radiant wholeness.

### **Affirmations**

I am whole and well.

God's mighty healing power fills me now.

I am whole, well and free