

## **I AM Affirmations for Perfect Health and Well-Being**

1. I AM whole.
2. I AM in perfect health.
3. I AM vibrant, energetic and Spirit-filled.
4. I AM radiantly healthy.
5. I AM whole in body, soul and mind.
6. I AM clearly seeing, hearing, touching, tasting and smelling.
7. I AM the perfect functioning of every molecule, cell, organ and system in my sacred body temple.
8. I AM clear and pure blood flowing through my heart and through my arteries, veins and capillaries now.
9. I AM knowing God within my form now.
10. I AM godly beingness within my four lower bodies today.
11. I AM breathing life, light and love into and through my temple now.
12. I AM loving my body as a temple of the Holy Spirit now.
13. I AM virtuously living in perfect health 24/7.
14. God is whole within me, and so I AM in God.
15. I AM in love with God within my body temple now.
16. I AM clearly seeing myself in perfect vitality today.
17. I AM Cyclopea's perfect vision of me as whole now.
18. I AM accepting the work of the angels of healing within my form now.
19. I AM releasing permanently all that is not whole within me now.
20. I AM wholesome, humble and holy in God.
21. I AM the perfect functioning of my mind 24/7.
22. I AM emanating perfect love to my cells now.

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23. I AM the emerald ray of healing fully manifesting within my body.
24. I AM cleaning, cleaning and cleaning my bloodstream through my awareness of God within me.
25. My body temple is a temple of the Most High God.
26. I AM living in freedom to be my perfect Selfhood now.
27. I AM energetic each day of my life.
28. Engrams of perfect wholeness I AM accepting forevermore.
29. Angels of healing are my friends, and I AM witnessing to their presence in my life now.
30. I AM living in Mother Mary's immaculate concept of me now.
31. I AM living in the ray of truth, healing and wholeness now.
32. God is breathing through me now, and so I AM in love with God.
33. I AM smiling in my new wholeness this moment.
34. I AM shining the light of perfect healing throughout our world.
35. I AM raying forth the emerald matrix throughout the universe.
36. I AM the allness of God within my body temple now.