

Good Health

Good health is more than the state of not being ill! It is a radiant state of inner well-being.

Physical illnesses may be cured by medicines. No medicine, however, can induce that state of boundless energy which comes when every cell in the body cooperates with the mind willingly, joyfully, in all that it seeks to do.

Such radiant well-being comes after the mind has been cleared of every shadow of unwillingness, of fear, and of doubt; when one has learned to say yes to life; and when one has learned to love.

Affirmation:

My body cells obey my will: They dance with divine vitality! I am well! I am strong! I am a flowing river of boundless power and energy!

Prayer:

O Mighty Source of all that is right and good, help me to see my strength as an expression of Thy infinite power. Let me banish the darkness of disease: It is forever foreign to Thy light!

*From Affirmations for Self-Healing by J. Donald Walters (Swami Kriyananda)