

## 7 Affirmations for creating Good health :

- The Universe supports me in all that I do (for Lower back problems).
- I realize the confusion & allow myself to see the truth in every situation and in myself ( for headaches/ migraine)
- I honor the structure of this Universe and Universe provides me with the perfect structure for my perfect life ( for Intestinal issues).
- I am safe, I release the need to hide myself in order to be safe. All is perfect in my life ( for loosing fat around belly area).
- I Forgive myself and my past experiences and heal with love ( for heart disease).
- I take charge of my life and open doors for the Universe to fill me up with strength to move forward. ( For thyroid disorders)
- As I surrender to the flow of life, I move to the new life experiences with ease. I flow with life ( for knee/ leg pain).

