

POSITRUTH

As my spirit rises, my body follows. I am healthy and strong, and able to do my work upon the Earth. My arms are the embodiment of an Eternal embrace, formed to lift and to hold.

I joyfully declare the shining glory of my arms! I raise my arms in praise, hold my loved ones, and lift every load, with perfect precision and strength. My arms are designed to participate in life's greatest moments, to celebrate.

Each muscle and tendon is perfectly suited to every motion. My arms are strong, capable, and lively.

My arms are capable and energetic, to work well in every becoming service.

I gratefully acclaim the health and strength of my arms.

AFFIRMATION NOTES:

Let us appreciate and celebrate the wonderful perfection that is our body's design!

These affirmations are intended to joyfully and gratefully acclaim the design and functioning of the different parts of our body.

As you strive to encourage health and strength, repeat these affirmations as you use and exercise your body. Truly, our body is a treasure and a gift.

We all have wants and needs. To bring those things into our lives, we can use daily affirmations, which encourage our minds and souls to look toward the blessings of existence, and the opportunities of life. It is our hope that you will use the positive and energetic statements of truth on this website, including these affirmations, to unlock the power that is within your soul.