



*As my spirit rises, my body follows. I am healthy and strong, and able to do my work upon the Earth. My core is a center of power and wellness.*

*Equilibrium, balance, strength, and power are enshrined in the core of my body. From my center, all movement flows. My core is healthy and full of vigor.*

*My digestion is smooth and complete. From the deepest parts of my core, proper functioning abounds. The muscles and organs of my core are active and efficient. My abdominal wall is firm, its muscles strong. My back is straight and full of life. My nerves and tendons are resilient.*

*My core is capable and energetic, to work well in every becoming service.*

*I gratefully acclaim the health and strength of my core.*

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.