



As my spirit rises, my body follows. I am healthy and strong, and able to do my work upon the Earth. My feet carry me forward with ease, to magnificent horizons.

Perfect instruments of balance, I appreciate the form and structure of my feet. They are faultless in their design, true gifts with purpose and meaning.

Each bone in my feet is accurately aligned. Each tendon is secure yet supple, each muscle firm yet obedient. A glorious array of nerves sends perfect signals through my body, filled with light.

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

I gratefully acclaim the health and strength of my feet.

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.