

# POSITRUTH

*As my spirit rises, my body follows. I am healthy and strong, and able to do my work upon the Earth. My hands are formed to work miracles, great and small.*

*Dexterous and articulate, my hands are instruments of precision. With them, I bring the best ideas out of my mind and into the world. Whatever I will create, I will create with my wonderful hands.*

*My hands are a symphony of free movement. Every bone, joint, and tendon performs in perfect unison. The muscles of my hands are strong, my grip is firm, my sensation delicate.*

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

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

## 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.