

POSITRUTH

I am an eternal being, filled with an infinite capacity. My ability to heal is boundless. My determination to heal is absolute.

Misunderstanding, error, and confusion bring suffering into the world. Suffering manifests in many ways, but it does not define me. I am independent, free, and complete. I am filled with the infinite power to heal.

It doesn't matter how I got where I am. Whether circumstance or accident, failure, fault, or abuse, I can overcome.

In this moment, I am whole.

My body is filled with an energy which can never be depleted, an inexhaustible force that heals. I drink deeply from this source, and feel the power that it brings into every part of my soul.

As wellness fills me to overflowing, I will share the unending blessings of health through my word and actions. My healing will be the beginning of greater things.

AFFIRMATION NOTES:

This affirmation is part of a small series of affirmations related to our innate infinite capacities. The focus of this series is the eternal nature of our being, and the power that comes from that nature.

There is a great power in understand who we truly are. These affirmations will speak to your soul, and your soul will confirm that they are true. You truly are a being of infinite and eternal nature. Use these affirmations to bring that truth into your daily life.

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.