



## Healing Meditation

I am happy and grateful my body is healing  
I am happy and grateful my mind is healing  
I am happy and grateful my heart is healing

I am happy and grateful my body is in peace  
I am happy and grateful my mind is in peace  
I am happy and grateful my heart is in peace

I am happy and grateful my thoughts express peace  
I am happy and grateful my words express peace  
I am happy and grateful my actions express peace

I am happy and grateful peace is pillar to my thriving health  
I am happy and grateful peace is soil to my thriving happiness

One observation for this meditation to be indeed healing: **mean every word you say**. As you repeat the words actually feel what you say, **know in your heart that what you say is true**. You will know you are on track when indeed you feel happy and grateful.