



InnerMindScape.com

A Functional Medicine Energy Center Resource

Health Transformation Meditation

I am ready for optimal health.

Loving myself heals my life and my body.

I have faith I will achieve my goals.

I am transforming my health.

I embrace my health.

I make healthy choices.

I am motivated to exercise daily.

I am powerful.

I am strong and healthy.

I am joyous and harmonious.

I am flexible and fit.

I make time for my health every day.

My daily habits maintain my health.

My body heals quickly and easily.

I invite miracles to my body.

I nourish my mind, body and soul.

I love and appreciate my body.

Every cell in my body vibrates with energy and health.

My sleep is relaxed and refreshing.

I wake up ready to be active.

I am comfortable in my own skin.

My body is healed and restored.

Everything I need is already in me.

I am worthy to receive.

I am grateful for my journey.

