

Daily Affirmation

Affected organ

I have love, faith, trust, gratitude and courage.	Thymus
I am humble. I am tolerant. I am is modest	Lung
I am happy. I have good fortune. I am cheerful	Liver
I reach out with love	Gall Bladder
I have faith and confidence in my future. I am secure	Spleen
My sexual energies are balanced.	Kidney
I am basically clean and good. I am worthy of being loved	Large Intestine
I lovingly forgive and release the past, I am relaxed	Circulation-Sex
I have forgiveness in my heart	Heart
I am content. I am tranquil	Stomach
I am buoyed up with hope. I am light and buoyant	Thyroid
I am jumping with joy	Small Intestine
I am in harmony, I am at peace	Bladder
I have love, faith, trust, gratitude, and courage	Thymus

Wherever I am, and whatever may happen...I am doing the best that I can do right now
I come from strength, and I bring strength into all that I do

Applied from the work of John Diamond, the above affirmations for organ health are based on principles of Chinese Medicine.
Traumatic memory, stress or an undesirable emotion? Perform Donna Eden's Frontal/Occipital Hold:
Simply hold one hand across your forehead, and one hand across the back of your head.
With your eyes closed, breath in deeply and quietly think about the circumstance.
The Frontal/Occipital Hold will enable you to digest, process, and free up the memory that is troubling you.
Eventually you will no longer be able to focus on the thought.



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