

***Divinely Radiant Health***

**Affirmations & EFT Points**

**Top of the Head**: Every day, ***in every way***, I am growing more and more healthy, beautiful and radiant.

**Between the Eyes**: My body is graced with fluidity and flexibility.

**Side of the Eyes**: I love to exercise and to move my body.

**Under the Eyes**: I love doing ***many*** different forms of exercise.

**Under the Nose**: I draw radiant health to me ***easily and effortlessly***.

**The Chin**: God is the source of ***all*** my radiance and I am connected to this Source at all times.

**The Collarbone**: I am ***filled*** with the life and health of God in ***all*** areas of my life.

**Under the Arm**: I am delighted with my body and my body is delighted with me!

**The wrist:** I ask and I allow my body to maintain perfect health.

**The Karate Chop**: I have ***all*** the energy I need and I can create ***all*** the energy that I want!

**Top of the Head**: I am ***radiant*** with the light of God flowing through me.

**Between the Eyes**: I am interacting with life ***joyously, healthfully, abundantly and peacefully.***

**Side of the Eyes**: My body knows how to balance itself.

**Under the Eyes**: It knows how to be ***health itself.***

**Under the Nose**: I trust my body to do what it needs to do to maintain perfect balance.

**The Chin**: I am ***so grateful*** for my beautiful body.

**The Collarbone**: I love eating foods that support my body’s perfect health.

**Under the Arm**: I ***love*** to stretch my body.

**The wrist:** I love to ***feel*** my body.

**The Karate Chop**:I love to ***be in*** my body.

**Top of the Head**: Wondrous health comes easily to me.

**Between the Eyes**: Radiant, vibrant health is ***normal*** for me.

**Side of the Eyes**: Creating radiant health is effortless for me because I am always thinking thoughts of health.

**Under the Eyes**: I ***love*** being healthy!

**Under the Nose**: I am grounded and centered in my body.

**The Chin**: Great health is ***easy and comfortable*** for me.

**The Collarbone**: Thank You, God, for a healthy, happy body!

**Under the Arm**: ***Radiant*** health is here in my life now.

**The wrist:** A healthy body is my ***birthright.***

**The Karate Chop**: ***Radiance*** is my natural state.

**Top of the Head**: I receive ***all*** of God’s good for my body and for my health.

**Between the Eyes**: I am perfect, whole and complete, ***just the way I am.***

**Side of the Eyes**: I breathe ***easily and deeply.***

**Under the Eyes**: I allow light to enter into my body on my breath.

**Under the Nose**: I am ***flourishing*** with each and every breath I take!

**The Chin**: My very breath draws life and health into my body!

**The Collarbone**: I am balanced in ***all*** ways.

**Under the Arm**: My energy flows beautifully and perfectly.

**The wrist:** I know that my connection to Spirit is ***always*** guiding me in ***everything I do.***

**The Karate Chop**:This guidance brings me much delight and pleasure as I create my heaven on earth.

**Top of the Head**: I ***joyously*** feed my body good foods and clean water.

**Between the Eyes**: I ***delightfully*** feed my spirit good thoughts and blissful laughter.

**Side of the Eyes**: I ***radiantly*** feed my mind happy dreams and visions.

**Under the Eyes**: I use my God-given abilities to do this easily and consistently.

**Under the Nose**: I am an ***open channel*** for God’s perfect health and vitality to come through me now.

**The Chin**: I am ***pulsing with the rhythm of life itself!***

**The Collarbone**: I create great health and I experience steady supply of sun-drenched energy in my life, here and now.

**Under the Arm**: I ***feel*** wonderful for I am filled with God’s great energy!

**The wrist:** I am ***excellent*** health in expression.

**The Karate Chop**:My life is a monument to God’s magnificent perfection!

**Top of the Head**: I am ***so grateful*** for my beautiful, wholesome, perfect body.

**Between the Eyes**: I ***love*** how my body knows what to do.

**Side of the Eyes**: My body is strong and vibrant, and it is filled with life and light!

**Under the Eyes**: I ***love*** being ***strong, fit*** and ***agile*** in my life!

**Under the Nose**: I ***love*** being ***alive*** with ***life!***

**The Chin**: I ***love having abundant energy!***

**The Collarbone**: Everywhere I look, I ***see radiant*** people.

**Under the Arm**: I ***hear*** only words of life spoken.

**The wrist:** I ***feel*** only perfection in my life.

**The Karate Chop**:I ***know*** that I am perfect health in perfect expression.

**Top of the Head**: The words of my mouth ***speak only*** love, joy, health and peace.

**Between the Eyes**: The thoughts of my mind ***think only*** thoughts of love, joy, health and peace.

**Side of the Eyes**: The perceptions I have of everything in my life is ***through the perception*** of love, joy, health and peace.

**Under the Eyes**: I choose to go to the stillness of my being to find the truth that lies within.

**Under the Nose**: I hear that still, small voice within, and I pay attention to its wisdom.

**The Chin**: I allow the light of God to flow through me.

**The Collarbone**: I allow myself to experience the lightness and the health of God.

**Under the Arm**: I ***love*** experiencing the life and health of God for it fills me with joy, energy and vitality.

**The Wrist**: I am willing and ***I am able*** to be happy and healthy.

**The Karate Chop**: I know how to be healthy, and I love being healthy! I choose being happy and healthy. Thank You, God. Thank You, God. *Thank You, God!*

xoxoxo,

Anne

**Rev. Anne Presuel**

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