

Affirmations

DIVINELY
RADIANT
Health

*Look Great. Feel Great.
Be Great.*



with
Rev. Anne Presuel



A *Divinely Intuitive*™ BUSINESS PROGRAM



A *Divinely Intuitive*[™] BUSINESS PROGRAM

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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