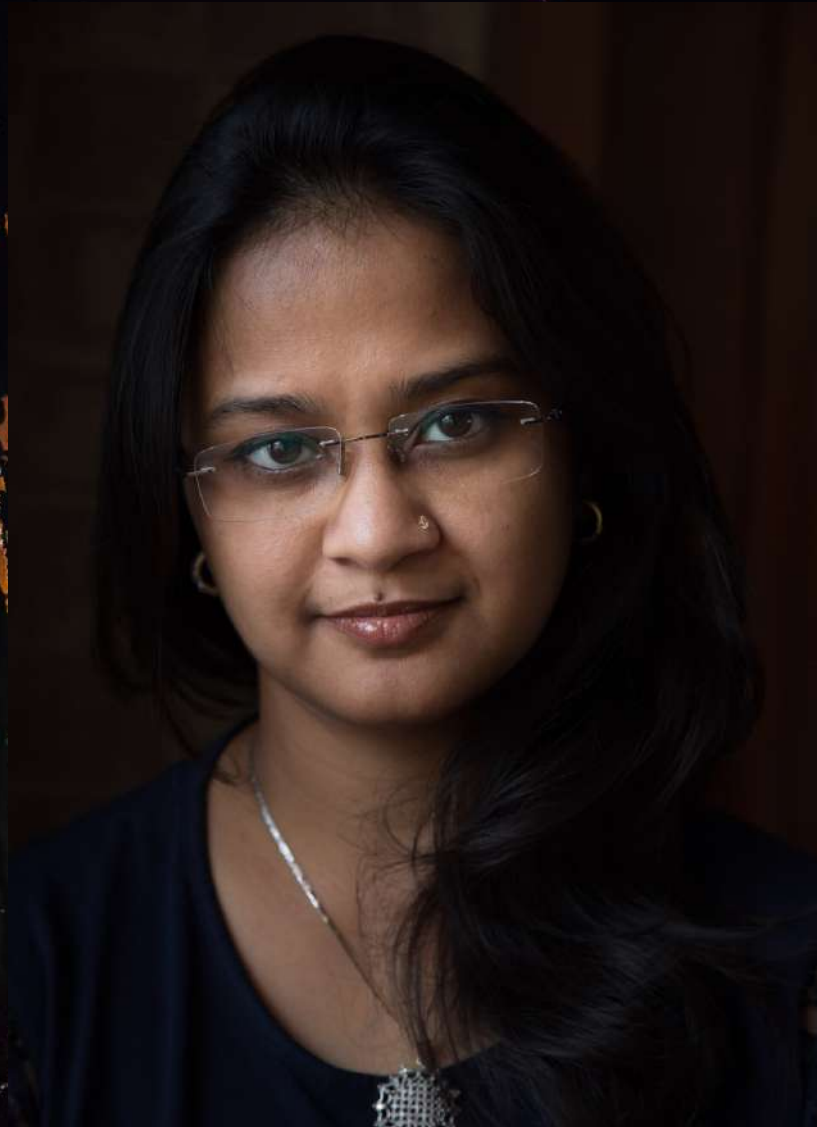


# Spiritual Affirmations for Energy Healing

*By Garima*



Happiness Coach and Author of the Award-Winning book

The Body Nirvana (HarperCollins, 2017)

[www.TheBodyNirvana.com](http://www.TheBodyNirvana.com)



1

When things aren't  
going according to my  
plan, they are going  
according to a Divine  
plan.

I am grateful for the  
upgrade



2

I am sitting under a  
'kalpavriksha' or  
the wish-fulfilling  
divine tree.

What I conjure, I get.  
What I ask for,  
manifests



3

I am Divine Energy  
experiencing Life  
through this Body.

I am grateful for this  
wondrous and  
miraculous body of  
mine!



4

I have a purpose and  
a path.

I am dancing forward  
on this path

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5

I am stillness

*and light!*

Garima.Coach



I am Energy  
manifested in the  
human form

I am connected to  
every form of Life  
there is

Garima.Coach



A vibrant field of yellow and white daisies with some blue flowers. The background is a dense field of these flowers, creating a bright and cheerful atmosphere.

7

What I exhale the  
world inhales.  
What the world  
exhales I inhale

I am one with the  
world

Garima.Coach



8

I am ageless!

Garima.Coach



9

I recognize the part  
that ages, withers  
and dies

I identify with that  
which is eternal,  
immortal

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h



10

I joyfully choose to  
move, breathe deep,  
be kind

and eat fresh!

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11

All the turmoil, all  
the strife around me  
is but a dance of  
divine energies

I hear the music and  
respond!

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12

I am generous with  
my listening and  
economical with my  
words.

**I listen and absorb**

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13

My life is my canvas

Every stroke is where  
it should be

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14

My life is my song  
that I offer the world

I am singing my heart  
out!

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15

Like a waterfall,  
I tumble forth with  
faith within me

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16

I am safe,  
heard and  
understood

Garima.Coach



17

I embrace  
restfulness

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18

Blessings pass  
through me  
Joyfully, I feel  
blessed

Prayerfully, I ask to  
be a blessing in this  
world

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19

I accept, and I release

Like a channel, I let  
pass all events of the  
world

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20

I open my heart to  
receive

the love and gifts of  
this world!

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21

This Life is  
Abundance!  
Nature is Abundance!

I am abundance!

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22

I delight in the drop  
as I delight in the  
ocean

for the drop and ocean  
are one!

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23

Eat as I pray -  
mindfully, joyfully  
and whole-heartedly

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24

This is my space and  
I inhabit it

masterfully and  
humbly

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25

That which watches  
with still eyes all the  
happenings  
in the world

*that is I*



Like the dew on a  
lotus in the center of  
a pond

I am that which is ever  
untouched



27

A rainbow is more  
delightful than any  
colour alone

I am more beautiful  
through my fellow  
beings on earth

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28

I am more grounded  
today. I grow roots to  
nourish me

My branches reach for  
the skies

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29

I surrender to  
Mother Earth today

and it renews my  
being

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30

I am a speck in the  
cosmos

The Cosmos has  
consciously created  
space for this speck

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"Must read" Vishnu Cheuli, Top 100 Reviewer

"Goes far beyond the typical weight-loss book"  
Marc David, Best-selling author

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a weight loss book

Garima

