

## EFT AFFIRMATIONS for PHYSICAL HEALING

### from Janet Hilts

There is no set-up phrase needed. Just tap, moving to a new point with each phrase. Feel free to add your own phrases. Be specific (e.g., “pain behind my left knee”). For best results, tap through the entire list 2-3 times a day. It feels great!

- I give myself permission to release this \_\_\_\_\_ and anything connected to it.
- I ask my body to release this \_\_\_\_\_ and anything connected to it.
- I ask my body to send healing energy to my \_\_\_\_\_.
- Thanks, Body, for responding so quickly.
- I allow my body to correct this condition and restore my health.
- It's natural for my body to be healthy and strong.
- I'm grateful for the health I do have.
- Each of my cells knows how to heal this condition and anything connected to it.
- My system has a natural wisdom for healing, and I ask my system to heal itself now.
- Thank you, Body, for hearing my requests and responding.
- I ask my body to relax and eliminate this \_\_\_\_\_ and anything connected to it.
- I trust my body to reverse this \_\_\_\_\_ condition and anything connected to it.
- I know my gift of wholeness and health is already on the way.
- I trust that my body knows how to heal this condition.
- Well-being is natural for me. Thank you, Body, for restoring well-being.
- Optimal health is what I expect and what I want.
- I ask and trust my body to release this \_\_\_\_\_ and anything connected to it.
- I'm grateful that my body let me know I had this problem. Now I ask my body to release the \_\_\_\_\_ that made me aware.
- I ask my body to completely heal this \_\_\_\_\_.
- Thanks, Body, for responding so quickly. I appreciate you.