

## How Do Affirmations Promote Vibrant Health and Well-Being?

by Jeff Staniforth

Whenever someone speaks of healing through affirmations, many people dismiss it as esoteric - or even nonsense - and they tend to not take it seriously. However, there exist volumes of scientific evidence that affirmations are an effective approach to healing and the achievement of vibrant health. They have even been shown to promote regeneration and rejuvenation of the body.

Dr. Carl Simonton of the Cancer Counseling and Research Center in Fortworth, Texas, reports on breakthrough studies that use self-suggestion (a form of affirmations) in treating disease. "We think people are now beginning to realize how much the mind and the physical body are intertwined... We know that the same pathways that are used to transmit negative things, like cancer growth, can also be used to transmit positive things that can eventually restore a person to health".

How do affirmations promote health and effect healing?

Illness starts in the mind. When you change unhealthy thought patterns and replace them with positive affirmations, you also change the energy that flows to your physical body from your etheric body, chakras, and through your energy meridians.

Your etheric body is the human subtle energy field - one of the layers of the aura believed to permeate all living things. Think of it as a blueprint of what is in your cellular structure - a blueprint that reveals your state of health (or ill health) --and gives an indication of conditions that often have not yet manifested in your physical body.

The spoken word, such as a power affirmation, elicits a strong recuperative response in the etheric body - a healing energy that permeates to the physical body, causing healing to occur. Affirmations are powerful instruments that influence both mental and emotional patterns, which are held in the etheric field. The more frequently a healing affirmation is repeated throughout the day, the more effective it is in carrying out healing.

Following are power affirmations you can use to help heal, regenerate, and regenerate your body - and foster radiant health. As I've mentioned in the previous issues of this newsletter, choose the affirmations that feel appropriate to you - those that resonate with you, or strike an emotional chord. It is important that the words feel comfortable to you and are in line with who you are. Feel free to create one for your specific need by substituting other words that have special meaning to you:

- \* I am perfectly healthy in body, mind and spirit.
- \* I am well, I am whole, and I am strong and healthy.
- \* I am healthy, and full of energy and vitality.
- \* All the cells of my body are daily bathed in the perfection of my divine being.
- \* I am healthy, happy and radiant.
- \* I radiate good health.
- \* My body is a safe and pleasurable place for me to be.
- \* My sleep is relaxed and refreshing.
- \* I have all the energy I need to accomplish my goals and to fulfill my desires.
- \* God's love heals me and makes me whole.
- \* My body is healed, restored and filled with energy.

There are many ways to use your chosen affirmation. You can recite it aloud to yourself repeatedly, or you may want to write it down repeatedly. The key is to repeat it over and over again throughout the day. Repeating your affirmation reprograms your subconscious mind to accept these thoughts as reality, and ultimately create changes in your life that will manifest this new inner reality.

TIP: Did you know that 19th century French professor and Master Hypnotist, Emile Coue, used one specific affirmation to heal hundreds of patients in Europe and North America? To learn what that specific affirmation is, [CLICK HERE](#) and scroll down to the first blue box.)

While you're there, discover how affirmations have gone "high tech" - and how you can now use your computer for just 10 minutes a day to manifest anything you want in life.

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Special Note... Please do not use the any of the information supplied in this article to diagnose, or treat a health problem or disease. If you have or suspect that you have a medical problem, please contact your health care professional, and only then work with the affirmation techniques in partnership with your health care professional.

### About the Author

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