Dr. Joys Affirmations

Setting subliminal thought visualization into motion, program yourself daily while in a light state of meditation or self-hypnosis

Pause after each statement and close your eyes to visualize the picture.

With every breath I breathe each day, my subconscious mind accepts a visual picture of me as a healthy, prosperous, fulfilled, and happy person.

With every heartbeat, each day of my life, my subconscious mind accepts a visual picture of me as a person of radiant health, financial wealth, fulfillment, and happiness.

With everything I do today, my subconscious mind accepts a visual picture of me as a person who has health, abundance, love, and awareness.

With every step I take today, My body is working to ultimate health, love of myself, and abundance in all things.

I am healthy and love my self. God is with me and fills me with light and health.

Each day is a new beginning for loving me. I am love, I share love, I receive love.