

# Heal Your Body

**In Just 6 Minutes  
A Day**



**Use Scientific Methods  
Proven To Work**

*by Grace Michael*

Spiritual Law and Natural Law explained .....	41
Spiritual Law .....	41
Natural Law (also known as the Laws of Nature) .....	41
How you are governed .....	41
Random quotes to ponder about thoughts and thinking .....	42
Affirmations and medical care – two different methods of healing .....	43
Affirmations and medical care work well together .....	43
Affirmations and medical care differ .....	43
Affirmations use invisible spiritual energy for healing .....	43
Medical care uses tangible substances for healing .....	44
Why some individuals can't seem to be healed .....	44
Reasons why unwanted conditions come back .....	45
Affirmations can help you to be consistently healthy .....	48
How many affirmations you have to say to realize healing .....	48
How long it takes to see results .....	48
About seeing results .....	49
Factors that determine how long it takes to realize healing .....	50
Random thoughts to ponder .....	52
THE WORKBOOK SECTION .....	53
work•book .....	53
Workbook Section Part One .....	54
Basic Affirmation Techniques .....	54
Learning how to create affirmations .....	54
What your affirmations should and should not do .....	55
Affirm in the present tense (the here and now) .....	55
Affirm positively ... not negatively .....	56
How to affirm health positively .....	57
Concentrate on what you are saying .....	58
Focus on health and healing .....	58
On-going mental discipline is necessary .....	59
Affirmation problems .....	62
How to overcome affirmation problems .....	62
Moving on .....	63
Random quotes to ponder .....	63
Workbook Section Part Two .....	64

## Laying the Foundation

*The start of something new brings the hope of something great ... As you begin this book, let this be the start of the "something new" that will bring you "something great" ... The healing of your physical body.*

### Affirmations ... What are they really?

**A**ffirmations are powerful statements which, can be used to heal every part of your body and every facet of living ... their healing power is virtually unlimited. When said repeatedly, affirmations create spiritual energy that brings into existence that which is affirmed through your thoughts or words. They also are a channel through which you can receive intuitive guidance to assist you in healing and resolving health problems, and choosing the best path in healing situations.

The affirmation words themselves don't hold any magical power ... the words don't do the healing. Healing comes as a result of the mental energy created through the use of affirmations and the thoughts behind the words which give direction to the energy. The energy responds and acts according to the direction given it.

Affirmations are energy in action.

They call the cells in your body to respond with healing, and make you stronger and more alert to your healing possibilities.

Affirmations for healing:

- Consist of thoughts, words, or a combination of both.
- Can be positive or negative.
- Can be intentional (said purposely for healing purposes) or unintentional (all of your thoughts and words which occur as part of living are unintentional affirmations that create according to what you think and say whether or not you are aware of this ... this is why you should be very careful of how you think and what you say). Intentional and unintentional affirmations (like affirmations for healing) can be either positive or negative.
- Can be declarative (stating something emphatically) or be progressive (moving forward in steps).
- Can change a person's belief about something or someone.
- Can reprogram the mind from negative to positive thinking.
- Create spiritual energy that changes and alters outcomes in your life.
- May be based on facts, assumptions, hopes, or expectations.
- Are repetitive.

## Workbook Section Part Four

*The healing energy of affirmations does not destroy illness, disease, limitations or symptoms, but rather, it creates health through a process of transformation, adjustment, replacement, and recreating anew.*

– Grace Michael

### Learning About Advanced Affirmation Techniques and Advanced Affirmation Healing Programs

*Advanced affirmation techniques are used to create advanced affirmation healing programs. They take the experienced affirmation user to higher levels of creating healing energy.*

Advanced affirmation techniques and healing programs are more complex to use than basic affirmation healing programs (page 110), but they are well worth the extra effort since they have the ability to do the following more effectively and rapidly than basic affirmation techniques.

- 1) Boost and accelerate healing.
- 2) Bring relief to suffering when in the throes of pain or trauma.
- 3) Heal crisis situations, underlying causes, stubborn, chronic, incurable, terminal, and other conditions.
- 4) Heal, reverse, slow up, and/or stop the progression of a disease, illness, or trauma.
- 5) Increase the effectiveness of medications you may be taking or medical procedures you may be receiving (blood transfusions, physical therapy, etc.).

Because advanced affirmation techniques and healing programs have extraordinary abilities and power to transform our thoughts, mindset, visualizations, and words into reality, they should never be used by a novice affirmation user because if they are used incorrectly, with an incorrect focus or incorrect visualization, the novice can unintentionally create energy which instead of healing, actually brings exacerbation<sup>1</sup> to their suffering and/or will create other undesirable results.

Appendix B lists advanced affirmation techniques (page 261) which you can use for healing, followed by a list of advanced affirmation technique specialties (page 263). Appendix D lists all of the affirmation healing programs and worksheets found in this book. Appendix D begins page 266.

---

<sup>1</sup> Exacerbation: Increases the pain, suffering, or severity of illness, injury, or trauma.

## **Rosary Affirmations**

### **(also known as Bead Affirmations or Knot Affirmations)**

#### **The rosary affirmation healing program**

*Learning in itself is not enough. You must use what you learn  
in order to realize the benefits of what you have learned.*

*– Grace Michael*

#### **Background information about rosaries**

**R**osaries are spiritual tools that stem from the earliest days of the Catholic Church and have roots in pre-Christian times. Evidence exists from the Middle Ages that strings of beads were used to count the recitation of prayers and to aid in meditation.

In today's world, rosaries, strings of beads, or knotted twine, string, or rope can be used as excellent affirmation tools for healing. I personally love to use a rosary and say rosary affirmations as part of my healing work because:

- 1) Rosary affirmations are fast and easy to do. I can easily say 2-3 rounds of rosary affirmations (100-150 affirmations) in just a few minutes.
- 2) Rosary affirmations allow me to hold something tangible in my hands. This is reassuring, somehow, and fingering the beads is relaxing and serves as a constant reminder that I am doing affirmation work.
- 3) I don't have to count how many affirmations I did/didn't say.
- 4) I'm never interrupted by a timer going off.
- 5) Using a rosary helps me to:
  - 1) Minimize distractions
  - 2) Reduce any tendency of the mind to wander which would make my affirmations less effective
  - 1) More fully concentrate on my affirmations and accompanying visualizations.

But, the reason I love rosary affirmations most of all is ... I find that they give me excellent healing results. So, I can't think of any better reason than that for loving to say rosary affirmations and doing so.

## Index

### A

- affirmation
  - list by type of affirmation, 73
  - parts explained, 66
  - types explained, 73
- affirmation cards, printable with sayings
  - appendix g, 308, 309, 310, 311, 312, 313, 314, 315, 316
  - energy, 291, 294
  - general, 306
  - progressive affirmations, 298, 300
  - stress, 290, 301
  - throat, 292
- affirmation techniques
  - advanced, 127
  - basic, 54
  - intermediate, 98
- affirmation types
  - advanced, 73
  - advanced technique
    - affirmations for others, 227
    - affirmations of denial with denial-rejection visualizations, 177
    - bead/rosary/knot affirmations with visualizations of your choice, 211
    - flash affirmations with flash visualizations, 138
    - impact affirmations with steady visualizations, 128
    - intense affirmations with replay visualizations, 148
    - knot/rosary/bead affirmations with visualizations of your choice, 211
    - progressive affirmations with progressive visualizations, 159
    - rosary/bead/knot affirmations with visualizations of your choice, 211
    - saying affirmations for others, 227
    - unceasing affirmations, 199
  - structural, 73
  - structural affirmations
    - affirmations of closure, 76
    - closing-outcome-healed affirmations, 76
    - declarative-basic affirmations, 74
    - exclusive affirmations, 77
    - inclusive affirmations, 77
    - opening affirmations, 75
    - scheduled affirmations, 78
    - unscheduled affirmations, 79
    - visual affirmations, 75
- affirmations
  - random affirmations, 107
  - saying affirmations without using a healing program, 107
- affirmations - printable
  - in expanded list of outcome words and phrases in appendix e, 271
  - lists from appendix f, 276
- affirmations and medical care, 43
- affirmations and religion, 40
- affirmations and side effects, 33
- affirmations with action words, 269
- affirmations, conditional work, 233
- appendices
  - appendix a
    - affirmation definitions - list, 258
  - appendix b
    - types of affirmation healing specialties
      - advanced technique affirmations - list, 263
      - structural affirmations - list, 262
    - types of affirmations
      - advanced affirmations - list, 261
      - structural affirmations - list, 260
  - appendix c
    - types of visualizations - list, 264
  - appendix d
    - affirmation healing programs - list, 266
    - printable worksheets - list, 266
  - appendix e
    - printable lists of affirmation words, 268
      - action words, 268
      - denial words, 274
      - energy words, 275
      - god words, 275
      - outcome words and phrases - condensed list, 271
      - outcome words and phrases - expanded list, 271
      - progressive words, 274
      - reference words, 268
      - support words
        - descriptive support words, 273
    - printable lists of affirmation words - support words, 273
    - time oriented support words, 273
  - appendix f
    - printable lists of health affirmations
      - adaptable affirmations, 295
      - additional miscellaneous affirmations - list, 306
    - affirmations of denial
      - series affirmations, 303
      - single affirmations, 302