

THOUGHTS BECOME TRUE

When we say something over and over (called a 'mantra'), our subconscious hears it and things in our life shift to make these Words Come True. Here are a few efficient mantras that are game changers. Pick 1 and say it daily. Switch to another mantra when the timing feels right. It only takes a moment to drop into peace, calm, and feeling centered by the end of this Personal Healing Moment. Then watch as your wishes start to come true.

#1 *"Body, you are healthy, safe, loved and healed. You easily dissolve any stress, burden, toxin or excess weight in your path. For this I am truly grateful."*

#2 *"Money comes easy and frequently."*

#3 *"Body, please dissolve the tightness I no longer need."*

#4 *"Now I am healthy. Now I love myself."*

#5 *"If anyone else's energy is in my body, please leave now. If anyone else's energy is in my energy field, please leave now. If there's anything in my body that doesn't serve my highest good, please leave now."*