85 Healing Affirmations

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In the journey of life, we often encounter moments that challenge our peace, health, and sense of well-being. Whether it's physical ailments, emotional turbulence, or mental stress, healing becomes a crucial process for regaining balance and harmony.

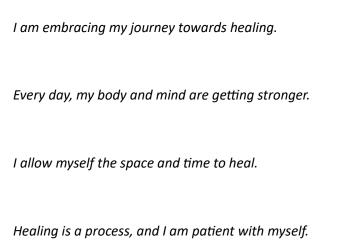
The power of affirmations, simple yet profound statements, can be a transformative tool in this healing journey.

This list of healing affirmations below is more than just a list. It's a gentle guide towards self-compassion and recovery.

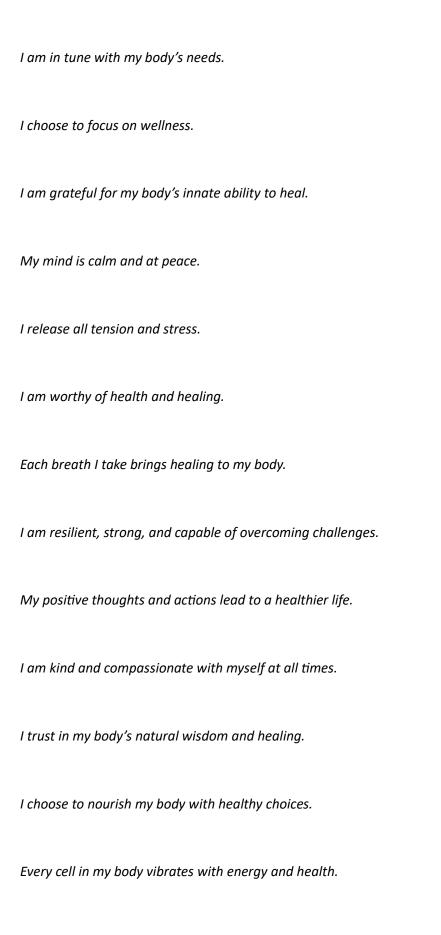
Each one of them is a seed, capable of blossoming into profound change and deep healing when nurtured with belief and consistency.

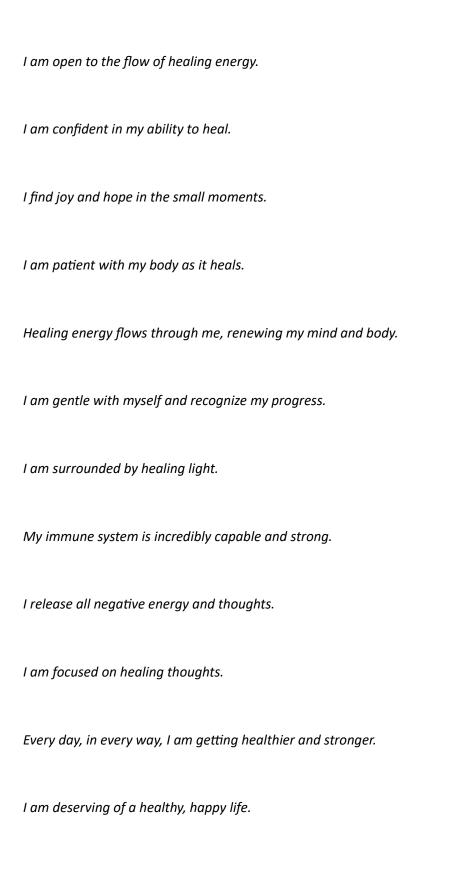
As you explore these phrases, allow them to become daily companions, echoing in your heart and mind, facilitating a journey of healing and empowerment.

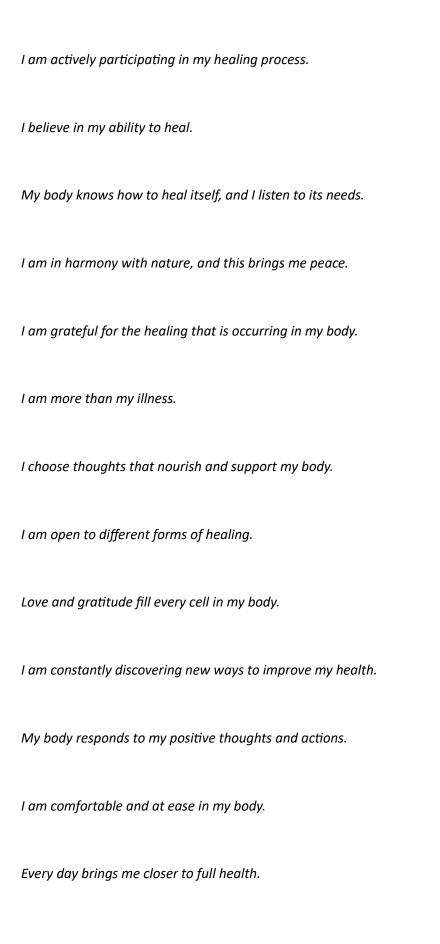
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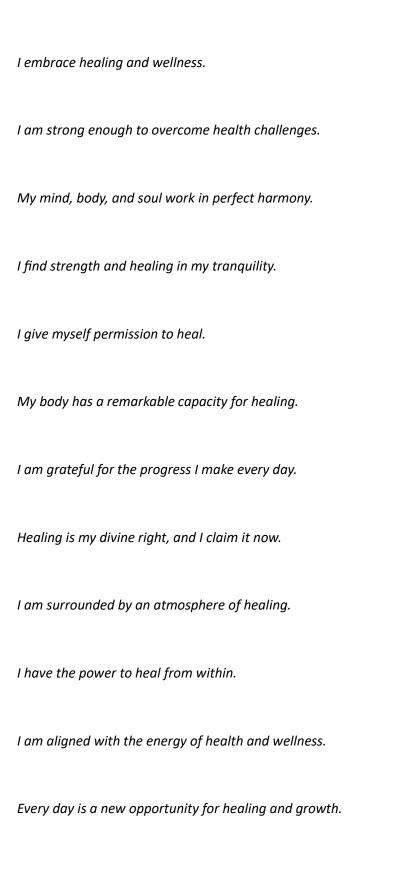


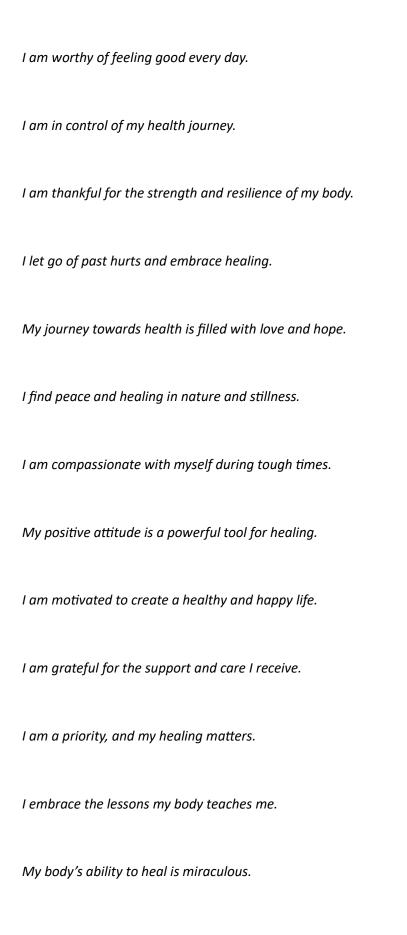
I am surrounded by love and support.

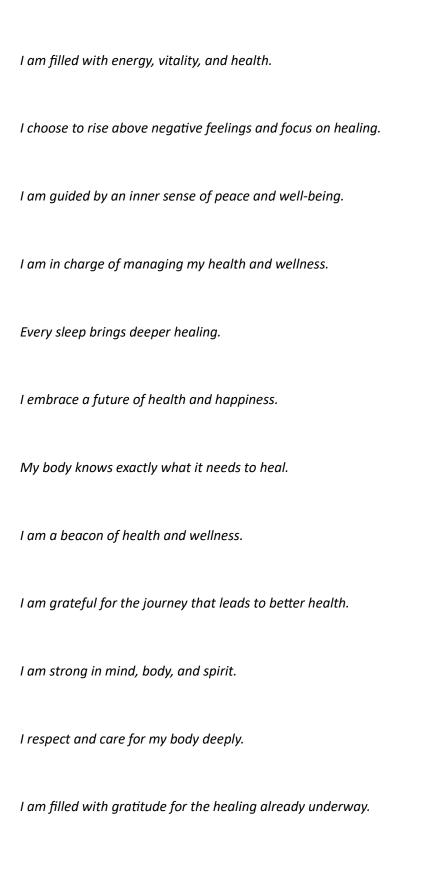












I am focused on healing and positive outcomes.
I am a warrior, strong and full of courage.
I am at peace with where I am and eager for where I'm going.
My healing is a testament to my strength and perseverance.
Every moment is a chance to heal and renew myself.