

## Prayer for Physical Health

God/Spirit/Mother/Universal Intelligence is all there is. -This great I AM Presence *is* Eternity, Love, Grace, and Divine Intelligence -the only Source of life; the center of all activity and the platform from which all of Life springs. I recognize that God is the personal, loving Presence, the void; the Mother womb of the universe, the only cause, and all effects. God is all there is. This loving Presence is Omnipotent; the *only* power, Omniscient; *all* knowing, and Omnipresent; everywhere present, at all times, with no exceptions.

God Is the breath and life and body through which I move and have my being. God is the very Presence through which I witness the events of my Life, my thoughts, my dreams, my perceived reality. There is nothing in me that is not of God. God is all there Is. God is all that Is in me. I am of the Presence and in the Presence of God at all times. I am in God, and God is in me. There is no separation. Separation is a no-thing-ness, an un-reality. All of life, and my Life, is whole, complete, and One with God in all ways. I know that God is Perfect Life, the Perfect and Only Creator; perfect Body, Mind, and Spirit.

Since all that is, is of God, then there is no dis-ease in my body or even around my body. I no longer manifest mistaken ideas or spiritual un-truths, unrealities, such as separation, pain, destruction, deterioration, or dis-ease. I now fill my consciousness with the Love, Wholeness, and Health of GOD. I recognize that God is Real, the One, True, Ultimate Reality. -therefore this body *must* follow, as it is a divine effect and manifestation in the mind and body of God. Nothing else resides in my body. No-thing else has power over my body. Love is the only Power. God is Love. I recognize that I live in a peaceful, loving universal God that supports my physical being and physical thriving!

All of my organs, *my* \_\_\_\_\_ (*heart, kidneys, liver, skin, ovaries, etc.*) follow the perfect Spiritual Idea in the mind of God in Unlimited health and vibrancy. I rejoice in my body. It is the living temple of God, as are all other peoples' on this earth. I am grateful for this physical manifestation. I am well. I feel the physical peace and safety of God. I am an embodiment of physical peace, harmony, perfect and right functioning, pleasure, circulation, assimilation, and elimination.

My body, my *digestion*, is open and flowing easily with the flow of Life; the flow of the Divine. I give easily and receive easily with this body. I am happy to be here on this earth in physical manifestation. I love my life and embrace my fullest physical expression.

I know that my body's cells are God's cells; living, unlimited, eternal centers of energy; Divine God-Energy that is the Source and Sustenance of All Life. I know this is also true for my \_\_\_\_\_ (teeth, lungs, immune system, cells, etc.) - that they are perfect, whole, complete, and humming with the same loving vibratory rate as the Love of the Universe. Everything, every piece of my body, radiates health, wholeness, vibrancy, deep abiding peace, joy, and harmony.

For this I am So Grateful! I feel the wholeness and energy of God flowing as gratitude within and around me. I am at peace in this knowing of my physical well being and I Am Grateful.

I relax and I release; knowing that I need not strain, effort, or worry. I am at peace knowing the fullness and perfection of these words, of *this* prayer. I willingly, and joyfully hand it over to the Law of Mind in complete trust and Faith. I let go and Let God.

And So it Is.  
Amen.