

# Health Affirmations

## Florence Scovel Shinn

These health affirmations are from Florence Scovel Shinn's widely collected work [Your Word Is Your Wand](#).

Learn about [Florence Scovel Shinn](#) and read her other books which include [The Game of Life](#), [The Secret Door to Success](#) and [The Power of the Spoken Word](#).

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### Health Affirmations

- I deny fatigue, for there is nothing to tire me. I live in the Kingdom of eternal joy and absorbing interests. My body is "the body electric," timeless and tireless, birthless and deathless.
- Time and space are obliterated!
- I live in the wonderful now, birthless and deathless!
- I am one the The One!
- Thou in me art:  
Eternal joy. Eternal youth.  
Eternal wealth.  
Eternal health.  
Eternal love.  
Eternal life.
- I am a Spiritual Being - my body is perfect, made in His likeness and image. The Light now streams through every cell. I give thanks for my radiant health.

**Eyes** - Imperfect vision

Correspondences:

- fear
- suspicion
- seeing obstacles

- watching for unhappy events to come to pass - living in the past or future - not living in the now

### **AFFIRMATIONS**

- The Light of the Christ now floods my eyeballs. I have the crystal clear vision of the Spirit. I see clearly and distinctly there are no obstacles on my pathway. I see clearly the fulfillment of my heart's desire.
- I have the X-ray eye of the Spirit. I see through apparent obstacles. I see clearly the miracle come to pass.
- I have the crystal clear vision of the Spirit, I see clearly the open road. There are no obstacles on my pathway. I now see miracles and wonders come to pass.
- I give thanks for my perfect sight. I see God in every face, I see good in every situation.
- I have the crystal clear vision of the Spirit. I look up and down and all around, for my good comes from North, South, East and West.
- My eyes are God's eyes, perfect and flawless.
- The light of the Christ floods my eyeballs and streams on my pathway. I see clearly there are no lions on my way, only angels and endless blessings.

### **Anaemia**

Correspondences:

- unfulfilled desires
- lack of happiness

### **AFFIRMATION**

- I am nourished by the Spirit within. Every cell in my body is filled with light. I give thanks for radiant health and endless happiness.

The above statement may be used in the healing of any disease.

### **Ears – Deafness**

Correspondences:

- strong personal will
- stubbornness
- a desire not to hear certain things

## **AFFIRMATION**

- My ears are the ears of Spirit. The Light of the Christ now streams through my ears dissolving all hardness or malformation. I hear clearly the voice of intuition and give instant obedience. I hear clearly glad tidings of Great Joy.

## **Rheumatism**

Correspondences:

- fault finding
- criticism

## **AFFIRMATION**

- The Light of Christ now floods my consciousness dissolving all acid thoughts. I love everyone and everyone loves me. I give thanks for my radiant health and happiness.

## **False Growths**

Correspondences:

- jealousy
- hatred
- resentment
- fear

## **AFFIRMATION**

- Every plant my Father in Heaven has not planted shall be rooted up. All false ideas in my consciousness are now obliterated. The Light of the Christ streams through every cell and I give thanks for my radiant health and happiness now and forevermore.

## **Heart Disease**

Correspondences:

- fear
- anger

## ***AFFIRMATION***

- My heart is a perfect idea in Divine Mind and is now in its right place, doing its right work. It is a happy heart, a fearless heart and a loving heart. The Light of the Christ streams through every cell and I give thanks for my radiant health.

