Each affirmation will support a different organ and meridian of the body

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| --- | --- |
| I have love, faith, trust, gratitude and courage | Thymus |
| I am humble  I am tolerant  I am modest | Lung |
| I am happy  I have good fortune  I am cheerful | Liver |
| I reach out with love | Gallbladder |
| I have faith and confidence in my future  I am secure | Spleen |
| My sexual energies are balanced | Kidney |
| I am basically clean and good  I am worth of being loved | Large intestine |
| I renounce the past  I am generous  I am relaxed | Circulation Sex |
| I have forgiveness in my heart | Heart |
| I am content  I am tranquil | Stomach |
| I am buoyed up with hope  I am light and buoyant | Triple Warmer (thyroid) |
| I am jumping with joy | Small intestine |
| I am in harmony  I am at peace | Bladder |
| I have love, faith, trust, gratitude and courage | Thymus |
| Close with: my life energy is high. I am in the state of love |  |