

Affirmations for Digestive Health

As I release the past, the new and the fresh and the vital may enter. I allow life to flow through me.

I trust the process of life, I am safe.

I easily and comfortably release that which I no longer need in life.

It is safe to let go.

Only that which I no longer need leaves my body.

It is with love that I totally release the past. I am free. I am love.

I lovingly forgive myself. I am free.

The past is over. I choose to love and approve of myself in the now.

I am the joy of life expressing and receiving in perfect rhythm.

Letting go is easy.

I freely and easily release the old and joyously welcome the new.

I am part of the perfect rhythm and flow of life. All is in divine right order.

I am safe. I trust fully in the process of life. Life is for me.

I relax and let life flow through me with ease.

I love and approve of myself. I am safe

I release all that is unlike love. There is time and space for everything I want to do.

I love and approve of myself. I am doing the best I can. I am wonderful. I am at peace.

I digest and assimilate all new experiences peacefully and joyously.

My thinking is peaceful, calm and centered.

I easily assimilate and absorb all that I need to know and release the past with joy.

I am willing to change all patterns criticism. I love and approve of myself.

I release and dissolve the past. I am a clear thinker. I live in the now in peace and joy.

I lovingly take back my power and eliminate all interference.

Life agrees with me. I assimilate the new every moment of every day. All is well.