

Healing Prayers

Selected and personalized by Dominica Applegate

Meditating on Scripture and/or Affirmations

“Meditate” means to contemplate, ponder, ruminate, mull over, repeat, think about, reflect, study, practice, speak aloud or silently.

When you’re wanting to enjoy better health or you’re believing for healing to manifest, meditating and speaking affirmative prayers is helpful.

When meditating on sacred texts or mantras, I take the text and personalize it for me. I speak it out loud, mentally speak it, and visualize it as true. I use emotion and really feel it as best as I can.

Take the following affirmative prayers and repeat as often as you can. Meditate on them in bite-sized pieces to get full revelation.

If you notice your thoughts going toward fear or thinking negative, get these affirmative prayers out and start confessing them. Your mind may gravitate toward the negative, so you’ve got to get some control over it. Capture those negative thoughts and bring them under submission so-to-speak.

If you don’t have the list with you, simply say, “Thank you, God, for healing me.” Say it over and over, even if it’s 1,000 times per day. Say it out loud and silently.

Thoughts produce beliefs and beliefs produce emotions, so keep your thoughts positive by meditating on God’s Word, truth, and affirmative prayers.

Believing with you, I hold the vision that YOU ARE ALREADY HEALED & WHOLE. That you're a perfect and complete manifestation of God.

Faith IS believing it is already done, even why symptoms are trying to get you to think otherwise. Healed now! Manifesting it as we gain greater revelation of this!

Healing Prayers

- I declare that every tissue, organ, and system of my body function in the perfection that God created them to function.
- Life and health flow to every cell of my body, restoring and transforming it beautifully.
- I am a well filled with light, joy, peace, and love.
- God's very essence is within me and surrounds me. I am a part of God, and as such, I am healed and whole.
- Whatever God has not planted in me is dissolved and rooted out of my body right now. Life, health, and love are engrafted into every fiber of my being and I am fully alive and well!
- I trust in the power of love to heal my body.
- Diving healing is for me. The power of the Spirit within me dissolves growths and tumors and my strength and health is restored!
- I am expressing a greater wholeness in every cell in my body.

- I let go of emotional wounds and pain. I am emotionally healing more every day.
- I command my blood cells to destroy every disease germ and virus that tries to inhabit my body. I command every cell in my body to be normal!
- Every cell that does not promote life and health in my body is cut off from its life source.
- I am a spiritual being. I have a physical body. As a spiritual being, I am already healed. Healed now. I'm simply manifesting this truth in form, more and more every day!
- I love myself deeply. Oh, the amazing power of Love!
- Each cell of my body receives the awesome healing light available to all.
- I trust in the love and support given to me by my doctors (family, friends, etc.) to help my body heal itself.
- I let go of worrying what I should or shouldn't do. I'm divinely guided by Spirit.
- I'm relaxed, enjoying the process of healing.
- The more I trust, the healthier I become.
- I trust that my body wants to heal and I gladly support it.
- I surrender to Love, and this is medicine to my soul.
- I deserve to be healed.
- I am as capable of receiving healing as anyone else.
- I am bathing myself in the divine healing river daily.

- My body is healing even when symptoms are evident.
- I feel the presence of healing energy in my body.
- I have faith that I am healed regardless of what others think or say.
- I command my bone marrow to produce pure, healthy blood.
- My immune system operates at 100%.
- I command all of the electrical and chemical frequencies in every cell in my body to be in harmony and in balance.
- I am a perfect manifestation of Pure Spirit. I receive complete healing. Thank you for complete healing.
- I trust in You, God, with all my heart, not leaning on my own understanding. I give You glory for everything.

Prayer of Blessing

I hold with you the realization of the truth of your healing. I accept with you that it is ALREADY done. Oh, the gratitude – for you, for God, for Love, and for all that is holy.

Dominica Applegate