

I attract the healing power of nature to strengthen my physical condition

I attract the healing power of nature to strengthen my physical condition.

My health is improving because I invoke the power of nature. **Nature has healing strength that fills my body and soul.**

I attract nature's limitless abilities to change my physical condition. The sounds, smells, and visual aspects of nature have powers that restore health.

My body is repairing itself because nature is helping. I am stronger and better because I attract these powers into my life. I am grateful for the chance to change and find recovery.

Nature is activating my body's self-repair mechanisms, so my physical condition improves.

My body and mind are being restored while sickness leaves.

I am being cleansed and unburdened by nature. The foods nature provides are healing my body and making me whole. I trust in their power to make a difference in my physical condition. I feel stronger

knowing nature's nutrients are working on my system and mind.

My body can heal and reach new goals, thanks to nature.

I recognize that each day in nature is a gift from the universe and try to spend time outdoors. This helps my body connect with nature so it can heal.

Today, I recognize the healing power of nature in my life and feel grateful for this wonderful gift.

Self-Reflection Questions:

1. How can I show others the healing power of nature?
2. How can I maintain my health once I feel that it has strengthened?
3. What can I do to attract nature's power before becoming sick?