

Healing Affirmations

The Reiki Share Project

I heal, I am healing, I am healed.

You heal, you are healing,
you are healed.

I am whole, healthy, and balanced in
mind, body, emotion, and spirit.

You are whole, healthy, and balanced in mind,
body, emotion, and spirit.

I am calm from above,
I am peace, I am love.

You are calm from above,
you are peace, you are love.

May healing graces and Reiki blessings surround
you, support you, nurture you, comfort you, and
sustain you.

Jane Van De Velde

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