



Prayers And Affirmations For Getting Well

A Prayer for Getting Well

I surrender to You this illness.

I surrender to You my pain and discomfort.

I surrender to You my fears.

Please fill my body, mind and spirit with Your light and love.

Please help me to accept this illness as a pathway to my transformation.

Please help me to trust in the process of healing.

Fill me with love and peace.

And may I be well in Divine and perfect timing.

Thank You.

Affirmations for Getting Well

My body has the ability to heal itself.

I have the ability to heal and I trust in the process.

I am willing to heal my body, mind and spirit.

I allow myself to transform through this illness.

I honour my healing journey.

I surrender to the process of healing.

I am open to the many healing opportunities that come my way.

My immune system is working at optimum levels.

I allow my body to be filled with love, light and peace.

Every day in every way I am getting better and better.

I return to perfect health in Divine and perfect timing.



Nicole Bayliss

nicolebayliss.com.au

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