

Abraham Health Process #21, Ask and It is Given by Esther and Jerry Hicks

Lie down in a comfortable place. Allow yourself 15 minutes of quiet relaxation time. Read the statements below slowly and let them sink in.

- *It is natural for my body to be well.*
- *Even if I don't know what to do in order to get better, my body does.*
- *I have trillions of cells with individual consciousness, and they know how to achieve their individual balance.*
- *When this condition began, I didn't know what I know now.*
- *If I had known then what I know now, this condition couldn't have gotten started.*
- *I don't need to understand the cause of this illness.*
- *I don't need to explain how it is that I'm experiencing this illness.*
- *I have only to gently, eventually, release this illness.*
- *It doesn't matter that it got started, because it's reversing its course right now.*
- *It's natural that it would take some time for my body to begin to align to my improved thoughts of Well-Being.*
- *There's no hurry about any of this.*
- *My body knows what to do.*
- *Well-Being is natural to me.*
- *My Inner Being is intricately aware of my physical body.*
- *My cells are asking for what they need in order to thrive, and Source Energy is answering those requests.*
- *I'm in very good hands.*
- *I will relax now, to allow communication between my body and my Source.*
- *My only work is to relax and breathe.*
- *I can do that.*
- *I can do that easily.*

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Now just relax and breathe. Relax and breathe as deeply as you can while still feeling as comfortable as possible. Enjoy the feeling of the mattress beneath you. Nothing else to do but relax and breathe.

If you feel soft, gentle sensations in your body, just smile and acknowledge that this is Source Energy specifically answering your cellular request. You are feeling the healing. Relax and breathe and allow the healing that is natural.

If you are feeling pain, it's helpful to add the following words as well:

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- *"This sensation of pain is an indicator that Source is responding to my cellular request for Energy.*
- *This sensation of pain is a wonderful indicator that help is on the way.*
- *I will relax into this sensation of pain because I understand that it's indicating improvement.*

Now, if you can, drift off to sleep. Smile in your knowledge that All-Is-Well. Breathe and relax---and trust.