

# HARMONIC PRAYER

A TOTAL SELF-HEALING GUIDE FOR  
MIND, BODY AND SPIRIT



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# I deserve the best and open my arms wide to receive this wonderful life.

**Harmonic Action for the day:** Decide what you want to do: Gain a promotion, pass an exam, make lots of money or be more confident. Relax. Spend several minutes unwinding so that you are comfortable in mind and body. Spend 5 minutes to visualize the reality that you want.







## **I am greeted by love whenever I go.**

**Harmonic Action for the day:** Tell yourself that you have endless potential. Imagine you are a magnet, drawing in those people who can help you in your dreams. Each step that you take is getting closer and closer towards achieving your ultimate dream.



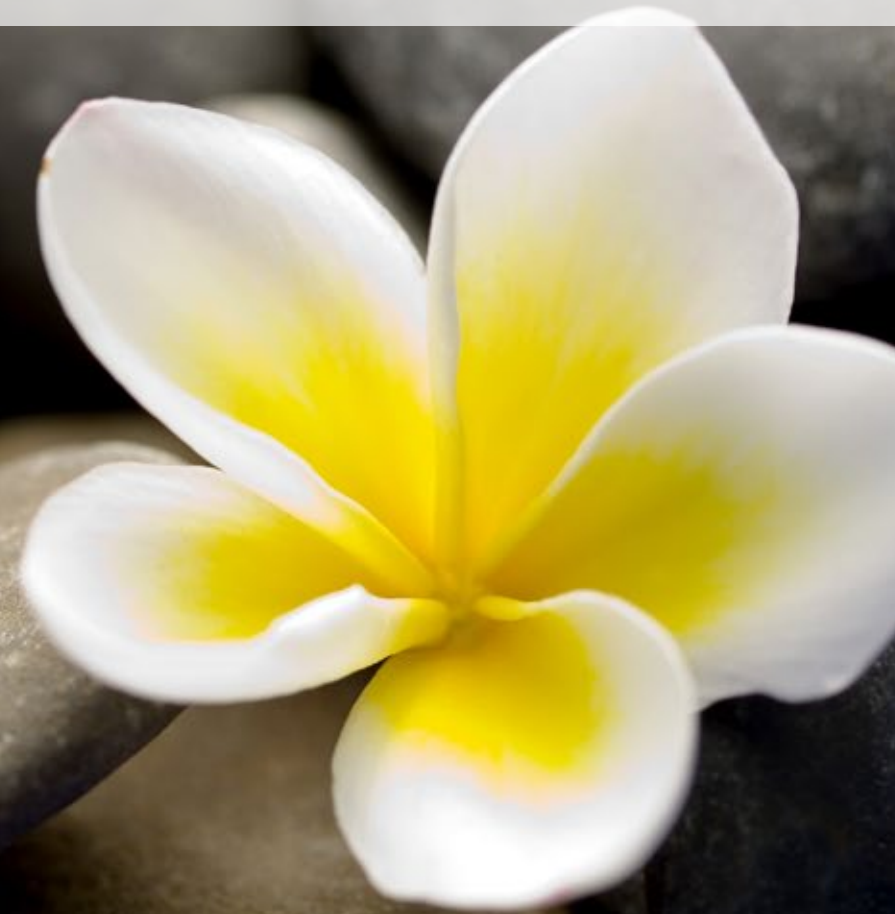
**As I relax my mind and body, my health improves.**

**Harmonic Action for the day:** Do not overwork yourself, spend some time to destress and enjoy doing your favorite activity.



**My loving thoughts keep my immune system strong.  
I feel fantastic inside and out.**

**Harmonic Action for the day:** Have you been eating healthily?  
Grab a nourishing meal for your soul.



**I relax and enjoy life. I know that whatever I need to know is revealed to me in the perfect time.**

**I am at peace.**

**Harmonic Action for the day:** Let go of fear and embrace love. Spend time to meditate and connect with the comforting silence of your soul.







**Every moment presents a wonderful new opportunity.  
I flow with life easily and effortlessly.**

**Harmonic Action for the day:** Always affirm in the positive and keep it short. First thing in the morning, repeat to yourself two minutes: “Every day in every way, I am getting better and better.”



# I deserve the best in life.

**Harmonic Action for the day:** Train your conscious mind to think thoughts of success, happiness, health, prosperity and to weed out fear and worry. Keep your conscious mind busy with the expectation of the best, and make sure the thoughts that you habitually think are based upon what you want to see happen in your life.





# I radiate success and I prosper wherever I go.

**Harmonic Action for the day:** Always acknowledge and feel joy and happiness every time you see success, whether it is your own or others.





# The more grateful I am, the more good experiences will come my way.

**Harmonic Action for the day:** Appreciate even the little things in life. Start the day thanking that you are alive. Before you sleep, think of all the wonderful things that has happened today and feel grateful to the people who have helped you.





# **I see opportunities for abundance everywhere. I am blessed and prosperous.**

**Harmonic Action for the day:** 'There are no such things as problems, only opportunities.' Once you take on this belief and works at finding opportunities that are contained within each situation, the experiences that follow this simple change of attitude are impressive.



# **My beliefs are in harmony with the life that I desire.**

**Harmonic Action for the day:** Visualize your harmonic life as if it is actually happening to you right now. Make it real in your mind. Make it detailed. Enter the role and become it in your mind.







**I have a healthy mind and  
a healthy body to match.**

**Harmonic Action for the day:** Remind yourself often that your body naturally heals and repairs itself. Insert thoughts of health and strength in your mind.





**My thoughts lead me to a direction of healing,  
prosperity and fulfilled experiences.**


**Harmonic Action for the day:** Nourish regularly whatever positive thoughts that are put into your mind. This will produce great results in your life.





# I create wonderful beliefs for myself.

**Harmonic Action for the day:** Believe that you are a winner, or that there are money to be made everywhere. Once your subconscious mind has accepted a belief, whether true or not, it will continually feed your thoughts to support that belief.

Two glass bottles of milk are shown against a clear blue sky. The bottle on the left is a standard glass bottle, and the one on the right is a larger, vintage-style glass bottle with a metal clasp and a white cap. Both bottles are filled with white milk and are resting on a wooden stump. The background is a solid, bright blue sky.

**I meditate to quiet my mind.  
I feel energized immediately.**

**Harmonic Action for the day:** Take time to clear your mind. Remove all emotional baggage and negativity. Imagine positive energy flowing through you.



**I am a harmonious being. I am at peace.**

**Harmonic Action for the day:** Tell yourself that you are in control of your thoughts and actions. You inhale all the uplifting feelings of peace and calm. You exhale and release any tension and stress.







**Every bridge that I cross brings me to  
a higher level of fulfillment.**

**Harmonic Action for the day:** Learn to pat yourself on the back for your past and present victories, no matter how small. Look for anything that makes you feel strong, victorious, successful and good about yourself.



# **I take a nice deep breath and release all resistance to healing.**

**Harmonic Action for the day:** Spend several minutes to bath in the thoughts of health and strength. Send these thoughts into your bloodstream, your tissues, and your cells. Imagine energy flowing through you. Experience your body as a miraculous healing mechanism.

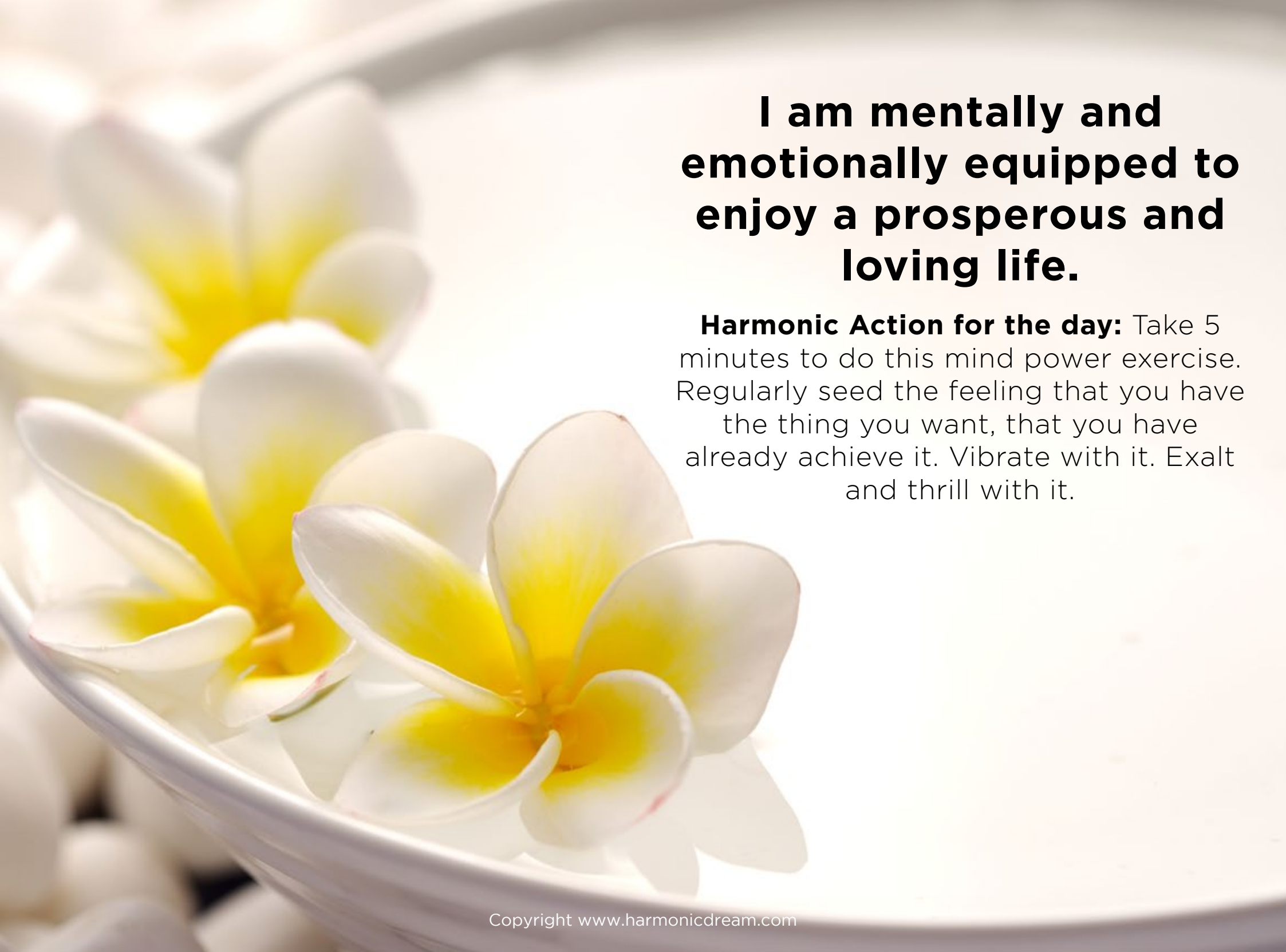




**All dreams are possible and easy to achieve.**

**Harmonic Action for the day:** Tell yourself that you have endless potential. Imagine you are a magnet, drawing in those people who can help you in your dreams. Each step that you take is getting closer and closer towards achieving your ultimate dream.





**I am mentally and emotionally equipped to enjoy a prosperous and loving life.**

**Harmonic Action for the day:** Take 5 minutes to do this mind power exercise. Regularly seed the feeling that you have the thing you want, that you have already achieved it. Vibrate with it. Exalt and thrill with it.

**All my dreams are easy and possible to  
achieve as long as I want it.**

**Harmonic Action for the day:** Acknowledge anything and everything, small and large, and use it to create a vibration of success and achievement “in the now” which will aid you in attracting success.





## SPECIAL BONUS FOR YOU

Now that you hold the key to self-healing, it's time to design your dream life, the life you were meant to live!

Want in on the secret to living the life of your dreams, fast?

Check out the bonus video I have for you below.

The best part? It only takes 15 minutes and it's the fastest manifestation technique on the planet!

