

*By the Grace of God*

***I Am***

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*By the Grace of God*

1. I am an infinitely powerful, self rejuvenating consciousness,  
And, when they replicate, all my cells are restored to perfection.

*By the Grace of God*

2. I am an infinitely powerful, self rejuvenating consciousness,  
And my blood / oxygen saturation is stable at 14.9 parts per million.

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3. I am an infinitely powerful, self rejuvenating consciousness,  
And my immune system is stable at zero resistance.

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4. I am an infinitely powerful, self rejuvenating consciousness,  
And my resting body temperature is stable at 98.6 degrees.

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5. I am an infinitely powerful, self rejuvenating consciousness,  
And my resting blood pressure is stable at 120 over 65.

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6. I am an infinitely powerful, self rejuvenating consciousness,  
And my breathing is deep and full and utterly refreshing.

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8. I am an infinitely powerful, self rejuvenating consciousness,  
And my kidneys are healthy, strong, and efficient in their functions.

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9. I am an infinitely powerful, self rejuvenating consciousness,  
And my adrenal glands are strong and perfect in their functions.

*By the Grace of God*

10. I am an infinitely powerful, self rejuvenating consciousness,  
And my sinuses are comfortable, and my breath moves easily.