

1. My endometrium is healthy, normal and calm.
2. I am getting better and better everyday, in every way.
3. I release the condition in me that has manifested this pain with pure love and light.
4. My cells grow healthy and strong in the correct locations in my body only.
5. I release all scar tissue and adhesions with pure love & light.
6. I release the energy in me that has manifested this condition and am able to truly enjoy being a woman.
7. My abdomen feels wonderful and free.
8. I am thankful and grateful for my perfect, healthy uterus.
9. I forgive myself for manifesting this pain. I release it now and welcome effortless, healthy cycles.
10. My cells grow only where they were originally designed to grow.
11. I welcome effortless periods that are a pleasure to experience.
12. I forgive the mother energy in my ancestry.
13. My body feels good, healthy and strong.
14. I release any stagnation and inflammation in my body.
15. I crave and fuel my body with good, anti-inflammatory foods.
16. My endometrial cells grow only as the lining of my uterus.
17. I release any spots of endometriosis from my body. I send them away with pure love and light.
18. I am certain that my body is totally and completely healed.
19. My body is aligned with the energy of optimum health and wellness.
20. I release all emotions from my subconscious that created this pattern in me and forgive myself completely. I am free.
21. I nourish my body in ways that support my highest good.
22. My body knows how to heal itself and I instinctively take actions necessary for it to do so.
23. I release all pain during my periods.
24. I am completely healed.
25. All endo spots are released from my body with love and joy.
26. I feel happy and free as I welcome healing of my body.
27. My body feels good, free and relaxed.
28. I am healthy, whole and complete.
29. I am healthy.
30. I feel wonderful.