

# Affirmations for Surgical Healing



Use this starter list as inspiration, and personalize them to be specific to your surgery, your fears to overcome, and your perspectives on spirituality and life.

1

## Before Surgery

Curate a list of affirmations and spend a few minutes each day mindfully rehearsing them either in your mind or out loud in the weeks leading up to the surgery. Include affirmations of the trust you have in your surgical team.



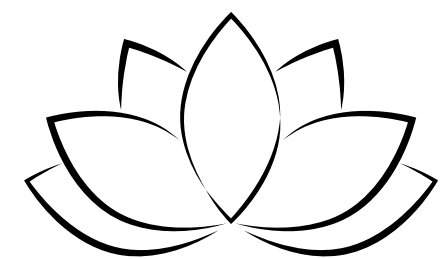
### Examples:

- All is well. This surgery is part of my healing into aliveness, health and well-being.
- I am safe, I am seen, and I am supported at every step of this procedure.
- This surgery is an act of healing, and I trust in the process of restoration.
- I am aligned and attuned, now and always, to divine and perfect health, wholeness, aliveness, vitality, and well-being.

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## During Surgery

**TIP:** Record the affirmations you wish to hear when you are under anesthesia or invite a trusted person to record them for you. A loved one's recorded voice may add a deeper sense of safety and protection! Ask your surgeon if they can be played in the operating room (or if you can wear headphones, depending on the surgery and surgeon's needs).



### Examples:

- I am resilient, my body is ready for this, and I am surrounded by people who care about me.
- As I drift into rest, I am surrounded by protection, compassion, and healing energy.
- I release what no longer serves me and welcome what restores function and vitality.
- My body cooperates seamlessly with Dr. (your doctor's name) and the surgical team to make this surgery a success.

**I am whole.**

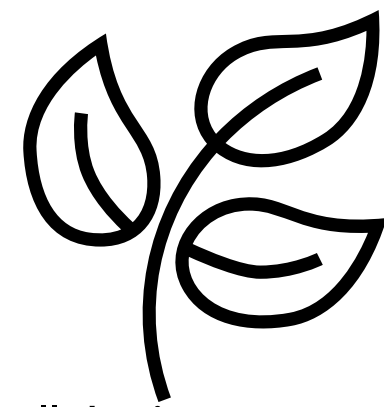
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## After Surgery

3

Support your emotional and physical healing in the days and weeks following surgery, with affirmations such as:



- Every day, I become more aligned in divine health, wholeness, aliveness, and well-being.
- I embrace rest as part of my recovery, not a pause from progress.
- I release tension and welcome calm with every breath.
- Every day, in every way, I grow healthier.
- Henceforth, I experience a natural, healthy flow throughout my (insert surgical area) system.
- My body knows how to heal and is doing so now and always.
- I can tell, every single cell in my body is happy and well.
- All is well. This surgery is part of my healing into aliveness, health, and well-being.
- The tissues in my body are already healing and renewing in perfect health and harmony.
- I am integrated. I am whole.

## Writing Your Own Affirmations

### 4 Simple Guidelines

1

#### INCLUDE SPECIFIC NAMES

- ✗ I fully trust my doctor to communicate with positivity during surgery.
- ✓ I fully trust Dr. Whitcombe to communicate with positivity during surgery.

2

#### USE POSITIVE LANGUAGE

- ✗ I won't have more heart problems.
- ✓ My heart is healthy and vibrant.

3

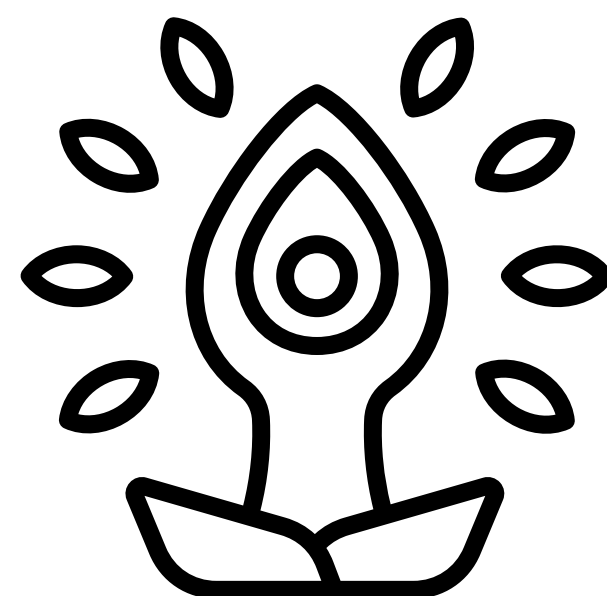
#### USE POSITIVE LANGUAGE

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4

#### KEEP IT SIMPLE AND CLEAR

Short phrases are easier for the subconscious to absorb.



**I am whole.**

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## A Final Tip: Use Call-and-Response

There is a special power in shared affirmation practices. If you are feeling uneasy or insecure, stating your affirmations aloud to or with others can bring forth confidence and self-empathy. Being witnessed as you affirm and integrate your physical, mental, and spiritual Self can have an outsized impact on your beliefs which in turn have a very large effect on your healing journey.

So, invite a friend, partner, your surgeon, or trusted other to say your affirmations aloud with you. Sit or stand face-to-face, hold hands if comfortable, and speak with calm intention.

You can state affirmations in the third person or in the first person.

When making the recordings with people I was helping to prepare for surgery we alternated, with the patient using the first person and myself using the third person.

### Try it!

Your person says your name, followed by the affirmation. Then, you repeat the affirmation in the first person.

### Example

Mari's Person: "Mari, your body knows how to heal and is doing so now and always."

Mari: "My body knows how to heal and is doing so now and always."



**I am whole.**