

Arthritis Free

Move Without Pain

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are free from any joint pain. Do not use in place of medical advice.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming freer with your movements. Write down any positive comments others make.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

my joints are healthy and pain free

I easily move without pain

I easily bend without pain

I easily stretch without pain

I can exert my muscles without pain

I can grab hold of things without pain

I easily flex my fingers without pain

I easily flex my wrists without pain

I easily bend my elbows without pain

I easily rotate my shoulders without pain

my neck is pain free

I have a whole range of motion in my body

all motions are pain free

all movements are pain free

my lower back is pain free

my upper back is pain free

I can bend my knees without pain

I can rotate my hips without pain

I love my pain free body

I appreciate my pain free body

I love my pain free joints

I appreciate my pain free joints

I am free from arthritis

I am free from joint pain

I am free from pain in my fingers

I am free from pain in my wrists

my hips are pain free

my knees are pain free

my body is healthy and flexible

my body is healthy and strong

I sleep without pain

I move without pain

I exercise without pain

I stand up without pain

I sit down without pain

your joints are healthy and pain free

You easily move without pain

You easily bend without pain

You easily stretch without pain

You can exert your muscles without pain

You can grab hold of things without pain

You easily flex your fingers without pain

You easily flex your wrists without pain

You easily bend your elbows without pain

You easily rotate your shoulders without pain

your neck is pain free

You have a whole range of motion in your body

all motions are pain free

all movements are pain free

your lower back is pain free

your upper back is pain free

You can bend your knees without pain

You can rotate your hips without pain

You love your pain free body

You appreciate your pain free body

You love your pain free joints

You appreciate your pain free joints

You are free from arthritis

You are free from joint pain

You are free from pain in your fingers

You are free from pain in your wrists

your hips are pain free

your knees are pain free

your body is healthy and flexible

your body is healthy and strong

You sleep without pain

You move without pain

You exercise without pain

You stand up without pain

You sit down without pain