



Body Affirmations

HEART

1. I allow love in.
2. I am opening to Love.
3. I feel Loved.
4. I love life.
5. I choose to Love Life.
6. It is safe to receive Love.
7. I am at Peace.
8. I am ready for Intimacy.

Respiratory/Lungs

1. I breath more deeply.
2. I breath Life in.
3. I am ready to Expand my Life.
4. I take life in, in Balance.
5. I live life to its fullest.
6. Peace and Harmony are within me and around me.

Digestive System

Liver

1. I find Love, Peace where I look.
2. I am Cleansed and Rejuvenated.
3. I feel Cleansed and Empty.

L.I.

1. I am Awakened and Alive in my Path.
2. As I release the past I allow Life to flow through me.
3. I am Walking My Life with Trust,
4. I am Free of past burdens.I am Focused in the Now.
5. I Release all Hooks of my Past, including any ancestral hooks.
6. I release what no longer Serves me.
7. I am Clear and Clean of my past.
8. I am Thankful to my Body for supporting me.

Urinary system

Kidneys

1. I Love and Approve of myself.
2. I am Adequate
3. I am Enough.
4. I make the right decision for myself.
5. I can Trust my Self-judgement.

Bladder

1. I choose to be in Balance.
2. I am Balanced.
3. I can Trust my Self-judgement.

Sexual organs- Reproductive System

1. I love myself unconditionally.
2. I approve of myself completely.
3. I choose Life.
4. I love and accept my body.

The Brain

1. I am Clear on my Path in Life.
2. I am on the right way for my life path.
3. I am in agreement with my life.
4. My life is flowing easily.
5. I accept the way the world is.
6. I release control.

Neck

1. My path is unfolding in the right timing for me.

Shoulders

1. I take life easily.
2. Life is easy and elegant for me.

Spine

1. I live life in my full power.
2. I live my life in my full strength.

Nervous system

1. I feel very energetic.
2. I allow my energy to flow easily.

Muscular system

1. I make strong moves in life.
2. I move forward in my life.

Endocrine System

Pineal

1. I am transforming daily.
2. I am awake in my path.
3. I am peaceful.
4. I seek transformation.
5. I am opening to awareness.

Thyroid

1. I approve of myself.
2. I create my own life, with full support.
3. My voice matters.
4. I am fulfilled.

Adrenals

1. I allow a good beat to my life.
2. My life is going in a good beat.
3. My life is joyful.
4. My beat in life is self-care.
5. I lovingly take care of my body, my mind and myself.

Pancreas

1. I am able to handle life.
2. I have control of my life.
3. I release all trauma and enjoy life.

Lymphatic System

1. My giving and my receiving are balanced.
2. I put boundaries in the right way.
3. I am protected.