



---

## CELL AFFIRMATIONS

### **Cell Affirmations for Wellbeing.**

Choose one of these affirmations or create your own.

Repeat each one 3 times and repeat 3 times during the day.

Do this for 3, or 9 days and become aware of your experience of yourself and your cells. You might even journal to track your experience.

I am one with my cells and their loving intelligence.

I embrace the highest good for my cells and me as I go through life.

My cells, thoughts, and spirit are aligned in healing for the greater good.

My mind and thoughts engage with my cellular universe for all that is beneficial now.

My cells, my brain, and I experience joy each day.

We are connected to the love and wisdom of the universe in each moment.

My cells (your turn)...

I and my cells....

---