My body *affirmation.*

An intention to feel, allow, and create.

My body is the reflection of my inner invisible intent.

By feeling and discerning what is perfect, I retain that which serves me, and all else passes freely and comfortably through me.

All of my DNA in all realities, dimensions, and universes is now ideally activated. This activation takes place at the fastest rate ideal for me. The activation is made cellular with perfect balance, ease, and harmony, and so it is.

I release any need of punishment of any kind. I let go and let life flow through me with love and compassion. I am one with all of life everywhere. I welcome my experiences with joy, clarity, patience, and total acceptance of self, and so it is.

I am a glorious piece of creation. I have created my current reality. Therefore, all wondrous things before me are my doing. I now create all of what I wish to experience in the future.

> *Pause here. Without needing to speak, take a quiet moment to imagine the magic of what you will create next.*

Today, I instruct my cellular structure to vibrate to my intent and direction. Today, I instruct my master commander to stop and reverse the aging clock in my cells and to continuously fill each and every cell with vital youthful energy forever.

Today, I choose to raise my awareness and create divinity in all my daily workings. Today, I choose to create a peaceful balance in all things, everywhere I walk. Today, I create for myself amazing health, incredible prosperity, endless abundance, and many most benevolent outcomes, and so it is.

Dear Master Commander, it is my intent that all of the following be in perfect health forever, function perfectly forever, reproduce perfectly forever, be continuously filled with vital youthful energy forever, and continuously hold more light forever, including but not limited to every particle and cell, every tissue and fluid, every vessel and capillary, every nerve and dendrite, every gland and organ, every muscle and bone, every ligament and tendon, especially my heart and brain, my eyes, ears, and teeth, my skin, hair, and nails, all parts of my body seen and unseen, known and unknown, including all codons of DNA on all strands of DNA.

It is further my intent that my body be perfectly aligned forever, perfectly strong forever, perfectly flexible forever, agile, graceful, youthful, beautiful, and continuously hold more light forever.

This is my intent. I allow it. So be it.

I am immortal.
I am eternal.
I am invincible.
I am infinite.
I am universal.
I am here.

I am a human sun. I breathe light into the day and calm into the night. I nourish and heal myself and all those that I touch. I love me. It is good to be me. I welcome and cherish my life here on Gaia.

I am in a state of allowing. I am learning to receive. I am worthy of all this life has to give. I am better and better each day. I am the liquid light of life. I am here. I am awakened. I observe. I participate. I walk in the dignity of my truth. And so it is.

Adapted and recorded by Shawna James from an affirmation learned from Meridith Llewelin. Includes language from a 2003 Kryon affirmation channeled by Lee Carroll and from Tom T. Moore's 'Daily Affirmation.'