

Immune System Affirmations



I feel a strong natural healing force surging within me

TRILLIONS of immune cells are currently being distributed throughout my lymph tissues

My body fluids are working in concert with my lymph system and macrophages

I remain in complete control of my body and mind

My immune system is innately able to continuously defend and heal itself, on its own

I allow feelings of love to move freely through me

The innate intelligence of my immune system protects me, even while I'm sleeping

My body's immune system keeps me running in sync with my body rhythms

Vessels, cells, passageways, tissues are linked together like family and friends healing me

I focus on my thymus gland producing strong protective energy inside my upper chest

I see, sense and imagine myself healed, healthy and whole

All the systems in my body are perfecting themselves

I eat healthy food, drink fresh water, and move my body

When I feel tense, I breathe in 4 and out 8 through my nose five times

My body is a perfect, self-healing instrument