

Body Declaration Instructions

A Declaration is a power statement to declare and claim outloud a new way of being. You are a sovereign being in a free-will universe, meaning you have FREE CHOICE.

You get to choose what no longer works for you, old ways of being in your body and system, and you get to call in what you want. You can literally command it.

This Declaration is a moment of you sending a clear, intentional message to our body, and the universe of what you want and what you're allowing into your sphere.

The first time I did a declaration I felt like the hulk afterwards. I felt like my energetic body was all plumped up and buff and my cells were overflowing with life force. As silly as this may seem, I invite you to really commit to it and see what lies on the other side.

How does this work?

Dr. Masaru Emoto, author of The True Power of Water has proven that our words and intentions change the structure of water. Guess what? You are made up of mostly water! So you can affect and change the physical makeup of your body and cells, with your words, thoughts and intentions.

Get started...

Find yourself grounded and in a safe, private space. First, read through this declaration silently to make sure that you actually agree and resonate with what you're about to declare. Feel free to make any changes that may help this statement feel more powerful for you.

When you are ready, speak these words powerfully and out loud. Feel them permeate and vibrate through your throat and through every cell of your body. The more committed you are to this, the more powerful it will be for you.

Remember to breathe, pausing at any time throughout this, because you WILL be moving energy, and deep breathing will support the process.

Body Declaration Statement

As a powerful free-will being,
I call on all parts of myself to land fully here in this moment.
I call on my guidance team and my higher self, to witness my declaration.
To the cells, spirit and energy of my body:
Hello, I know you are listening. And I am here to connect.
Just as I marvel at the beauty of a butterfly, or the grace of a eagle, I marvel at YOU.
A miraculous and intelligent organism, that I get to drive.

I've been taught to judge you.
I've been taught to try to control you.
I've been taught that you are stupid.
These are all lies that I've been sold, and I see that now.

Of my own free will I choose to clear these lies now.
To eject them from my consciousness, my cells, my verbiage, my energy field, my karma.
I delete and un-create them from their point of origin,
and through every time they echoed in my conscious and subconscious.
I clear them now, through my breath, down my legs, and out my feet, into the core of the earth to be composted.

I fill myself up, now, with beliefs that align with my magnificence.

Dear Body, you are my ally.
Thank you for all that you do and all that you've done.
I choose NOW to realign to a conscious partnership with you.
I invite you to communicate with me so that I may hear you.
And I vow to communicate with you.

I will speak and listen with compassion and love, so that we may create a more joyful, vibrant life together.

I love you. Thank you.
And So it is.