

Leaky Gut Affirmations

A companion to the Leaky Gut Meditation

How to use these affirmations

These affirmations are not instructions you must force your body to follow. They are invitations — offered in language your nervous system and cells already understand.

You may read them silently, speak them aloud, or simply allow them to move through your awareness. There is no “right” way to do this.

The body receives these messages more clearly when they are paired with an emotion such as gratitude, appreciation, or love. These emotions act as a catalyst — helping the information move from thought into the body itself.

The subconscious mind responds most clearly to imagery. As you speak each affirmation, allow yourself to gently feel or imagine what it would be like if these words were already true.

Morning practice

Choose one **core affirmation** and one **gut affirmation** that resonates with you.

You may repeat them upon waking, with your hands resting over your heart and belly, or in front of a mirror, meeting yourself with softness.

This begins to tune your body to safety, nourishment, and trust.

Evening practice

Choose one core affirmation and one gut affirmation for the evening.

As you drift toward sleep, repeat them quietly to yourself. This is a moment when your subconscious mind becomes more receptive — allowing these messages to settle more deeply into the body.

Closing Reflection

Your body is not something to fix. It is something to reconnect with. Healing is not something you force — it is something you allow. Through safety... through consistency... through presence... your body remembers. It's time to come home — to your body... to trust... to wholeness.

Core Wholemeostasis Affirmations

I trust and allow healing to unfold naturally within me.

Every cell, tissue, and system in my body is returning to its original blueprint of health.

Innate intelligence flows freely through my body, restoring balance and harmony.

Health and wholeness are the natural state of my body.

My body remembers how to heal.

My words are the vibrational vehicle of medicine within me.

No diagnosis defines or limits my body.

As I rest, the intelligent healing power within me restores me.

I am whole by design.

My inner architecture is restored, refined, and resilient.

Nothing is required of me for healing to occur.

Gut Healing Affirmations

My gut is safe to soften, repair, and restore.

The lining of my digestive system is strong, intelligent, and whole.

My intestinal barrier is precise – it absorbs what it needs and eliminates what it does not.

My tight junctions return to their natural state of integrity and balance.

My body knows how to regulate permeability with ease.

Nourishment is received, processed, and absorbed with harmony.

I digest my experiences with ease, wisdom, and total safety.

My immune system responds with calm, clarity, and discernment.

I replace hyper-vigilance with deep, grounded trust.

Inflammation is no longer needed – my body chooses peace.

Communication between my gut and brain is clear, steady, and supportive.

My body no longer needs to be on high alert – it recognizes safety within me.

I am safe to receive nourishment.