every single cell®

THE SONG

Every single cell inside my body,
every single cell is happy and well.
Every single cell inside my body,
every single cell is happy and well.

I'm so glad every single cell
in my body is happy and well.
I'm so glad every single cell
in my body is happy and well.

THE PRACTICE

1 Stand where you already are.
2 Sing it like you mean the last line.
3 Optional tapping — eyebrows, chest, below sternum, below navel.

One minute. Same words. Your voice.

nobody owns the feeling
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