

God says

*I believe in my soul
and its ability to heal my mind
and body, to guide me in my
highest and greatest good.*

I am blessed.

*I am perfectly balanced in
body, mind, and soul.*

I am at my perfect weight.

*I am living through a perfectly
healthy metabolism and
I am worthy of healthful living.*

*I am worthy of my own time,
attention, compassion
and love.*

*I am grateful for all that my
body has taught me.*