

LOVING YOUR BODY

Close your eyes and take a deep breath. You can feel your entire body getting warm. Your mind feels calm; your body feels comfortable.

As you rest in this peaceful state, let your mind drift as you listen to my words. Think for a moment about your body. No matter the shape or size, your body is beautiful. Your body is composed of individual cells, which work together in harmony to keep you at your very best.

Let's think about your feet. You might have little crooked toes, you might have perfectly straight ones, yet each and every one is perfect in its own way. Your feet and toes help you move and get to where you want to go.

Now think about your legs – your wonderful legs. Some legs are long and some legs are short, but what matters is that they are powerful enough to help us move. Consider your strong back and shoulders. They help you lift and move things. They hold you up straight and help you walk tall.

Think about your arms and hands. How wonderful it is to be able to hug the people you love. Be thankful to your arms and hands for how strong and beautiful they are, helping you every single day.

Finally, think about your beautiful face. There is no other face like yours. People can see your beautiful inner light shining out through your eyes – and even through your smile. It's very important to keep in mind that you don't need to look like anyone else. You are already the perfect YOU!

We are each so wonderfully made, and we should always remember to love each and every part of our powerful, amazing bodies – inside and out.