

## Day 1 - The Journey to Perfect Health

**21-Day Meditation Challenge** <meditationchallenge@chopra.com>

Mon, Mar 11, 2013 at 1:23 AM

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*"It is health that is the real wealth and not pieces of gold and silver." —Mahatma Gandhi*

### Quick Links

[Access today's meditation](#)

[Deepak explains the power and meaning of Sanskrit mantras - Listen](#)

[How to Tell the Difference Between Your True Self and Your Everyday Self](#)



### Welcome to Day 1—The Journey to Perfect Health

Welcome to our 21-Day Meditation Challenge™, *Perfect Health*! We are delighted that you're joining us on this journey to create perfect health in your life.

Perfect health is not only a possibility in our lives, but it is our natural state. As human beings, each aspect of our physiology seeks balance and optimal performance. Over the course of this meditation challenge, we'll gain knowledge to enable us to assist our bodies in this amazing, natural process so that we can enjoy a lifetime of wellbeing and joy.

Our centering thought for today is:

**I commit to living perfect health.**

We look forward to sharing this wonderful journey

with you.

Blessings,

A handwritten signature in black ink, appearing to read "Paul & Jeff". The signature is written in a cursive, flowing style.

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### **MINDFUL MOMENT**

Set one intention for your journey toward perfect health. Remain open to all possibilities as you embrace the vision of your best self. If you wish, write a letter to your future self.

[Need help? Click here.](#)

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