

Day 2 - The Nature of Perfect Health

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

Tue, Mar 12, 2013 at 1:14 AM

Reply-To: mcsupport@chopra.com

To: alfonso.montesinos@gmail.com



"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear."

—Buddha

Quick Links

[Access today's meditation](#)

[Explore meditation & the mind-body connection](#)

Just Listen! Your Body Is Speaking to You



Welcome to Day 2—The Nature of Perfect Health

Today, we discuss how it is our evolutionary impulse to progress in our lives, to seek and attain balance, and to be healthy and strong.

While our bodies naturally move toward balance, there are things we can do to aid in this process. For instance, we can send our bodies messages of love and support by eating nourishing foods, getting proper rest, and engaging in activities that make us feel truly alive. So, as we begin to understand how our bodies take care of us, we also learn how we can better take care of our bodies.

Our centering thought for today is:

Balance is my true nature.

We look forward to our time together in reflection and stillness.

Blessings,

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

MINDFUL MOMENT

Consider an area in your life where your self-talk is not supporting your wellbeing. We invite you to replace that thought with a message that demonstrates self-love. Hold that thought as your affirmation for today.

[Need help? Click here.](#)

2013 Costa Del Mar
Carlsbad, California 92009
United States