

Day 3 - The Intuition of Your Body

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

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Reply-To: mcsupport@chopra.com

To: alfonso.montesinos@gmail.com



"The world is full of magic things, patiently waiting for our senses to grow sharper." —W.R. Yeats

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The Science of Intuition



Welcome to Day 3—The Intuition of Your Body

Today, we focus on the intuition of the body, that inner voice we each have, guiding us toward those choices and decisions that keep us balanced and thriving.

As we're learning, our bodies already know how to attain equilibrium, and we can enhance our physical state simply by listening to the clues our bodies give us. From Ayurveda, the world's oldest health system, we learn today that our bodies have inherent tendencies, called doshas. The more deeply connected with our intuition we become, the more we grow in awareness of how best to keep our doshas—and our bodies—in balance.

Our centering thought for today is:

My mind and body are in perfect sync.

We look forward to sharing more with you today.

Blessings,

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

MINDFUL MOMENT

When faced with a choice today, close your eyes and place your hand on your heart. As you weigh your options in making your decision, pay attention to how your body feels. By listening to the body, the right answer will reveal itself to you.

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2013 Costa Del Mar
Carlsbad, California 92009
United States