

## Day 4 - The Wisdom 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 simple things are also the most extraordinary things,  
and only the wise can see them." —Paulo Coelho*

### Quick Links

[Access today's  
meditation](#)

[4 ways knowing your  
dosha can improve  
your health today](#)

[How to Use Your  
Mind-Body  
Connection for  
Healing](#)



### Welcome to Day 4—The Wisdom of Your Body

Yesterday, we learned how important it is that we pay attention to our bodies' intuition—how our bodies speak to us. Today, we learn that how we speak to our bodies also plays a vital role in our health and wellbeing.

Based on how we interpret what's happening around us, the brain and central nervous system respond by sending our cells a constant stream of messages that directly impact our physical state. Positive messages draw healthy responses from our bodies in the form of stronger immune systems and healthier sleep patterns, among many other benefits that can last a lifetime.

Our centering thought for today is:

**I trust the wisdom of my body.**

We look forward to our time together.

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**

Take a moment today to listen to a common message you send your body. Evaluate whether or not that message is one of kindness, respect, and love. If the message could be more loving, rephrase what you are telling your body and repeat that new message often throughout the day.

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2013 Costa Del Mar  
Carlsbad, California 92009  
United States