

## Day 5 - The Rhythm of Your Mind-Body

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

Fri, Mar 15, 2013 at 1:11 AM

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*"Dwell on the beauty of life. Watch the stars, and see yourself running with them." —Marcus Aurelius*

### Quick Links

[Access today's meditation](#)

[Now available for download - Perfect Health](#)

5 Things Your Body Is Trying to Tell You Right Now



### Welcome to Day 5—The Rhythm of Your Mind-Body

As we've discussed earlier in our time together, our thoughts manifest as matter in our bodies, which is why it is so important that we send ourselves positive messages. Not only can we do this through loving self-talk, but we can also be kind to ourselves by going with the flow of our lives and accepting our circumstances in each moment.

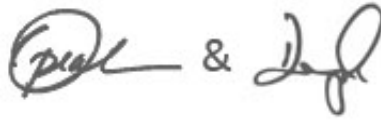
As we learn more about this mind-body connection and enter our meditation, commit to greeting every moment today with passion and joy.

Our centering thought for today is:

**I flow in rhythm with my mind and body.**

We look forward with great anticipation 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. The word "Paul" is on the left, followed by an ampersand "&", and then "Jeff" on the right. The ink is dark and the background is white.

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### **MINDFUL MOMENT**

Today, commit to staying grounded in the present. Whenever you find yourself worrying about the past or feeling fearful about the future, take three deep breaths to bring yourself back to the here and now.

[Need help? Click here.](#)

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