

Day 6 - The Perfection of Your Body

21-Day Meditation Challenge <meditationchallenge@chopra.com>
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"Friendship with oneself is all important, because without it one cannot be friends with anyone else in the world."

—Eleanor Roosevelt

Quick Links

[Access today's meditation](#)

[3 Keys to Living the Life You Want](#)

[Make Peace With Your Body: A 3-Step Guide to Self Confidence](#)



Welcome to Day 6—The Perfection of Your Body

Today's message and meditation center on our bodies, which are perfect in every moment.

As we learn more about the messages we send our bodies, we also become more aware of how we talk to ourselves. When we have an ache, pain, sickness, or perceived imperfection, it's important to pay attention to these signals from our body and mind and respond with compassion. In today's visualization exercise, we'll take a journey of self-awareness, traveling throughout the body and offering love, acceptance, and gratitude everywhere we go.

Our centering thought for today is:

I am perfection. I am healthy. I am strong.

We look forward to our connecting in stillness.

Blessings,

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

MINDFUL MOMENT

When you settle in for meditation, pay attention to how your body feels. If there are feelings of discomfort anywhere in the body, send that area messages of kindness and love.

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