

## Day 7 - Honoring Your Body

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

Sun, Mar 17, 2013 at 1:10 AM

Reply-To: mcsupport@chopra.com

To: alfonso.montesinos@gmail.com



*"The invariable mark of wisdom is to see the miraculous in the common."* —Ralph Waldo Emerson

### Quick Links

[Access today's meditation](#)

[What is your body telling you? Learn to listen](#)

[15 Reasons to Accept \(and Love!\) Exactly Who You Are](#)



### Welcome to Day 7—Honoring Your Body

Congratulations on completing our first week together! Today, our discussion centers on honoring our bodies, the temples that are the vehicles for our souls.

By keeping our bodies healthy and strong, we are better able to turn our energy toward deeply meaningful experiences, spending time with loved ones, enjoying the beauty of nature all around us, and pursuing our own spiritual paths. Because this body is the only one we have, we must treat it with great love and respect, so that it will, in turn, enable us to enjoy all those things we love.

Our centering thought for today is:

**My body is a magnificent vehicle that connects me to Spirit.**

We look forward to continuing on this journey with you.

Blessings,

A handwritten signature in black ink, appearing to read "Paul & Ingrid". The signature is written in a cursive, flowing style. The first name "Paul" is followed by an ampersand "&" and then the second name "Ingrid".

---

### **MINDFUL MOMENT**

As we prepare for meditation today, silently thank your body for all that it allows you to do and commit to making healthy choices that continue to nourish it.

[Need help? Click here.](#)

2013 Costa Del Mar  
Carlsbad, California 92009  
United States