

Day 12 - Connecting for Balance

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

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"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born." —Anais Nin

Quick Links

[Access today's meditation](#)

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

[The 5-Step Path to a Life of Love](#)



Welcome to Day 12—Connecting for Balance

We are social creatures, who thrive in community. Connecting with one another allows us to express our most heartfelt hopes and dreams and be of service to one another. Our supportive relationships enhance the positive messages we send our bodies each day and invite better health and wellbeing into our lives.

As we prepare for meditation today, take a moment to be grateful for the many individuals who contribute to your life and in whose lives you make a difference.

Our centering thought for today is:

I cherish my every connection.

We greatly anticipate our time together today.

Blessings,

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

MINDFUL MOMENT

Make a point today of spending time with friends. Have lunch with colleagues or take a long walk with a group. Notice how you feel after sharing thoughts and laughter with others.

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