

## Day 21 - Living Perfect Health

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

Sun, Mar 31, 2013 at 1:11 AM

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*"We must each lead a way of life with self-awareness  
and compassion, to do as much as we can. Then,  
whatever happens we will have no regrets."*

—His Holiness the 14th Dalai Lama

### Quick Links

[Access today's  
meditation](#)

[Keep your  
meditation practice  
thriving - download  
Perfect Health](#)

[Deepak Chopra: How  
to Recognize Life's  
Abundance](#)



### Welcome to Day 21—Living Perfect Health

Congratulations! Today is the final day of our 21-Day Meditation Challenge™, and you now have all the tools to live perfect health!

We hope that you share our deep appreciation for all that we've experienced through our discussions and daily meditations. Being thankful for what we have in our lives is an important part of our journey to perfect health. Gratitude helps clear away the noise of our egos and allows us to connect more deeply with our inner wisdom.

As we move forward on our individual paths, remember how important it is to spend time with friends and family. Sharing what we learn also enables us to build a supportive community, which is

essential to creating a positive lifestyle.

Our centering thought for today is:

**I create my perfect health.**

We are so grateful for our time with you.

Blessings,

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

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#### **MINDFUL MOMENT**

Sustain the habit of writing in your gratitude journal and continue writing all the things for which you're thankful every day. Take time each week to review what you've written to truly appreciate the gifts your life offers you.

[Need help? Click here.](#)

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