

Day 22 - Global Perfect Health

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

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"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." —Mother Teresa

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Welcome to Day 22—Global Perfect Health

Welcome to the bonus day of our 21-Day Meditation Challenge™. Today, we offer a special guided meditation to bring the gift of perfect health to our global community.

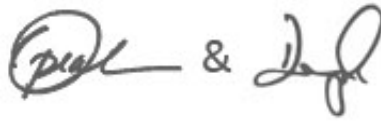
So, as we prepare for our meditation, please envision a world in which everyone enjoys a lifetime of health, joy, and vitality. We are indeed divine beings—united as brothers and sisters around the world—and perfect health is truly our birthright.

Our centering thought for today is:

All is perfect. All is well.

We look forward to sending our feelings of joy and love out into the world today.

Blessings,



MINDFUL MOMENT

As you enter into stillness, set the intention that everyone around the world receives the wonderful gift of perfect health.

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