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THE HOLY PRESENCE OF GOD WITHIN HEALS MY MIND AND BODY. I AM VITALLY ALIVE.

Body Temple

The body responds to the blessings of love, praise, and appreciation. I take time each day to bless my body, for it is a temple of the holy presence of God.

Today I appreciate my body for the marvelous ways it serves me. I treat it with respect, and I care for its every need lovingly.

As I affirm the presence of God within, there is a quickening response of healing. All of my faculties and functions express perfectly. I am vitally alive. My spirits soar. I think clearly.

When I praise God, I bless my body. There is a glorious response in every atom and cell, for they are aglow with life. Balance and harmony are established throughout my whole being. My body shows forth health, strength, and vitality.

"Do you not know that you are God's temple and that God's Spirit dwells in you? . . . For God's temple is holy, and that temple you are."—1 Corinthians 3:16, 17