

Clip and Post around your environment to Re-Mind you to Give Loving Care to Yourself.

Breathe Deeply and Relax your Physical Body from head to toe then Repeat at minimum (Six times is optimal): Post in various places to remind you, bathroom mirror, nightstand, etc.

"I am Calm, Relaxed, and Loved.
All of my cells, tissues, nerves, muscles, bones, glands, and organs
are bathed in the Purest Healing Loving Light
and work together in Perfect Harmony for my highest good and well-being.
My body is healthy and whole.
My mind is receptive and open to unexpected guidance and intuitive insight.
At the core of my being is a Cool and Quiet pool of Tranquility.
I am Willing. I am Open to Healing and Wholeness. I am at Peace."

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