

Affirmations to Support My Relationship with My Body

" Taken from his July 25, 2006 teleconference talk on *Being Your Body*
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1. My body is divine ... It's God right here inside me.
2. My body is sacred ... It's a temple wherein sacred ceremony is happening now.
3. My body loves me ... It's giving me its love and devotion right now.
4. My body adores me ... It reminds me daily of my divine nature,
5. My body is beautiful ... It's the exact size, shape and health that God wants right now.
6. My body breathes life into me every moment ... and I am blessed, yes, blessed by life.
7. My body is me, really me, totally me ... without the judgments or stories of my mind.
8. My body is fully enlightened, self-realized, awake ... It deserves my total respect and honor.
9. My body is unlimited in its capacity and willingness to nurture, bless, and celebrate me ... and I accept every one of its gifts.
- 10 My body is my life partner, my best friend, my alter ego, my uncluttered self ... It's the me I've always wanted to be.

Bill Bauman