

A Blessing for the Body

Dear God,

Bless my body today

Shower every part of me with the strength of your love.

Fill every muscle, every tissue, every cell, every organ and every system of my body with divine radiance and health.

Bless my body today God.

Bless every part of me with divine strength and wholeness.

Eliminate the ravages of self abuse and negligent self care.

Fill every part of me with divine light that will restore divine order to every part of my body.

Bless my body today.

Strengthen my body today God.

Strengthen my arms and legs

Strengthen my hands and feet

Strengthen my heart and all of the systems supported by it.

Let the healing power of your strengthen flow through me to correct and eliminate all imbalance, disease and disharmony.

Bless my body with strength today.

I now ask for and open myself to receive renewed wholeness, health and strength in every part of my body.

I now ask for and open myself to receive divine love, light and order in every part of my body.

I praise my body

I love my body

I give thanks for my body

I know that my body is whole, healed and blessed.

I feel good!

My body feels good!

For this I am so grateful.

And so it is!