

Love the Body you have today.

Stop making it wrong or unworthy because you think it should be other than what it is.

You were given the perfect body for your experience in this lifetime.

Listen to your body.

Marvel at all it can and does do without you even asking.

Wonder at how your body strives to balance you and keep you healthy and alive despite any and all negative feelings, thoughts and actions you have taken against it.

That is your body loving you.

Eat what your body wants, really wants, when it wants it and stop when it wants no more.

Cleanse and adorn your body with reverence.

Wear beautiful clothes that fit.

Move your body in ways that feel good and strengthen it.

Pay attention to it

Address signs of distress right away in ways that feel healing and good rather than fearful.

Honor your body's innate rhythms.

Rest.

Be kind.

Replace unkind thoughts with kinder thoughts.

Replace unkind words with kinder words.

Replace unkind actions with kinder actions.

Forgive your body

and yourself for all the stories you have made up that have not served you.

Celebrate your body through Gratitude.

Find gratitude for your breath...notice your body being breathed by the Force of Life and Love.

You could not experience earthly life without this body.

Find gratitude for sight, hearing, touch, taste, gut feelings and all the sensory gifts of life in a body.

Find gratitude for your ability to walk, dance, sing, paint, write, hug, read, talk, smile and connect in this world through your body.

Cherish the sacred vessel your body is.

Love comes in every shape and size and age body. Yours is magnificent.

Make the radical choice to Love your Body. It is a choice!