



# Meditation For Well Being

I am relaxed and at peace, poised, balanced, serene, and calm. The healing intelligence of my subconscious mind that created my body is now transforming every cell, nerve, tissue, muscle, and bone of my being according to the perfect pattern of all organs lodged in my subconscious mind.

Silently, quietly all distorted thought patterns in my subconscious mind are removed and dissolved, and the vitality, wholeness, and beauty of the life principle are made manifesting every atom of my being. I am now open and receptive to the healing currents that is flowing through me like a river, restoring me to perfect health, harmony, and peace.

The infinite ocean of love and peace flowing through me now washes all distortions and ugly images away.

And so it is ~

