

Helping you find happiness, health, and healing



Spiritual E-card on being healthy
Truth each day, keeps ill-health away

“Truth is affirmative, and confers harmony.”

Science and Health with Key to the Scriptures

By Mary Baker Eddy p. 418

**God created you in His perfectly healthy image.
He made you hale and hearty, full of vim and vigor.
This is the truth about you, and this truth has both a
preventative and curative effect.**

**To be healthy and stay healthy,
affirm the truth about your
perfect well being each day.**

Before getting out of bed: thank God for

- 1. creating you healthy and happy**
- 2. giving you sparkling vitality**

3. making you harmonious 4. keeping you active, on top.

During the day: practice affirming the truth often. Don't stop.

At night: fall asleep with the truth that God is caring for you.



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