

Helping you find happiness, health, and healing



Spiritual E-card on body #2
Think spiritually about body and be well.

**“You embrace your
body in your thought,
and you should
delineate upon it
thoughts of health,
not of
sickness.”**

*Science and Health with
Key to the Scriptures*
By Mary Baker Eddy p. 208



**Think rightly about body. Body is internal, not
external. It's within thinking. Think of body as a
beautiful, useful, spiritual idea, governed and
maintained by God, normal and natural in every
way. Affirm: God made me healthy and I *know* it.**

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