

Sweet Body®

Sweet soft body that carries my radiant soul, I do not thank you enough.

I do not enjoy you enough.

I do not cherish you enough.

More and more now I feel an upwelling of gratitude for all you have given me.

For the ability to dance, to laugh, to weep, and to inwardly soar with the beauty of this world.

For three babies, plump and juicy, and full of spontaneous joy and curiosity for this miraculous life.

For a heart, that has been both broken and mended more than once.

For the delicious taste of love.

For the many chances I have had to make mistakes, and then to try to learn from them.

Dear Body, you are the true companion of my life, the vessel of my wonder, the holder of my felt intrinsic wisdom, the container of my sacred Self

Forgive me.