

Now that I see the beauty in my body, I'm coming to see other bodies as beautiful



Because they are

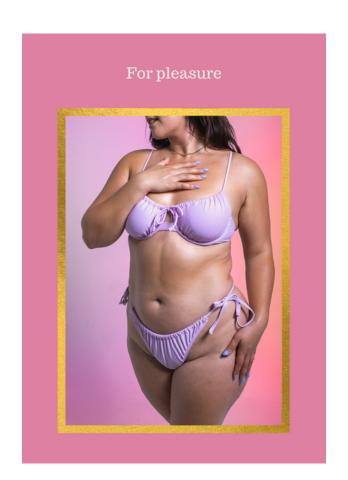


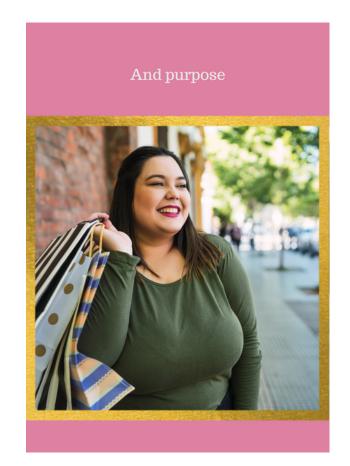
My body is both human and divine



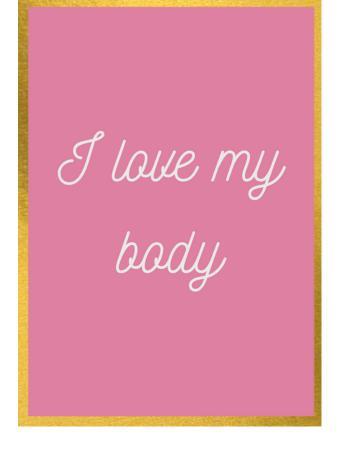
A gift to cherish











Loving my body is a journey.

I give myself time.

I trust the journey.

Each day I remind myself that my body is worthy of loving care.

Every day I take loving care of my body.

My body is sacred.

I cherish my sacred body