

Healing Meditation
By Elizabeth Searle Lamb
(Daily word, May 1979)

Now do I relax and let God
be the breath I breathe,
be the steady beat of my heart,
be the strength of every muscle,
be the flexibility of every joint,
be the nourishment of every cell,
be the functioning of every organ.
So relaxing and so letting be,
I am now filled with God's life,
renewed with God's strength,
made whole and radiant
in mind and body, as in spirit.
Rested, healed, perfected in all ways,
I rejoice and give thanks to God.
I relax and let God be my life.