

Sacred
Self-Acceptance



Blessed are You, Lord our God, King of the universe, who formed man in wisdom and created within him many openings and many cavities. It is revealed and known before the throne of Your glory that if but one of them were to be blocked, or one of them to be opened, it would be impossible to exist and to stand before You. Blessed are You, Lord, who heals all flesh and acts wondrously.

Asher Yatzar

For it was you who formed my inward parts;
you knit me together in my mother's womb.
I praise you, because you made me in an
awesome and wonderful way.

Psalm 139.13-14

Your body is a temple of
the Holy Spirit within you.


1 Cor. 6.19

In the beginning was the Word and the Word
was God and the Word became flesh.

John 1.1,14

We must see the life of God in our flesh. Any form of denial of God-life and intelligence or of the physical organism, any thought of the flesh other than as of God's pure substance, congests and irritates the body. The body responds to changes of mind; and when this is accompanied by truly wise living habits, the conformity to true ideas of life and power and love and substance and intelligence will renew and make it every bit whole.

Myrtle Fillmore – *Healing Letters*

The background of the image consists of several large, vibrant green leaves. The leaves are arranged in a way that creates a sense of depth and texture, with prominent veins visible. A semi-transparent white rectangular box is centered over the leaves, containing the text.

We shall be called to account for
all permitted pleasures we
failed to enjoy.

Talmud

**I AM worthy, just as I am...
and so is my body.**

**I AM whole, just as I am...
and so is my body.**

**I AM divinely unique, on purpose...
and so is my body.**

**I AM an important part of the
whole...**

and so is my body.

**I live this life with courage...
and so does my body.**

**I surrender all comparisons to
Divine Love and I go free.**

**I accept my Self and my body,
with Love...just as I AM.**

*I am worthy
just as I AM,
and so is my body.*

