

Day 1: My body is my best friend

Posted by Guardian - 17 Apr 2020 06:53

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I love my body.

My body has provided me countless ways of connection

Without my body, I would never be able to fully appreciate the gift of creation.

My body and I are partners.

But sometimes my body and I fight.

It is not that my body is ill-intentioned. It is just that my body has strong urges.

- One moment it is hungry.
- Another moment it is stressed
- Another moment it is tired.

My body takes me around and gives me the ability to make a difference in the world. But sometimes it feels like my body is rebelling against me. Like it wants to self destruct.

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