



Postcards from the Loving Universe

"Today, I Intend"



***Today, I intend to be healthy,
at peace with my body and mind***

***Today, I intend to do at least one thing
that brings me joy***

***Today, I intend to feel loving toward every
one I come in contact with***

Today, I intend to take good care of myself

***Today, I intend to have a joyful, active day
and sleep well tonight***



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