

FOR HEALTH AND VITALITY

Swami Yogananda



The light of His perfect health shines in all
the dark nooks of my bodily sickness.

In all my body-cells His healing light is shining.
They are entirely well, for His perfection is in them.

Today I will find God's vitality in the sun. I will bathe my body
directly in sunlight every day and appreciate the lifegiving
disease-destroying gift of the ultraviolet rays from God.

I will recognize all disease as the result of my
transgression against health laws and I will try to
undo the evil by right eating, by less eating,
by fasting, by more exercise, and by right thinking.

Thy power is moving through my digestive muscles.
My stomach is well, for I know Thy healing power is there.

Father, help me, that I may naturally, spontaneously,
and easily form the habit of proper eating.

May I never become the victim of greed and thus
cause myself suffering.

In the light of faith in my Father, I behold the shadows of
sickness obliterated now and forever, as I fully realize that
light exists always, unless I close my eyes of wisdom and
become overwhelmed by my self-created darkness.

I will always behold in my life the perfect,
healthy, all-wise, all-blissful image of God.

Teach me to know that Thou art the power that
keeps me healthy, prosperous, and seeking Thy truth.

Heavenly Father, charge my body with Thy vitality,
charge my mind with Thy spiritual power,
charge my soul with Thy joy, Thine immortality.

Beloved God, purify the dross in us and banish
disease and poverty from the world evermore.
Banish ignorance from the shores of our souls.

Heavenly Father, fill my veins with Thine
invisible rays, making me strong and tireless.

The all-seeing eye is behind my eyes.
They are strong, for He sees through them.