

INSTITUTE FOR UNIVERSAL KNOWLEDGE SHARED
SOUL POWER

Mantra for Healthy Body

Our Body is the transporter of our Soul on this earth, only a Healthy Body can take the soul to different destinations to enjoy and receive the necessary energy, to take the Soul to the next level before it departs and reaches back to the Source. Use this simple 'Say Hello' Mantra to have a Blessed, Prosperous and Healthy Body in future.

**Dear Divine and _____ (your favourite God)
Please help me to cleanse and have a Healthy Body.**

**Healthy are you as a Body, Healthy you can be within the Body,
Healthy you can be out of the Body,
Dear Soul of my Body help me to gain an Healthy Body within and out,
Help me towards being Fit within and out,
Help me to understand my Body within and out.**

**I am Connected with my Body,
I Love my Body,
My Body is my Strength,
My Body takes me along,
Help me and Guide me to take care of my Body,
Help me and Guide me to take care of my Body,
Help me and Guide me to take care of my Body,
Help me to work on its Improvement to understand my Body.**

**My Body is my Strength and Energy,
Energise my Body and help me turn towards its
development of its better use.**

**Guide me, Guide me, Guide me,
Help me, Help me, Help me,
Love you, Love you, Love you.**

**Guide me towards a better Body,
Thank you, Thank you, Thank you,
Peace be within my body today and always.**

***Your favourite God/Goddess ie: Shiva, Jesus, Lakshmi, Vishnu, Allah, etc. (From light side only)**