



*Dear God/Universe/Source,*

I pray for another day of easy, peaceful abstinence.

May it continue to be a top priority today, the foundation upon which my life is built. May my scale hold me steady, hold me strong, keep me safe. May both open doors for healing and miracles, health and happiness. May it bless me and others in ways I may never know and beyond my wildest imagination.

Thank you God/Universe. Thank you, thank you.

