

Helping you find happiness, health, and healing



**Spiritual E-card on body #1**  
**Take charge of the body. Be in the driver's seat.**

**“Take possession of your body, and govern its feeling and action. Rise in the strength of Spirit to resist all that is unlike good. God has made man capable of this, and nothing can vitiate the ability and power divinely bestowed on man.”**

*Science and Health with Key to the Scriptures*  
By Mary Baker Eddy p. 393

**Think of your car sitting in the garage. It has 4 wheels, an engine, battery, petrol, yet it can't go anywhere unless you drive it. Body is the same. It can't do anything. You are in control - in the drivers seat. You govern feeling and action. God has given you the authority and power to do so. He gave you dominion. You can exercise it right here and now.**



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