

Feeling Good



Begonia – Bokit

“Feelin’ good”, “life just flows”

Helps bring about a state of being where one feels better in all areas of one’s life, that natural state of “living in grace” that everybody desires and few attain, especially in these modern times of complex challenges.

Helps to trigger off a process whereby the person comes to realise that true happiness does come from within, that happiness is a state of inner being, and is not something that is dependent on the outer circumstances of one’s life.

Affirmation: “I now come into that living gracefully and happily state of being.”

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