

Affirmation of Dr. Peter Jepson-Young

I accept and absorb all the strength of the earth to keep my body hard and strong.

I accept and absorb all the energy of the sun to keep my mind sharp and bright.

I accept and absorb all life force of the oceans to cleanse my body to bring me life.

I accept and absorb all power of the wind to cleanse my spirit and bring me strength of purpose.

I accept and absorb all the mystery of the heavens because I'm a part of that vast unknown.

I believe god to be all these elements and the force that unites them.

From these elements I have come...to these elements I shall return, for the energy that is me will never be lost.

Dr. Peter