

Healing Insights

I have recovered

My heart full of gratitude.

I have recovered

I give thanks to the divine power

In the skill of physicians

The care of nurses

The warmth of family who held my hand in theirs.

Let me not forget the goodness I experienced

So that I may render good to others

Let me not forget the healing power of friends, of good wishes,
of prayers for my recovery.

Let me not forget those long days and nights,

So that I will live out my resolve

To uplift the fallen

To help heal the sick

To loosen the chains of the fettered.

I am as a new creation

I feel deeper now

Understand more now

I am whole more now than ever before.