**Opening Up to Health and Happiness**

I am open, I am open, I am open.

I am open to possibility

I am open to change

I am open to health

I am open to happiness

I am open to being all that I want to be

I am open to joy

I am open to peace

I am open to time, time to explore, time to learn, time to heal.

I experience a sense of freedom, of acceptance, of possibility.

I am open, I am open, I am open

I am health, I am happiness, I am peace.

I am open, I am open, I am open.