



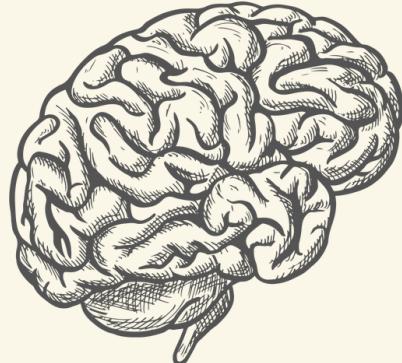
HOW DO I KNOW IF I AM IN A *State of Receiving?*



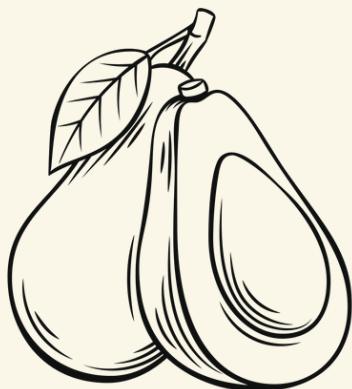
portion out
food



calm & relaxed

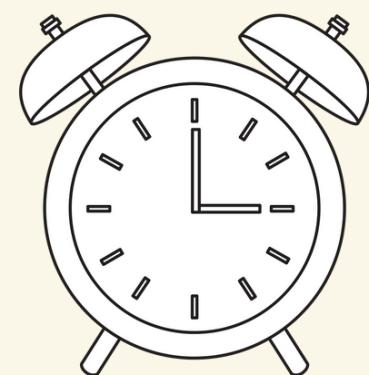
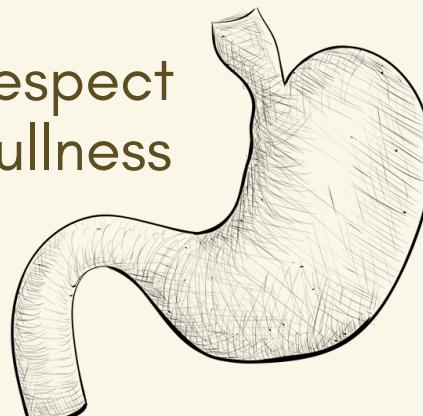


gratitude



nourishing
foods

respect
fullness



not rushed



chew each
bite 20x



no distractions



sit at
table