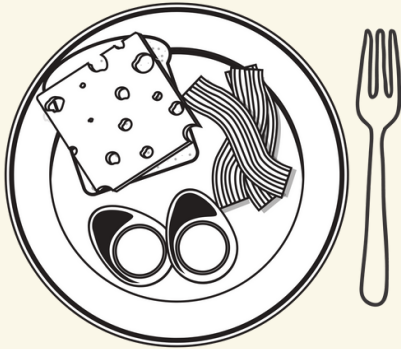


HOW DO I KNOW IF I AM IN A *State of Receiving?*



portion out
food

calm & relaxed

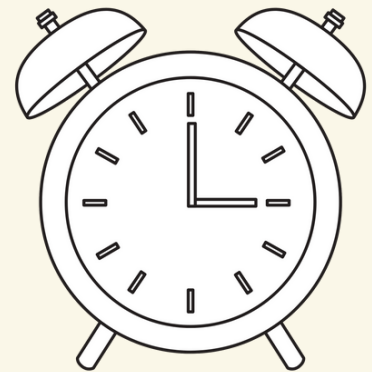


gratitude



nourishing
foods

respect
fullness



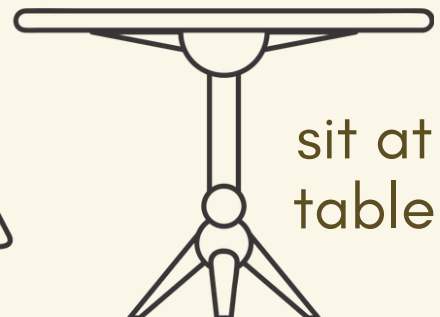
not rushed



chew each
bite 20x



no distractions



sit at
table