

THIS TASTES GOOD, REMEMBERING WHERE FOOD COMES FROM:

DWELL ON WHAT YOU EAT

TODAY'S CHALLENGE

Take time when you have your next meal to think about where your food has come from, and imagine it growing, living, or being made as you eat. Eat slowly as you meditate on this, and give thanks for what has been provided to give you food and enjoy the sensual pleasure of its flavor and texture.

SHARE: In the Facebook group, share a thought on what extent does the food you eat seem to be not only given by but *of* God (like a part of Him/Her/It/They)?

Remember, just replace the words "The Divine" with "God", "Great Spirit", "Source", "Universe", or whatever is meaningful for you.

Remember to offer encouragement / comment on Facebook posts added by others (not necessarily for today's challenge).

Clive x