

Nature's Meditation Script

In this first phase, Notice -

See your body and mind being nurtured and free from harm.

The minerals from the earth, the soil, the insects, animals, and the sun all work together to create nutrients to help your body function at its best. See yourself bringing in nutrients from plants, every time you eat.

These powerful nutrients are your own personal army defending and protecting your cells.

As you bring these nutrients in, invite your memory of them to expand and see yourself looking to find them again and again.

With every bite visualize the plant nutrients preserving and protecting your body and mind.

In this next phase, Analyze -

Think about how the sun sweetens the plants grown outside in order to delight your taste buds and give your eyes beautiful colors, shapes and forms to see.

Think of a taste from nature that you're grateful for, a taste you experienced yesterday, last week or sometime throughout your lifespan.

Maybe it's the sweet taste of a berry freshly picked off the vine, or the tartness of a juicy apple, or the earthiness of a crisp carrot.

Show gratitude for the abundance of flavors and varieties that nature gives you.

Now, think of a person who has fed you either recently or in the past. Maybe this person bought you lunch or shared food or drink with you in some way.

Be grateful to that person for feeding you.

Analyze the abundance of food available to you, be thankful for what nature provides and to those that nurture you with food.

In this next phase, Train -

Remember the times you ate real food and how it brought nutrients into your body. These foods helped your heart pump—sending life blood to your entire system. As the blood flowed through your arteries it helped your brain run, your lungs breath, and your muscles and bones move to and from one activity to the next.

You have the ability to keep bringing in nature's foods, you know how to do it, and when you do, the nutrients in these foods bless you now and will bless you in the future.

Know that as you continue to eat real foods, your desire for them will increase. Over time you will develop a new palate for these foods and find yourself, consuming more and more of them willingly.

They become what you look forward to and crave.

Now, in your mind, take notice of your future self.

See your body and brain as if they're performing at peak function.

Notice the shape of your body in its ideal form—healthy and energetic.

See how your ideal body feels mentally, physically, spiritually and emotionally

- 3 months from now,

- 1 year from now,

- 3 years from now,

-10 years from now, then

-20 years from now.

See how unique you are and see yourself bringing in the right nutrients from nature's foods to run your system. The cells that make up your body are amazing and beyond your complete understanding.

In this next phase, Unite -

See yourself walking through a garden of fruits and vegetables on a sunny day. With each breath you take in, your lungs fill with the fresh oxygen the plants in the garden freely give you. With each exhale, the plants take in the carbon dioxide you breathe out, helping them to live.

You're connected to each plant in the garden and they're connected to you.

And, as you pick a piece of fruit off the vine and take a bite, its nutrients flow into you contributing to your body, mind and soul.

See yourself surrounded by a circular cloud full of health and happiness.

Like a pebble being tossed onto a still lake and the water ripples into larger circles, expand the circumference of your imaginary circle until it contains plants from nature

near and far. Then keep enlarging your circle of health and happiness to include all that's alive 10 miles (16 km) away, then 100 miles (160 km) away, then 1,000 miles (1,600 km) away, then 10,000 miles (16,000 km) away until you get to the outermost circle - 24,901 miles (40,075 km) away, which incorporates every living thing on the earth.

Enjoy the feeling of being connected to all that's alive on the planet and enjoy the sensation of being healthy and happy with them all.

As you build nature's foods more into your lifestyle, see your desire for them increasing.

In the next phase, Renew -

Remember that wanting to feed your body well, takes time and practice. Your former relationship with food, beverages and substances is now in the past. Listen to the message your body is giving you for the future. As you walk forward step by step, see yourself enjoying new positive actions.

Give yourself and others forgiveness. Let go of past offenses. See your body in your mind and say to yourself, "I forgive you." Allow the gift of forgiveness from your body to cleanse your mind.

In the final phase, Enjoy -

Nature's food knows how to protect and care for the complex body you have. It's all in the master design. Enjoy knowing that you are not alone with your struggles on your course of change.

There's a force in the universe cheering you on. It may be in the form of your future self or in the form of the God that adores you. It's supporting you as your cravings subside.

This force beckons for you to keep going.

Call on this power anytime you need.

It's always there for you and wants to see you whole, free and full of joy.

This force loves you and is kind.

With loving arms this force embraces you and shoulders you up every time you start to droop or drift.

To Close - As you're ready to close this practice, take these thoughts with you.

When you're ready - count backwards from 5 to 1. As you count, slowly wiggle your fingers and your toes, shrug your shoulders, and then open your eyes- feeling refreshed.