



## Divinity Prayer

I learned this prayer from a fellow IIN student and I say it with each meal, which I suggest you do as well. It will help attune your mind and body to the right frequency when you're eating so that you get the most nutrients per square inch from your food and elevate you to a higher vibration. It may take a few times to remember at first, but the more you repeat it, the quicker you'll learn it.

Start by saying:

Thank you to the plants and animals  
Thank you to the people who helped make it  
Thank you to the Universe and Earth for providing it  
May it nourish my body and fill me with love, energy, and peace  
And so it is.

After the meal, say:

Thanks again for this lovely meal. I am complete for now.