



Become Exercise 3 Ecological Abundance

Steps

- Completely relax your mind and body in a comfortable position. Breathe slow and deeply.
- Imagine you are in a beautiful environment (a meadow, ocean, forest). Imagine all of the details as you appreciate your surroundings.
- Begin to walk and find yourself discovering a new environment. You are exploring a new space that is just as compelling as the first one. Wander.
- Now, return home to a simple yet comfortable environment.
- Envision spending time with loving family, friends, and the community.
- Imagine a world full of individuals living abundantly and in harmony with one another and the natural world.