



A How-To Exercise

From The Human Story

Blessing The Food

This is done as both a way to Upvibrate the physical food you are eating and as an Attunement to the Spirit you *are*. It is to be done with a Loving Heart by saying, “For the Highest Good, Lord, God (can substitute ‘Spirit’), Bless this food with the Light Of Your Presence. Thank you!”

©2024 Dr. Roger B. Lane, Ph.D.

The Human Story by Roger B. Lane, Ph.D. offers readers a profound education on the Spiritual Evolution of Humankind and the Tremendous Growth in Consciousness across our existence—the true human story—and includes a practical How-To Manual that provides readers with the Tools needed to apply The Teachings and support their own Spiritual Growth.

The Exercises shared here are excerpts from the full How-To Manual, offered for your Growth and Upliftment.

To read the complete Book and experience the full Manual, please visit cosmostree.org and follow the link under “Resources” to order The Human Story.

