

“Beyond an Apple a Day”

by Howard W. Morningstar, M.D.

Rise with the sun, giving thanks to the Infinite One
for bringing your spirit back to your body.

Take care of your body and soul.
Breathe deeply, feel your lungs fill with fresh air,
stretch every limb, and (if you can) take a vigorous walk in a beautiful place.

Drink plenty of pure water
& eat whole, fresh, local foods in season.

Surround yourself with beauty- where you live,
who you love, what you hear & see, the work that you do.

Live in harmony with cycles of sun & moon,
with the human, plant and animal relatives
with whom we share this planet.

Commit yourself to healing the earth our mother.
Marry your hopes and dreams with hers,
and she will sustain you with all you need.

Learn to relax fully, to prepare a place of inner peace
from which to face life's challenges as they arise.