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### Vital Lessons: Feeding Your Body, Mind and Soul

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**September 18th 2013: Unleash the Magic of Your Meals with Chef Meadow Linn**

Are you eating your meals with a side of guilt seasoned with condemnation? Do you think everything that tastes good must be bad for you? Got some cravings you just can't curb, no matter how hard you try? Find out how to infuse your food with joy and gratitude and make mealtimes magical. Join me this week with my guest, chef and co-author of the *The Mystic Cookbook*, Meadow Linn. We'll be unlocking the spiritual secrets behind cravings and learning how to increase abundance and inspire peace according to your food choices. Whether you are cooking for yourself or for a family, Meadow will be

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### Featured Guest



#### Meadow Linn

Meadow Linn, noted speaker, writer, and chef, is the daughter of Denise Linn, world-renowned healer, teacher and author of 16 bestselling books. When she was 18 years old, Meadow, a self-taught chef and lover of all things edible, started catering her mother's retreats, which she's been doing ever since. That has led to an extraordinary collaboration with her mother on a brand new book *The Mystic Cookbook: The Secret Alchemy of Food*. Filled with luscious recipes, imaginative meals and magical wisdom, they open a portal for you to embark on the sacred journey from nourishment to nirvana—and to harness the hidden dimension of food. Meadow also writes a blog called *Savor The Day*, which is

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