



FOOD + SPIRIT™

*Nourish the whole self*

# Check-in from the Groups

Brenda Fister

Sue Blewett

Rachel Eppinga

Louise Tjernqvist

Lisa Siegmann

Christine Taranto

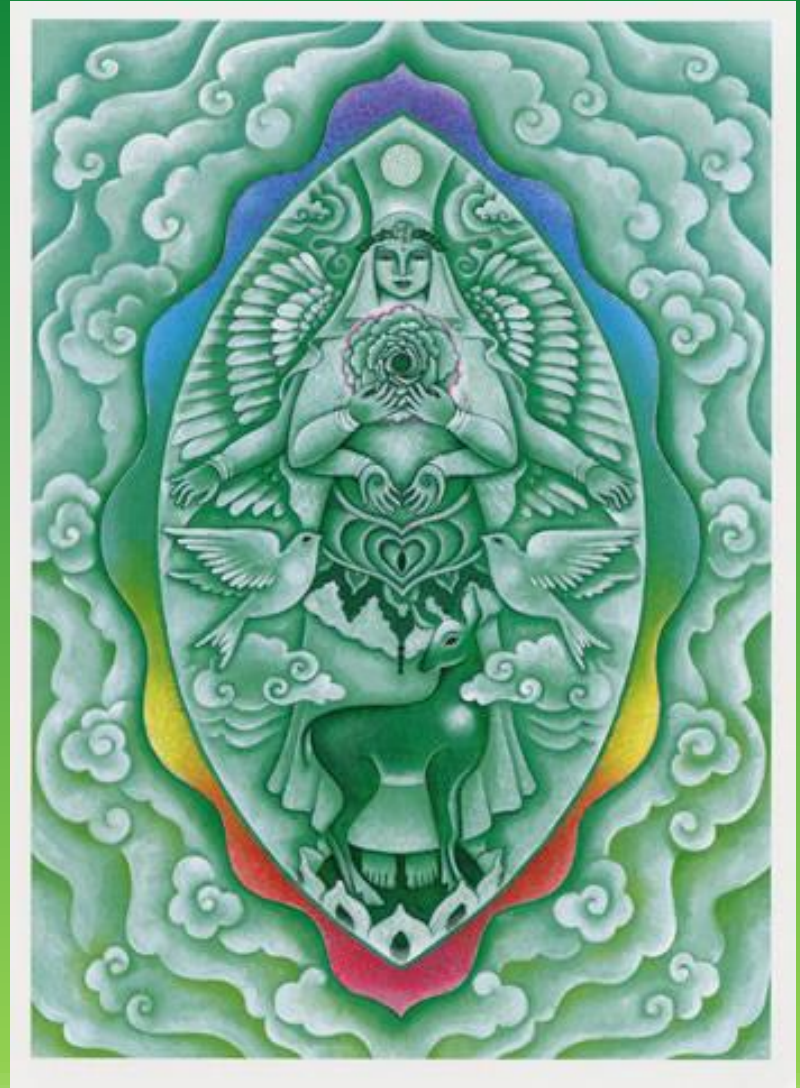
Carla Hall

# Week 5

Eating and its Connection to Love,  
Compassion, and Sharing

“What is essential is invisible to the eye; it is only with the heart that one can see rightly.”

-Antoine de Saint-Exupery







**Food & Spirit™:**  
Feeding the heart

*“The heart is the sovereign of all organs & represents the consciousness of one’s being. It is responsible for intelligence, wisdom & spiritual transformation.”*



*Yellow Emperor’s Classic of Medicine*

# Compassion vs. Empathy

*Compassion*: to suffer with another; sympathy for the suffering of others, often including a desire to help

*Empathy*: the ability to identify with and understand another person's feelings or difficulties



# What unifies the masses?

## Love

“Do not do to others as you would not have done to you.” – Confucius

“That which is hateful to you do not do to your neighbor. That’s the Torah. The rest is commentary.” – Rabbi Hillel

“And as ye would that men should do to you, do ye also to them likewise.” – Luke 6:31

“Regard your neighbor’s gain as your own gain, and your neighbor’s loss as your own loss.” – Taoism

“Not one of you truly believes until you wish for others what you wish for yourself.” – Islam

“All things are our relatives; what we do to everything, we do to ourselves. All is really One.” – Black Elk, Sioux medicine man (1863-1950)



Compassion is good for the individual experiencing it, as well as for the person to whom it is directed.

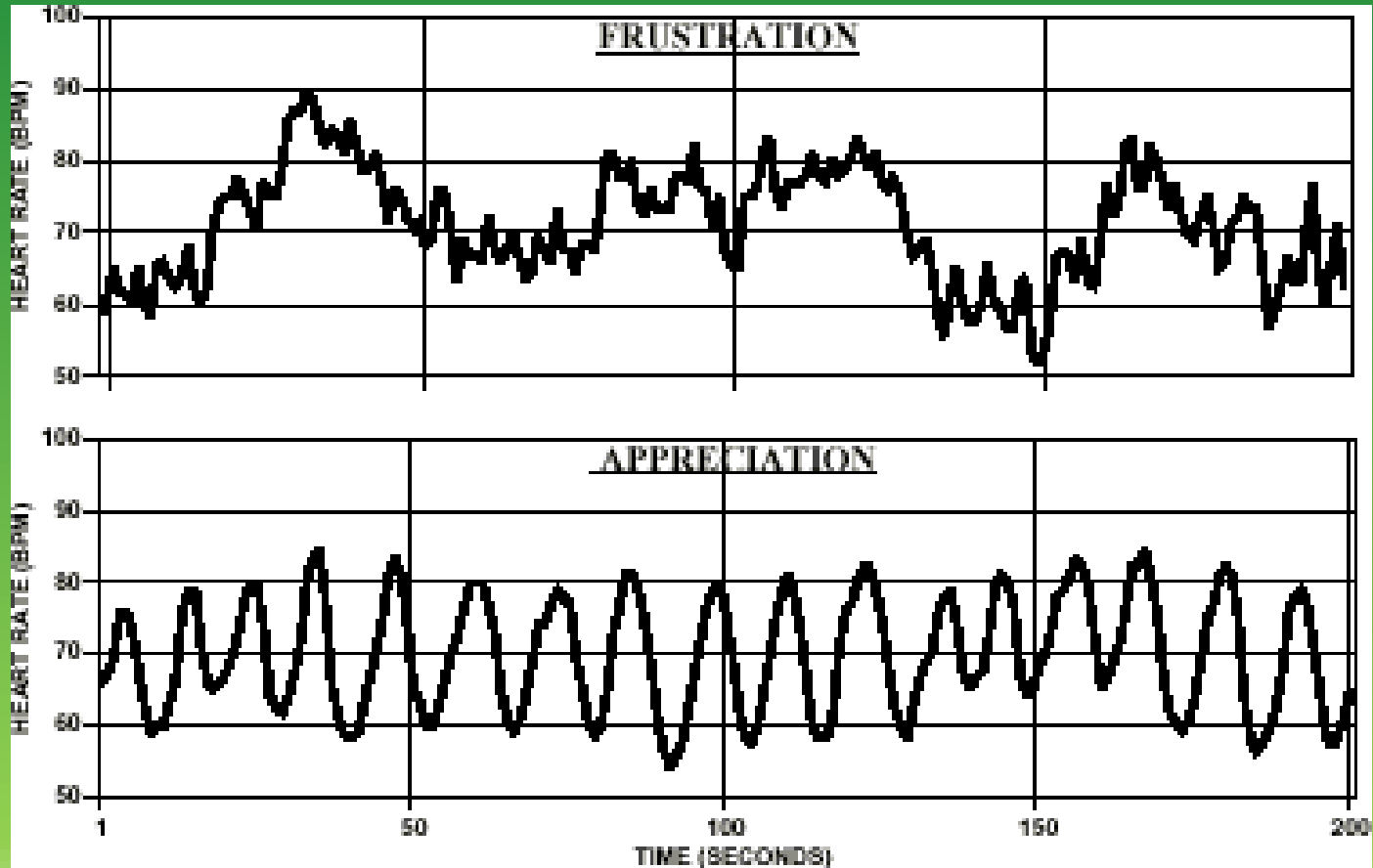
“The majority of healing studies suggests that a healing effect is real and mediated by compassion and empathy.”

- Larry Dossey, MD, **Explore** 2007

# FACTS ABOUT THE HEART...

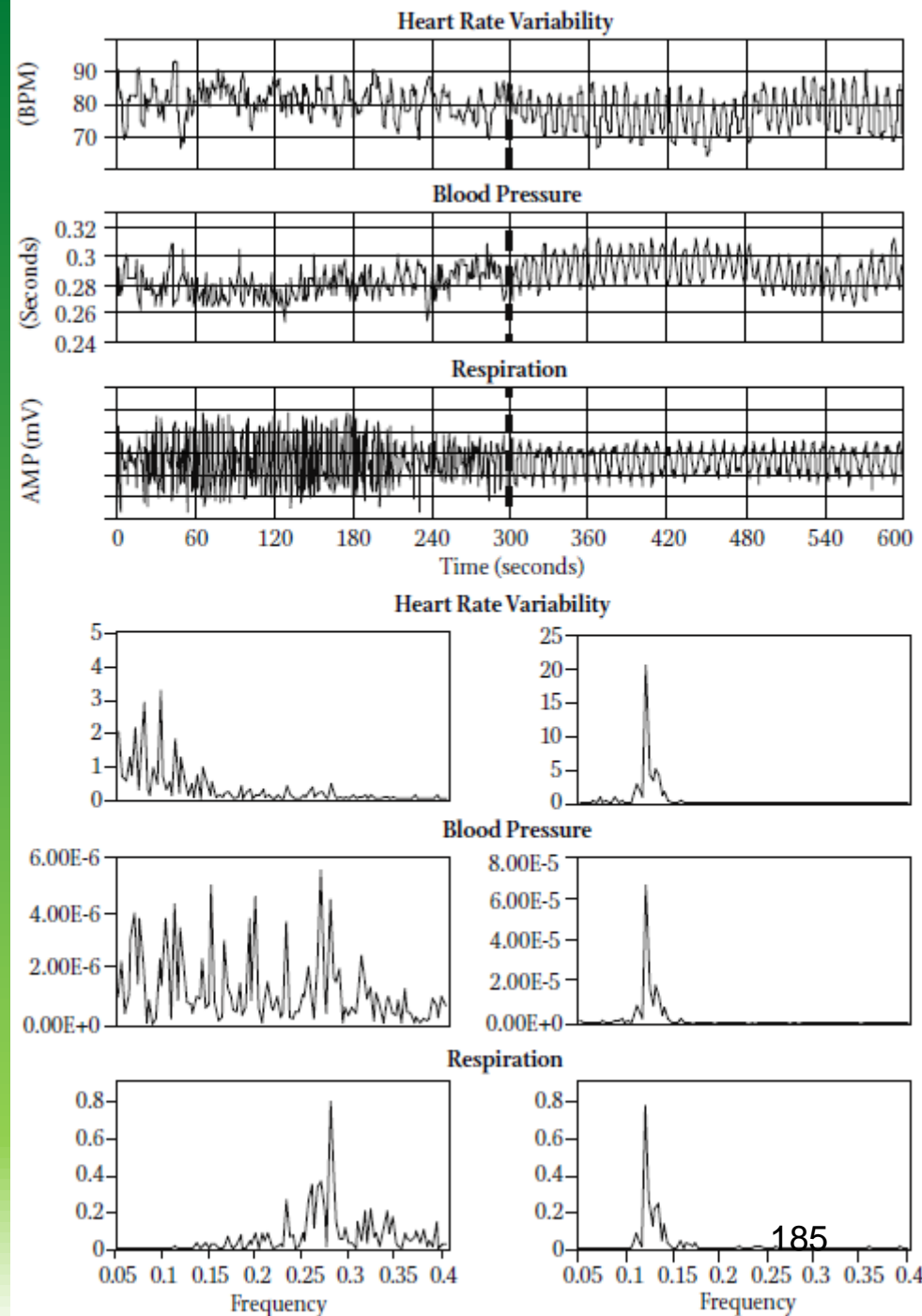
- It works non-stop, beating 60-80 times per minute.
- The electrical field of the heart is 40-60 times stronger than that of the brain; the magnetic field of the heart is 5000 times stronger than that of the brain.
- If you stretched your blood vessels out you would get about 60,000 miles.
- The heart works hard at pumping 2,000 to 4,300 gallons of blood throughout the body on a daily basis.

# Our Heart Knows...



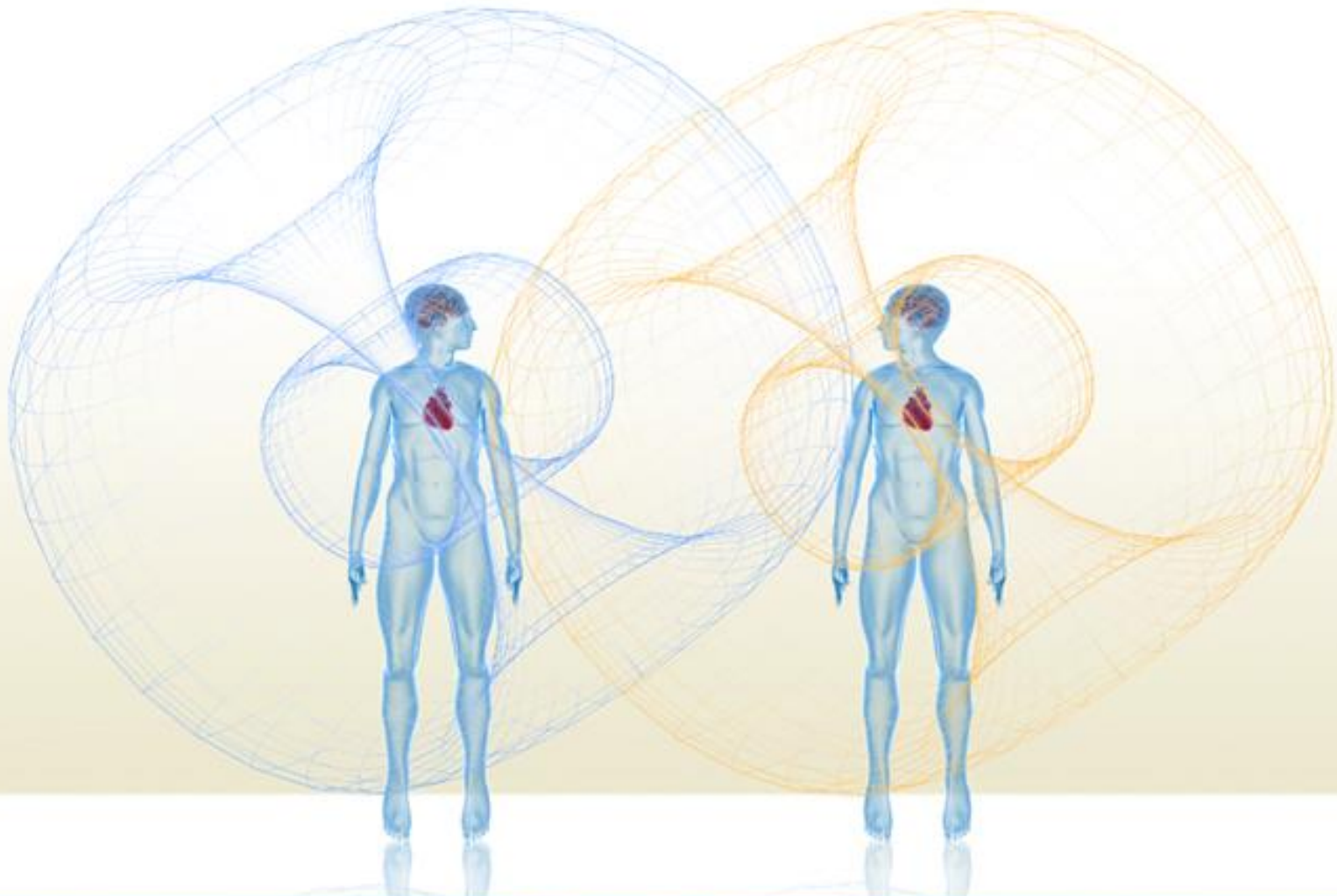
Source: McCraty et al. Am J Cardio (1995)

# Coherence... Being in the Zone





The electromagnetic waves produced by the heart transmit information into the external environment, interacting and resonating with others



# The Heart as Precognitive.

The heart receives  
information before the brain.



# Happiness



“Depressive feelings were associated with increased risk, while happiness/optimism was associated with reduced risk of VTE.”



# Forgiveness

- “Higher levels of forgiveness were associated with lower levels of anxiety, depression, and perceived stress as well as lower total cholesterol to HDL and LDL to HDL ratios after controlling for age and gender.”
- “...among cardiac patients, forgiveness may be associated with reduced risk for future cardiovascular events.”

Thank you!

Thank you!

Thank you!

“Gratitude bites”

Thank you!

Thank you!

Thank you!

Thank you!

Thank you!

Thank you!



# The Love



*"Every healing path starts with love.."*

– Deanna Minich

- \* healing
- \* nurturing
- \* expansion into love & breath
- \* compassion
- \* devotion
- \* empathy
- \* gratitude
- \* forgiveness

- 
- \* leafy green vegetables
  - \* phytonutrients
  - \* foods for breast & lymph, cardiovascular, & respiratory systems
  - \* meals made with "love"
  - \* sharing, giving, and receiving nourishment from others
  - \* green-colored foods



# Breath & Blood



An abstract painting featuring a heart shape formed by concentric, swirling brushstrokes. The colors transition from a bright yellow in the center to warm orange and then to deep red and magenta towards the edges. The texture is visible, showing the direction of the paint application with various stroke widths and overlaps.

# Heart & Passion

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# Devotion & Dedication



A circular arrangement of vibrant green spinach leaves frames a white center. The leaves are fresh and have a prominent vein structure. The title "Nurturing & Caring" is centered in the white space.

# Nurturing & Caring



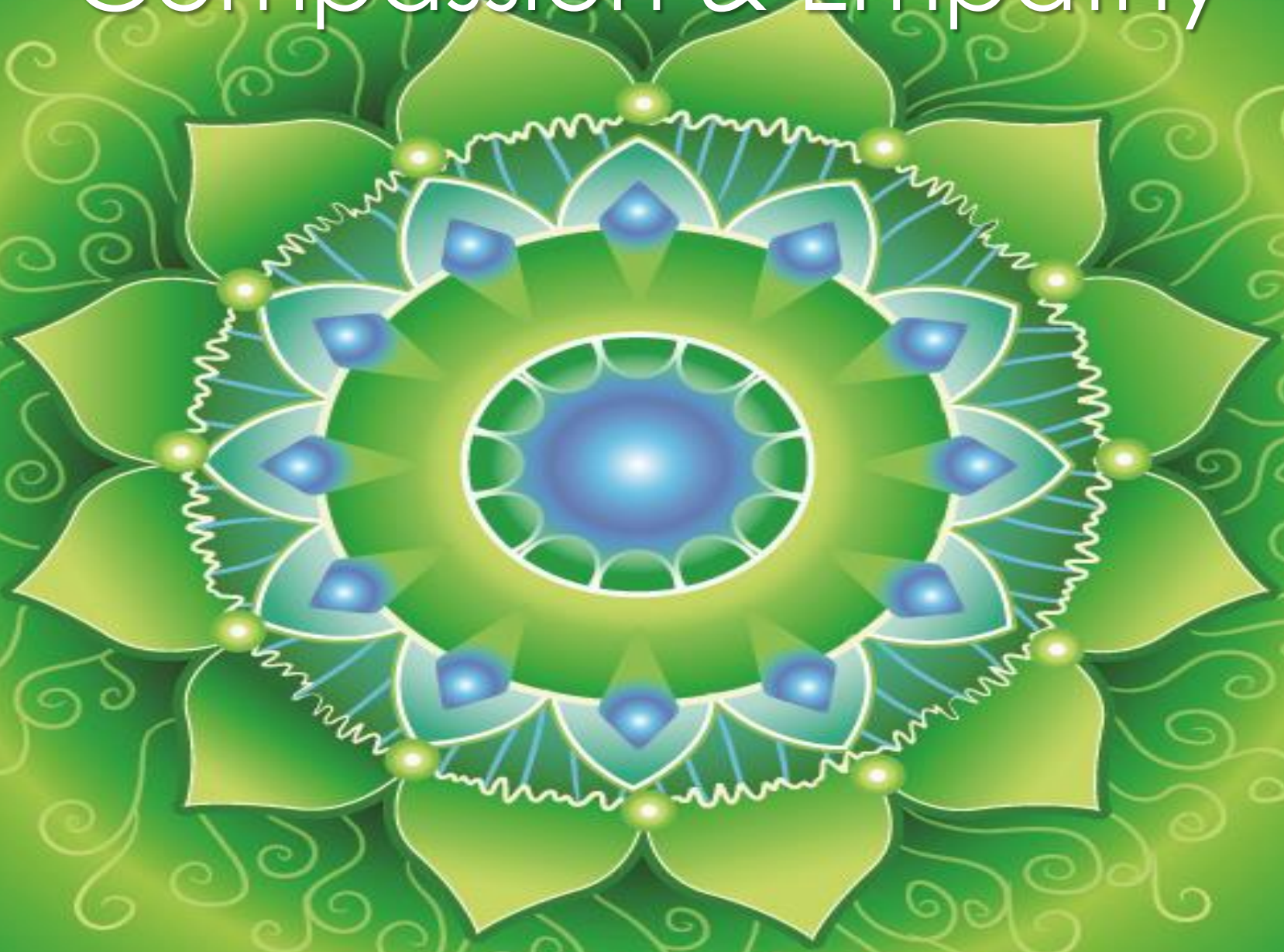


# Self-Love & Acceptance

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# Compassion & Empathy





# Expansion & Embrace

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A close-up photograph of two hands, one larger and one smaller, cupping a small green seedling with dark soil. The background is a soft-focus green field. The text "Giving & Generous" is overlaid in white.

# Giving & Generous



# Gratitude & Grace



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# Sharing & Service



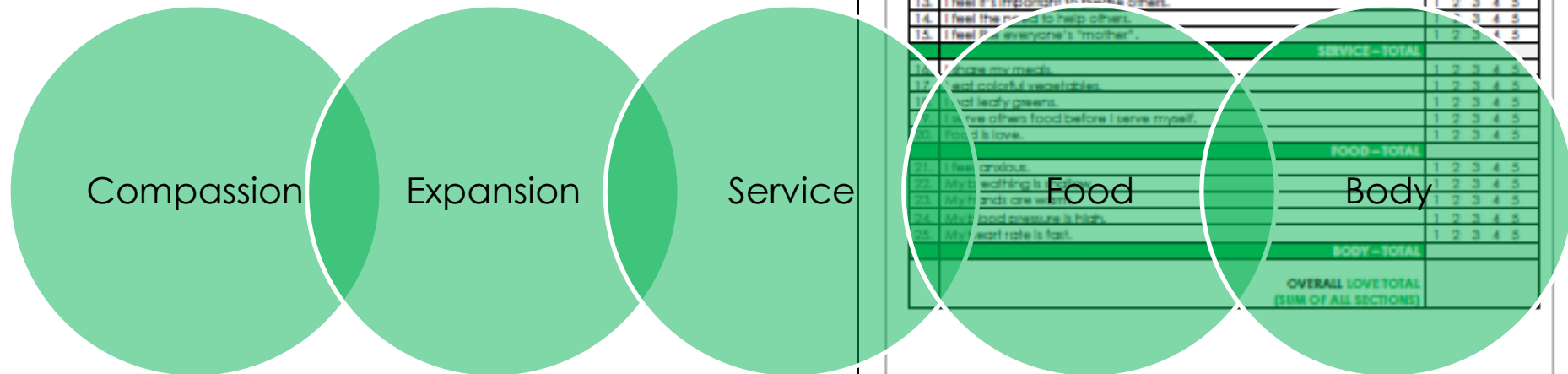



# Healing & Harmony

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# The Love

## Subgroups



FOOD  SPIRIT

**Section 4 – The Love**  
 1= Not so much    2= Occasionally    3= Sometimes    4= Most times    5= Perhaps too much


1. I am passionate.	1	2	3	4	5
2. I have difficulty seeing other people suffer.	1	2	3	4	5
3. I feel other people's feelings.	1	2	3	4	5
4. Other feelings are more important than mine.	1	2	3	4	5
5. My heart rules my head.	1	2	3	4	5
<b>COMPASSION – TOTAL</b>					
6. I include those I love in all I do.	1	2	3	4	5
7. I am generous.	1	2	3	4	5
8. My heart is open.	1	2	3	4	5
9. I connect to others through touch.	1	2	3	4	5
10. I give to others.	1	2	3	4	5
<b>EXPANSION – TOTAL</b>					
11. I serve others.	1	2	3	4	5
12. My life's work is to devote myself to a cause.	1	2	3	4	5
13. I feel it's important to relieve others.	1	2	3	4	5
14. I feel the need to help others.	1	2	3	4	5
15. I feel like everyone's "mother".	1	2	3	4	5
<b>SERVICE – TOTAL</b>					
16. I share my meals.	1	2	3	4	5
17. I eat colorful vegetables.	1	2	3	4	5
18. I eat leafy greens.	1	2	3	4	5
19. I have others food before I serve myself.	1	2	3	4	5
20. Food is love.	1	2	3	4	5
<b>FOOD – TOTAL</b>					
21. I feel anxious.	1	2	3	4	5
22. My breathing is tight.	1	2	3	4	5
23. My hands are warm.	1	2	3	4	5
24. My blood pressure is high.	1	2	3	4	5
25. My heart rate is fast.	1	2	3	4	5
<b>BODY – TOTAL</b>					
<b>OVERALL LOVE TOTAL (SUM OF ALL SECTIONS)</b>					

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# The Love

## Subgroups Scoring

Score	Rating
23 to 25	Excessive
18 to 22	Somewhat Excessive
13 to 17	Balanced
8 to 12	Somewhat Deficient
5 to 7	Deficient



**Section 4 – The Love**  
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1.	I am passionate.	1	2	3	4	5
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8.	My heart is open.	1	2	3	4	5
9.	I connect to others through touch.	1	2	3	4	5
10.	I love to others.	1	2	3	4	5
<b>EXPANSION – TOTAL</b>						
11.	I serve others.	1	2	3	4	5
12.	My life's work is to devote myself to a cause.	1	2	3	4	5
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19.	I serve others food before I serve myself.	1	2	3	4	5
20.	Food is love.	1	2	3	4	5
<b>FOOD – TOTAL</b>						
21.	I feel anxious.	1	2	3	4	5
22.	My breathing is shallow.	1	2	3	4	5
23.	My hands are warm.	1	2	3	4	5
24.	My blood pressure is high.	1	2	3	4	5
25.	My heart rate is fast.	1	2	3	4	5
<b>BODY – TOTAL</b>						
<b>OVERALL LOVE TOTAL (SUM OF ALL SECTIONS)</b>						

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# Overactive

- Self-sacrifice/martyr archetype
- Neglect of self
- Over-sympathetic
- May have heart disease
- Anger, resentment, bitterness

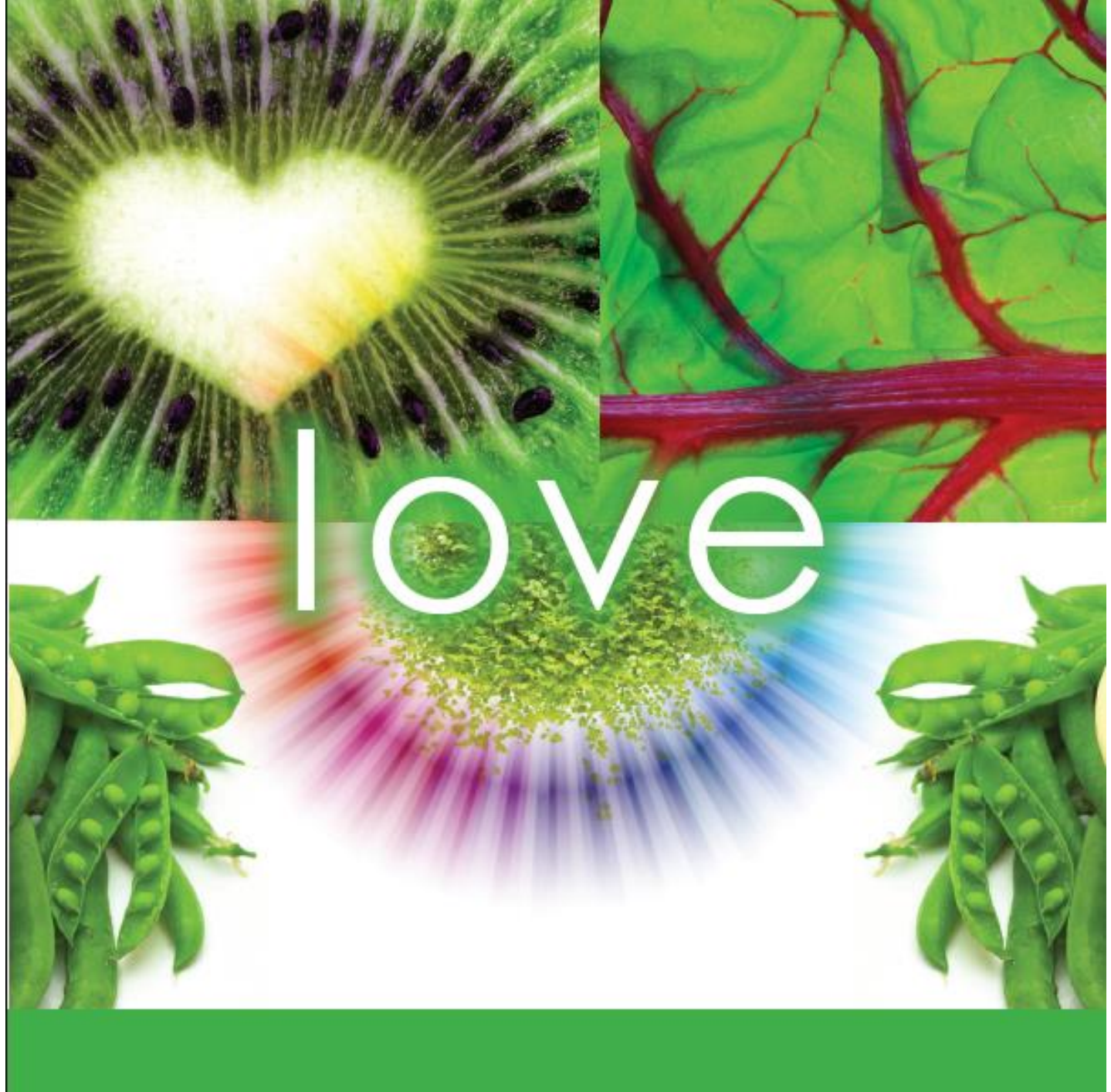
# Balanced

- Healthy care of self
- Compassionate
- Loving detachment
- Generous and able to receive
- Emotions manageable and in check

# Underactive

- Disappointment in love
- Lack of love felt
- Numb feeling
- Look for ways to “get love”
- Forgiveness difficult





I eat



the full  
spectrum

of phytonutrients.



being. I bring the vital energy  
of plants into my





A photograph of a light-colored wooden bowl filled with bright green, shelled peas. Several fresh green pea pods are scattered around the bowl on a white background. The text is overlaid on the right side of the image.

I serve  
myself and  
others by  
making  
healthy  
food  
choices.





I prepare  
meals  
with  
*Love.*

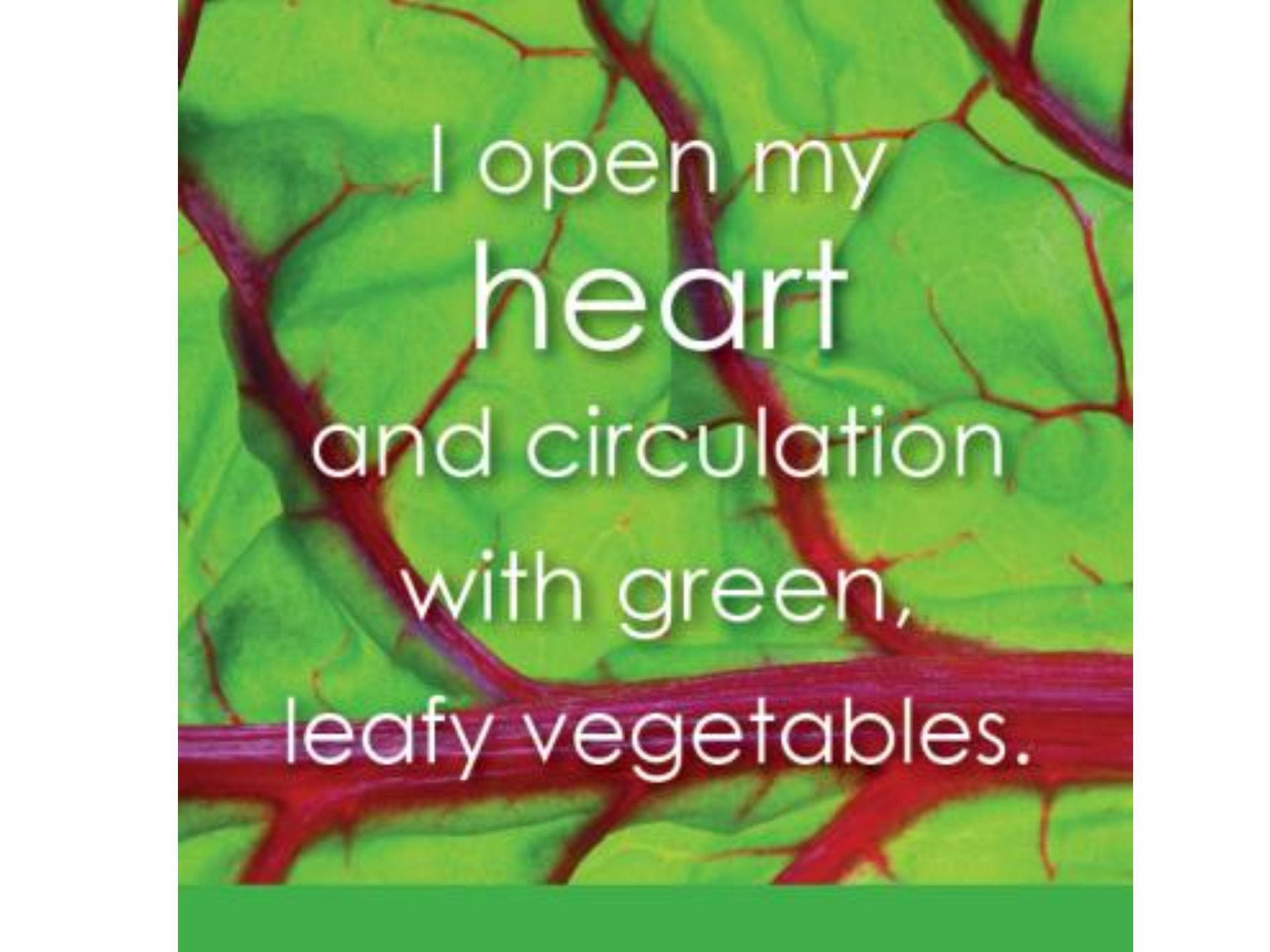


I give thanks  
to all who have  
provided me  
with my meals.



A conceptual image where a black silhouette of a hand reaches upwards towards a heart-shaped cloud composed of various fresh fruits and vegetables like watermelon, eggplant, carrots, and bananas. The hand's arm is depicted with green, root-like lines that descend into a brown, textured ground, where a heart-shaped patch of white roots is visible. The background is a blue sky with soft clouds.

I heal myself  
by making  
nourishing choices.

A close-up photograph of green leafy vegetables, likely chard or spinach, showing prominent red veins. The text is overlaid on the image.

I open my  
**heart**  
and circulation  
with green,  
leafy vegetables.



# What are your 3 takeaways?

