Check-in from the Groups

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Week 7

Eating and its Connection to Intuition, Insight, and Thought
“Look within the silence and behold our indigo soul-light, hear the quiet wisdom that illumines our inner sight, together let us dream of the peaceful world we would perceive, with our imagination we will create what we believe.”

- Mara Friedman
Food & Spirit™:
In tune with intellect & intuition
The Insight

"The best food choices are made when we combine our intellect with intuition and instinct."
— Deanna Minich

- intuition
- wisdom
- concentration & focus
- mood-alteration
- meditation
- imagination
- self-realization

- mood-altering foods
- berries
- foods that influence brain function
- caffeine
- pungent spices
- dark chocolate
- blue-purple foods

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Intuition
Visualization & Imagination
Concentration & Cognition
Eyes & Vision
Overactive

- Tendency towards obsession
- Highly intellectual
- Avid seeker and logical in pursuit
- Hyperactive and wired/mood imbalances
- Difficulty sleeping
Balanced

• Strong thinker
• Intuitive
• Good memory and sleep patterns
• Expansive perceptions
• What you visualize you manifest
Underactive

- Thinking may be dull, memory not as sharp
- Possible addiction to stimulants
- Moody
- Long sleep, poor sleep
- What you cannot see, you cannot believe.
The 5 senses and the sense of “knowing”
“Prayer is us talking to God. Intuition is God talking to us.”

- Char Sundust
Does everything start with a thought?

Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character.

Watch your character; for it becomes your destiny.

- Unknown
...studies have appeared in the literature suggesting that mental intentions sent from a distance...can possibly influence clinical outcomes in patients suffering from an array of medical conditions.
Which most influences you?

- Absolutist thinking – replace with permissive statements
- Catastrophic thinking – replace with positive and accurate thoughts
- Pessimistic thinking – replace each negative thought with a positive
- Linear thinking – replace with organic living and surrender
Nocebo vs. Placebo

- *nocebo* (Latin for "I will harm")
- *placebo* (Latin for "I will please")
You believe and it is true, or it is true and you start to believe?

“In the Framingham Heart Study, women who believed they are prone to heart disease were nearly four times as likely to die as women with similar risk factors who didn't believe.”

Hex Death

Individuals from cultures where voodoo is prevalent may result in people who get sick and die because of their belief in voodoo/hex death.

Does Your Body Really Speak its Mind?
Symbolic Diseasess

An elderly woman was referred by an internist for an immunological opinion regarding an extraordinary widespread inflammatory thickening of the skin (and given a diagnosis of “connective tissue disease”). It began when she fell over and injured herself in a shopping mall. In her initial description of this, she spontaneously and repeatedly said “I went into my shell.” After the injury she shut herself away for a year behind “my four walls,” and then spontaneously recovered when a friend insisted that “I come out of my shell.”

A woman developed very aggressive rheumatoid arthritis complicated by gold therapy-induced bone marrow failure. The disease arose in a context of a very enmeshed marital relationship and social context, about which she used the following language: “in a bind” “I can’t get moving,” “captured,” “tethered, enslaved,” and, indeed, “crippled” by living in a small back-water town. Therapy addressing these issues has led to an enduring remission (12 years thus far).

“Changing your thoughts and feelings can also change brain activity. Imagining playing the piano produces a PET scan of the brain that is almost identical to the scan of actually playing the piano.”

- Doc Childre
Be the gardener of “weedy” thoughts.
What thoughts about food and eating plague your garden?
Four Universal Addictions
- Angeles Arrien

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<thead>
<tr>
<th>Addiction</th>
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<td>Being fixated on what’s not working rather than what IS working</td>
<td>Vision, Looking at the Whole</td>
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“The co-existence of brain insulin... deficiency and resistance suggests that Alzheimer’s disease may represent a brain-specific form of diabetes, i.e., Type 3 diabetes.”

(de la Monte et al. J Alz Dis 2006; 10:89-109)
Body Aspects

- Brain & neurotransmitters
- Eyebrows & eyes
- Forehead
- Pituitary gland
Blue-purple foods feed my mind and vision.
I choose foods that help me concentrate and focus.
Intuition guides my food choices.
I am aware of how foods influence my moods.
I free myself from the spiral of food addictions.
Eating a meal is a meditative practice for me.
I see the symbolism in my foods.
What are your 3 takeaways?