

Week 8

Eating and its Connection to Purity,
Clarification, and Spirituality

Spirituality

- Sense of connection with something greater than you
- The web of nature
- Sacred, special, unexplainable
- Divine, God
- Believing that there is a power or force greater than oneself
- Being “in the world but not of it”

We are connected.

*“I celebrate myself and sing myself;
And what I assume you shall assume;
For every atom belonging to me, as
good belongs to you.”*

-Walt Whitman

Germany: The Melander family of Bargteheide
Food expenditure for one week: 375.39 Euros or \$500.07



Hungry Planet, Peter Menzel, 2005

United States: The Revis family of North Carolina; Food expenditure for one week \$341.98



Hungry Planet, Peter Menzel, 2005

Italy: The Manzo family of Sicily

Food expenditure for one week: 214.36 Euros or \$260.11



Mexico: The Casales family of Cuernavaca

Food expenditure for one week: 1,862.78 Mexican Pesos or \$189.09



Hungry Planet, Peter Menzel, 2005

Poland: The Sobczynscy family of Konstancin-Jeziorna
Food expenditure for one week: 582.48 Zlotys or \$151.27



Hungry Planet, Peter Menzel, 2005

Egypt: The Ahmed family of Cairo

Food expenditure for one week: 387.85 Egyptian Pounds or \$68.53



Hungry Planet, Peter Menzel, 2005

Ecuador: The Ayme family of Tingo

Food expenditure for one week: \$31.55



Bhutan: The Namgay family of Shingkhey Village
Food expenditure for one week: 224.93 ngultrum or \$5.03



Chad: The Aboubakar family of Breidjing Camp

Food expenditure for one week: 685 CFA Francs or \$1.23



"The true way to be humble is not to stoop until you are smaller than yourself, but to stand at your real height against some higher nature that will show you what the real smallness of your greatness is."

- Phillips Brooks



The Spirit



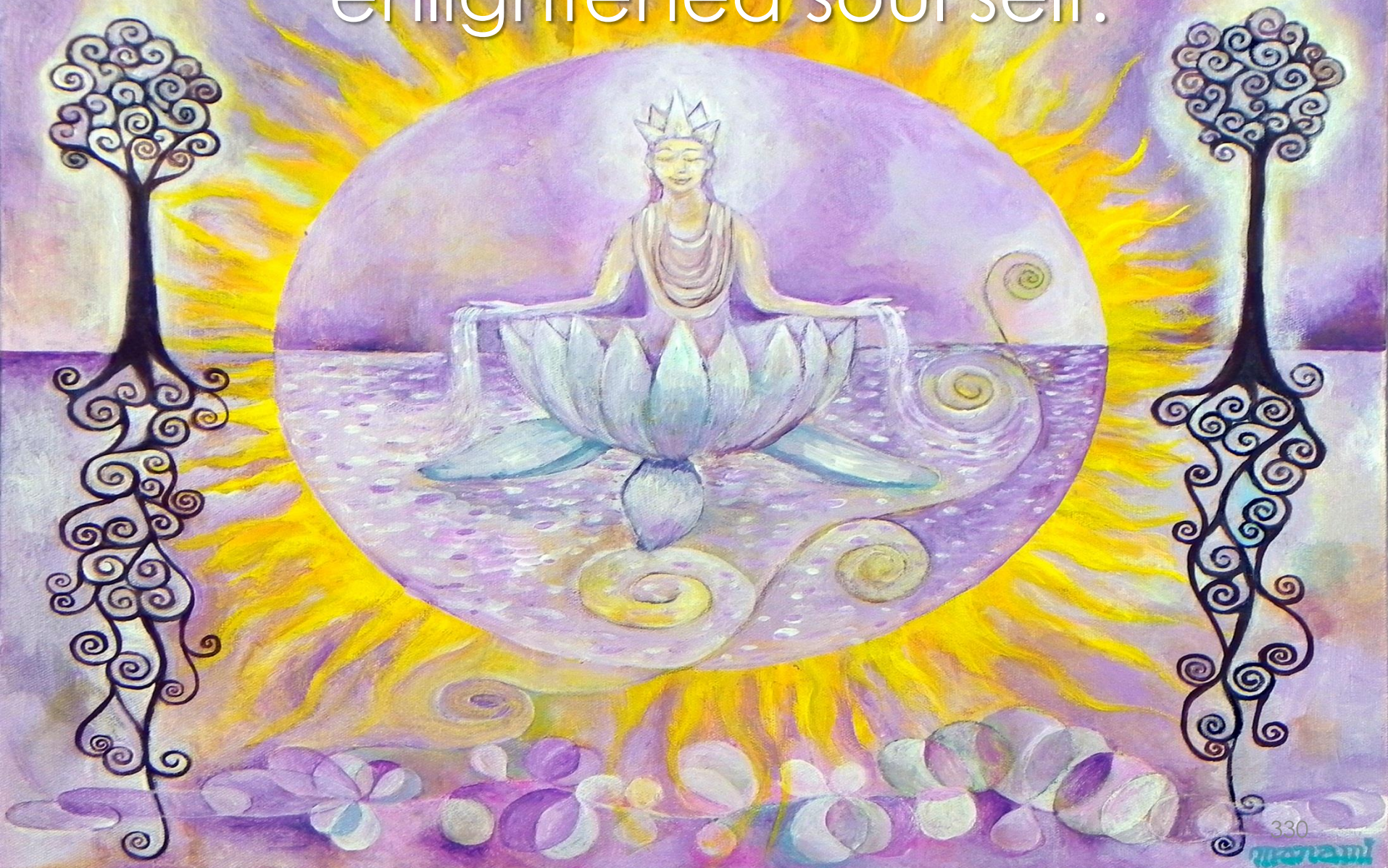
"Every meal is a miracle."

– Deanna Minich

- * clarity
 - * purity
 - * intention
 - * simplicity
 - * cleansing
 - * interconnection
 - * spirituality
-

- * detoxification practices
- * fasting
- * oxygen
- * sunlight
- * organically-grown foods
- * non-GMO foods

Eating opens me to my
enlightened soul self.





Spirit & Soul

The background of the slide is a close-up photograph of several thin, circular slices of a lime. The slices are arranged in a slightly overlapping pattern. The lime is a vibrant green color, and the internal structure of the fruit, including the segments and the central pith, is clearly visible. The lighting is bright, creating a fresh and clean aesthetic.

Interconnection

An abstract visualization of a network or field. It features a dark blue background with numerous thin, glowing lines in shades of blue, white, and yellow. These lines connect several spherical nodes. The nodes are also glowing, with some showing a gradient of colors like blue, green, and yellow. The overall effect is one of a complex, interconnected system with energy or light flowing through it.

Networks & Fields

A close-up photograph of a pink rose, showing the intricate layers of its petals. The petals are a vibrant pink color, with some darker shades towards the edges and lighter tones in the center. The rose is in full bloom, with the petals tightly packed together. The word "Unity" is overlaid on the upper left portion of the rose in a black, sans-serif font.

Unity



Divinity

Enlightenment



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Life Force

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A person is seen from behind, sitting in a yoga pose (Padmasana) on a sandy beach. Their hands are pressed together in a prayer position (Anjali Mudra) above their head. The person is wearing a dark bikini. The background features a calm ocean with gentle waves, a few distant islands, and a sailboat on the horizon. The sky is filled with soft, colorful clouds in shades of pink, orange, and yellow, indicating a sunset or sunrise. The overall mood is peaceful and serene.

Vitality

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Purification



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Clarification

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Purpose & Calling

The image is a vertical collage. The top half features a close-up of a purple lotus flower with yellow stamens, set against a clear blue sky. Below the flower, a large, clear water droplet is suspended on a green stem. The bottom half of the collage shows a silhouette of a person in a meditative lotus position, with seven colored dots (chakras) aligned vertically along their spine. The background of the bottom half is a soft, out-of-focus green. The word "spirit" is written in a white, lowercase, sans-serif font across the center of the image, partially overlapping the flower and the meditator.

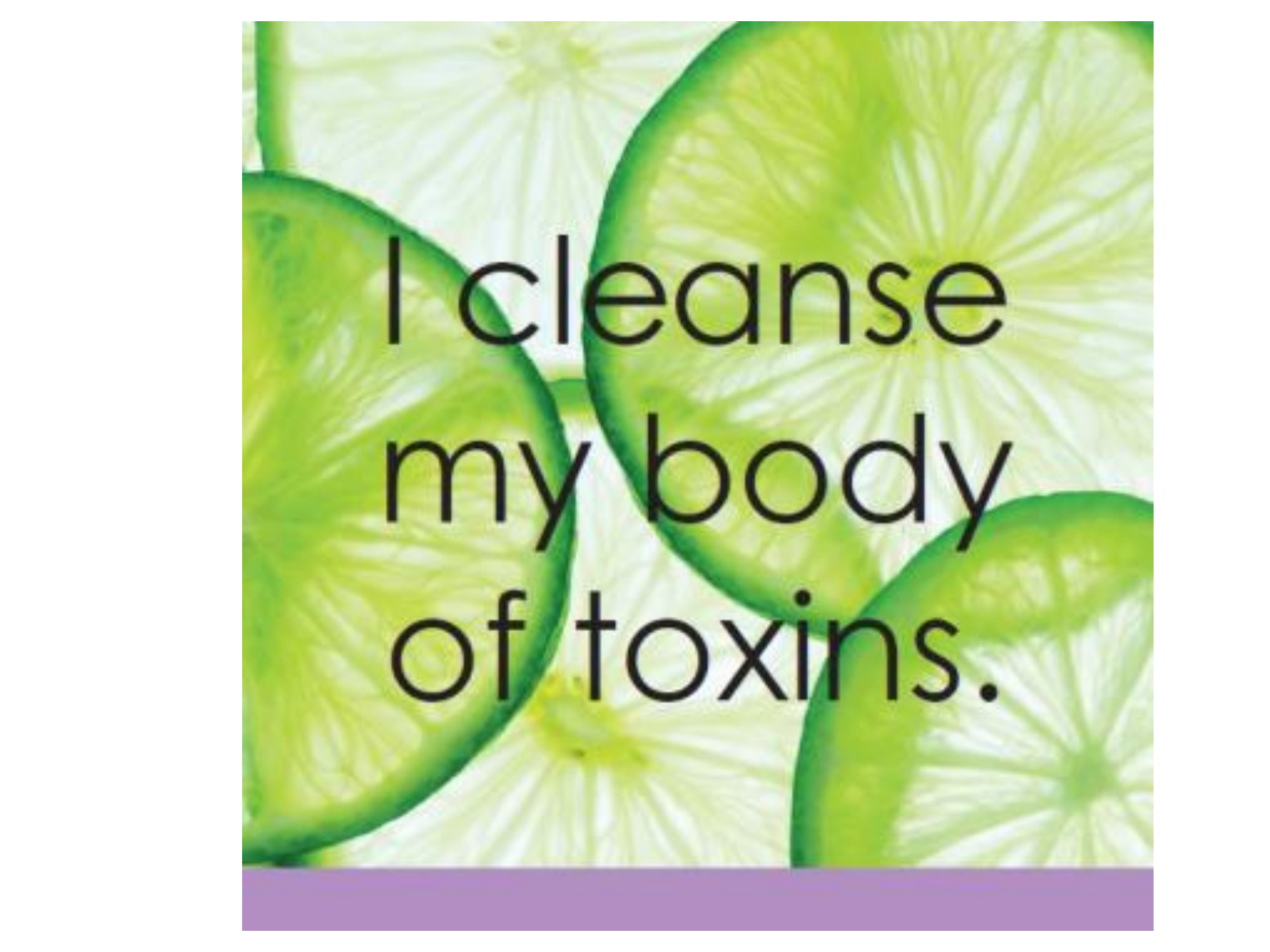
spirit

A close-up photograph of several lit candles, with the text "My eating journey is a sacred path." overlaid in white. The candles are lit, and their flames are visible. The background is a warm, golden-brown color. The text is centered and spans across the middle of the image. The bottom of the image has a solid purple bar.

My eating
journey is a
sacred path.

A photograph of several stalks of asparagus, some green and some purple, arranged on a white rectangular plate. The background is a solid, deep purple color. The text is overlaid in white, sans-serif font.

I keep my
body clean
by eating
pure foods.

The background of the slide features several thin, overlapping slices of lemons. The slices are arranged in a way that creates a sense of depth, with some appearing closer and more vibrant in color than others. The lemon slices are a bright, fresh green, and their internal structure, including the pulp and pith, is clearly visible. The overall effect is clean and refreshing, reinforcing the theme of detoxification.

I cleanse
my body
of toxins.

Every meal



is

a miracle.

I am
enlightened
through eating.





Eating
is an opportunity
to

acknowledge my
interconnection
with all of life.

I welcome
the divine
into every meal.



Overactive

- Lack of clarity and increased fragmentation
- Vulnerable and impressionable when it comes to your beliefs
- Over-concern with spirituality
- Lack of bodily needs, detached from body
- Nervous system over-stimulation

Balanced

- Spirituality is in proper perspective in your life
- Interconnection as a key concept
- Self-aware of body and spirit
- Developed relationship with God/Divine
- Depth of understanding about life

Underactive

- Disconnected from spirituality and connection
- Focused on material concerns
- Rigid views
- Lonely
- Numbness

Studies on Prayer

Effects of healing intention on cultured cells and truly random events.

Radin D, Yount G.

J Altern Complement Med. 2004 Feb;10(1):103-12.
Institute of Noetic Sciences, Petaluma, CA 97952-9524, USA.
Dean.Radin@noetic.org

OBJECTIVE: To explore effects of healing intention and intentional space conditioning on the growth of cultured human brain cells and the distribution of truly random events. DESIGN: The experiment took place inside an electromagnetically and acoustically shielded chamber over a period of 3 days. On each day randomly selected flasks of human astrocytes in culture were exposed to healing treatment; an equal number of unexposed flasks served as

“Results were consistent with the postulate that healing intention, applied repeatedly in a given location, may alter or condition that site so as to enhance the growth of treated cell cultures compared to untreated controls.”

formed under healing intention versus control conditions, and the change in these differences over the 3-day experiment. For the random number generators, the outcome measure was the variance in the distribution of random numbers generated, compared to chance expectation. RESULTS: There was no overall difference in growth between treated and control cells. A treatment by day interaction indicated that treated cells grew more than control cells as the experiment progressed ($p=0.02$). The three random number generators deviated from chance expectation on the morning of the third day of the experiment (combined peak association with $p=0.00009$). CONCLUSIONS: Results were consistent with the postulate that healing intention, applied repeatedly in a given location, may alter or condition that site so as to enhance the growth of treated cell cultures compared to untreated controls. Repeated

Spiritual ceremonies and quality of life

[Complement Ther Clin Pract.](#) 2012 Aug;18(3):177-81. doi: 10.1016/j.ctcp.2012.03.005. Epub 2012 May 2.

Do spiritual ceremonies affect participants' quality of life? A pilot study.

[Hewson PD](#)¹, [Rowold J](#).

Author information

Abstract

OBJECTIVES:

As an attempt to explore and quantify the potential effects of spiritual ceremonies, the present study evaluated the effect of a spiritual ceremony on four independent facets of quality of life.

DESIGN:

Overall, ten persons participated in a half-day spiritual ceremony. Participants completed a survey on quality of life (a) four weeks prior to the ceremony (T1), (b) three days before (T2) and (c) four weeks after the ceremony (T3).

RESULTS:

Statistical analyses demonstrated that the ceremony had a positive effect on spiritual and mental quality of life. The ceremony did not enhance participants' physical and emotional quality of life. Implications for future research are discussed.

CONCLUSIONS:

Spiritual ceremonies might serve as a booster for spiritual and mental quality of life.

Spiritual well-being helps heal emotional wounds.

“...attending to eating disorder patients' **spiritual growth and well-being** during inpatient treatment may help **reduce depression and anxiety, relationship distress, social role conflict, and eating disorder symptoms.**”

Eat Disord. 2006 Oct-Dec;14(5):401-15.

Research article

Open Access

In vitro test of external Qigong

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“...apparent increase in proliferation of cultured cells following external Qi Gong (20 min at a minimum distance of 10 cm) treatment by practitioners under strictly controlled conditions.”

Abstract

Background: Practitioners of the alternative medical practice 'external Qigong' generally claim the ability to emit or direct "healing energy" to treat patients. We investigated the ability of experienced Qigong practitioners to enhance the healthy growth of cultured human cells in a series of studies, each following a rigorously designed protocol with randomization, blinding and controls for variability.

Methods: Qigong practitioners directed healing intentionality toward normal brain cell cultures in a basic science laboratory. Qigong treatments were delivered for 20 minutes from a minimum distance of 10 centimeters. Cell proliferation was measured by a standard colony-forming efficiency (CFE) assay and a CFE ratio (CFE for treated samples/CFE for sham samples) was the dependent measure for each experiment.

Results: During a pilot study (8 experiments), a trend of increased cell proliferation in Qigong-treated samples (CFE Qigong/sham ratios > 1.0) was observed ($P = 0.162$). In a formal study (28 experiments), a similar trend was observed, with Qigong-treated samples showing on average more colony formation than sham samples ($P = 0.036$). In a replication study (60 experiments), no significant difference between Qigong-treated samples and sham samples was observed ($P = 0.465$).

Conclusion: We observed an apparent increase in the proliferation of cultured cells following external Qigong treatment by practitioners under strictly controlled conditions, but we did not observe this effect in a replication study. These results suggest the need for more controlled and thorough investigation of external Qigong before scientific validation is claimed.

Background

Healing practices that purportedly involve the mental or spiritual manipulation of some form of life energy associated with the body are popular forms of complementary

and alternative medicine worldwide. The National Center for Complementary and Alternative Medicine currently supports research projects investigating such 'energy medicine' modalities [1]. Energy medicine practitioners

In vitro effect of Reiki treatment on bacterial cultures: Role of experimental context and practitioner well-being.

Rubik B, Brooks AJ, Schwartz GE.

J Altern Complement Med. 2006 Jan-Feb;12(1):7-13

Institute for Frontier Science, Oakland, CA 94611, USA. brubik@earthlink.net

OBJECTIVE: To measure effects of Reiki treatments on growth of heat-shocked bacteria, and to determine the influence of healing context and practitioner well-being. METHODS: Overnight cultures of *Escherichia coli* K12 in fresh medium were used. Culture samples were paired with controls to minimize any

“Reiki improved growth of heat-shocked bacterial cultures in a healing context. The initial level of well-being of the Reiki practitioners correlates with the outcome of Reiki on bacterial culture growth and is key to the results obtained.”

overall exhibited significantly more bacteria than controls ($p < 0.05$). Practitioner social ($p < 0.013$) and emotional well-being ($p < 0.021$) correlated with Reiki treatment outcome on bacterial cultures in the nonhealing context. Practitioner social ($p < 0.031$), physical ($p < 0.030$), and emotional ($p < 0.026$) well-being correlated with Reiki treatment outcome on the bacterial cultures in the healing context. For practitioners starting with diminished well-being, control counts were likely to be higher than Reiki-treated bacterial counts. For practitioners starting with a higher level of well-being, Reiki counts were likely to be higher than control counts. CONCLUSIONS: Reiki improved growth of heat-shocked bacterial cultures in a healing context. The initial level of well-being of the Reiki practitioners correlates with the outcome of Reiki on bacterial culture growth and is key to the results obtained.

Food Aspects

- Detoxification & cleansing
- Pure foods (organic, etc.)
- Nervous system support
- Vitamin D
- Enlightened eating

The Relationship between Purity & Clarity and Food & Eating

- Abstinence of eating
- Purifying the body through foods or lack of foods
- Simplicity: One Bowl concept

Food & Spirit™

Eating as a sacred path



“Nourishment is certainly the least
acknowledged of personal daily
miracles.”

- Sondra Ray

“The best six doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air
Exercise and diet.
These six will gladly you attend
If only you are willing,
Your mind they'll ease
Your will they'll mend
And charge you not a schilling.”

- Author unknown



FOODS FOR PURIFICATION

- Fasting
- Detoxification
- Sunlight
- Air

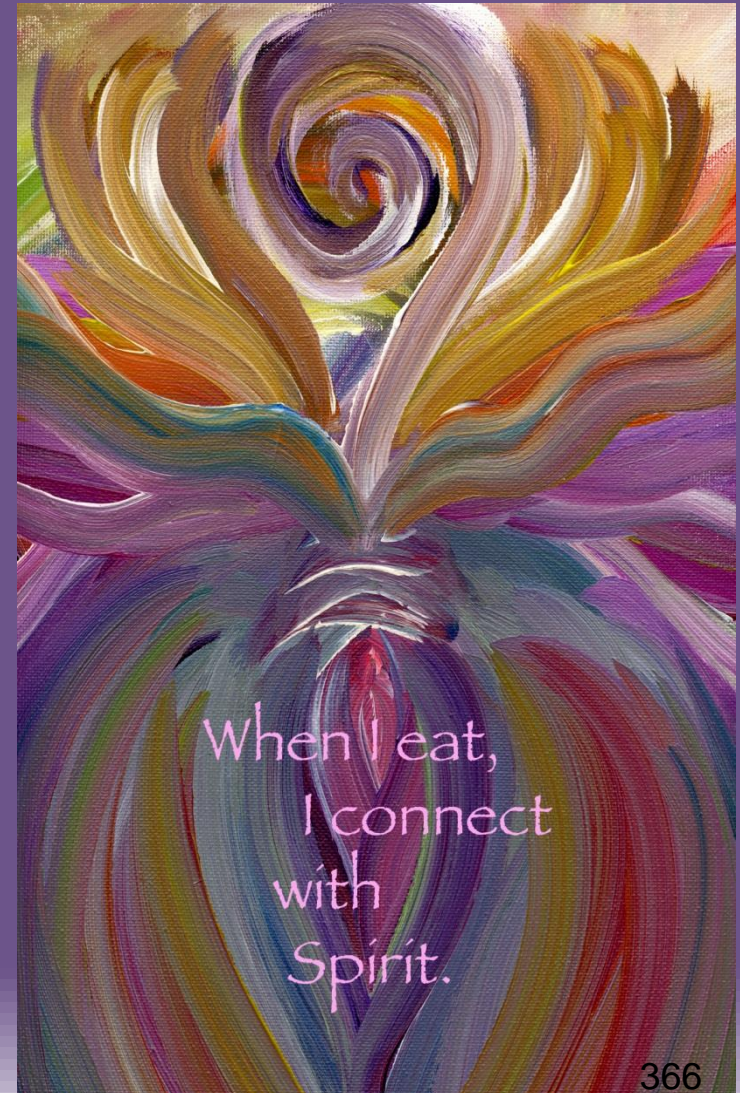
Purification Through Air

- **Incense and Smudging Herbs:** sage, copal, myrrh, frankincense, and juniper (These herbs are not to be eaten but are ritually inhaled through the nostrils or can be smoked through a ceremony pipe for purification purposes)



FOODS FOR PURIFICATION

- Always making the 'highest choice'
- Eating as an act of communion with the holiness of everything living
- "Spirit plate"
- Eucharist
- One bowl concept



“If you want a quick way to see how people relate to God, watch the way they eat.”

- Quote from a Benedictine monk cited by Donald Altman in “Art of the Inner Meal”



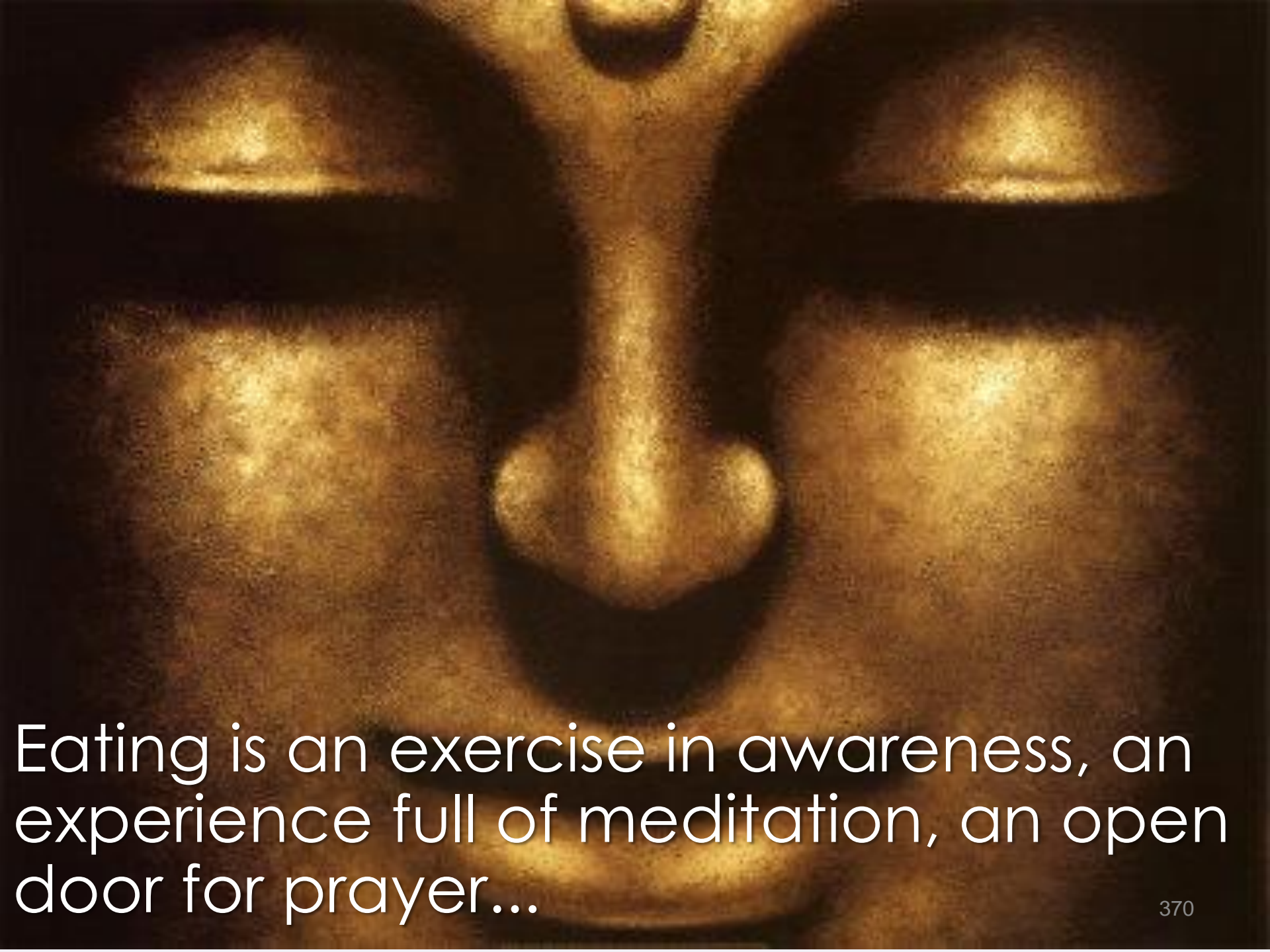
The act of eating as a sacred,
sacrificial act.



"Eating is not a race, but a place to find grace."

- Donald Altman, *Art of the Inner Meal*





Eating is an exercise in awareness, an experience full of meditation, an open door for prayer...

When I
eat,
I eat with
my whole,
beautiful
self.



Spirit Menu!

- Deep breathing in of clean air
- Sunlight bath
- Clean, organic foods of highest quality

Homework

- Be yourself.
- Allow yourself to go with the flow of life and your inner passions.
- Balance your internal and external worlds.
- Give and receive love as much as possible.
- Speak your truth.
- Listen to your divine wisdom within.
- Connect with the vital life force of divinity/God.

*“And when you crush an apple with your teeth,
say to it in your heart,
“Your seeds shall live in my body,
And the buds of your tomorrow shall blossom in
my heart,
And your fragrance shall be my breath,
And together we shall rejoice through all the
seasons.”*

-Kahlil Gibran

Breakfast

A smoothie
full of joy,
self-
acceptance
& purpose



Lunch

A heaping
salad of leaves
of **abundance**,
seeds of
gratitude, fruits
of **grace**



Dinner

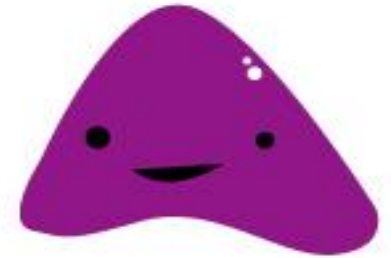
A hearty
medley of
LOVE,
peace, and
fulfillment!



**When I eat,
I eat with
my whole,
beautiful
self.**



LOVE YOUR GLANDS!



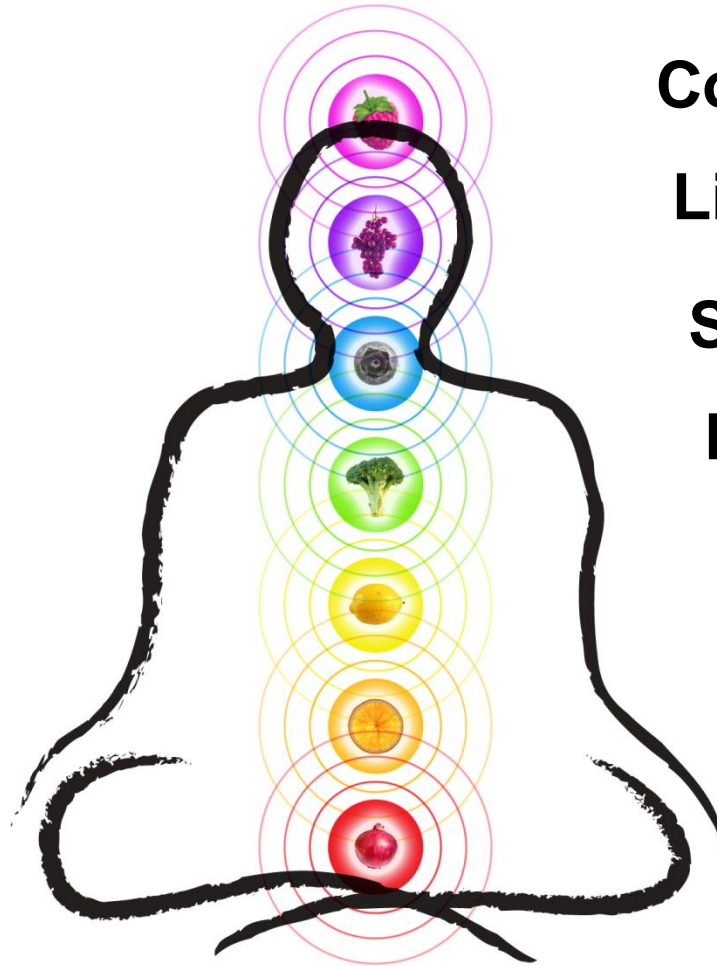
7 Essential Parts of the Self

- Connection
- Intuition
- Truth
- Love
- Power
- Emotions
- Body



Eating for the whole self:

7 Steps to Meaningful Meals



Connect with life

Listen to intuition

Speak your truth

Expand into love

Fuel your power

Express creativity

Center yourself



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...AND MORE



Thank you!

Happy, blissful eating!
From Deanna Minich, PhD
www.foodandspirit.com

What are your 3 takeaways?

