



FOOD + SPIRIT™

Nourish the whole self

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Intention

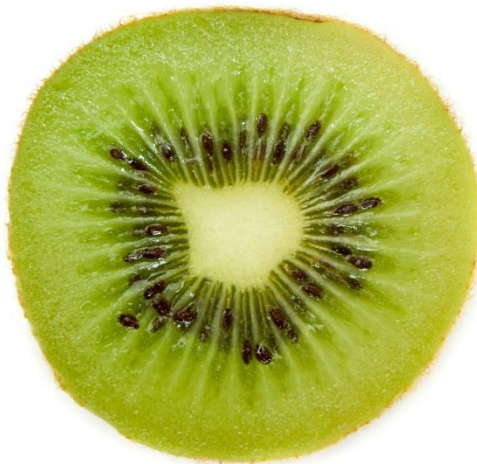
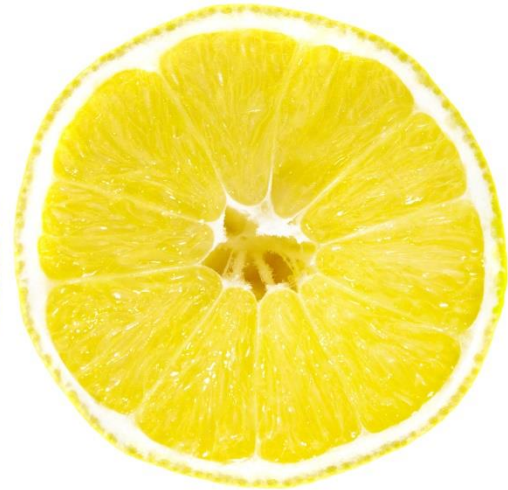
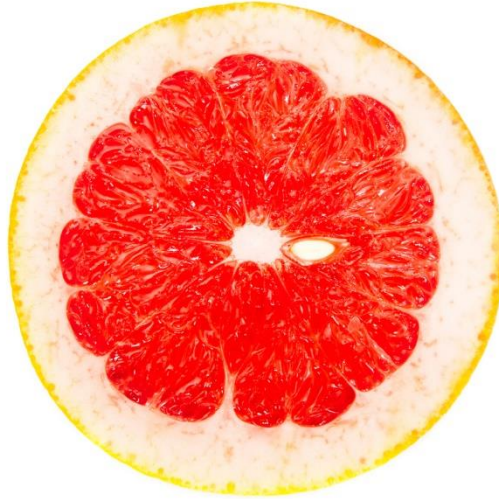
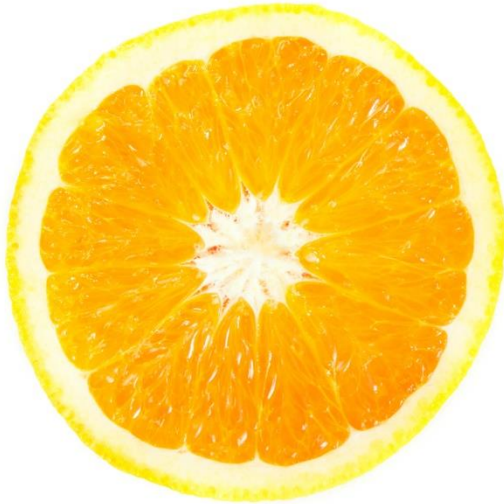
What is your
intention for
this journey to
nourish your
whole self?

Use words,
images...



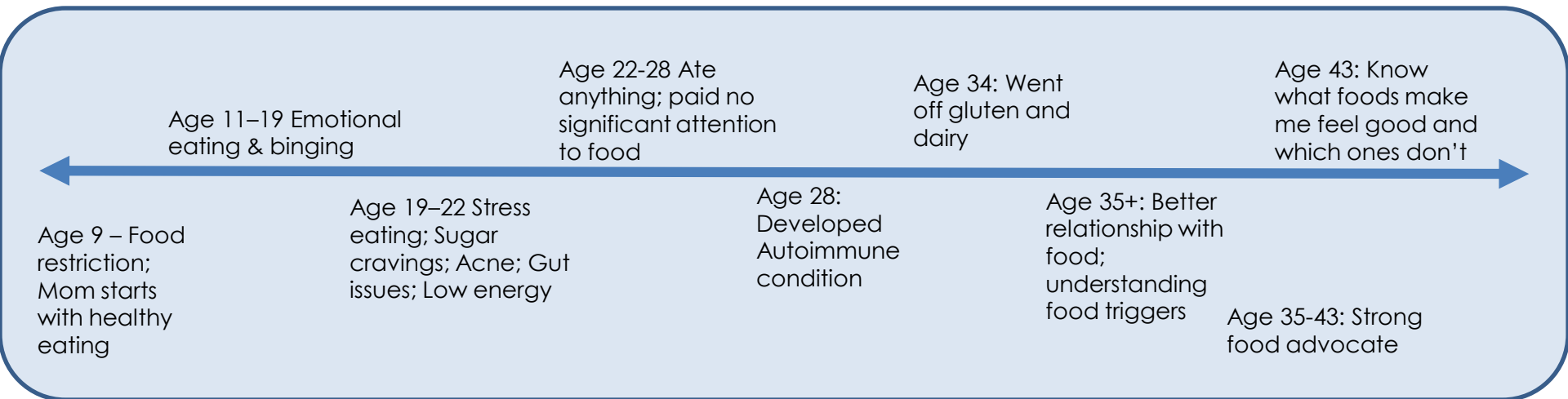
Does eating define you?

How has eating defined you through your life?



Your Food-Life Line

- Note your defining food moments on your life line below.
- What did you learn?



Week 2

Eating and its Connection to Safety, Trust and Survival

“I think that what we're seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonances within our own innermost being and reality, so that we actually feel the rapture of being alive.”

– Joseph Campbell



The Root

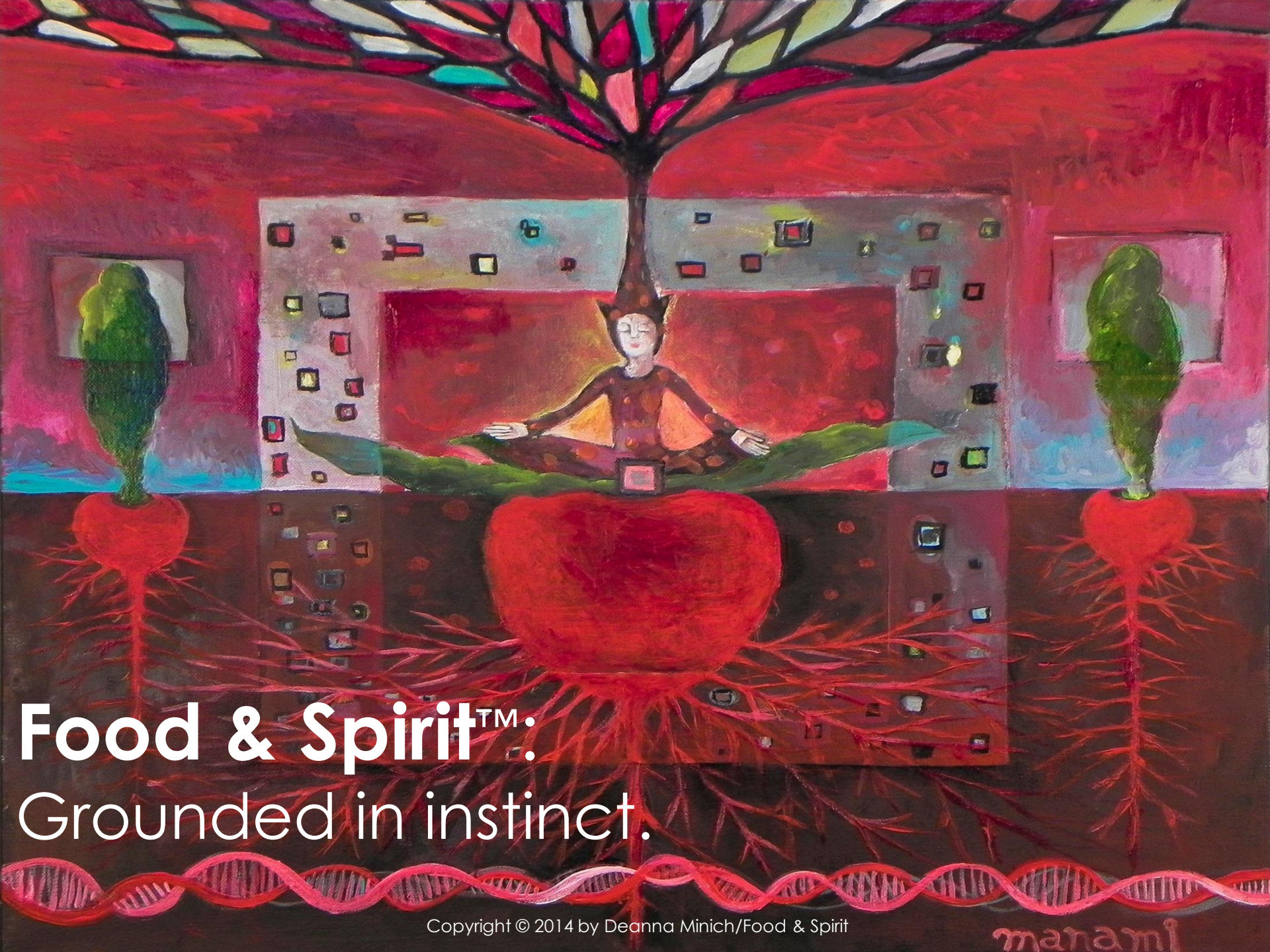


"Eating provides the opportunity for an intimate relationship with the earth through our bodies."

– Deanna Minich

- * family
 - * community & tribe
 - * instinct
 - * ability to be grounded
 - * structure
 - * survival
-

- * protein
- * root vegetables
- * minerals
- * foods that grow deep in the earth
insoluble fiber
- * foods for immune, skeletal, &
adrenal systems



Food & Spirit™:
Grounded in instinct.

DNA, Genes, Ancestry, Family



Rootedness

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Protein, Stability, & Presence



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Trust, Boundaries, & Survival



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A photograph of two large, mature trees with thick, textured trunks and extensive, exposed root systems. The roots are light-colored and spread out across the ground, which is covered with dry leaves and small green plants. The background shows a clear blue sky with scattered white clouds and a distant, hilly landscape with green vegetation.

Grounded



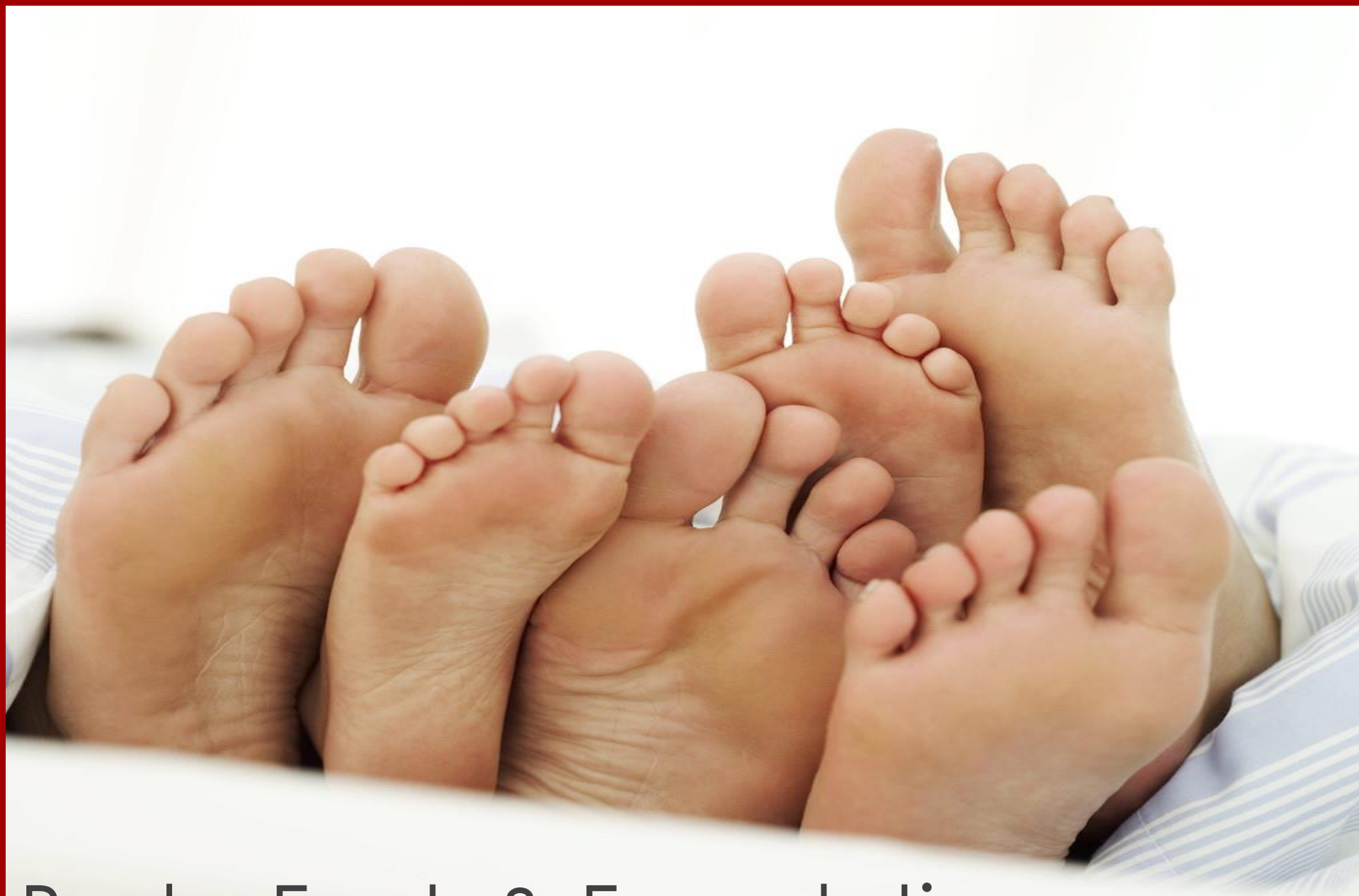
Instinct

Safety & Protection





Tribe & Community



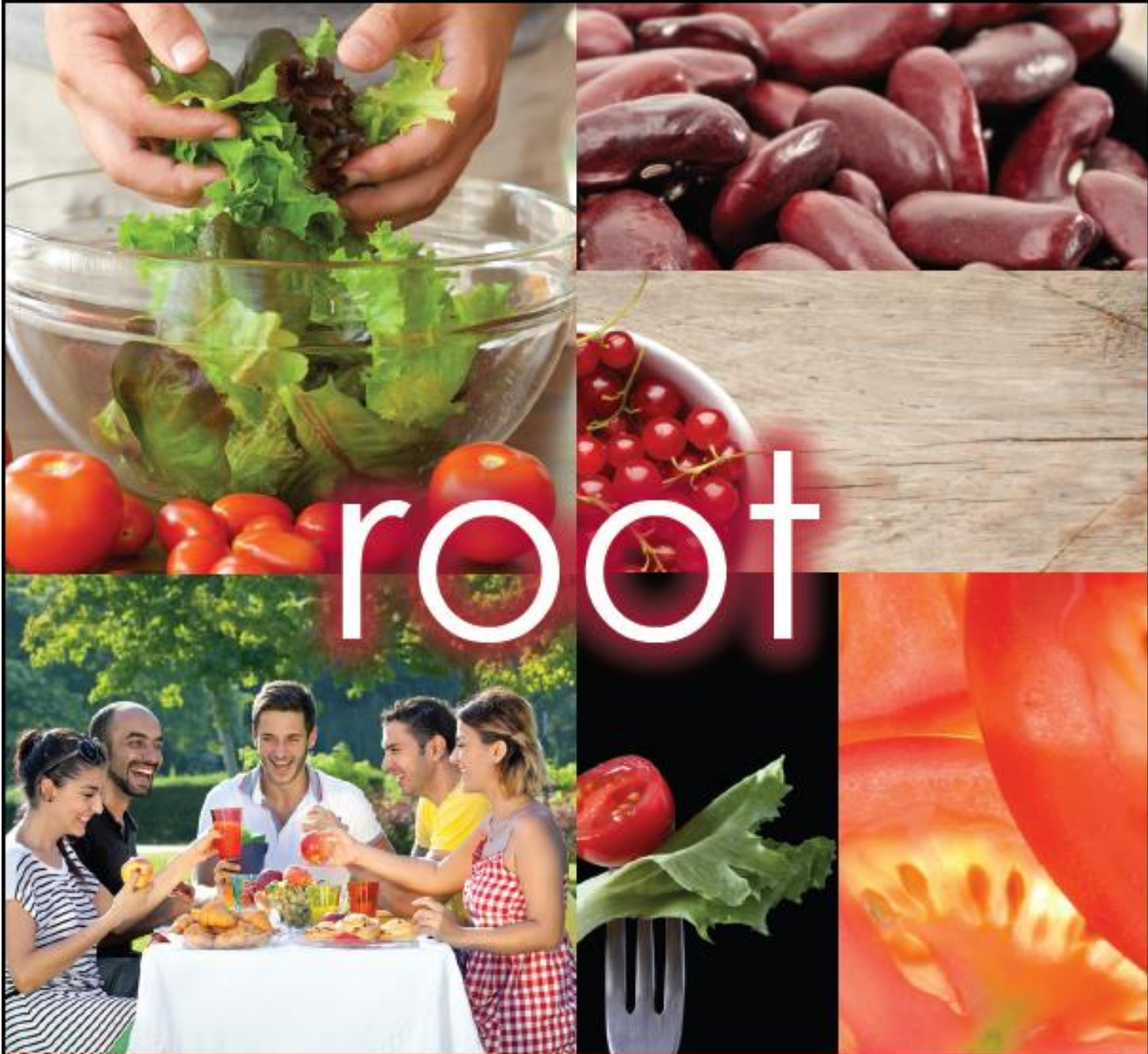
Body, Feet, & Foundation

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Soil & Earth

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Daily Life Log

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**FOOD & SPIRIT
DAILY LIFE LOG**

Name: _____ Date: __/__/__



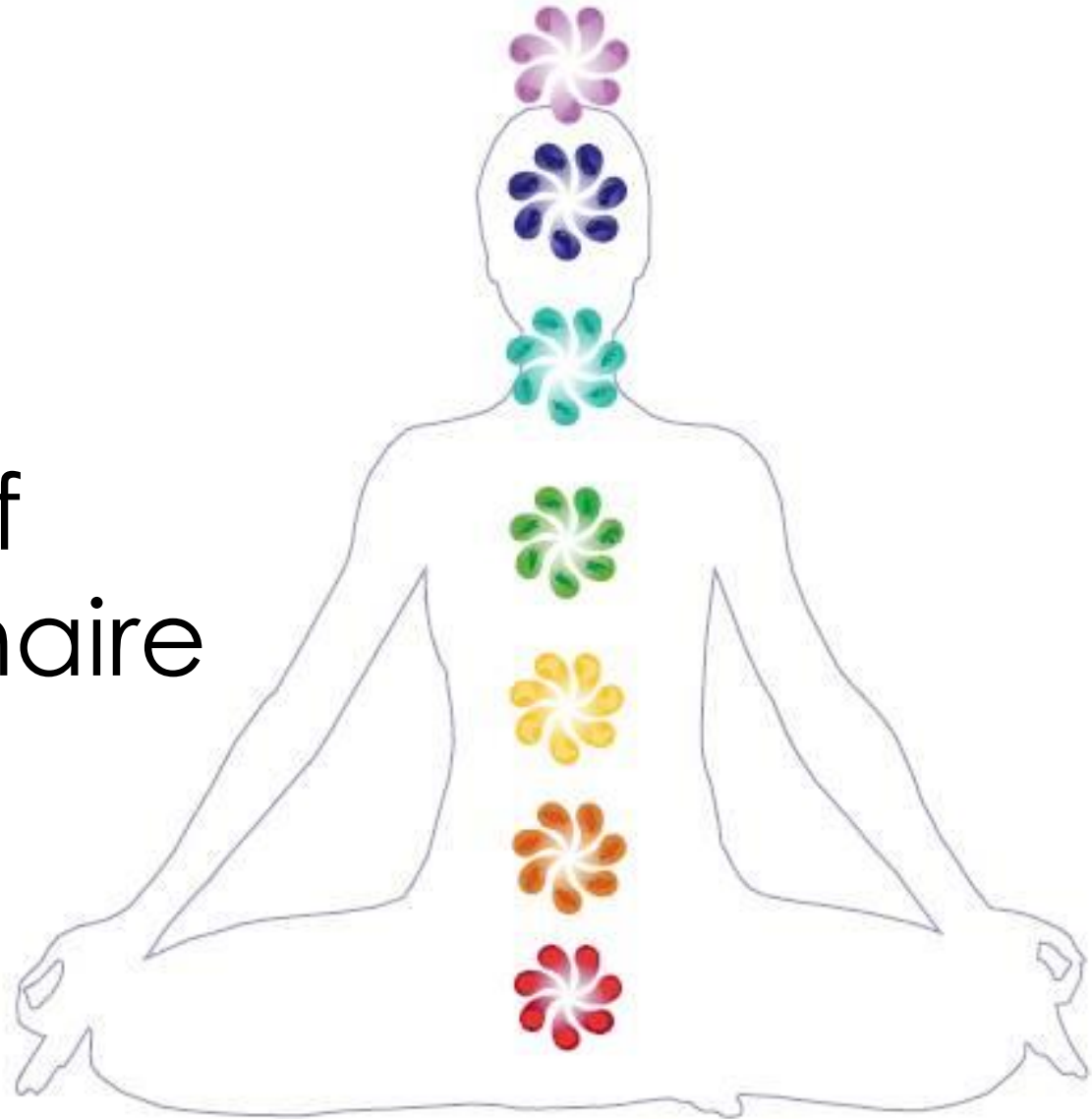
ROOT - Ground		FLOW - Hydrate	
<input type="checkbox"/> Protein: <input type="checkbox"/> Root Vegetables: <input type="checkbox"/> Minerals (supplements): <input type="checkbox"/> Red Foods: <input type="checkbox"/> # Bowel Movements:	Community: 	<input type="checkbox"/> Fats & Oils: <input type="checkbox"/> Nuts & Seeds: <input type="checkbox"/> Tropical Fruits: <input type="checkbox"/> Fish: <input type="checkbox"/> Orange Foods: <input type="checkbox"/> # of Ounces/Liters of Water:	Movement: Emotions:
FIRE - Transform			
<input type="checkbox"/> Carbohydrates (Legumes, Whole Grains, Sweeteners): <input type="checkbox"/> Yellow Foods:		Life Balance: Energy level (1-5):	
LOVE - Expand		TRUTH - Express	
<input type="checkbox"/> Vegetables: <input type="checkbox"/> Greens:	Breathing:	<input type="checkbox"/> Soups/Sauces/Teas: <input type="checkbox"/> Fruits:	Words of Truth:
INSIGHT - Reflect			SPIRIT - Connect
<input type="checkbox"/> Spices: <input type="checkbox"/> Berries: <input type="checkbox"/> Caffeine: <input type="checkbox"/> Cocoa:		Reflection: # Sleep Hours: Dreams:	Spiritual Practice(s):

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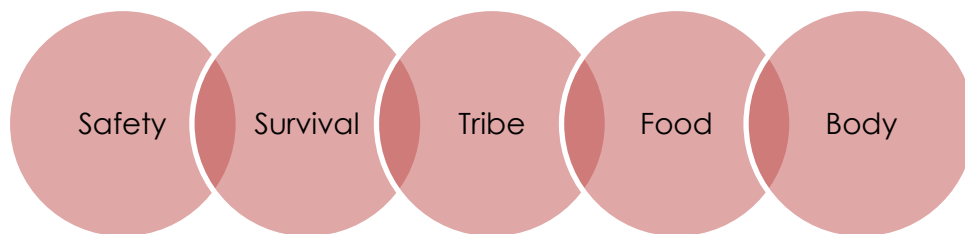
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Daily Life Log

Whole Self Questionnaire



The Root



Section 1 – The Root

1= Not so much 2=Occasionally 3= Sometimes 4=Most times 5=Perhaps too much

1.	I feel comfortable in my own skin.	1	2	3	4	5
2.	My boundaries are in place.	1	2	3	4	5
3.	I am protected.	1	2	3	4	5
4.	I am safe in my home.	1	2	3	4	5
5.	I feel safe in my body.	1	2	3	4	5
SAFETY - TOTAL						
6.	I am present in my body.	1	2	3	4	5
7.	I am instinctual.	1	2	3	4	5
8.	I can survive in my surroundings.	1	2	3	4	5
9.	I relate to the physical world.	1	2	3	4	5
10.	I trust others.	1	2	3	4	5
SURVIVAL - TOTAL						
11.	I belong to a community.	1	2	3	4	5
12.	I embrace family traditions.	1	2	3	4	5
13.	My family defines who I am.	1	2	3	4	5
14.	Family is important to me.	1	2	3	4	5
15.	I am proud of my heritage.	1	2	3	4	5
TRIBE - TOTAL						
16.	I listen to my body's messages about eating.	1	2	3	4	5
17.	I eat protein.	1	2	3	4	5
18.	I eat meat.	1	2	3	4	5
19.	I can eat anything.	1	2	3	4	5
20.	I disregard how food makes my body feel.	1	2	3	4	5
FOOD - TOTAL						
21.	My body gets inflamed.	1	2	3	4	5
22.	My immune system is active.	1	2	3	4	5
23.	My adrenal glands respond to stress.	1	2	3	4	5
24.	My bones are strong.	1	2	3	4	5
25.	I am attentive to my legs and feet.	1	2	3	4	5
BODY - TOTAL						
OVERALL ROOT TOTAL (SUM OF ALL SECTIONS)						

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SCORING OVERALL CATEGORIES

Ideally, you want your score for the seven aspects of the self to fit within the balanced range. It is common to have a mixture of low and high scores.

ROOT	28	Deficient
FLOW	47	S. Deficient
FIRE	92	S. Excessive
LOVE	80	Balanced
TRUTH	80	Balanced
INSIGHT	72	Balanced
SPIRIT	65	Balanced
TOTAL SCORE	464	(Balanced)

SCORING FOR THE INDIVIDUAL ASPECTS

25 to 37: Deficient

If you are deficient in one or more of the seven aspects of the self, you need more nourishment and support in these areas to bring it into balance.

38 to 62: Somewhat Deficient

If you are somewhat deficient in one or more of the seven aspects of the self, you may need more nourishment and support in these areas to bring it into balance.

63 to 87: Balanced

If you are balanced in one or more of the seven aspects of the self, you would seem to be on the right track with those areas.

88 to 112: Somewhat Excessive

If you are somewhat excessive in one or more of the seven aspects of the self, you may need to bring this area into balance by reducing the excessive attributes of those particular areas.

113 to 125: Excessive

If you are excessive in one or more of the seven aspects of the self, you need to bring this area into balance by reducing the excessive attributes of those particular areas.

The Root

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



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5.	I feel safe in my body.	1	2	3	4	5
SAFETY - TOTAL						
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BODY - TOTAL						
OVERALL ROOT TOTAL (SUM OF ALL SECTIONS)						

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Overactive

- Firm on opinions and beliefs
- Eating as functional and instinctual
- Resistant to changes in patterns
- Tend towards high protein
- Inflammation/high-stress

Underactive

- “Disconnected” from your body
- Difficulty in tuning into body needs
- Frequently fatigued
- Lacking a “tribe”
- Underactive immune system

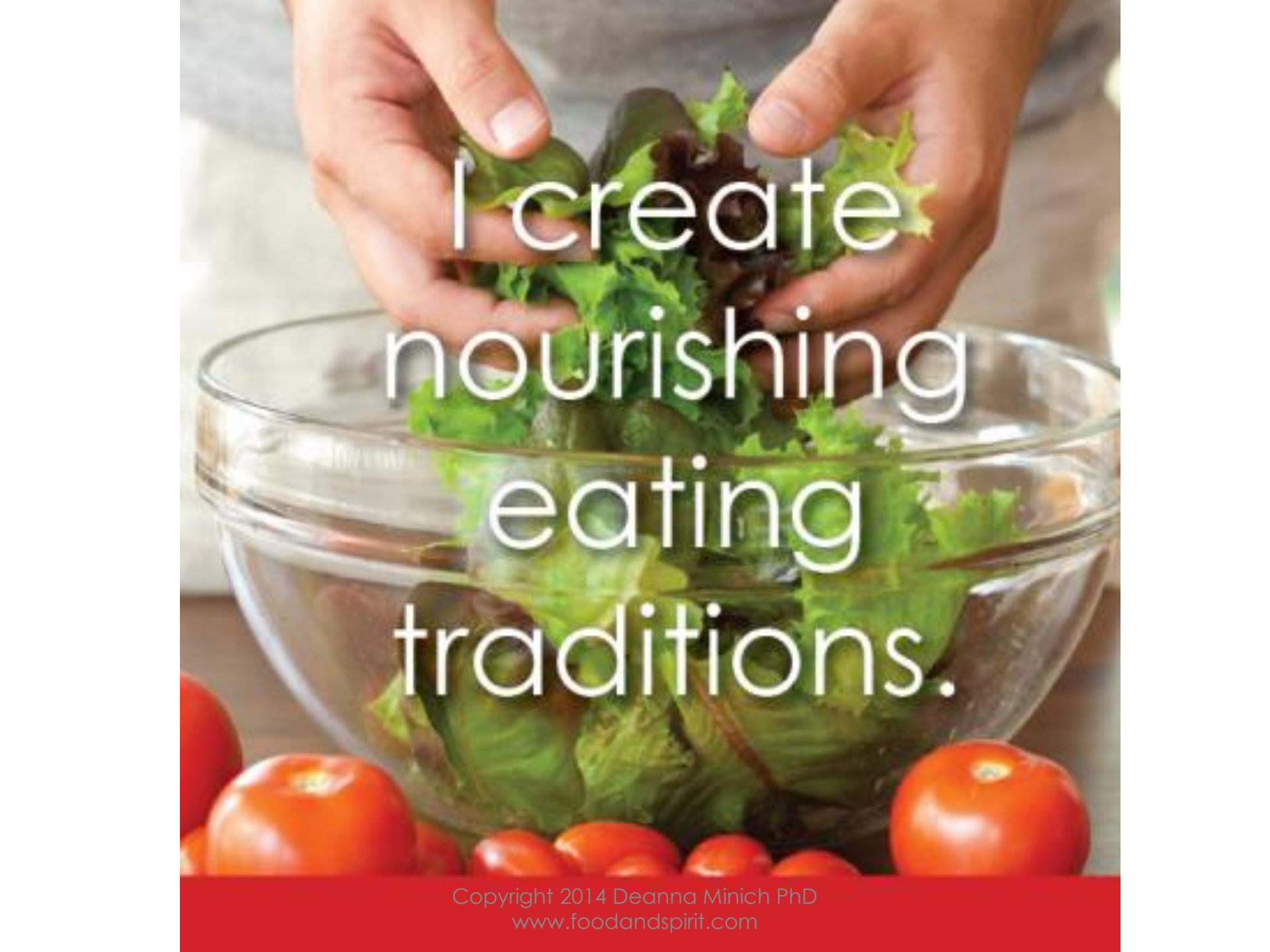
Balanced

- Grounded, focused, and present
- Attentive to body's signs
- Good energy level
- Healthy body composition
- Normal immune function
- Functional tribe

A close-up photograph of a dark-colored bowl filled with red kidney beans. The beans are glossy and have a characteristic kidney shape. The background is a solid red color. The text "Protein grounds me" is written in a white, sans-serif font, centered over the top half of the bowl. The text "into the present moment." is written in a white, sans-serif font, centered over the bottom half of the bowl. The text "Copyright 2014 Deanna Minich PhD" and "www.foodandspirit.com" is written in a small, white, sans-serif font at the bottom of the image.

Protein
grounds me

into the present
moment.



I create
nourishing
eating
traditions.



Root vegetables

anchor me
to the sacred earth.

I trust my



eating instincts.



Red foods
activate



my sense
of
SURVIVAL.

The background of the slide is a close-up, high-resolution photograph of several slices of ripe, red tomatoes. The slices are arranged in an overlapping fashion, creating a sense of depth and texture. The lighting is warm, highlighting the natural colors and the moist surface of the tomato flesh. The seeds are visible within the slices, adding to the detail of the image.

I cultivate

healthy
boundaries

with food & eating.



I feel safe and
supported

when I eat
with my tribe.

Workbook Questions

INSTINCT, TRUST & SAFETY

What is your “power animal”? (See the appendix at the back of this workbook)
In other words, what animal gets you in the present moment and connects you to deeper aspects of yourself? What do you know about this animal? What does it symbolize to you? How can you bring it into your daily living?

Workbook Questions

Do you trust your body when it comes to eating? How do you receive the messages? When do you feel it's unsafe to listen to your body? Practice checking in with your body on food choices – in the kitchen, restaurant, and grocery store.

Workbook Questions

TRIBE, GROUNDEDNESS & EATING

What belief patterns about food and eating did you inherit from your family? Are these belief patterns still valid for you? If not, list the new belief patterns. List the eating traditions and beliefs you wish to keep.

Give your low body and feet some extra special attention this week. Notice whether you are continually crossing your legs or wearing shoes that aren't comfortable. Write a small paragraph from the perspective of your feet and how they feel.



Workbook Questions

Treat yourself to eating on the ground, barefoot – write about whether and how this activity changes your eating experience.

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Workbook Questions

Feel out what protein sources are “right” for you and how eating them at different times impacts your sense of “presence”.

What are your 3 takeaways?

