



FOOD + SPIRIT™

Nourish the whole self

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Check-in from the Groups

Brenda Fister

Sue Blewett

Rachel Eppinga

Louise Tjernqvist

Lisa Siegmann

Christine Taranto

Carla Hall

Week 3

Eating and its Connection to
Emotions, Creativity, and Expression

“One must still
have chaos in
oneself to be
able to give birth
to a dancing
star.”

- Nietzsche



Food & Spirit™: Flow in the juices of your creativity



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manami

The Flow



"Life becomes like poetry when we are creative. It becomes an experience worth living. Similarly, when it comes to eating, we can let our creative selves out of their daily boxes. The more creative we can be, the more pleasure and enjoyment we may get from eating."

– Deanna Minich

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- * movement
- * flow
- * creativity
- * relationships
- * emotions
- * sensuality

-
- * fats & oils
 - * tropical fruits
 - * fish & seafood
 - * nuts & seeds
 - * fermented foods
 - * foods for the reproductive system & urinary tract
 - * orange-colored foods

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The background of the slide is a repeating pattern of orange slices, cut into thin, circular rounds. The slices are arranged in a staggered, grid-like fashion, filling the entire frame. The color is a vibrant, warm orange, and the texture of the fruit segments is clearly visible. The lighting is even, highlighting the natural patterns within each slice.

Relationship & Partnership

Pleasure & Play



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Inner Child & Innocence



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Fluidity & Chaos



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Water & Release

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The background is a vibrant orange-yellow gradient. It is populated with numerous spheres of varying sizes, some with a bright white center and a dark orange outer ring, giving them a 3D, glowing appearance. These spheres are scattered across the frame, with some appearing in small clusters. Faint, thin, greyish lines resembling a network or molecular structure are also visible, connecting some of the smaller dots and spheres.

E-motions & Expression

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Art, Artist, Artistry



Sensuality & Sexuality

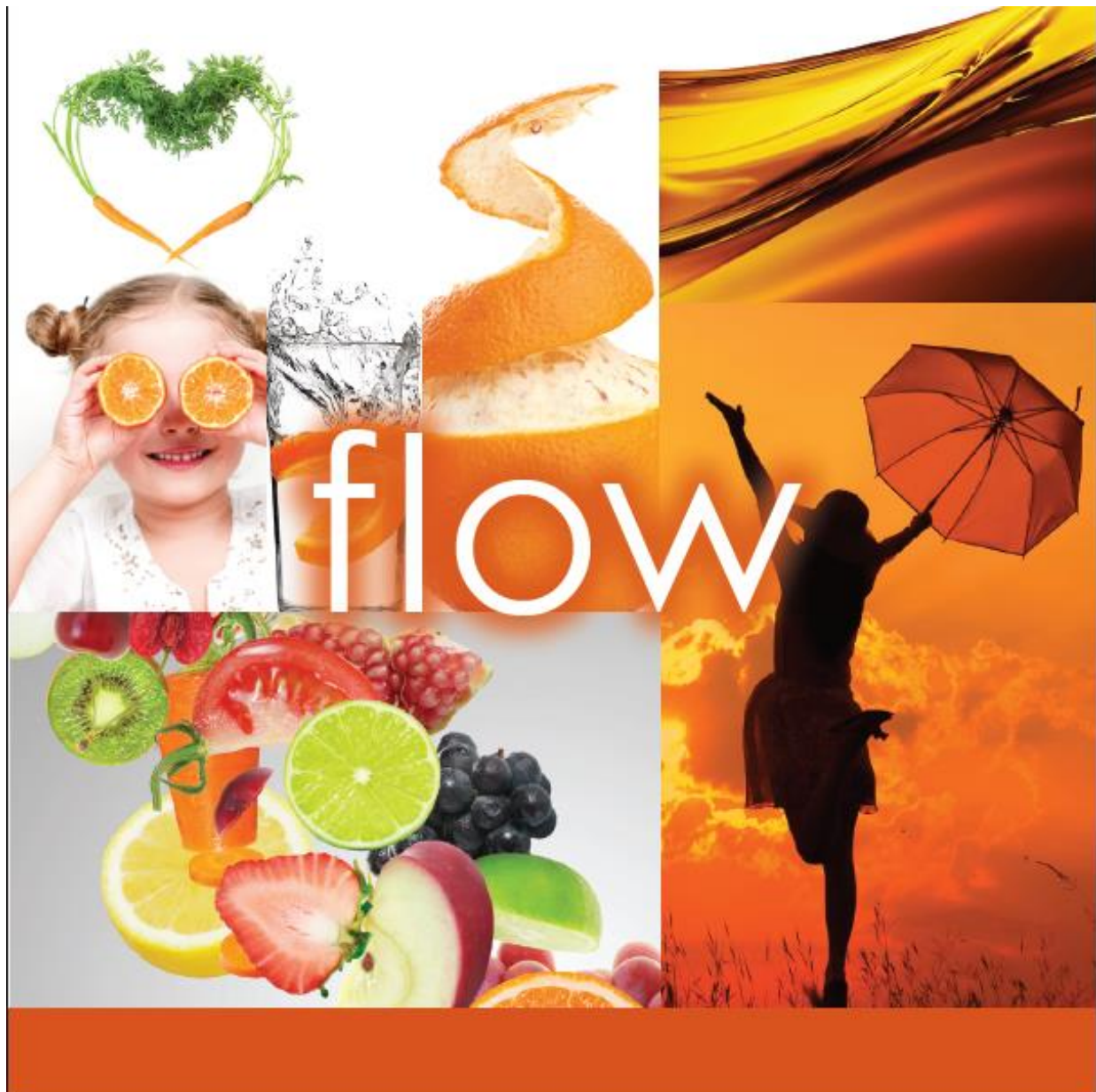
Creativity & Ideas

The background of the slide is a vibrant, abstract composition of swirling, organic shapes in shades of orange, red, and yellow. The patterns resemble liquid paint or smoke being stirred together, creating a sense of movement and energy. The colors transition from deep reds and oranges in the outer areas to bright yellows and whites in the center, where the swirling patterns are most intense.

Inner Feminine

A woman with a crown and butterfly eye makeup. The woman has long, wavy brown hair and is wearing a crown with red and gold ornaments. Her eyes are closed, and she has butterfly-shaped makeup on her eyelids. She is wearing a dark, beaded necklace. The background is a vibrant, abstract painting with warm colors like orange, yellow, and red, and some blue and green accents. There are white, scratch-like lines across the image.

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**FOOD & SPIRIT
DAILY LIFE LOG**

Name: _____ Date: __/__/__



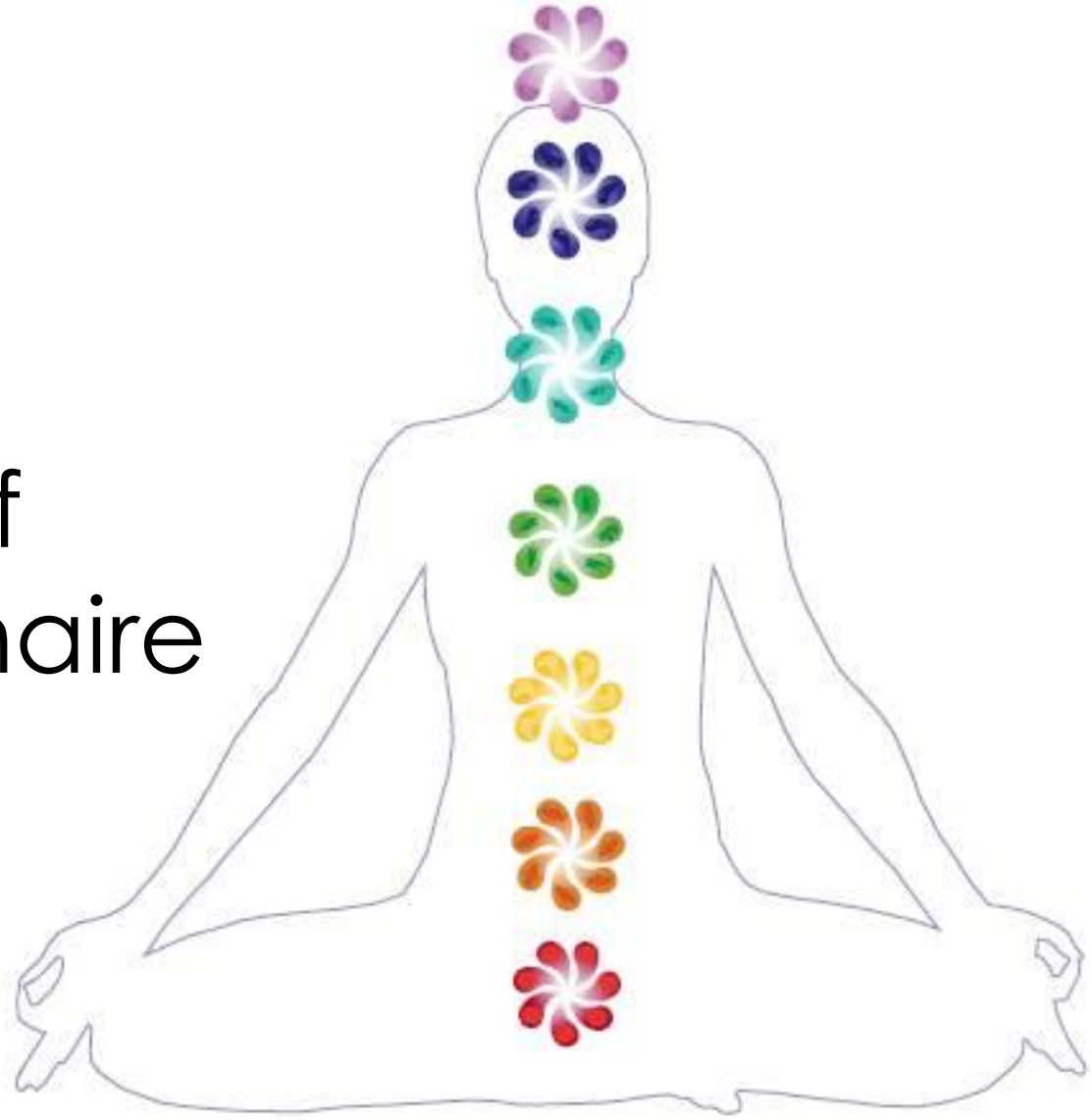
ROOT - Ground		FLOW - Hydrate	
<input type="checkbox"/> Protein: <input type="checkbox"/> Root Vegetables: <input type="checkbox"/> Minerals (supplements): <input type="checkbox"/> Red Foods: <input type="checkbox"/> # Bowel Movements:	Community: 	<input type="checkbox"/> Fats & Oils: <input type="checkbox"/> 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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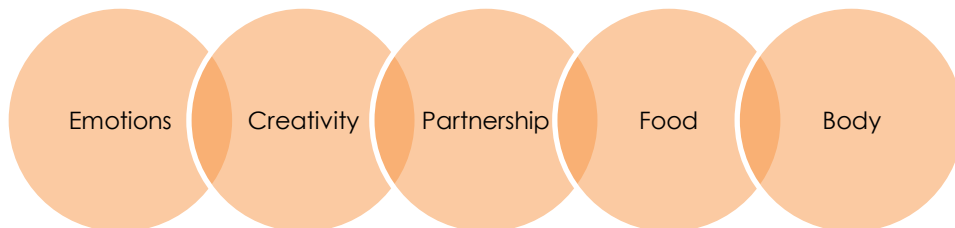
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Daily Life Log

Whole Self Questionnaire



The Flow



Section 2 – The Flow

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

1.	I express my emotions.	1	2	3	4	5
2.	My emotions rule my life.	1	2	3	4	5
3.	I lose control of my feelings.	1	2	3	4	5
4.	I eat for emotional reasons.	1	2	3	4	5
5.	I know what I feel.	1	2	3	4	5
EMOTIONS – TOTAL						
6.	I am creative in how I live life.	1	2	3	4	5
7.	I have many ideas.	1	2	3	4	5
8.	I spend time creating meals.	1	2	3	4	5
9.	I consider myself an "artist".	1	2	3	4	5
10.	I am tuned into my senses.	1	2	3	4	5
CREATIVITY - TOTAL						
11.	I am open to new relationships with others.	1	2	3	4	5
12.	I seek being in a relationship.	1	2	3	4	5
13.	I am comfortable with commitment.	1	2	3	4	5
14.	I am playful with others.	1	2	3	4	5
15.	I prefer to be in the company of a friend.	1	2	3	4	5
PARTNERSHIP – TOTAL						
16.	I have food cravings.	1	2	3	4	5
17.	I eat fats and oils.	1	2	3	4	5
18.	I drink water.	1	2	3	4	5
19.	I eat nuts.	1	2	3	4	5
20.	I eat fish.	1	2	3	4	5
FOOD - TOTAL						
21.	I am hydrated.	1	2	3	4	5
22.	I have loose stools.	1	2	3	4	5
23.	I have health issues with my urinary system.	1	2	3	4	5
24.	I sweat.	1	2	3	4	5
25.	I have health issues with my reproductive system.	1	2	3	4	5
BODY - TOTAL						
OVERALL FLOW TOTAL (SUM OF ALL SECTIONS)						

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FOOD SPIRIT

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 Flow

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 2 – The Flow
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EMOTIONS – TOTAL						
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PARTNERSHIP – TOTAL						
16.	I have food cravings.	1	2	3	4	5
17.	I eat fats and oils.	1	2	3	4	5
18.	I drink water.	1	2	3	4	5
19.	I eat nuts.	1	2	3	4	5
20.	I eat fish.	1	2	3	4	5
FOOD - TOTAL						
21.	I am hydrated.	1	2	3	4	5
22.	I have loose stools.	1	2	3	4	5
23.	I have health issues with my urinary system.	1	2	3	4	5
24.	I sweat.	1	2	3	4	5
25.	I have health issues with my reproductive system.	1	2	3	4	5
BODY - TOTAL						
OVERALL FLOW TOTAL (SUM OF ALL SECTIONS)						

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Overactive

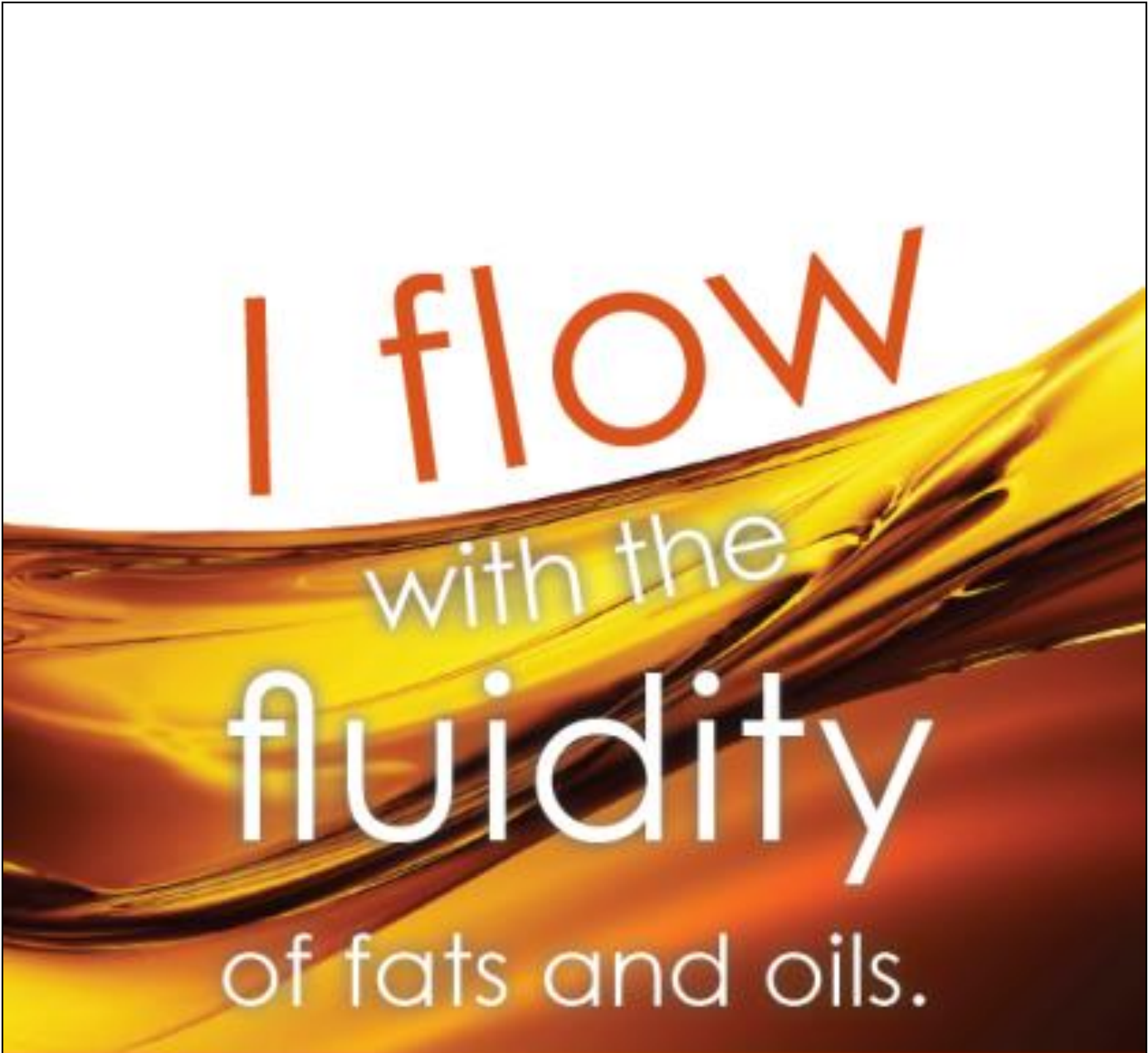
- Impulsive, go with your emotions
- Creative, but limited implementation
- Drawn to high-fat foods
- Constant expression with no reflection
- Water and/or weight excesses in body

Balanced

- Healthy creativity and curiosity
- Go with the flow
- Honoring the senses
- Balanced fats in diet
- Tempered expression

Underactive

- Feel numb, unable to fully express
- Frequent food cravings
- Avoidance of fat and pleasure
- Stagnation in life, lack of flow
- Emotions feel unsafe



I flow
with the
fluidity
of fats and oils.

Cravings

are a

calling to

fulfillment.





I drink
enough
water
to keep me
dynamic
& moving.

Every cell in my body
dances
to the
aliveness
of orange
foods.





I relax
into who
I am

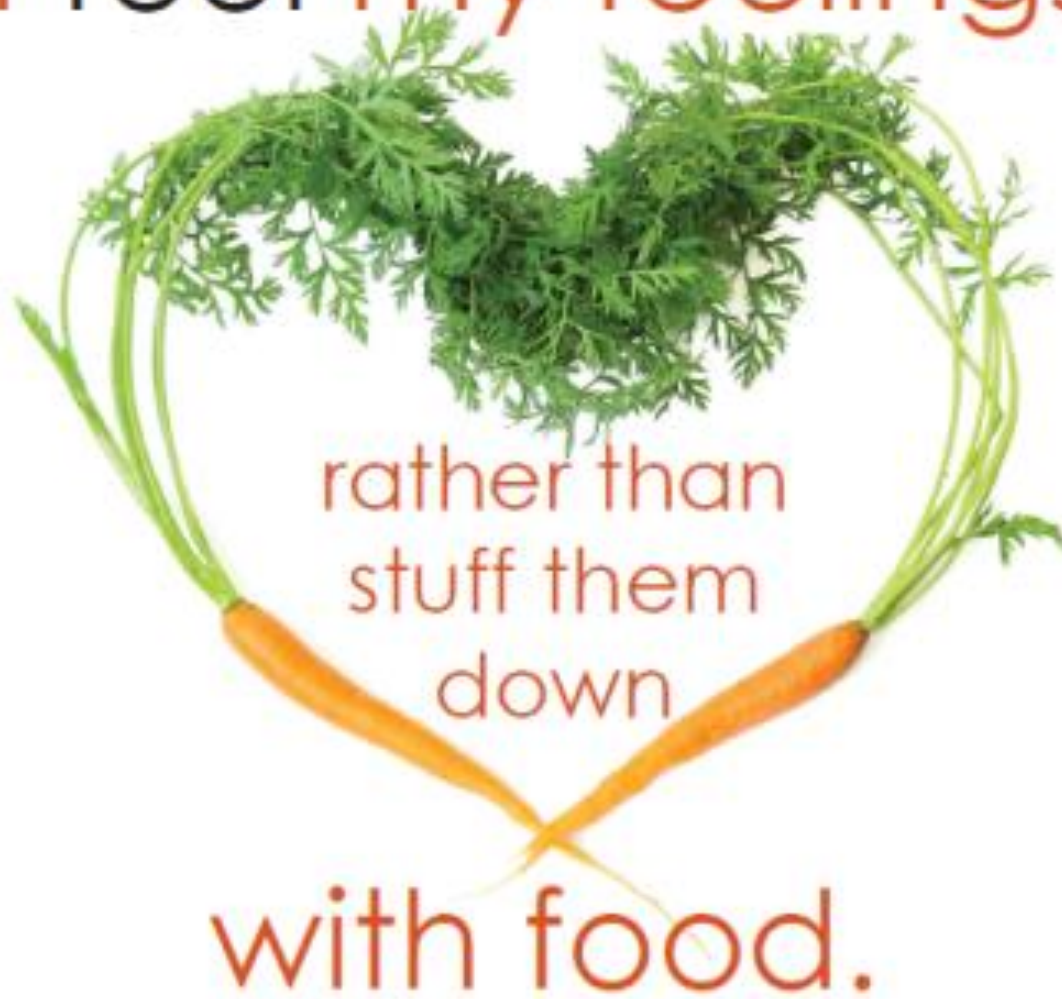
with soft,
luscious,
tropical fruits.

My inner child engages

A young girl with blonde hair styled in two pigtails is smiling and holding two orange slices over her eyes. The background is a plain, light color.

in the playfulness
of a tasty meal.

I feel my feelings



Workbook Questions

EMOTIONS

How would you describe your emotions? If they were a person, what would they look and be like?

Workbook Questions

How do your emotions determine your eating? Dedicate this week to celebrating your emotions. Try the emotion log in the Appendix to help you track what you feel. Look for patterns with your eating.

Identifying emotions is essential for solving where they need to flow. See if these questions help in teasing out specific emotions.

Workbook Questions

<p>If you are feeling SAD, ask yourself whether you can define your sadness as any of the following:</p>	<ul style="list-style-type: none"> • Do you feel guilty? • Do you feel ashamed? • Do you feel depressed? • Do you feel lonely? • Do you feel bored? • Do you feel tired? • Do you feel full of regret? • Do you feel apathetic? • Do you feel isolated?
<p>If you are feeling MAD, ask yourself whether you can define your anger as any of the following:</p>	<ul style="list-style-type: none"> • Do you feel hurt? • Do you feel rage? • Do you feel hateful? • Do you feel critical? • Do you feel distant and cold? • Do you feel cynical? • Do you feel frustrated? • Do you feel jealous? • Do you feel competitive? • Do you feel irritated? • Do you feel suspicious and non-trusting? • Do you feel overwhelmed?
<p>If you are feeling FEARFUL, ask yourself whether you can define your fear as any of the following:</p>	<ul style="list-style-type: none"> • Do you feel confused? • Do you feel helpless? • Do you feel rejected? • Do you feel insecure? • Do you feel anxious? • Do you feel discouraged? • Do you feel inadequate? • Do you feel embarrassed? • Do you feel pessimistic?
<p>If you are feeling HAPPY, ask yourself whether you can define your happiness as any of the following:</p>	<ul style="list-style-type: none"> • Do you feel excited? • Do you feel energetic? • Do you feel cheerful? • Do you feel creative? • Do you feel abundant? • Do you feel joyful? • Do you feel playful? • Do you feel content? • Do you feel thankful?

What is your favorite food to eat when you are eating emotionally? Reflect on the food; see it as a symbol or a metaphor for what you are really experiencing.

Workbook Questions



Workbook Questions

CREATIVITY & FLOW

How does your creativity come through? Where do you have flow in your life and where do you sense blocks?

Combine food and creativity in any way you choose. Write about your creation.

Set a 2 hour artist's date with yourself this week. Write about the experience.

Workbook Questions

What foods are you eating and liquids are you drinking to establish flow from within?

What are your 3 takeaways?

