



A New Vision of Nourishment: Seven Ways to Feed the Spectrum of You Through Food

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A new year means a new vision, which is why many of us create “New Year’s Resolutions.” Popular resolutions typically involve going on a diet or adjusting what we eat or how we live in the hopes of making a breakthrough on a particular goal. Lasting change extends beyond the notion of “going on a diet,” which implies a temporary regimen that we will eventually “go off.” If we continue to see food as a static diet, and not in the broader sense of being a dynamic tool for personal growth, chances are we will not be led to our inner potential through eating.

Therefore, I am going to challenge you to open your vision of “food” to a larger concept of “nourishment of the whole self,” which I believe will give you more sustainable changes and a renewed, fresh relationship with something as common as eating.

Our relationship with food can be broken down into seven aspects of the self. Discover which areas of nourishment may be particularly relevant to you in this coming year:

1. Food is grounding. Most people have a grounding relationship with food – it provides a way to be fully present in the body. It gives us the energy we need to exist. Our body provides us with the foundation for our entire being to survive in the physical

world. How do you connect with your body and listen deeply for its wise messages? Are you tapped into your instinct? How do you create stability in your everyday life so you feel safe enough to make choices that serve your bodily needs?

2. Food is emotion. We have strong feelings about food—what to eat, when to eat, how to eat. Our eating becomes who we are and as a result, it can stimulate a wide range of feelings. Sometimes our feelings are trapped within and when we do not express them, we turn to our favorite foods for comfort. How can you take the concept of “flow” into your everyday creativity, allowing your emotions to be fluid and free? Are there ways that you invite a healthy dance between emotions and eating that satisfies YOU, not your cravings?

3. Food is transformation. Every act of eating represents one of transformation. We take in a food and turn it into our being. Often when we eat, we are not just taking in the food—we may find ourselves taking in the clutter in our mind and in our environment, including the conversations, the hustle-bustle of the everyday and all the tasks we have yet to do. How can you bring more concentrated, fiery transformation into your eating so you can assimilate what is surrounding you in a balanced manner?



4. Food is love. Our heart connects to the eating experience through a shared meal with others or giving and/or receiving food. If we feel moved, we may prepare foods for others or surprise them with a gift of food. When we make foods with love, we are extending the outreach of our heart and we may get gratitude in return. How can you find even more self-love by serving yourself and others by making nourishing, healthy choices that resonate with your heart?

5. Food is our truth. Speaking our voice about what we eat allows us to be authentically who we are. When we are presented with an array of choices, we have the ability to choose for our highest good – our best self. If we make these congruent choices, we are consistent on our path. How many times are you able to find your voice to speak what is on your heart? Are you open to making choices that will surrender you to an authentic life? By expressing your unique eating truths, you may open up to an expanse of opportunity!

6. Food is mood. What we eat can impact our overall mood and our mood can drive our food choices. How do you stay conscious of this rhythmic flow? Are you tuned in to your internal sense of intuition which can allow you to know what food is good for the type of mood you want to create? We contain all of the wisdom we need when it comes to knowing what is beneficial for us. The goal is to go within to seek this internal wisdom that can transition us from intellect to the insight we can harness in every moment.

7. Food is connection. Every bite of food we take represents the web of nature—from the field

to the farmer to all the interactions that food had with the natural elements of animals, sun, rainbows, clouds, stars and moon, and to all of the hands it passed through to make its way onto the fork. There is something special about the act of eating. It is required for our bodily survival and at the same time, it gives us a pathway to seeing outside the constraints of our physical body and into the eternal landscape of connection. How can you get more connection in that next bite of food? If you can stay in the mindset of every meal being a miracle, you are on your way to filling yourself with the divine nourishment of connection.

Like a kaleidoscope that turns to reveal new patterns and colors, food is an everyday rainbow experience of nourishing the whole self. See what new themes emerge for you in 2016 – be ready to transform through the spectrum of discovery! €



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