



The Energy of Food



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March to YOUR Drummer

Last night I attended an orientation for a gym challenge. Give them six weeks, get a new body. Sounds great, right? What happens in week seven, though? This issue, let's talk about how to march to your own drummer instead of taking marching orders from someone else. Oh, and you will get even better results!

Their program touted nutrition and exercise as the two pillars of health. They provide a two-hour seminar on nutrition and give you a meal plan. There are many meal plan programs on the market and for some people these prescriptive programs work. In my experience, there is usually an expiration date, meaning people will take the prescription until something happens and then they do not follow it anymore. The "something" can be a special occasion or boredom or frustration at a lack of control. Some plans build in flexibility and many do not, which is why people "fall off the wagon."

As energy healers many of us learned specific knowledge related to the modality we practice. Perhaps you learned where the chakras are located or reiki symbols or meridian point locations. Then you learned the skill of listening. It might have been taught as listening to your wisdom, listening to spirit or as sensitivity to the energy and then following the energy. Practicing the skill in conjunction with the knowledge empowered you to develop abilities.

Eating healthfully works the same way.

Learn specific knowledge about eating patterns. These might include paleo, vegetarian, raw or eating for specific conditions. Choose your source of knowledge wisely. Look for people who have significant history in their career path. Nowadays many people "teach" along the way or have fabulous results for six months and declare themselves an expert. I like to look for someone who has at least five years of solid experience (meaning beyond their personal discovery phase). Look for someone with a significant amount of anecdotal evidence or scientific proof. Before science began proving the benefits of meditation and Ayurvedic treatments, there was a large body of anecdotal evidence.

Next, learn to listen to your body. Many of us confuse our body and our mind. Just like healing modalities, all the elements need to be used together in the proper formula to change patterns.


Some people are clairvoyant or clairsentient. How you receive this knowledge is unique and it takes time to develop the skill. Some people have dreams about food. As a clairsentient, when I shop, my hand often reaches for something, seemingly on its own! I am also affected by visual stimulation and sometimes when I see a certain fruit or vegetable, I know I need to buy it.

To decipher feelings from thoughts, ask yourself "Where do I feel it?" and "How would I describe the feeling?" Noticing where you feel something often clarifies thought from feeling right away. In some cases, it can illuminate eating for reasons other than hunger or nutritional need. For example, if I "feel" like eating chocolate and I feel it in my heart but I cannot describe the feeling, that could be a signal that the want for chocolate is really about wanting love.

Emotional eating or stress eating are the top reasons people unnecessarily eat. By cultivating the habit of answering where and how the desire feels, you will begin to awaken to true need in the body.



My recommendation is to build pattern-changing into the change you want to make with food. You probably enrolled in formal training to learn how to work with energy. Maybe it was a 16-hour weekend workshop. Maybe it was a 100-hour program completed over several months. These provided structure. They had clearly measurable goals (or learning objectives), a timeline and guidance for how to measure if you were successful. Do the same thing for changing your eating patterns or awareness around eating. As mentioned earlier in the article, there are prescriptive “one-size-fits-all” programs which sometimes work for some people. To create a descriptive and personalized program, you may need to work with a coach. Alternatively, some people have success creating their own structure and keeping notes about what they eat and how it makes them feel.

You might still benefit from following a specific regimen for a specific time—especially when trying to heal a condition and use food as medicine. Developing greater body awareness and changing patterns before diving into a prescriptive regimen will help you to use the regimen to modify your pattern rather than buy a pre-packaged prescription. When you raise your awareness and operate from true body-connection or by listening to your own drummer, you are prepared for every situation, can modify your food intake as necessary and never fall off the wagon again. 



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