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Eating Green ~ 4th Chakra Foods

If you have been following this column, you know that foods carry vibrational patterns, just like people. The phytonutrients, biophotons and cultivate signature all play a role in creating the vibration (check the [May/June 2012](#) issue of Energy Magazine for definitions of these terms and how they apply to the root chakra).

We know the color associated with the fourth chakra is green. Green foods include kale, spinach, lettuces, collards and other leafy greens; sprouts; broccoli, peas and asparagus. Many of these foods have been shown to prevent breast and prostate cancer. Others protect against macular degeneration (eye disease).¹ There are many health education programs whereby people are reversing heart disease, diabetes, cancer and arthritis through ingesting greens.

As Healing Touch Practitioners, the cultivate signature is our primary concern. Let us think about some of the foods

mentioned above and how their properties relate to the fourth chakra.

Leafy greens: we have been hearing about them, especially kale, as magic elixirs. Kale, collards and lettuce leaves are fairly large. Kale and lettuce sometimes have a bitter taste. They also have textured surfaces and strong spines (depending on the variety). Kale and collards are tough. Lettuces are more delicate and lighter in color and flavor. Spinach and herbs are smaller leafy greens. Of course, herbs have a pungent flavor and are generally used in small quantities. They are the spice of life!

Most leafy greens and vegetables grow close to the earth. Broccoli and asparagus look like little communities when they are growing! Cognitively we may recognize that love (heart chakra) does not exist in isolation. Energetically, we may see the heart chakra as a transformational bridge for energy. Energy passes from the crown through this chakra in order to help us materialize our inspirations. Similarly, energy is drawn from the Earth through our heart to connect with the larger matrix so that our Earthly endeavors are inspired.

We know that the fourth chakra corresponds to the circulatory system and thymus gland (which plays a key role in the immune system). Think of the structure of leafy greens: they are made up of veins. It is the leaves which transform sunshine and biophotonic energy into nutrients. Consuming leaves continues this transformative process and can fill your heart with sunshine. In fact, many of my clients report euphoria after drinking green smoothies.

Clients who experience hatred, anger, self-pity and selfishness or selflessness often have a compromised heart chakra. Clients may feel isolated. They may not be able to view the circumstances of their lives as challenges or open-hearted invitations to grow. Consuming veined leafy greens can help promote flow and transform energy to a "sunny disposition."

We often find that clearing the heart chakra provides space for love to flow again. Consuming greens with highly textured surfaces, which provide space, may be beneficial. Kale and lettuce have curly ends on the leaves, which are fun and playful.

Compromised immune systems often present a compromised heart chakra and symptoms of uncertainty about one's life or one's place in the Universal play. Peas, which are loaded with Vitamin C and Vitamin K, provide a fabulous source of energy. Like kale and lettuce, they have interesting textures. They are round, like the cosmos and Earth and cycle of life. Several peas grow in a pod and several pods grow on each vine. Energetically, they provide the vibrant tension of community and independence.

A powerhouse combination is peas and carrots. Carrots grow underground, providing security and groundedness – a harmonizing energy to peas growing slightly above ground. Carrots grow in bunches, and, like peas in pods, provide a sense of belonging while retaining individuality. Contrast this with how broccoli grows — in collective bunches with less individuation. Those who need a greater sense of belonging, or to not stick out, might benefit from broccoli.

There are many mysteries of the heart. This is true whether we are talking about the physical, emotional, mental or spiritual heart. Green vegetables are filled with secret nooks and crannies. Like love, they have power to transform negative energy into beauty. Love the answer. Greens are the remedy. €



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overweightness, diabetes and heart disease (she came into the work to clear her tumor and reverse debilitating arthritis). She's authored the *Eating Your Way To Health Workbook*, *105 Questions about the Raw Food Lifestyle*, *Wildly Successful Fermenting™*, *Warming Winter Recipes*, *Spring Into Healthy Eating*, *Spirooli recipes* and *Raw and Living Food Basics*. She is a speaker at the Mother Earth News Fair, North American Vegetarian Society Summerfest, and Healing Life Festival. Sharon is a Returned Peace Corps Volunteer and world traveler currently residing in Virginia Beach, VA with her soulmate, Todd.

¹ *Rainbow Green Live-Food Cuisine* by Dr. Gabriel Cousens