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You may know that chlorophyll in plants converts sunlight to energy and nutrition. It might be fairer to say chlorophyll conducts the energy of sunlight. This is similar to how eyes conduct the energy of light to create vision.

From a chemical standpoint the components of chlorophyll and blood have the same elements - carbon, hydrogen, oxygen and nitrogen. The difference is that the elements of hemoglobin are organized around a single atom - iron; whereby those of chlorophyll are organized around magnesium. The bonds, which house the vibration, are the same. Eating whole, unprocessed plants transfers the vibrations or electromagnetic frequencies (EMFs) from sunlight to blood cells. Blood cells, in turn, transfer EMFs to bones and tissues. Minerals also carry EMFs and transfer them to bones and plasma.

Vibrations travel through water. As foods “age” and lose water, they lose vibration. (This article refers to fruit, vegetables, nuts and seeds. The energy of animals is quite different since they are emotional and soulful beings.) This also explains why watery foods such as watermelons, grapes and oranges, carry the highest vibrations. And why different cooking methods affect the energy. Frying or cooking for long periods of time ensure that water is eliminated resulting in low energy foods. Not cooking, steaming lightly or stir frying preserves water and prana. Uncooked foods have the highest prana and that prana helps to expand consciousness<sup>2</sup>, thereby increasing our potential as healers.

Use a pendulum or hand scan on lettuce growing in your garden. Compare that to lettuce purchased at the store. Which one has more energy flowing? Or, use one head of lettuce and compare the energy of when you first buy it to three days later.

Something else we know about vibrations is that they exhibit harmonic resonance. For example, if you pluck one string on a guitar, the other strings will begin to move in response. Protein molecules respond the same way. Some proteins, called allosteric proteins, actually change shape in response to vibrations. This is part of how proteins play so many roles in our bodies: acting as enzymes, replicating DNA, transmitting nerve impulses, etc. As we nourish our bodies with high vibration food, our cells respond to these vibrations. We become better conductors of energy and increase the resonance between light energy and our energy.

Conversely, when we eat foods from non-living sources, our cells respond. Foods with the lowest frequencies include those with synthetic colors, preservatives or texture enhancing

## Eating Light

Picnics. Barbeques. Lunch on the trail, beach or by the pool -- these are some enjoyable events of summer. Are they feeding your qi or prana? These terms have similar meanings in many cultures: in traditional Chinese culture qi (chi) is translated as “natural energy”, “life force”, or “energy flow”. Prana is a Sanskrit word for “life force”.

Light is the least dense form of prana. Food is the densest form of prana<sup>1</sup> and some would say the tastiest! Different foods, and how they are prepared, offer different vibrations. These vibrations are related to color, physical density, time away from root system or source and how foods are grown. In this age of rapidly growing spiritual awareness, we see a large shift towards eating organic and/or local. We know these foods are fresher but we might not realize they also deliver more energy, not merely more nutrition.



chemicals. These include many supplements and heavily pesticides or irradiated food. According to Dr. Gabriel Cousens, M.D., synthetics might help in the short term, but not in the long term. Synthetic materials can degrade DNA. Living molecules, or uncooked foods, contain at least one atom of sunlight in every single molecule. These atoms upgrade our DNA, sustaining and repairing it.<sup>3</sup>

So as you enjoy outdoor activities and bountiful gardens this summer, consider the vibrations of your food. Eat light. ☺

1. Cousens, M.D., Dr. Gabriel. *Spiritual Nutrition and The Rainbow Diet*. Boulder, CO: Cassandra Press, 1986.
2. Lipton, Bruce. "Liquid Crystal Consciousness: The Cellular Basis of Life," presented at First International Crystal Conference, San Francisco, CA 1986
3. Ibid.



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