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Eating Yellow - 3rd Chakra Foods

The third installment, in this series, explores the cultivate signature of yellow foods. Vibrational patterns of food influence our health. (Check the [Energy Magazine archives](#) for previous installments).

We know the color associated with the third chakra is yellow. Yellow foods include lemons, grapefruit and other citrus; yellow peppers, spaghetti squash, and bananas. While corn is also yellow, most corn today is genetically modified and that brings other concerns which are outside the scope of this column.

Most articles about yellow foods look at the nutritional components or the phytonutrients and group yellow foods with orange or green rather than looking at them individually. The phytonutrient in purely yellow food is limonene¹ and occurs in citrus. While many articles have touted the anti-cancer benefits of citrus (limonene), they are talking about an extraction from the rind, not a nutrient obtained from eating food. It is best for Healing Touch Practitioners to concentrate on the cultivate signature of yellow foods. Although it is worth mentioning that

limonene occurs in the rind, specifically in the oil of the fruit. Usually we refer to this as the zest. You may notice that those who lack self-esteem or who have a compromised solar plexus also lack a zest for life?

Let us begin with citrus. Lemons and grapefruit grow in trees. They are cultivated by grafting, not planting seeds. Successful grafting requires a vascular connection between the rootstock and the scion. Scion is also a word used to describe the descendent of a bloodline, particularly a holy bloodline. The cultivate signature of citrus includes qualities of purity. Lemon is often called the liver's best friend. It helps the liver to make more enzymes and do its job more efficiently (which is to purify the body). Grapefruit can actually inhibit detoxification but it stimulates the digestive system. Here is where the energetic properties become more critical.

In working with a client who has a compromised solar plexus, it is important to determine the quality of disruption. Is the compromise a lack of inner peace; connection with Divine; purification or is it an inability to properly work through/digest emotions?

In the former, drinking lemon juice in water on a regular basis can bring up and release old toxins – on multiple levels. In the latter, adding grapefruit to the diet might stimulate the digestive system and help one to better tolerate what is undesirable – mentally, emotionally, physically and spiritually.

Citrus is acid in pure form, but it digests to leave an alkaline residue. It is considered very cleansing for the body. Citrus, like our solar plexus, is transformative. Healing the solar plexus empowers us to “walk the middle way,” avoiding self-indulgence and self-pity.

Sometimes we see a client who is on the brink of opening to complete love. Love which flows from the inside out to the world, connecting with the higher vibrations around. Love which embodies “*Namaste*” – recognizing the light in each soul as the same. In such cases, yellow peppers provide that space needed to let the passion expand. I have written before about bell peppers and how the seed cluster in the middle of empty chambers represents spaces waiting to be filled. In the case of yellow peppers, the cultivate signature has a quality of holding space - allowing Truth to unfold - healing of the physical body so that the bridge to the spiritual can be accessed.



Spaghetti squash is another food which might be helpful to someone whose solar plexus status is closely tied to the heart chakra. Spaghetti squash, technically a fruit, is very dense and filled with seeds. We know that seeds are unrealized potential. The plants have both male and female parts and are easy to grow – either in containers or gardens. Doesn't it already sound like a miraculous plant? Doesn't it sound like pure love – filled with potential and the ability to expand in whatever setting?

Spaghetti squash transforms into something completely different when cooked. The dense interior becomes stringy and light, like angel-hair pasta. It can be baked, boiled or steamed. It can be served with sauce or without. It can be a main dish or side dish. Love is perfect, however you dish it up!

We all get knocked off balance, from time to time. We get caught in "I want" or "I will have." Next time this happens consider augmenting energy work with food choices which

align with the energetic patterns you notice. Delve deeper into your solar plexus, notice the nuances, and notice the available choices for cultivating deeper inner peace. ☺



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