

Food for the Soul

By Victoria Heath

When we think about our search and quest for enlightenment, what do we consider to be tools to aid our journey and help us to achieve our goals of connection and inner peace? Crystals, development classes, meditation, relaxation, healing, incense and various resins that aid our altered state of awareness? Maybe.

But we seldom consider food. This is a failing of our modern society that should certainly not be overlooked. Why, you ask. How can food play any relevance in my search for enlightenment?

Well, if we search back far enough we will see evidence enough of the significant, and in fact 'key' role, that food can play in personal development. But now we can actually attach scientific evidence to these claims for every 'doubting Thomas' out there.

We know that our modern diet of grains, animal fats and low green matter plays a significant part in enabling and accentuating disconnection. The exact opposite state that we are trying to achieve. But we can go further than that. We also know that highly processed foods, including the foods that are directed towards the Vegan and Vegetarian market place, are simply loaded with chemical additives with unknown or dangerous side effects. These chemicals are used to replace ingredients that we feel we either do not want to consume from a dietary aspect, a health aspect or largely from a karmic view, and understandably so. But are we so easily sold fuel for our body, this one vessel that we are given to transcend this journey on Earth, without question of what it contains and the damage it could be doing to us, either physically or in fact 'spiritually'?

It is proven that a state of connection and the enlightened mind is aided considerably by consuming a high green, 'chlorophyll based', diet. By excluding animal content but replacing it, not with chemically enhanced unnatural additives, but completely natural green fruit and vegetable alternatives.

And let us then go one step further and consider the benefits of consuming these natural vegetables, fruits, herbs and superfoods in their 'raw' or LIVE state. The antioxidant benefits from this completely karmic free, natural, uncooked produce outweighs other food sources drastically and is proven to aid clarity of the mind, banish lethargy, and thus serves to aid connection to the source.

And so maybe we should ask ourselves if the Standard American Diet that is sold to the populous on mass, and its 'healthy' Vegan/Vegetarian counterpart, are actually being sold to us divisively to slow down or prevent this higher state of awareness and enlightenment. This is a harsh and slightly crazy view you may say but I suggest that you seriously think about it.

So going back to enlightenment and briefly looking at how we can simply aid this process through our fuel intake. A natural raw or 'live' diet can aid energy flow around the body and in doing so aids clarity of mind and thus connection to the Divine source and the planet around us. It can aid focus and holds our attention on the rest of mankind and what our journey through this life entails.

The better we eat, the better our bodies function, the better our minds function and the easier it becomes to retain higher states of awareness and focus. The longer we exist in this state the easier it becomes to achieve and hold on to the global vision of truth that we all search for.

Food for thought?

If you would like to know more about this subject we hold regular workshops. Please enquire in store.