



UNWRAPPING THE ENERGETICS
OF FOOD

Welcome TO MODULE 6

UNWRAPPING THE ENERGETICS OF FOOD



Over the last 30 years I have noticed a really big shift in the way we approach food. As a society, our relationship with food has changed enormously. Some people would have seen an even bigger shift in our relationship with food over the last 60-70 years. There are many contributing factors to these changes with some of the more obvious being a shift away from home grown foods to the fast food reality we live in today. The mass production of food with the intention for profit, shelf life, cheapness, addictiveness and clever advertising has been made a priority over the nutritiousness and wholesomeness of foods. The statistics on childhood obesity coupled with the way we allow unhealthy food to be advertised to children is enough to make you very uncomfortable. As a society we are over eating, under nourishing and in many ways food has become our drug of choice. It is fair to say that our relationship with food is making us sick, sicker and the sickest we have ever been.

What IS GOING ON?

THE RELATIONSHIP OUR SOCIETY HAS WITH FOOD

In the last 100 years (and especially the last 30 years) there has been an intensification with our relationship with food. For the majority of our past lives to date (excluding the rare exposure to decadence), food was something that was simple, we didn't have the capacity (on a large social scale) to consistently indulge in it or wilfully withdraw from it. Food was functional, there to sustain our body to get through life. In many of our past lives, we would have been growing our own food which naturally fosters a very different relationship with food: how much we have and the time/labour required to access food is appreciated in a different way when you grow your own. Today food is easy to come by, easy to store, easy to cook and easy to throw away. For a lot of families, there isn't the space or time in the day to cook meals from scratch. Many people don't feel confident to cook from scratch and when family members can't agree on what food they want to eat, takeout seems like an easier option.

Question 1: What changes in society's relationship with food have you noticed in your life time, your parents' life time, and your grandparents' lifetime? What are the negative and positive changes?

“When I was young I was told a lot about “good” food from television ads. How many Weetbix you should eat for breakfast (as many as you can), as well as the old cereal, milk, toast, fruit and juice advertising. The problem is none of these “good food” ads were made with the intention to truly educate me or nourish my body, they were made to sell more of a particular food. The above foods are great for business as they are cheap to process, have a long shelf life and are easily packaged. But for my body, they contained way too much sugar, almost no nutritional value and no long term sustenance, which meant my blood sugar was crashing and I was hungry within a couple of hours. A simple exercise with trying the above foods and comparing them to a cooked breakfast of eggs, vegetables or other protein would have very simply shown me what foods actually supported my body. We are told a lot of things about food that are not truly for our benefit, so much so that people have stopped listening to their body and have become really confused about what they need to eat.”

Rebecca Poole

Do you eat food to live or do you live to eat *food*?

It's common for us to spend our whole day totally consumed by food in one way or another. Whether it is planning, buying, cooking, eating, cleaning or all of the above on repeat. It is also quite common for people to have a constant barrage of thoughts and feelings associated with food.

Question 3:

A) How much does food consume your thoughts?

B) Are you already looking forward to your next meal when you have just finished your last?

C) Are you wrestling endless thoughts about the food you shouldn't eat?

D) Is it tiresome trying to plan/control your food?

E) Are you forever trying to change your body shape through dieting?

It is astonishing to reflect on just how much we think about food. Has food taken over your relationship with yourself? Is your self-worth being undermined by your food choices? Do you feel bad about yourself or good about yourself depending on what you have eaten? How we feel about ourselves has become so entwined with what we are eating, it's like food has taken over.

FOOD IS NOT THE *Bad Guy*

LET'S CHANGE THE NARRATIVE

Food is not the bad guy, it doesn't have an evil mastermind and it is not sitting there like Dr. Evil, trying to do anything to us, it's just food (well mostly, although a lot of what we eat today probably can't be classified as real food). In its truest and most simple purpose, food is something that we can use to nourish our body. However, as a society, much of what we eat and how we eat is actually not nourishing but instead abusive to our body. It's important that we don't demonise foods but instead look at what is going on for us that we might be craving or wanting foods that don't truly serve our body.

"It seems logical, wise and even imperative to change the way we view food but it is not as simple as that. It gets tricky, because food is not only big business it is our most commonly used crutch, and most of the world's population is not ready to confront how they truly deep down feel without being able to turn to food for emotional comfort. It is no wonder that food has become such a massive industry and the definitions of health, unhealthy, poisonous, dangerous, nourishing, etc, have become extremely blurred if not purposefully corrupted."

Rebecca Poole

Question 4: Do you feel like you are battling certain foods or drinks? If so, what does it feel like and what is your experience when you feel like you are battling foods? Is it exhausting? Do you feel defeated?

ACCEPTANCE - *Getting Real*

START WHERE YOU ARE

One of the biggest mistakes that people make when they are trying to change their relationship with food is they try to run away from where they are at now. We can yoyo from one solution to another without taking a moment to really sit with what is truly going on for us. We can become so frustrated and so upset with what we don't like and looking for the solution that we lose perspective on what is really going on for us deep down. Another way we can say it is we get 'fed up' or 'can't stomach it' any longer. As an important side note: when we can't stomach something, either literally with food, or energetically with a situation, it shows us that we are struggling to accept what is going on. Acceptance energetically is very connected to our digestive system, whose job is to not only digest food but also digest life. So how can we first accept where we are at?

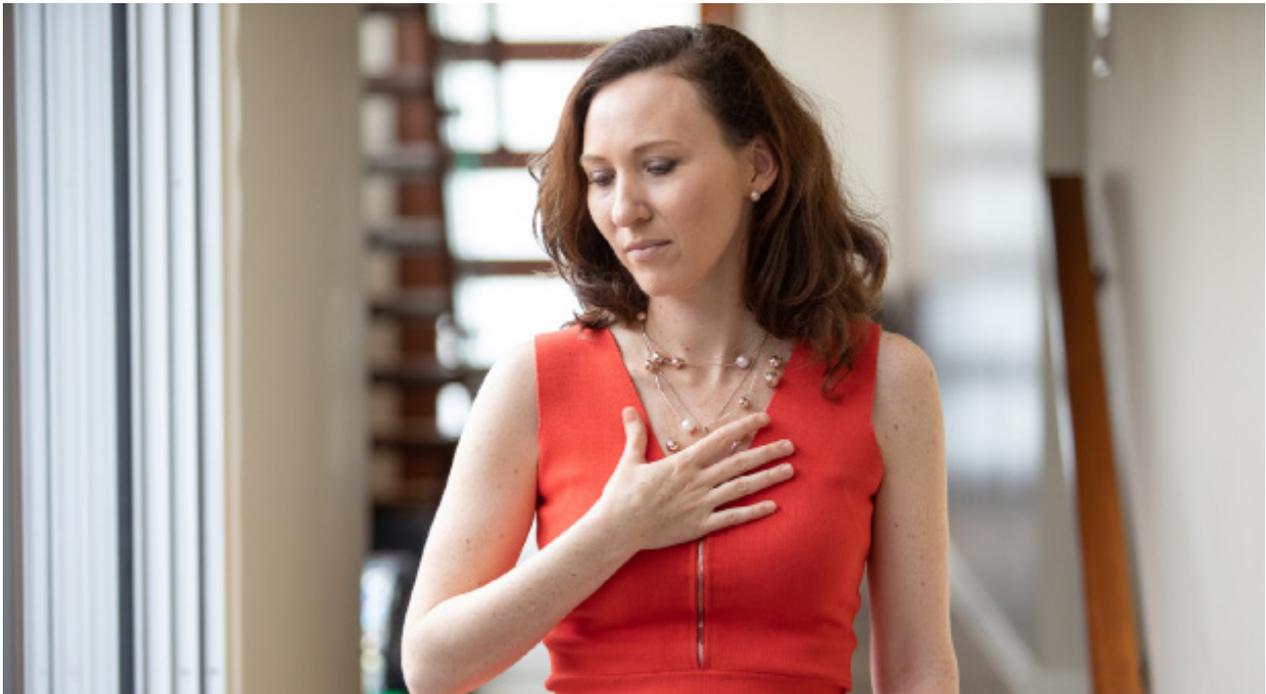
ACCEPTANCE

This doesn't mean put up with BS: Don't drop your standards or compromise what feels true, instead allow yourself to accept the point in which you are experiencing life now, the choices that got you there and the challenge/growth that is being asked of you in order to step forward. We don't get anywhere when we go into solutions or fixing problems because we can't stand to face them. We need to make change from a place of acceptance (of self and others) and taking responsibility for why we are where we are (with no judgement) and what has got us into this place. Eating the food that is not supportive is less harmful than being hard on yourself. Change does not happen by being hard on yourself only through self-reflection and honesty.

Question 7: Are there areas within your relationship with food that you need to stop and accept? This doesn't mean that you turn a blind eye, it simply means that you settle with the fact that it is present in your life. Explore any areas of your relationship with food that you need to bring more acceptance to.

ACCEPTANCE - THE FIRST PART OF *honesty*

Where you're at right now is actually more than OK because it's the foundation you're going to step forward from, when you make true change. If you don't have an honest acceptance of why you are where you're at or openness and warmth with yourself, then you're not going to be able to care for yourself. If you're wanting to make healthier choices, then obviously you're going to be caring for yourself more and that can't happen if it doesn't start with a relationship with yourself that is at least accepting (with no harshness) of where you are currently at and the choices that led you there.



“If you just leave it at the level of I’m eating this, I’m crap, I’m doing this wrong, I’m bad, (which is what happens to most people) then you are going to add a whole layer of extra loading to your relationship with yourself and this will deaden your awareness to the deeper reasons of why you are doing what you are doing.”

Rebecca Poole

HAVE WE LOST OUR Spark?

HAVE WE LOST OUR SPARK?

Another interesting point of reflection is whether our relationship with food has been tainted by the effort it takes to prepare it? Have you ever felt the burden or resentment of having to cook/prepare food? Maybe you are too exhausted, too busy or have the responsibility (turned burden) of cooking for others . . . all of the time? Many people feel unappreciated and under valued when it comes to cooking the family meals. Does preparing food feel like a joy or does it feel like a chore? All of these factors affect the end result of how we use food. Do you avoid cooking, even if you love it, because you don't like cleaning?

Question 8: How do you feel about cooking or preparing meals for yourself/others?

WHAT ARE YOU CARRYING FROM CHILDHOOD?

Have you considered that you may have started the process of using food to reach a “happy place” way back when you were young? Were you given or did you look for certain foods as a child to comfort you or make you feel better? Have you associated particular foods or drinks with celebration? Do you look to enhance life or make a day special through food and drink? Or were you forced to eat certain foods that you now carry a negative reaction to? Are you turned off foods by their association with past events? There are all sorts of layers that we can be carrying with us about food and taking the time to reflect on this can be extremely powerful.

Question 9: Is there anything food related that you feel you are carrying from childhood?

WHAT IS IN YOUR FOOD *Inventory?*

Question 10: Use the table below to detail the way you use food energetically

WHAT WE ARE SEEKING	THE FOOD WE USE AND HOW
Celebration - do you seek certain foods, drinks or situations to give you a celebratory feeling?	e.g. cake
Reward - do you seek certain foods, drinks or situations as a reward for working hard or completing something challenging?	e.g. chocolate/favourite food
Punishment - do you seek certain foods, drinks, behaviours or situations as a punishment towards yourself for doing/not doing something?	e.g. punish yourself with exercise, lack of food or binge eating
Protection - do you seek certain foods, drinks or situations to harden you up or make you less sensitive?	e.g. salt, deep fried
Separation - do you seek certain foods, drinks or situations to isolate you from others, be on your own or disconnect from the world?	e.g. tub of ice cream, anything damp
Raciness - do you seek certain foods, drinks or situations to speed you up or make you racy when you don't want to be present to what is taking place and read the detail of the energetic exchange that is taking place?	e.g. sugar, coffee, any stimulant
Dullness - do you seek certain foods, drinks or situations to dull/tone yourself down so you are less awake, aware, alive and sparkly?	e.g. big bowl of pasta, bread, anything sedative

THE FOOD WE EAT OFFERS US A *Reflection*

When we make food choices that are not in line with what feels healthy and nutritious for us, there is always a deeper reason. Our food choices offer us a reflection of how we are handling life, our level of sensitivity, awareness and the tension sometimes associated with it.

We could say that today, in general, we are living with much more tension than may have occurred last century. It's possible that a simpler life suited us better but in and amongst the disorderedness and chaos of today there is also an immense potency of awareness and potential for inner-growth and evolution. It is within this space of untold potential, awareness and growth that we can feel uncomfortable.

Is greater awareness and potential of accelerated growth causing you to have some elements of disordered eating?

It is a game changer when we stop and consider that there is an unaddressed tension driving some of our unhealthy food choices. This is when we really get to see that food is not the bad guy and that our unresolved tension is really where we need to turn our attention to.

So where is our unresolved tension coming from? We could look at different aspects of our life, work, home, health, friends etc but we can also reflect on the past and future. Many times throughout your life you will have experienced what it feels like to carry unresolved tension due to past situations or experiences. But what we don't usually consider is that we also and equally have a relationship with our future. Yes, we are constantly sensing and feeling what is coming to us next. Sometimes we know some of the detail of this future because it has been planned but other times it can be just a general feeling of something big is coming or a change is on its way.

Everything I share in this workbook has been deeply felt, observed and lived by me but it has to be said: the healing work I offer, the insight, awareness and wisdom I live would not be possible without Serge Benhayon. I could in fact write something similar to this at the end of each page within this workbook, however for practical reasons I have not, and although I mentioned Serge in the Acknowledgments section at the beginning of this workbook, I could not continue writing this course without reiterating this point again. If you are ever ready for more energetic truth and Ageless Wisdom, I would highly recommend any of Serge Benhayon's books.

Rebecca Poole

WHAT NOURISHES YOUR *Body?*

Question 13: Use the table below to detail the way you use food energetically

<i>How many meals feels true for you to eat per day?</i>	
<i>Breakfast - What feels true for you when it comes to breakfast?</i>	
<i>Lunch - What feels true for you when it comes to lunch?</i>	
<i>Dinner - What feels true for you when it comes to dinner?</i>	
<i>Snack - What feels true for you when it comes to snacks?</i>	
<i>Are there certain types of foods that you have an unhealthy relationship with? Or are there other food groups that your body feels really nourished and supported by?</i>	

WHAT NOURISHES YOUR *Body?*

How do you eat? Do you pick, do you rush, are you messy, clean, particular? Do you have a caring nurturing ritual with dinner times or is dinner more mundane or perfunctory.

Why do you eat? Is it to be nourished? To give you energy, bury what we don't want to deal with, make life interesting or rewarding. . . ?

Eating out / Take out - Are there any changes to your eating when you eat out or have take away?

Eating alone or with others - Are there any changes to your eating when you eat alone or with others?

Comfort eating - Are there particular times that you comfort eat? Is there a particular type of food that you use to comfort eat?

Other realisations

