

# SPIRITUAL NUTRITION

*Six Foundations for Spiritual Life and the Awakening of Kundalini*



**Gabriel Cousens, M.D.**

*author of Conscious Eating and Rainbow Green Live-Food Cuisine*

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## Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini



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the concepts of assimilation and fasting; Can a diet impact on spirituality? Spiritual Nourishment empowers readers to develop personal diets that are appropriate to their lifestyles and spiritual methods. Drawing on 14 years of clinical experience and study, Dr. rainbow diet plan. cooked food;spiritual nutrition" low protein;When we eat, can we feed the soul and also the body? that is usually based on the relationship that the color of the food must corresponding colors of the individual chakra system, therefore, the " attitudes about meals; nutrients, energy, and framework building.In addition, Cousens shares his brand-new dietary system of " high vs. alkaline--acid stability; Gabriel Cousens discusses nutritional issues that might help answer these questions, including raw vs." For true nourishment, he strongly promotes the bond of diet to meditation, fellowship, wisdom, and love.



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My body hasn't functioned well completely raw, specifically in the wintertime, but I definitely require a lower (processed) extra fat diet, lots of greens, plenty of sprouts, and lower glycemic fruits. Truthfully I was blown away with all of the info..I am currently 80% raw vegan and I actually am thrilled to take this journey a stage further. I suggest getting Conscious Eating as well, in order to really come up with a diet that is most effective for you.to be able to really come up with a diet that works best for you This book opened my mind to soo much. His thoroughly outlined progression toward assisting us understand his conclusions and premises is usually evident and appreciated. I think it is just vital that you be wise about how exactly you treat your body, perform what feels ideal, and honor what you need. Having said that, taking equipment of this book that truly resonate with your deeper self can make a huge difference in the manner you think and live.. We arrive to understand from the motivated author's spiritual experiences and medical knowledge the function of the chakras, nadis and additional systems in the body and their function in wellness and wellbeing. His methodical illustration of how the energy of foods is definitely received and assimilated into our getting is well worth reading. This publication is a clear transmitting of what he offers learned from his analysis and personal knowledge. My blood work provides been amazing and I have healed my body from many ailments.. It is up to each folks to decide if you want to become his students.Energy, diet, meditation, kundalini are addressed in appropriate and sometimes technical detail. I have only just begun, but already I see .. Then, as students, it is our challenge to venture out and do something about those teachings we align with and find out a lot more insights that await.We consider Dr Cousens today's pioneer of the idea of spiritual nutrition. This idea includes some learnings which are outdated wisdom unearthed for us to embrace. Within my readings, I observe phrases and ideas from current authors who've obviously taken a few of Dr Cousens' teachings to heart. I certainly didn't get that impression. Must read for spiritualists What an incredible book- FULL of every sort of information! Great information on Ayurvedic health.!! I've had it for a number of months, maybe a good year and still haven't read the whole thing as it is normally SO intense. It offers scientific backing to spirituality and eating to promote spirituality! Deep understanding and apparent presentation of esoteric concepts I would recommend this reserve to anyone attempting to understand better esoteric principals of spirituality, such as for example how the manifest emerges and we have been born as multidimensional beings. Cousens teaches us that diet plan and fasting can boost spiritual development. I have only just begun, but already We see that it correlates with other teachings that are approaching my way--regarding receiving total health when you experience the Oneness of the Divine, and it corresponds with the practice of yoga and chi gong. AWESOME! Forgive me if I'm wrong, but this is supposed to be a new copy. Most likely the only reserve that covers this subject with such thoroughness. It really is scientific and at the same time spiritually inspiring. Book arrived with damaged cover.This book is for the reader who is seriously trying to advance their holistic profile and spiritual development and perhaps will offer them insight and considerations not stated in other writings currently available. This publication is definitely priceless to those interested in spiritual growth like myself. Received well packaged..Cousens, like many authors, has a lesson to instruct in this book.and it merges nutritional facts with this true spiritual nature and how exactly we might awaken it even more with a raw vegan "life-force" diet in a single very comprehensive book. Eat to live, not live to consume! I highly recommend it to those who are both scientific and spiritual like myself because that's what it delivers. Not as much about nutrition simply because I thought. More ... Interesting. Even more about our delicate body's composition, yoga, kundalini, and meditation to accomplish a higher spiritual state Interesting. It

fits best in with my factual books on the natural food diet and also my books on the chakras, etheric body and astral projection. Less about nutrition simply because I thought. Received well packaged. The purpose of this book had not been to entertain but to provide for the reader's thought Dr Cousens' learnings... I have not finished the reserve however but am savoring every bite because every web page contains some gem that clarifies and helps me go deeper in my knowledge of Fact. I am understanding this teaching and all my various other teachings in a deeper method. Damaged cover, GREAT book! I have no idea why a few of the reviewers are declaring the writer has an ego. This is the best most well researched book you will ever find upon this subject. Not likely to return it because that's ridiculous and you also really can't judge a publication by its cover. Amaaaaazing publication though! That is my head to when I'm rethinking my diet. From sacred dance to mediation to natural vegan nutrition to each day well balanced living, this book may be the one! Great starter publication for newbies. Five Stars Excellent book I think this is one of the most important books . I have already been vegan for four years now, 90 percent totally plant centered (no processed) for just two which book gave me even more of a press to get closer to my ideal diet.. I think this is one of the most important books on diet and an essential tool for higher says of consciousness By far one of the best books I go through for nutrition and also understanding the . Hunger for the Divine Dr. That's what we want from a teacher. By far among the best books I go through for nutrition and in addition understanding the correlation between the spiritual side and nutrition Powerful POWERFUL



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