

Physical, Emotional, and Relationship Healing through Inner Bonding

Foreword by Marci Shimoff

NY Times Best-Selling Author of *Happy for No Reason*

# • DIET • FOR divine CONNECTION

Beyond Junk Foods and Junk Thoughts  
to At-Will Spiritual Connection

**Margaret Paul, PhD**

Best-Selling co-Author of

*Do I Have to Give Up Me to Be Loved By You?*

and *Healing Your Aloneness* and Author of *Inner Bonding*

Margaret Paul and

## Diet for Divine Connection: Beyond Junk Foods and Junk Thoughts to At-Will Spiritual Connection



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If you have been searching for a method to knowledge a consistent, at-will reference to your spiritual way to obtain love and guidance, this breakthrough book is for you personally. Get cutting-edge methods on achieving the physical, emotional, relationship, and spiritual well-becoming and clearness of mind that free you of the low vibrancy that blocks Divine connection. Diet plan for Divine Connection gives a very clear pathway to reconnecting with yourself, others, as well as your Divine guidance. In this penetrating and provocative publication, Dr. " " Alanis Morissette " " and a genuine present to anyone who reads it." Sandra Ingerman "A rare and potent transmission which will heal, integrate, and ignite your mind, body, center, and soul into wholeness." Claire Zammit "You understand how junk food, junk thoughts, and level of resistance to self-love block at-will Divine connection and how exactly to heal these blocks to enable you to attain inner peace and pleasure and heal interactions. Paul invites you on a pathway to greater mental, physical, and spiritual wellness. truly remarkable Ocean Robbins "This wonderful book will help you align your mind-body-spirit to create a healthy, radiant, life-affirming diet." Judith Orloff, MD " Katherine Woodward Thomas " [She] teaches us how to perform the same, and in the process, so much healing takes place." [Margaret Paul is] ahead of her time and continues to be a renegade leading thinker and teacher in the psycho-emotional and spiritual realm with this brand-new reserve. Profound and practical insights for integrating the psychology of healing our hearts with the foods we consume to expand our consciousness and strengthen our divine connection with spirit. A magically transformative publication for all serious seekers of health, recovery, and wholeness. I highly recommend it! Margaret Paul is connected with her own internal Gps navigation. Geneen Roth "Life-changing information John Gray



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Importantly, instead of recommending a one size fits all method of diet and nourishment, Margaret wisely recommends that the reader consume foods as close as feasible to natural and tune in to the specific effects of their choices. Paul hits the proverbial nail on the top. At least for me personally, that is a timely and incredibly insightful look into how we can both improve our physical health insurance and vitality -- assisting our bodies to be the divine instruments these were designed to end up being -- while upping our spiritual video game by raising our vibration to solidify the link between the physical truth of our getting and the spiritual essence that animates it. In her down-to-earth and humble way, Dr. Paul brilliantly illustrates how we can mindfully utilize the energy we select to feed our anatomies to make a strong, consistent channel of usage of the Heavenly Realms for Divine Assistance and the Angelic connections that feed our souls and provide clarity to your lives. Imagine a country of such people! I acquired the pleasure of acquiring among her courses lately at Kripalu and I really like learning from her; rather, it's on the subject of shifting our perspective relating to the component we play in the body-spirit equation, and expanding our understanding of how diet can support and intensify our ability to connect with spirit, revealing a different vision of what it looks like to truly like and honor our "personal" and care for the vehicle that bears us through this existence. A Map Home My just regret is that We spent a couple of days humming and hawing about whether or not I should buy myself this reserve! To be honest, I was worried that it could be too esoteric for the practical part of me: I like to notice results (a better mood, a better knowledge of myself, clearer intentions for moving forward) after reading books of the nature.. Paul's work so far This is my favorite of Dr. That I will exercise more than I really do? Thankfully, my longing for a deeper link with the Divine (and subsequently my longing to feel happier, even more at peace, more fulfilled, more myself) ran deeper than my hesitation, so I ordered it. Paul's brand-new book offers insights in to the connection between our diet plan, our divine connection with an increased guidance (whatever that's for you personally), and our everyday thoughts and feelings. In this publication, she shows us how to be responsible for ourselves in all regions of our lives, how exactly to develop a profound connection with our inner knowledge and with our Higher Guidance, and how to free ourselves from the bondage of our very own false beliefs. This is an illuminating book that corresponds the frequencies of our food and considered to the state of our physical, emotional, and mental health. This publication is a useful and totally accessible guidebook on how best to bring high-frequency consciousness to the feeding of our anatomies, to the feeding of our minds, to the overall caring of our physical, emotional, and spiritual selves. One of the most power revelations I experienced reading this reserve was around As to why I need to "use" food in the 1st place- because when I abandon myself, I encounter a void where my true self is meant to be flourishing. Dr. Like me, so most of us turn to things outside ourselves to fill this void, an effort which has just proved futile. Dr. Paul, however, gives us a road map to improve our Divine connection, and for that reason leads us closer to our true home: happiness, protection, fulfillment, and peace. Like! This Book is Full of Wisdom That is an insightful new book from Dr. I have personally found Inner Bonding to become the most useful, effective and transformational method of becoming a loving, engaged, and happy individual, and I am deeply grateful for assistance I've received from Margaret's work. There are numerous great reminders in the book: the difference between guilt and shame, the illusion of control that drives us, the false belief that another person is abandoning us, the knowing that feelings of panic are our teachers, the ability to recognize that our level of resistance to being managed leads to your being controlled by our level of resistance, learning that each addiction offers its roots in the intent to control pain, & most of the issues people have problems with stem from how they handle the life events as opposed to the events themselves. Margaret Paul, who along with Dr. In this reserve, Margaret explains the critical role our diet and meals sources have got on our spiritual well being and how they influence our capacity for divine connection. If which were not enough, the book contains a wealth of information on the adulteration of our food sources, the need for the biology around the microbiome (our gut bacterias), and how nutrition

affects the cellular inflammatory processes. I came across the discussion very informative and well referenced. Diet plan for Divine Connection: Insightful, Down-to-Earth, and Real As generally, Dr. The reserve provides detailed guidance on how to do this successfully and set up a diet plan of foods that support your vibrancy and divine connection. A Must Have For The Spiritual Seeker. A must read for all. Finally, the solution to your health care system woes. IN a world filled up with an overwhelming amount of nutrition info, theories, beliefs, and marketing hype maybe it's time to tap the wisdom within you. Margaret Paul's books; What I love the most is certainly that all of the studies that I've done independently by myself regarding healing the spiritual and emotional connection has led to the same answers.. What could an expert tell me that I don't know and/or experience guilty about with regards to diet and exercise? New insights and reminders of the best-of-the best Having read all the books (many times every! Dr. Margaret Paul teaches us a new way of associated with ourselves, one which is life-providing and infused with the like of Spirit. Truly, my healing began the moment I opened up to Dr. We discover ways to cultivate an at-will reference to our personal way to obtain Spiritual Guidance, one which allows us to finally know who we are really and who we're designed to end up being, and provides the foundation for us to take actions that really support our highest great. This Book Taps A FRESH Way Of Eating: Eating Based On Your Innate Inner Wisdom I am really into health, healing, and this reserve definitely took me to another level. Paul's initial paragraph, and her function continues to influence me deeply. With out a loving link with my true self and the Divine, I've never quite felt complete.. Her knowledge of the human mind and spirituality are intensive. The dietary plan for ". She offers practical advice on how to heal and learn to pay attention to our intuition. I find her to end up being endlessly fascinating and incredibly wise. I will purchase her other book on Inner Bonding. The teachings in this book will absolutely transform your daily life if you put them into practice. There exists a powerful synergy between our diet, our health, and our spiritual connection the connection that can guidebook all our decisions if we open to it. But her latest book, Diet plan FOR DIVINE CONNECTION, brought me both new insights and reminders of the "best-of-the-best" concepts and ideas of this revolutionary approach to acquiring personal responsibility for your life. Erika Chopich, pioneered the effective self-healing process called Internal Bonding. I was astonished by the research and documentation that the author provided, specifically about the healthy gut. We are discovering every day fresh information about the role a healthy gut plays in our total body fitness. The most succinct yet comprehensive of Dr. Paul's books, plus highly valuable new material If you are not used to Inner Bonding, this publication will give you a crystal-clear understanding of this powerful 6-step process to understand exactly why you are feeling good when you are feeling great, and why you are feeling bad when you feel bad. You will also understand the dynamics of control in relationships, and how to let go of these patterns. While various other books by Dr. Paul cover this materials, this is the most pithy and powerfully written. More important, Diet for Divine Connection contains new material not found in any additional books Dr. Paul provides written. For this reason, I urge experienced Inner Bonding practitioners aswell to read this book and ingest what Dr. Dr Paul is a genuine gift to the planet, her contribution is purely operating.) that Margaret Paul offers written, I thought I understood everything there was to learn about Inner Bonding. "Diet for Divine Connection" clarifies just how your food choices have an effect on your well-being not only on the physical level but on the spiritual Essential Guide for Emotional Cleverness &! Dr Paul not only teaches how exactly to manage your emotions, she teaches you proper diet, which is key to keeping a higher emotional vibration so you can attract the life span you deeply desire. As a emotional healing teacher myself, that is my 'proceed to' book to share with clients. Paul must say about the importance of diet. I'm suggested all my clients read this book!!! Insightful and Practical Dr. And thank God I did so, because this book has been an answer to my prayers! I've read Dr. Paul's various other books and this requires a deeper dive into her Inner Bonding process in a very practical method. Once you realize how important diet and the Inner Bonding process is, you'll hang on every term that Dr. Paul writes because you can instantly

apply it in your daily life. Dr. You'll visit it and revisit it and revisit it again. I have currently. Once I read it, I instantly started over.. Game changer Will change the way you take part in the world, lifestyle changing! For anyone seeking to 1) overcome taking in disorders 2) deepen or available to their spiritual guidance 3) Uncover what foods are ideal for their body based on their own inner guidance this is a must. Every citizen, politician and leader should read this book. This is simply not a publication to just read and put on your shelf. Paul therefore succinctly portrays how the quality of our lives and thoughts relate directly to our health and wellness. She helps us understand how our former traumas affect the choices we produce and cause our addictions that block our ability to hook up to the Divine. Paul writes in a concise and easy to comprehend manner..healthful food and thought. I am practicing her guidance and seeing the outcomes.." leads us to radiant lives - actually, mentally and spiritually. The suggestions are simply just to comprehend and implement and don't involve radical lifestyle changes, special equipment, or economic investment . Great addition to and culmination of Dr. That my sugar addiction isn't serving me well? More than a food reserve it offers a distinctive way to heal the emotional-physical-spiritual dynamics. I love how she integrates all of the information she has learned and taught over the years into this book. The teachings in this book will absolutely transform your life. I had Lyme Disease in 2011 and continued a year long span of antibiotics due to Lyme and 3 co-infections. I began to have gut complications and then anxiety and depression as a result and came to recognize that I experienced a compromised gut and disease fighting capability with candida overgrowth. Curing this has been really important and producing sure I'm taking in low toxicity, high nutritious foods has been paramount.. It is one of the best and most useful books that I've ever read. Occasionally, there's so much conflicting details out there it can be difficult to maintain an open mind, but it is definitely worthwhile. Highly recommend! Physical Well Being In my opinion this is an essential handbook for how exactly to thrive in life.



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