

SPIRITUAL NUTRITION

How the Foods You Eat Affect Your Mind, Body and Spirit

Spiritual Nutrition

Susan Wells

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Spiritual Nutrition Gabriel Cousens, 2005 Offers a spiritual scientific and intuitive blueprint for creating a diet that completely supports a person s spiritual life Provided by the publisher Spiritual Nutrition Gabriel Cousens, M.D., 2009-03-03 When we eat can we feed the soul as well as the body Can a diet have an impact on spirituality Spiritual Nutrition empowers readers to develop personal diets that are appropriate to their lifestyles and spiritual practices Drawing on 14 years of clinical experience and research Dr Gabriel Cousens discusses nutritional issues that can help answer these questions including raw vs cooked food high vs low protein the concepts of assimilation and fasting alkaline acid balance attitudes about food nutrients energy and structure building In addition Cousens shares his new dietary system of spiritual nutrition that is based on the relationship that the color of the food has to corresponding colors of the human chakra system hence the rainbow diet For true nourishment he strongly promotes the connection of diet to meditation fellowship wisdom and love **Spiritual Nutrition** Mike Radice, 2024-04-26 The New Earth is the happy ending predicted by spiritual mystics for thousands of years Nirvana Heaven Shambhala Gaia and Third Temple are some of the names but the name is irrelevant It s a higher vibrational dimension without fear binarism and violence Peace collaboration and a clean planet are the norms Spiritual Nutrition provides tools to bring the New Earth to us smoothly The book enables readers to understand and feel what s going on and helps them make changes to themselves to help It presents strategies and steps to clean the body mind and spirit lift the vibration and spread loving light as an antidote for fear and hate It also questions the meaning of reality The book relies on an energy vibration context for its argument Higher vibrations are peaceful kind and smooth the kind we need to move to the New Earth Lower vibrations are angry destructive and disempowering the kind that holds us in a world of fear and hate The book relies on vibrational lifting as the goal and prescribes a path of a plant based diet meditation yoga thoughtfulness and kindness to self and others Spiritual Nutrition for the Christian Emil Lukstein, 2025-08-21 Brothers and sisters this is a book of Topical Studies meant to feed your spirit I pray that Father opens your eyes and opens your ears so that you may see and hear the Message of Discipleship that is brought forth to you in this book Knowing that Jesus is the Living Word of God and the Bread of Life we Christians need to partake of this Bread in order to feed our spirit Spiritually speaking we need to partake of read and digest understand the Bible Through instruction and extensive biblical studies I have found that the Bread of Life gives life spiritually and eternally Therefore I have put this book together in order to Break Bread with you my brothers and sisters in the Lord In truth it is a book of discipleship We Christians have answered our Lord s invitation Follow Me and I will make you fishers of men However we need to learn how to fish in order to complete the mission that we have been commission with As the saying goes Give a man a fish and you feed him for a day Teach a man how to fish and you feed him for a lifetime In other words teach a man the Word of God and he will be able to teach others the Word of God as well In this book you will find answers to the questions What does disciple mean What is a disciple What

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