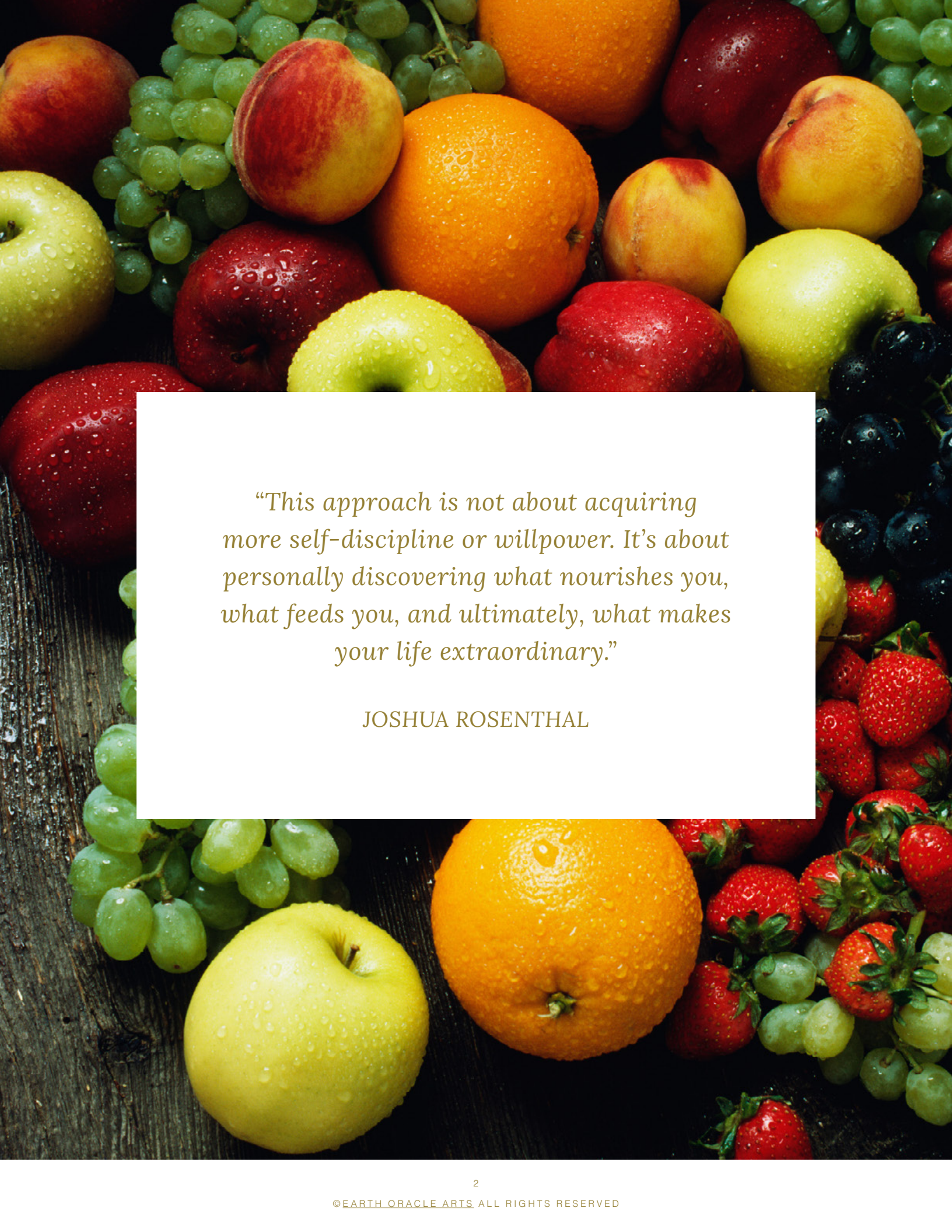




FOOD JOURNALING PRACTICE



EARTH ORACLE ARTS



“This approach is not about acquiring more self-discipline or willpower. It’s about personally discovering what nourishes you, what feeds you, and ultimately, what makes your life extraordinary.”

JOSHUA ROSENTHAL



FOOD JOURNALING PRACTICE

Use this journal to get real, open, and honest with yourself about how you feel emotionally and physically throughout the day and your relationship to food, cooking, nourishment, and eating.

Use this opportunity to commit to listening to your body and the messages it sends. Remember why you are doing this practice.

Daily Intentions

Instead of just setting your intention in the morning for the whole day, try to set your intention for parts of the day.

For example, set your morning intention: *“I intend to get out of bed with a gratitude in my heart and take a shower while singing a song.”* Then on your way to work: *“I intend to have a lovely open heart today.”* Once you get to work: *“I intend to notice how I am feeling emotionally and physically during work today and nourish my body as needed.”* etc.

Keep the intentions short and simple and remain in the moment. This makes them easier to maintain.



FOOD JOURNALING PRACTICE

Evening Reflections

Take time to contemplate the day. Reflect on the choices you made and how you spent your energy.

How did you feel about those choices?

What could you have done differently?

What did you learn?

Do you feel grateful for something or someone?

Track your Progress

Track your progress through the practice.

What's easy for you?

What's difficult?

Try to notice these points without needing to add a storyline or judgment, just observations.



NOURISHMENT

Nourish your cells optimally and the old cells and other waste will be cleared away easily.

The liver is replaced, every cell of it, in six weeks. Nourish each new liver cell optimally, and the liver will clean the blood with ease.

The kidneys are replaced, every cell, in a month. Nourish each new cell optimally, and the kidneys will clean the blood with ease.

The blood volume itself is replaced, every cell, in three weeks.

Partake of optimal nourishment and soon every cell of your body is healthy/whole/holy - the nervous system functions more smoothly, the hormonal system is better regulated, the liver and kidneys are more effective, the immune system is better organized, and the digestive system makes better use of all available nourishment.

Nourishment encourages expansion and growth. Nourishment supports each being as a unique individual. Nourishment encourages love for all parts of ourselves.



NOURISHMENT CONTEMPLATION

*What does nourishment
mean to you?*

*In what ways do you
nourish yourself?*

How would you like to include more nourishment in your life?

SACRED CONTRACT

Take a few moments to write a letter to yourself, a sacred contract. Include the goals you have set and the level of commitment you expect from yourself.

With all of my heart, *(please sign & date)*

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HOW YOU ATE quickly, slowly, watching a movie, driving, etc.			
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