

## Sacred Eating - The Vibration of Food

Everything is vibration, waves of oscillating frequencies present in everything in our environment and in every organ and each individual cell in our bodies. This electrical energy is measured in Megahertz frequencies.

While researching the frequencies of food, I came across Bruce Tainio of Tainio Technology, who is said to have built the world's first frequency monitor in 1992. His device measured a healthy person's frequency as between 62-72 Mhz, with all the organs having their own frequency between 60-80 MHz. When the frequency drops below 62Mhz, the bodily system begins to be compromised, with colds and flu starting at 52-60 Mhz. Around 55 Mhz, candida may be present. Epstein-Barr virus can show up at 52 Mhz and at 42 Mhz and lower, cancer may appear. The death process begins around 20 Mhz. Fresh green vegetables have been measured at 65-62 MHz and green juices as high as 250 MHz. A big Mac measures 5 MHz, white flour 1-2 MHz and canned foods at 0 MHz.

Every item of food has it's own vibration and energy field. Each of us also has our signature vibration and each food we ingest contributes to that vibration. The vibrating, energetically charged particles of food interact to a significant degree electrically within the fluid matrix of our body. These currents ripple through our bodies, creating electrical currents which our enhance or deplete the energy state of our cells. When we resonate with the food's vibrational energy, we benefit from eating it. As a general rule, the farther food is from it's natural state, the less it's vibration energy levels.

### **Highest Vibration Foods**

Green leafy vegetables

Fermented foods

Sea vegetables

Raw honey, maple syrup

Raw oils

Brown rice, buckwheat, amaranth

Lightly cooked vegetables

Raw nuts and seeds (soaked is best)

Raw dairy

Free range eggs

Wild fish

Super foods (goji berries, spirulina, etc.)

## **Lowest Vibration Foods**

Any processed food

White flour

Processed sugar

Canned foods

Soda, coffee, alcohol

Pasturized dairy

Factory farmed meat

Artificial sweeteners

Deep fried foods

Microwaved foods

Margarines and lards

GMO foods

Foods grown with pesticides

So many people in this county seem to be slaves to their food cravings and susceptible to illnesses and physical ailments caused by lifestyle and poor food choices and aren't able or willing to make good choices. Some people don't have the knowledge, time or interest while others struggle to just get enough food. For those of us fortunate enough to be aware of the vibrations of what we eat and able to purchase foods to support our health, how do we wade through all the health and diet information with the plethora of theories and beliefs out there, to nourish our bodies in a way that best supports our health and the health of Gaia?

First of all, we can do this by eating foods that have been grown in the earth with rain and sunshine in a natural way. Foods that we've grown ourselves will resonate best with our energy. For we city dwellers with no gardens, foods that have been grown locally will resonate with the land around us and nourish us well. We can realize that the consciousness of that food is being absorbed by our body, and strive to avoid meat from animals raised in the misery of factory farms. As we shop for our food, we can tune in and ask our higher self what we need to eat this week. In addition, we can thank and bless every food we eat, thanking the tree or plant, the land, the farmer who grew it or raised it, the people who brought it to the market, even the workers in the store who displayed it. We can ask the food to raise itself to its highest original vibration and ask our body to raise itself to the best vibration to accept and digest this food. Eat slowly and with presence. When possible, refrain from cooking or eating when angry or upset as our emotions will transmit into the food. While preparing food, play beautiful music to open the heart chakra and transmit love into the food.

We can eat a rainbow every day! Which brings us to another fun things about food and that is all the colors of food. We can use food of different colors to support any chakras that need balancing as the color rays of the food contain the vibration of that color. We can eat healthy foods in the color of the particular chakra that needs to be balanced or activated (see charts). A book that looks fun and interesting around this topic is Chakra Foods for Optimum Health by Deanna Minich.

And one more thing!

While researching this paper, I found a video on Youtube by Abraham Hicks, called Junk Food and Good Vibrations. A participant asked about drugs and alcohol and foods that spiral people downward and Abraham made several points about this.

- 1) We have a brilliant cellular mass which is our body and our cells know how to compensate for anything that is not in harmony with the make-up the body by immediately adjusting and compensating to maintain balance. However, this adjustment then translates to the body as a craving because the body has compensated and adjusted and now wants more of that substance. Three days without that substance and the body will have readjusted to life without it. Though the craving can persist because we are focusing on a memory of how we felt when we ingested that substance and feeling lack. When we are coming from a place of lack, our system will be a match for lower vibrational foods and substances. The craving is not actually for the substance but rather for alignment. When not in alignment, we sometimes try to shift via foods and substances but we can only fill the void with alignment.
- 2) Discord in our vibration will show up as cravings for detrimental food faster than it will show up as an illness. Then we get sick and blame it on the food. Actually, the detrimental vibration of lack is responsible for both the craving and the illness. Poor eating habits are not necessarily responsible for the illness.
- 3) Which brings us to the point that some people can eat anything for long periods of time and maintain great health. Their body transmits everything into great nourishment due to their lack of fear and positive belief that they are nourishing themselves well. They are in alignment.

