

# Vibration of Food

Globe Sound Healing & Consciousness

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Everything is vibration and the foods we eat are no exception. All foods have vibration and the foods we eat affect our own vibration. This paper is not to judge what we choose to eat, but to educate on the vibration of food. We will cover several ways in which food vibrates and ways in which we can impact the level of vibration of our food.

- Science: Measuring the Vibration of Food
- Organic vs Conventional (commercial)
- The Journey to the Table
- Changing the Vibration of Your Food

## Measured Vibration of Foods

André Simoneton, an expert in electromagnetism, was the first to measure the vibration of food based on its electromagnetic field. In the late 1930's he researched to define what energetic vibrations are beneficial or harmful to the human body. The human body emits a measurable amount of radiation, so the first step in researching the energy of food was to determine the energy of the human body. Radiation from the human body, food, plants, animals, etc. can be shown through color and sound. A healthy human body is measured between 6200-7200 angstroms. Simoneton determined to have good health the human body needs to maintain about 6500 angstroms. When the human body is influenced by lower frequencies emitted by food, it can bring down the vibrational energy of a healthy person possibly creating disease of the whole body (physically, energetically, spiritually, and emotionally).

Foods that he rated in his first category with the highest vibration between 6,500 and 10,000 angstroms, include fresh, raw, and juiced fruits and vegetables, vegetables cooked below 70 degrees, cold-pressed oils like olive, coconut, and almond, and essential oils from plants. Also, some foods are higher in energy only if consumed at the time of production like milk, butter and eggs.

In the second category with vibration between 3,000 to 6,500 angstroms, include vegetables cooked in boiling water, milk, fridge butter, eggs not freshly laid, honey, cooked fish, peanut oil, sugar cane and wine.

The third category with very weak vibrations below 3,000 angstroms include cooked meats, sausages, coffee, (black) tea, (regular) chocolate, jams, cheeses and white bread.

The fourth category exhibits practically no energy and includes margarine, conserves, alcoholic spirits, refined white sugar and bleached flour.

His research suggests that for optimum health we eat vegetables, grain, fruit, nuts and other foods which emit radiant vibrations higher than the human norm. This is in complete accord with the recommendations of ancient texts and the scriptures of most religions.

Today, most nutritionists & spiritualists, such as Dr. Theodore Baroody, agree with Simoneton's assessment but base their measurements on the alkalinity of foods. In his book *Alkalize or Die*, Dr. Baroody categorizes both foods and emotions based on their level of alkalinity on a scale of 0.5 to 7.5 with 7.5 being the most alkaline and highest vibrating.

Foods with high vibrational energy and nutrients include dark leafy greens, vegetables, fruits nuts and fresh herbs. These foods contain a life force (prana) that is passed on to us. Superfoods & fermented foods are also very high vibrational. Foods such as meat, poultry, sugar, and foods that are highly processed, microwaved, chemically altered, genetically altered (GMO), contain chemical additives or have being mistreated by a person have little or no good vibrational energy and nutrition to add to your body.

## Vibrations based on Organic vs Conventional Farming Methods

Conventional farming generally includes the use of toxic chemicals and pesticides to control weeds and pests. Conventional farming also is not conscious of the impact on the environment. Organic farming makes use of natural weed and pest control. It promotes biodiversity through practices of crop rotation and healthy soils. Farming methods significantly impact the vibration of the foods produced.

You can see through Kirlian photography the difference between a mushroom grown using organic methods vs a commercially or conventionally grown mushroom. The Kirlian photography depicts the energy and aura radiating from two different mushrooms. It's clear that the organic mushroom is much brighter, more vibrant and full of energy & life.

### **The Journey of Food to the Table**

Another key process that affects the vibration of our food is what happens to it between the time it is harvested to the time it is on our plate. This is the reason many choose to farm and harvest their own food. This gives complete control over the energy and life force of the food.

But most of us don't have the space or time to cultivate our own food so we must eat foods that come to us from the grocery store, farmers market or in the restaurant.

According to a study performed by the Leopold Center for Sustainable Agriculture, the average fruit & vegetable travels around 1,500 miles with many being imported from other countries. When food has to travel a great distance, it loses its vitality & vibration. Fruits and vegetables are at their highest vibration when harvested directly from the plant or tree or ground.

In addition, the longer the distance the food travels, the more energies it can encounter. How the food is treated along its journey also impacts the vibration. Food is handled by many people during its journey to the table. People have an impact on the energy and vibration of the food. If disgruntled people are handling the food, it can take on that energy reducing the vibration and vitality of the food.

This is especially important when consuming farmed meat, poultry and fish. The way the animals are treated during their life and how they are slaughtered has a huge impact on their vibration and that energy can get passed on to us.

### **Foods Have Spiritual Purpose**

One of my favorite teachers regarding food is Anthony William or better known as the Medical Medium. Anthony has written several books. I was one of the first to purchase his recent book *Life Changing Foods*, which goes into great detail about the nutrition of fruits, vegetables, herbs and wild foods.

Beyond nutrition, however, he goes into the spiritual purpose of each of these foods. Cherries for example, "Cherries teach us patience. If you rush while eating a cherry – if you don't take care to bite into it carefully, you could injure yourself on the stone inside. In this way, cherries teach us to take our time, to be mindful and considerate in our actions so we minimize mistakes and pain".

The spiritual aspect of food plays a role in the vibration created when consuming these foods. I highly recommend this book to anyone interested in the nutritional, emotional and spiritual essence of fruits & vegetables.

### **How to Raise the Vibration of Food**

To lift the energetic vibration of your food, give thanks and bless your food before eating, and even while preparing and cooking it. It's also important to create an ambience of peacefulness. Think positive thoughts and pour your own love energy into what you are eating. Reiki also helps raise the vibration and intention of the food. If you are eating meat or seafood, give thanks and show deep gratitude for the sacrifice of life to provide nutrition to our bodies. We are the experts on multi-tasking especially while we are eating. Learn to focus on eating. Set aside the newspaper, the TV, the phone, that spreadsheet you're working on, etc. Be present while you eat, chew, breathe and feel gratitude for this energetic exchange. Imagine how the food is healing your body and raising your vibration. Set an intention for how your food will bring you great health.

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