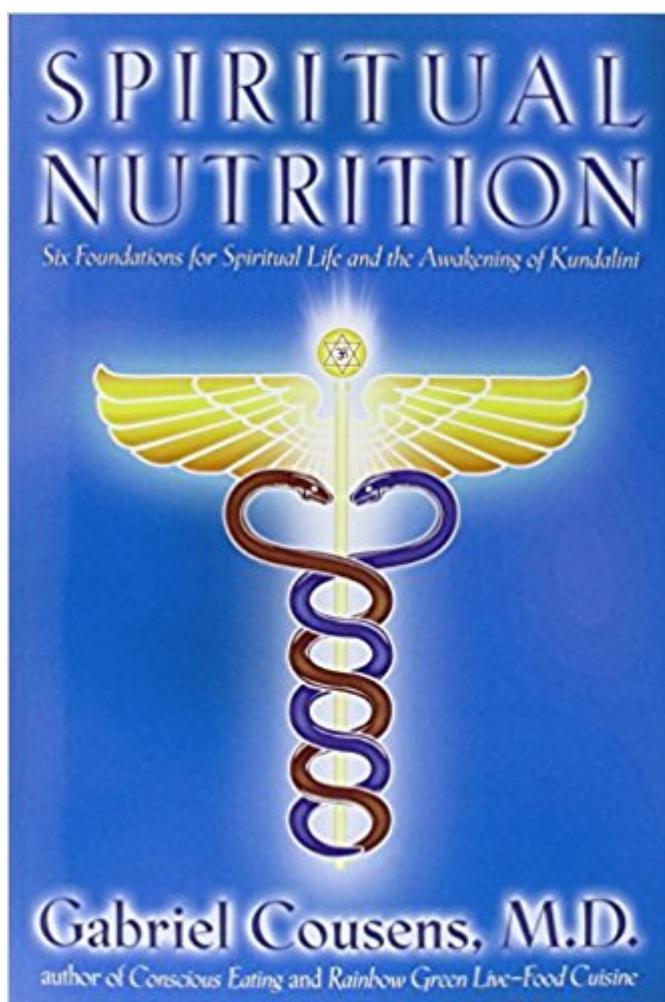


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# **Spiritual Nutrition: Six Foundations For Spiritual Life And The Awakening Of Kundalini**



## Synopsis

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.

## Book Information

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## Customer Reviews

"[This book] will become a standard for ages to come, against which all other books will be measured and put into perspective of relative importance. The author leads us beyond the limited precepts of nutrition into the realms of Divinity." •From the Preface by Viktoras Kulvinskas"...arguably the best book on diet from both a health and a spiritual point of view ever to see print." •Meditation Magazine"Dr. Gabriel Cousens is a true Yogi. This book is a cosmic how-to book that focuses on methods to spiritualize the physical body, thus creating a vehicle for Enlightenment, here and now." •Sharon Gannon"This is a stunning advance over similar books in the field. It opens up the real possibility that nutrition has finally entered a new age. Better

yet, this effort draws from both the best and most recent science and the eternal roots of esoterica, a full meal for the most critical reader."Ã¢-â•Lee Sannella"...probably the most detailed description ever written of the role of diet and Kundalini in the transformation of body, mind, and spirit."Ã¢-â•Barbara Marx Hubbard

Dr. Gabriel Cousens, M.D. is an internationally celebrated spiritual teacher, author, lecturer, world peace-worker, and physician of the soul. He is the world's foremost physician promoting live-food nutrition for physical health and spiritual growth. He received his M.D. degree from Columbia Medical School in 1969, and completed his psychiatry residency in 1973. As a leading researcher and practitioner in the field of rejuvenation, he specializes in the healing of many chronic degenerative diseases. To the healing process he also brings experience as a homeopathic physician (M.D. (H)), Diplomate in Ayurveda and family therapist. Dr. Cousens is also a Doctor of Divinity (D.D.), a Rebbe who has received rabbinical initiation, a student of Ecstatic Kabbalah since 1986, a certified Senior Essene Teacher in the Kabbalistic tradition, a recognized Yogi, a four-year Sundancer adopted into the Lakota Nation, and the White Buffalo Spirit Dance Chief. He is the author of a number of titles, including Rainbow Green Live Food Cuisine, Conscious Eating (hailed by many as the 'Bible of Vegetarianism'), Spiritual Nutrition, Depression-Free for Life, Creating Peace by Being Peace, and Tachyon Energy: A New Paradigm in Holistic Healing, co-authored with David Wagner, the creator of the Tachyon process. Dr. Cousens presents seminars worldwide on many topics including health and nutrition, psycho-spiritual healing, meditation, and spiritual awareness. Dr. Cousens founded and directs the Tree of Life Foundation, Tree of Life Rejuvenation Center, and Tree of Life Health Practice in Patagonia, Arizona. He is a frequent guest on popular radio talk shows, and has published articles in health journals and popular magazines on a number of health, nutrition, and social topics. Visit his website at [www.treeoflife.nu](http://www.treeoflife.nu).

Dr. Cousens teaches us that diet and fasting can enhance spiritual development. His methodical illustration of how the energy of foods is received and assimilated into our being is well worth reading. This book is a clear transmission of what he has learned from his research and personal experience. His carefully outlined progression toward helping us understand his conclusions and premises is evident and appreciated. Cousens, like many authors, has a lesson to teach in this book. It is up to each of us to decide if we want to be his students. Energy, diet, meditation, kundalini are all addressed in appropriate and sometimes technical detail. The purpose of this book was not to entertain but to present for the reader's consideration Dr Cousens' learnings. That is what we want

from a teacher. Then, as students, it is our challenge to go out and act upon those teachings we align with and discover even more insights that await. I consider Dr. Cousens a modern pioneer of the concept of spiritual nutrition. This concept includes some learnings that are old wisdom unearthed for us to embrace. Within my readings, I observe phrases and concepts from current authors who have obviously taken some of Dr. Cousens' teachings to heart. This book is for the reader who is seriously trying to advance their holistic profile and spiritual development and perhaps will offer them insight and considerations not stated in other writings currently available.

Excellent book

Thank you

Near and dear to my heart insightful, informative makes you stop and think

This book answered ALL of my questions about nutrition and how it relates to my spiritual growth. Helps me create a diet that nourishes body and soul.

Great Book

Some things in life never date - this book is one of those timeless classics! If you want to live a long happy healthy life - this is the book for you!

It's a good breakdown of spiritual nutrition. I recommend as a reference book to go back to every now & then.

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