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Spiritual Nutrition And The Rainbow

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Spiritual Nutrition and the Rainbow Diet by Gabriel Cousens

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 ...

Spiritual Nutrition and the Rainbow... book by Gabriel Cousens

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Spiritual Nutrition and the Rainbow Diet by Gabriel ...

The awareness of the Rainbow Diet starts with acceptance that all comes from God and is nourished by the God Force. This force has been described as OM, universal prana, universal consciousness, cosmic force, and virtual energy state. It is the primordial vibration from which all has been created.

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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.

Amazon.com: Customer reviews: Spiritual Nutrition and the ...

Originally published as: Spiritual nutrition and the rainbow diet. Boulder, Colo. : Cassandra Press, ©1986

Spiritual nutrition : six foundations for spiritual life ...

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: Six Foundations for Spiritual Life ...

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Spiritual Nutrition: The Rainbow Diet: Amazon.co.uk ...

You might remember learning about Roy G. Biv—red, orange, yellow, green, blue, indigo, and violet—the acronym for the colors of the rainbow. In the world of food, we can also add in pink, white, tan, dark brown, and black to that rainbow of colors. Red and Pink Foods

How to Eat the Rainbow for Optimal Health

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Dr. Cousens, Spiritual Nutrition

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1. Author(s): Cousens,Gabriel,1943-; Cousens,Gabriel,1943-Spiritual nutrition and the rainbow diet. Title(s): Spiritual nutrition : six foundations for spiritual life and the awakening of kundalini/ by Gabriel Cousens. Country of Publication: United States Publisher: Berkeley, Calif. : North Atlantic Books, c2005.

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