

VOLUME 1: AWAKENING INTUITION

Food and Intuition



101

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May the Light Within You Shine....

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Preface

The goal of this book is to empower you to thrive—to have physical vitality, emotional stability, and spiritual involvement. Then, you can make informed choices, have conviction about those choices, and be tolerant of the choices of others.

The book allows you to learn in your own home, do your own cooking, and move at your own pace. You are free to eat whatever diet you choose, make whatever decisions feel right for you, and succeed in whatever situations you find yourself.

Although this book is about intuition, it didn't start out that way. Since 1980, I have cooked food according to macrobiotic ideas, written one cookbook, compiled another, and helped run a yearly summer gathering where people camp outdoors and eat whole, plant-based foods. Initially, I wanted to write about food based on these experiences.

Before I began to write, I meditated to clear my mind. The ideas that emerged were different from what I anticipated. The first ten lessons weren't about cooking at all! They were about how we relate to food, how we choose to be healthy, how we choose to take care of ourselves, and how we choose food based on thinking. Over the next three months, I meditated every day. Gradually, the outline for this book became clear.

Using the tools in this book, you can change your life—based on your uniqueness and individual needs. Comprehensive guidelines help you determine healthy dietary choices, cultivate your unconscious, and facilitate your intuition. Unlike navigating complex approaches focused on health, weight loss, animal rights, and so on,

when you rely on your intuition, you make choices based on internal guidance rather than the latest trend.

There is no doubt in my mind that we are spiritual beings who live in physical bodies. Intuition is being in touch with this state. This book will help you understand that intuition is a valuable part of your life and strengthen your connection with it.

I offer you the best of luck and well wishes as you incorporate these lessons into your life.

Julia Ferré

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Introduction

Everyone is born with intuition. It begins with your first breath and develops throughout your life. An automatic inner knowing and feeling, intuition indicates the right thing to do. It is innate, personal, practical, and immediate. You can cultivate your intuition to help you thrive and live the life you want.

Intuition is like a guiding compass for finding satisfaction and avoiding pain. It aids us across a broad spectrum—from caring for basic needs and deriving pleasure in life to searching for meaningful relationships and fulfilling careers.

A lot of what we consider intuition is actually learned behavior. For example, the other day I was filling a glass of water from the tap. Because the room was dim, I couldn't see when the glass was full. But, I could hear the sound of the glass filling and knew when to turn off the water before the glass overflowed. At first, I considered this to be intuition. On second thought, I realized it was learned behavior. At some age, I had learned the differing sounds of water as a glass becomes full. Now, I rely on this knowledge to know when to turn off the tap. Another example is when we say we intuitively like or dislike something or someone. Often, our feelings are based on our previous interactions and experiences with the thing or person.

On the other hand, intuition is part of our innate intelligence that is reinforced through trial and error and refined by associations we form. Physical manifestations of intuition include instincts, reflexes, and the needs for sleep, nourishment, and love. For example, humans (like other mammals) are born with certain requirements: to drink, to eat, to sleep, to be close to others. We learn to find water,

food, shelter, companionship. Over time, we learn to store water, prepare food, make more secure abodes, and cultivate relationships. Using our senses to understand the world and our intuition to guide us, we further develop our abilities to survive and thrive.

Not everyone is aware of his or her intuition. This book can help you become more aware of your intuition, where it already flourishes within you, and how to awaken or enhance other intuitive abilities.

Intuition and Food Support Each Other

There are a number of reasons why food is useful in understanding and developing intuition:

1. Food is universal; we have to eat every day. Unlike meditation, another practical method to understand and foster intuition, food is not optional. Regular eating is a reliable resource for learning, especially given the frequent opportunities to practice.
2. Food is unique and personal. Incorporating it in the study of intuition makes the subject individually interesting.
3. Food is the foundation for living. We eat in order to survive, which allows us to thrive by doing all the other things we want. Attitudes and habits formed in our basic relationship to food affect our perceptions and actions in other areas of our lives.
4. Food affects our health and emotions. In turn, physical health affects how our mind operates, while emotions color our thinking.
5. Food has a direct relationship to health, appearance, and sense of worth. Currently, many people are challenged with out-of-control addictions or non-supportive attitudes about food and self-identity. Learning about healthy food, healthy attitudes, and how intuition shapes healthy choices is the foundation for relating to food in a meaningful way.

6. Intuition, like food, is something everyone has; both may be utilized consciously. Like food, intuition can be developed to an art.
7. Intuition and food interact: intuition helps one choose healthy food; the strong body, mind, and spirit derived from eating healthy food makes the intuitive ability stronger.

Most people want to eat in a healthy way, but they are exposed to countless diets and theories about food...what to eat and what to avoid. Navigating this information is easier when we use our intuition because it helps us choose the foods that satisfy us and formulate a diet that supports us.

How to Use This Book

This is Volume 1 of *Food and Intuition 101*. It introduces techniques to help you 1) become aware of the intuition already present within you and 2) apply this intuitive ability to selecting and preparing food with confidence. The long-term goal is to instill healthy habits within you based on your own needs and preferences.

This book contains 42 lessons grouped in units of six lessons each, with a theme for each unit. These sequential lessons are intended to be followed in order from 1 to 42. Within each group of lessons, your relationship to food is explored—from selection and preparation to consumption. Culinary techniques are discussed, as well as how to choose quality foods and equipment. Some recipes and menus are also included.

It is intended that you do one lesson per day, completing one unit each week. However, take whatever time you need or desire. If you need a break, it is best to take it between units to maintain continuity within each unit. I suggest you not attempt more than one lesson a day and that you not skip lessons or jump ahead because the lessons build on each other to provide a foundation of understanding. Do your best—willingness is preferred; perfection is not required.

In Volume 2 of *Food and Intuition 101*, you will develop your intuition further. The second volume continues by introducing and

explaining, in depth, seven areas of intuition with numerous exercises that apply intuition to food and beyond. The two volumes comprise a course of 101 individual lessons.

Use this course as a tool to help raise your own intuitive awareness and to become healthier. There is no expectation for you to become a vegetarian, macrobiotic, vegan, or any other kind of “diet-identified” person, now, or for the rest of your life. However, it is my hope that this manual will help you integrate positive changes that fit your needs for the rest of your life. This, to me, is putting your intuition to work.

Reclaiming Intuition

Health and intuition are related. Often, pain, disease, and stress are promptings to seek relief. These promptings signal that intuition is at work. A healthy body is free from pain that impedes clear thoughts. The healthier a person is, the easier it is to cultivate intuition.

While everyone has inner signals, not everyone knows how to interpret them. In addition, there are some situations that hamper intuitive ability, such as the following:

1. Addictions that interfere with and hide an accurate internal awareness.
2. Extreme childhood traumas that result in not trusting one’s internal voice.
3. Extreme betrayal that results in not trusting others or advice in general.
4. Assumptions and second guessing such as feeling that you should have avoided a natural disaster or should have known better.
5. Doubt about yourself.
6. Fear, an emotion that always creates confusion and chaos.
7. Embarrassment due to prior situations.

Based on the premise that intuition is naturally present within each person, this book provides exercises to help the reader become fully in touch with intuition. Here are some “remedies” to reclaim intuition:

1. Overcome addiction. Addiction can be serious, and you should seek counsel from a reputable doctor or therapist if needed. While this book offers simple advice for simple addictions, it is not a substitute for qualified care for serious addictions.
2. Educate yourself. Information elevates the mind.
3. Perform exercises to apply the information. You need both theoretical understanding and practical work.
4. Establish healthy habits. It is vital to install rhythm and orderliness in taking care of basic needs, including food, physical exercise, and rest.
5. Practice safety and common sense as much as you can.
6. Be positive. Create as much positive force in your life as possible.
7. See the bigger picture. Cultivate trust in the positive side of life.

Intuition, I feel, is a natural inborn ability that can help you see how you do things right. I am sure of this. You, like most everyone on the planet, seek to do things correctly, and I believe intuition is the process behind it. This course centers on that idea—that you do things right.

May your intuition help you thrive and be empowered in your physical vitality, emotional stability, mental integrity, and spiritual awareness.