

VOLUME 1: AWAKENING INTUITION

Food and Intuition



101

JULIA FERRÉ

May the Light Within You Shine....

Edited by Kathy Keller
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George Ohsawa Macrobiotic Foundation
PO Box 3998, Chico, California 95927-3998
530-566-9765; fax 530-566-9768
www.OhsawaMacrobiotics.com; gomf@ohsawamacrobiotics.com

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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

April 2012

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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.

VOLUME 2: DEVELOPING INTUITION

*Food and
Intuition*



101

JULIA FERRÉ

May the Light Within You Shine....

Other Books by Julia Ferré

Basic Macrobiotic Cooking

Food and Intuition 101 Volume 1: Awakening Intuition

French Meadows Cookbook

Edited by Kathy Keller

Cover and text design by Carl Ferré

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PO Box 3998, Chico, California 95927-3998

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Preface

The core teaching of *Food and Intuition 101* is to become aware of innate intuition and to develop it to become empowered. Intuition is a holistic approach to living. Its roots are in the body's natural instincts, its development with the mind's ability to reason, and its utilization with the connection to spirit. Body, mind, and spirit work together to enhance intuitive abilities.

Intuition is a natural ability present in all humans. It helps a person live life rich in experience and meaning. Intuition impacts relationships, growth, and satisfaction. My desire in this book is to show you, through regular daily practice, that intuition is a living force within you, not only helping you choose appropriate food but in developing your full potential as a human being.

This book, *Developing Intuition*, is *Volume 2* of *Food and Intuition 101*. A companion to *Volume 1: Awakening Intuition*, this book focuses on the *intuitive* side of this course and less on the *food* side (the focus of *Volume 1*). In *Volume 1*, the purpose is to use your awareness of foods and healthy actions to identify desirable practices, acquire regular habits, and establish a strong foundation by completing just one lesson a day.

Volume 2 continues this course with a focus on the origins of intuition, the development of intuition, and the importance of intuition. This volume explores the seven areas of intuition. Each of these areas has an overall theme, and each of these themes is broken down further. By concentrating on particulars, you will be able to see how intuition works within you.

Your purpose is to further develop your intuitive ability—both

in the kitchen and in other areas of life—and to do so at a pace that is comfortable for you. You are encouraged to follow the same pattern of reading one lesson and completing the associated exercise(s) each day. As before, you will see suggestions for foods to consume, with recipes, but this time there is a greater emphasis on larger dietary structures; for example, *Five Element Theory* and *Ayurveda* are introduced. Again, appendices as well as additional exercises for developing intuition are included. By completing the exercises, you will be able to strengthen your intuitive processes. I hope you will have fun along the way and learn some good things about food and your health too!

As a continuation of the first volume, *Volume 2* resumes the numbering system with Unit 8 and Lesson 43, concluding with Unit 17 and Lesson 101.

Julia Ferré
April 2013

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Introduction

Our experiences shape intuition.

We are born with intuition. It shows up at the very first breath and emerges and develops over time to affect all our experiences and encounters. More than a metaphor, the very first breath is the essence of survival. Breathing enables a baby to live, and the impetus to live is the foundation for all intuitive drives. Other intuitive drives—seeking comfort, finding pleasure, acquiring information, growing exponentially, and others—build upon this primal intuitive need.

Intuition is an inner awareness. It is an inner knowingness about what is important to us, and an inner reaction for what goes on around us. Often, we take intuition for granted; however, when we take the opportunity to be acutely aware of our intuition, we can know ourselves better and understand more clearly why we do the things we do. Developing intuition leads to knowledge of our true needs and instills an ability to act in any situation. Using intuition to develop awareness and determine appropriate actions is a process of growth with the goal of reaching an optimal state of being.

The Areas of Intuition

This book describes seven areas of intuition and how they are related to the “chakras” and “levels of consciousness.”

The *chakra* system, which originated in India, refers to the seven energetic centers that are located in the physical body. Chakras relate to physical traits, emotional perceptions, mental processes, and spiritual correlations.

The seven *levels of consciousness* are adapted from modern

macrobiotic founder George Ohsawa’s seven levels of judgment that explain the different ways humans think and experience life. By studying the levels of consciousness, we become more aware of our mental processing and the ways we reason and make decisions.

Using the chakras and levels of consciousness, we can chart the corresponding areas of intuition.

Areas of Intuition	Associated Chakras	Associated Levels of Consciousness
Power	Root chakra	Physical/Automatic
Polarity	Sacrum chakra	Sensorial/Creative
Growth	Solar plexus	Sentimental/Emotional
Fullness of Life	Heart	Intellectual/Logical
Interaction	Throat	Social/Collective
Freedom	Brow	Ideological/Philosophical
Connection	Crown	Supreme/Big picture

The **first area of intuition** concerns the foundation of life with emphasis on physical existence, survival, and meeting basic needs. We can observe the **power** of this survival instinct not only in a newborn taking the first breath, but also throughout a person’s life in the drive to secure food, shelter, and clothing. A specific example related to food is ensuring consumption of a sufficient number of calories with adequate nutrients.

The **second area of intuition** involves the experiences of life beyond mere survival. As sensory capabilities emerge, a baby learns about variety and the range and depth of life. These experiences pave the way for the intuitive drive to seek pleasure, avoid pain, and ideally embrace **polarity**. Some examples of how this drive appears in adults include creative impulses including designing projects and preparing tasty food.

In the **third area of intuition**, intuition develops exponentially. As a baby grows, he or she begins to develop preferences about the sensory events experiences in the second area of intuition. These likes and dislikes become the basis for emotions. In addition to this

discerning aspect of the third area, there is the aspect of being able and motivated to learn. A baby absorbs tremendous amounts of information in the first few years of life and keeps on learning for the duration of life. **Growth** is inevitable.

The **fourth area of intuition** is about love, and not only emotional love but deep satisfying love that embraces the **fullness of life**. As a child moves through the first, second, and third areas into the fourth area, he or she begins to think and reason more and more. While this logical component influences the fourth area of intuition, there is another equally important component: joy. When learning is meaningful, relevant, and satisfying, it merges the logic of the mind with the emotion of the heart and blossoms into a fullness of love for life.

The **fifth area of intuition** is about **interactions** with others. Children grow up among other people and most childhood experiences occur in the context of community such as family or school. Interactions formed as young children lay the foundation for social consciousness and how a person will interact with others as an adult. Food consciousness develops, such as what others eat and where food comes from.

The **sixth area of intuition** is about the personal **freedom** gained when a person understands events in a philosophical way and begins to develop a purpose in life. Children listen to stories and fables and develop the capacity to recognize the morals and ethics contained in them. Such an early exposure to philosophical thoughts paves the way for the development of conceptual thinking and ideologies. In addition, many dietary theories include philosophical reasons, and many philosophies and religions have suggestions regarding food.

In the **seventh area of intuition**, a person begins to explore a **connection** with the great “mysteries of life,” whatever he or she determines those to be. Again, this type of consciousness begins in childhood with an intuitive understanding that there are some things bigger than oneself. For example, it is illustrated by such questions as “Who is Santa Claus?” or “Where did I come from?” Adults love to ponder the abstract workings of the universe and ultimately and ideally learn that all is united.

Developing Intuition

Intuition is part of everyone's makeup, and there are general principles applicable to developing intuition: individual effort matters, as does regular practice, focused observation, and calm reflection. At the same time, each person's goals and techniques will be unique. By identifying preferences and repulsions in words and actions, you will be able to chart your own course to facilitate your own personal growth. Importantly, this will lead to improvement in your health, well-being, satisfaction in relationships, and comfort in life.

Food and Intuition 101, Volume 1 uses food as the organizing principle for developing intuition. Below are additional ideas presented in *Volume 2*.

1. *Establish order and rhythm.* Consistency in your schedule will help with all activities. For food, eat healthy food and eat at regular intervals.
2. *Savor life and experiences.* Notice that you have responses to situations before deciding whether or not you like them. For food, learn to cook and season well. Experiment with a variety of flavors, textures, and techniques.
3. *Celebrate holidays and special events.* Take time to enjoy and rejoice. These activities nourish your emotions and well-being, especially when you're happy. For food, consume healthy and happy items, especially desserts.
4. *Maintain your learning.* Refuse to become stagnant. Keep learning for the duration of your life. For food, continue to learn about nutrition, dietary theories, and the correlation with well-being.
5. *Navigate social aspects.* Be sensitive to the needs of others—individually and globally. Everyone has an opportunity to affect everyone else and inevitably does so. For food, become more aware of how food choices affect others, locally and collectively.

6. *Cultivate purpose.* Wonder about the meaning of existence and from whence life derives purpose. For food, recognize the many teachings that use food metaphors to help elevate consciousness.
7. *Be grateful for all experiences in life.* Reflect on the bigger picture and perceive the grand unifying ideas of life. For food, slow down and be in the moment—that is, take time to consciously consume food. Chewing food can quiet the mind and offer a chance to reflect on current thoughts, needs, and desires.

Theory and practice

Theory and practice go hand in hand; each is needed to make the other worthwhile. Theory is conceptual; without practice, the concept has no effect. Similarly, practice is action-based; without theory, no reason exists to perform the action. This partnership is used in both volumes of *Food and Intuition 101*: lessons provide theory, and exercises provide practice.