

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

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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.