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Spiritual Nutrition and the Rainbow Diet by Gabriel ...

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.

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What Is the Rainbow Diet (and Should I Try It)? - PureWow

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Chakras and the Rainbow Diet | Dr. Gabriel Cousens

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Spiritual Nutrition: Six Foundations for Spiritual Life ...

The thoughts we "feed" ourselves (our spiritual nutrition) are every bit as important as the nutrients we eat and drink (our physical nutrition). A steady spiritual diet of fear, anger, worry or guilt is much like a steady physical diet of potato chips, candy and soda pop.

Our Spiritual Nutrition

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 ...

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Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini discusses the applications of these two food disciplines in detail. The Spiritual Nutrition live-food diet is qualitatively different from the present practice of Ayurveda, which aims primarily at balancing the doshas to prevent or heal disease.

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The spiritual, intuitive, and metaphysical aspects of nutrition are explored. A detailed account of the relation between proper nutrition and a spiritual life is presented. "This study is a stunning advance over similar books in the field." Lee Sannella, M.D.

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Since that time, Spiritual Nutrition and the Rainbow Diet (the forerunner of this book), Conscious Eating, first and second editions, Depression-Free for Life, Sevenfold Peace, and Tachyon Energy: A New Paradigm in Holistic Healing have been published.

DailyOM - Spiritual Nutrition by Gabriel Cousens

Spiritual Nutrition empowers readers to develop personal diets that are appropriate to their life and spiritual practices. 14 years of clinical experience and research, Dr. Gabriel Cousens discusses nutritional issues that can help answer these questions.

Dr. Cousens, Spiritual Nutrition

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.