

# Food

## An invitation to alchemy

Breaking bread mindfully is everyday alchemy.

*The making, eating, and sharing of food can be a magical tool for bringing profound change into our lives. –Demetria Provas*

### **Tiny Things:**

1. Choose one meal to eat fully engaged. Sit down. Close your eyes. Chew slowly. (How does this change your usual experience?)
2. Relax your tongue inside your mouth. Notice if that releases tension in your face, jaw and throat. (What opens up without the tension?)
3. Choose a food you eat often and find out where it comes from. Consider how you could support local producers. (What farm/maker could you purchase from this week, or for the upcoming growing season?)
4. Make something you love from scratch. Notice how the elements combine to create something new. (How do your relationship shift when you make it yourself?)

## **Journal Prompts:**

List 5 shortcuts you take around food that don't promote your wholistic health:

Imagine leaving a meal totally satisfied and nourished:

Where are you?

Who are you with?

What are you eating?

How can you incorporate one of these elements in the next few days?

What words describe what "totally satisfied and nourished" feel like?

What are five things you could do to share the magic of food with your loved ones and strangers?

How can tending to alchemy allow you to feel more nourished?