



## The Sacred Art of Eating

*Blessings on this beautiful food and all that made it possible:  
the sun, the rain, the fertile earth, the farmers who grew it,  
the people who brought it here, and those who lovingly prepared it.*

We are, quite literally, what we eat. In Ayurveda, our physical body is called our food body, or annamaya kosha. This outermost layer of our existence supports and sustains us. When we slow down and connect to the life-giving force and pleasure of food, we turn the mundane act of eating into a sacred experience. And we realize that how we eat is just as important as what we eat. The result is a radical shift to a more connected, vibrant and beautiful existence.

### *Ways to elevate the act of eating:*

- Be physically hungry and ready to receive.
- Don't eat when you are stressed or upset.
- Eat in a relaxed and pleasant environment. Keep mealtime conversations free of drama.
- Eat your entire meal sitting down and without distractions (no phone, TV, etc.).
- Pause and experience gratitude for your food.
- Eat slowly and mindfully. Breathe fully. Chew your food completely.
- Bring all your senses to the table in order to notice the beauty and vitality of your food.
- Listen to what your body is telling you as you eat your meal.
- Plan ahead. Prep your food early if time is an issue. Optimize meal timing.
- Eat real food: organic, sustainable, local & seasonal foods that are freshly prepared.
- Eat easily digestible foods based on your individual constitution. Avoid foods that are inflammatory to your body or mind.
- Eat food that is nourishing, pleasurable and delicious.

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