



Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini

By Gabriel Cousens M.D.

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When we eat, can we feed the soul as well as the body? Can a diet have an impact on spirituality? *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 assimilation and fasting; alkaline--acid balance; attitudes about food; nutrients, energy, and structure building.

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.

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Editorial Review

Review

"[This book] will become a standard for ages to come, against which all other books will be measured and put into perspective of relative importance. The author leads us beyond the limited precepts of nutrition into the realms of Divinity."

—From the Preface by Viktoras Kulvinskis

"...arguably the best book on diet from both a health and a spiritual point of view ever to see print."

—*Meditation Magazine*

"Dr. Gabriel Cousens is a true Yogi. This book is a cosmic how-to book that focuses on methods to spiritualize the physical body, thus creating a vehicle for Enlightenment, here and now."

—Sharon Gannon

"This is a stunning advance over similar books in the field. It opens up the real possibility that nutrition has finally entered a new age. Better yet, this effort draws from both the best and most recent science and the eternal roots of esoterica, a full meal for the most critical reader."

—Lee Sannella

"...probably the most detailed description ever written of the role of diet and Kundalini in the transformation of body, mind, and spirit."

—Barbara Marx Hubbard

About the Author

Dr. Gabriel Cousens, M.D. is an internationally celebrated spiritual teacher, author, lecturer, world peace-worker, and physician of the soul. He is the world's foremost physician promoting live-food nutrition for physical health and spiritual growth. He received his M.D. degree from Columbia Medical School in 1969, and completed his psychiatry residency in 1973. As a leading researcher and practitioner in the field of rejuvenation, he specializes in the healing of many chronic degenerative diseases. To the healing process he also brings experience as a homeopathic physician (M.D. (H)), Diplomate in Ayurveda and family therapist.

Dr. Cousens is also a Doctor of Divinity (D.D.), a Rebbe who has received rabbinical initiation, a student of Ecstatic Kabbalah since 1986, a certified Senior Essene Teacher in the Kabbalistic tradition, a recognized Yogi, a four-year Sundancer adopted into the Lakota Nation, and the White Buffalo Spirit Dance Chief.

He is the author of a number of titles, including *Rainbow Green Live Food Cuisine*, *Conscious Eating* (hailed by many as the 'Bible of Vegetarianism'), *Spiritual Nutrition*, *Depression-Free for Life*, *Creating Peace by Being Peace*, and *Tachyon Energy: A New Paradigm in Holistic Healing*, co-authored with David Wagner, the creator of the Tachyon process. Dr. Cousens presents seminars worldwide on many topics including health and nutrition, psycho-spiritual healing, meditation, and spiritual awareness.

Dr. Cousens founded and directs the Tree of Life Foundation, Tree of Life Rejuvenation Center, and Tree of Life Health Practice in Patagonia, Arizona. He is a frequent guest on popular radio talk shows, and has published articles in health journals and popular magazines on a number of health, nutrition, and social topics. Visit his website at www.treeoflife.nu.

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