

Food
A Love Story

30 Days of Soul-Full Eating

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INTRODUCTION

WELCOME!

I am delighted that you've chosen to experience *Food: A Love Story*—the journey to rediscover Soul via the love of food.

You are about to begin an amazing transformational adventure. Here's what to expect:

In the foreword, you'll meet the two main characters—Kate and her mentor—whom you'll be journeying with this next month. You'll also find a short questionnaire that I'd like you to complete.

On Day One of the program you'll begin your first lesson. Each lesson is an engaging dialog between Kate and her mentor, followed by “Something to Chew On,” which is often a quote or story to ponder. Then, you'll have an interactive exercise that will help you to personally incorporate the message of the day into your life.

This is also the day you will receive a link to a meditation recording and I encourage you to listen to this recording right away, as well as each and every morning during the program, either directly before or right after you read your daily lesson. Listening to this meditation is an important and integral part of the next 30 days. It will not only help you still your thoughts, but also make room for the new concepts and experiences that you will be encountering each and every day.

I wrote this book based on my work guiding thousands of people from all walks of life through this same transformational journey. What you will be experiencing is a powerful and viable path to freedom and Self-discovery that affects your life

on every level. As you progress during the next month, you'll discover that you are cultivating not only a different relationship with food and your body, but with all of your life. You will see immediate results through your shifts in perception, but the real success of this program depends on the degree of your commitment to making profound lifestyle changes.

I urge you to read *Food: A Love Story* once all the way through, one lesson each day, not focusing on *mastering* any one lesson, but just allowing yourself to appreciate and absorb the revelation of every day's message. Later on, after you've completed the program, if you feel you want to make a more concerted effort at mastering it, go back and reread the lessons, now from the even broader perspective that you'll have gained after finishing the entire story. Focus on experiencing all you can from each and every exercise.

I would like to note that the journey within—which you're about to embark on—is the adventure of a lifetime, but it's not all smooth sailing. There are choppy, yet miraculous waters ahead, so proceed with dedication and utmost trust in your ability to **know and love yourself**. Go easy on yourself and enjoy this journey (a sense of humor helps a lot!).

You may want to talk with your loved ones, or anyone you live or typically eat with, to be sure they are clued in on the process you are going through. They can offer their support at critical times and even when you are simply enjoying the process.

Reading *Food: A Love Story* is meant to be a unique and interactive experience. As you read the book I invite you to send your questions and thoughts to me. Questions and answers are posted on the *Soul-Full Community Online Forum*, visit www.soul-fulleating.com to sign up today.

That's all you need to know. The rest is self explanatory. Now open your mind and heart and get ready to experience an exciting and life-enhancing month, unlike any other you've ever had before.

Thank you for being courageous and dedicated to yourself.
The most important thing we can do for the world is to learn
to love ourselves.

Blessed journeying...

Only love,

Maureen

FOREWORD

KATE CAME TO ME EXHAUSTED. “Tired of myself,” she said, dropping into a chair and slouching into her bulky sweater as if she wanted to disappear.

“I’ve been struggling with self-image for as long as I can remember, trying to lose these extra 10 to 15 pounds that I’ve been carrying around,” she pinched her waist, then threw up her hands in disgust. “I’ve tried probably 20 or 30 different diets. I’ve worked out, pumped up, fueled up and now I’m feeling entirely fed up,” she said dramatically, “I’m constantly thinking about my weight. I’m sick of it. Even when I almost reach my goal of 125 pounds—say one or two pounds away—it’s not long before I’m back up to 140 again.

“I’m done!” She said emphatically, “I feel fat, sad and defeated.” Tears began to well up in her eyes. As she sat across from me, my office desk between us, I could see that she was at the end of her rope, and would probably want to hang herself with it if she’d found herself in front of one more diet guru promoting yet another miracle plan.

Happily, I knew I couldn’t offer her such false promises.

Instead, I handed her a box of tissues and smiled, feeling immensely grateful for the opportunity to work with someone willing to be so vulnerable and honest—knowing that when harnessed and moved in the right direction, these qualities breed tremendous strength.

“So, are you ready to begin?” I asked.

She looked at me skeptically, raising an eyebrow, “I don’t know.”

“Good!” I said, “For the next few moments, allow yourself to

stay in that frame of mind—not knowing—and for once in your life, allow yourself to feel happy about it. Can you do that?”

“I don’t know,” she replied, still teary.

“Perfect!” I said, enthusiastically.

She looked confused, but as the irony of the situation dawned on her, a slight smile came to her lips and she let out a long sigh, as her mood visibly lightened.

“You’re doing it already!” I said.

“Doing what?” she asked, shaking her head as if to say, no, I don’t like this one bit. But her widening smile betrayed her.

“You’re surrendering.” I said.

“To what?” she asked.

“To the moment,” I replied. “Doesn’t it feel great?!”

“I don’t know—” she began to say, but then caught herself mid-sentence and burst out laughing.

To which I replied, “Isn’t it a relief? And,” I continued, “not knowing—if you can surrender to it—is the key to happiness.”

“Well, it’s definitely not your typical diet plan,” she laughed.

I could see that she was entirely engaged now.

“It’s clear that you’re catching on quick,” I remarked. “So I’m going to let you in on a little secret of mine—something you can always fall back on when you’re struggling or confused. I have a personal mantra that I say to myself whenever I’m about to begin a new endeavor, or find myself in the midst of transition, challenge or change. And really, if we’re fully living life and not shrinking from it, these moments of uncertainty happen to us hundreds of times each and every day. Whenever I’m in the middle of one, I say:

I don’t know what it is, but I love it!

“You see,” I went on, “It’s a happy little secret of life—the secret of not knowing. It doesn’t have to be scary not to know. It can actually be invigorating, exhilarating and thoroughly enjoyable to not understand exactly what’s going on in your life. But the trick is that you have to *love* that you don’t know what’s going on.”

Kate's eyes were wide, as if she didn't quite believe what she was hearing, "My whole life, I always thought that I had to have a plan, that I needed to know where I was going."

"Most people do," I said, "thanks to the ego—that's the voice of survival, of control, of dreaded anticipation that keeps us feeling imprisoned in a hopeless endeavor, because we can't possibly control our lives to a 'T'. The ego can never really make us feel safe, or secure, or happy, or comfortable, because it's too obsessed with controlling everything. And following the ego will never make us feel loved, which is really what all of those other feelings are about."

"So what does all of this have to do with dieting?"

"Good question," I laughed, "I'll cut to the chase and go right to the end of this *non*-dieting journey that you and I will be taking together these next 30 days. And I'll let you know right now, that at the end of these 30 days I don't want you to be anything but you. Free, happy and joyously you!"

I took out a piece of paper and wrote down what Kate could expect to experience.

1. I don't want you to change at all. I want you to find what's unchangeable in you and begin to live from there.
2. I don't want you to be in control of yourself or your life. I want you to embrace life's unpredictability. And realize that its uncontrollability is actually a blessing.
3. I don't want you to win any "diet battles." I want you to surrender to the grace that's all around you.
4. I don't want you to achieve some dieting goal and "get there" by giving up all of your "bad habits." I want your bad habits to give up you.

Kate looked at me, completely confused, but for once, not seeming to mind that one bit. Her whole body was less tense and she began to sit up straighter as I spoke, leaning in with interest. The tears of sadness and frustration that she'd come in with had turned into tears of relief.

"Good, that's what I want," I said, "your eyes to see more

clearly. So keep on crying. Cry for hours and hours if you like. I've got plenty of time. Those tears are going to help you immensely, they mean that you're letting go, and ultimately they'll turn into what I call 'golden tears'—tears of joy.”

Kate's expression began to relax. I could tell that she was basking in this acceptance of her emotional roller coaster. For once, no one was telling her that what she was feeling was wrong or that she had to be a certain way.

When I could see that she'd had the chance to soak in what she'd heard so far, I said, “Now, it's the beginning.”

“The beginning of what?” she asked tentatively.

“Just you wait and see. Over these next 30 days, we're going to lift the veil between you and your life, so that you can finally see the beauty that's all around you and realize the brilliance of who you are.”

Kate was speechless, her eyes wide, but no longer skeptical.

“Go home. Rest up. Let our conversation sink in and notice how you feel about it. I'll see you tomorrow morning...”

FOOD FOR THOUGHT...

Prior to beginning *Food: A Love Story*, I'd like you to tangibly mark the commencement of this endeavor by setting aside some time today, approximately 15-20 minutes, when you can be quiet and introspective. Then fill out the questionnaire: *Are You Soul-Full?* While doing so, pay close attention to the feelings that arise. Be honest and self-reverent, while remaining as objective as possible. You'll be happy to have this record of your authentic feelings when you complete the program, as a tangible way to realize how far you've come.

After honestly answering each question, put the questionnaire away in a safe place. You'll be reading it again when you finish the program to evaluate your progress.

A printable version of this questionnaire is available at:
<http://www.soul-fulleating.com/Are-You-Soul-Full.pdf>

ARE YOU SOUL-FULL?

While completing the following questionnaire it's of key importance to remember that this self-survey is for your eyes only—it is between you and you. Answer each question as accurately and objectively as you can. There is no “right” or “wrong” answer.

If you feel guilt or judgment arise in you while you are answering any specific question, pause for a moment, breathe deeply, and just observe yourself. To the best of your ability, let any unsettlement go. Be inviting and curious with yourself; enjoy this process of self-inquiry. When you have completed the survey, put it aside in a safe place so you can read it again in 30 days, when you'll ask yourself these same questions once again.

Take my word for it, it's quite an enlightening process.

Answer these questions by rating your level of satisfaction in each area from 1-10. (1 is the least satisfying—10 is extremely satisfying.)

I have a fulfilling home life.	
I have satisfying, whole relationships.	
I have a fulfilling career.	
I regularly pursue hobbies and interests that I enjoy.	
I engage in regular physical activity that I love.	
I am committed to a daily spiritual practice that I feel connects me on a deep level.	
I am fully present in my life—meaning, I hold no anger, resentment or judgment towards others.	
I am sensitive to my own needs, as well as the needs of others.	
I view sensitivity as strength.	
I embrace change.	
I welcome intimacy, love and touch.	
I feel connected to life and to others.	
I find reasons to belly laugh, out loud and often.	
I feel I have an important purpose to fulfill in life.	
I am living my purpose.	
I know how to create the life I'd love.	
I am ready to unlock my unlimited potential, balance my emotions, master my diet, and liberate my spirit.	