



RITUAL.

Dear Tribe,

This is the time to include our food choices in our program. When we talk about holistic self-care, we mean that everything inside of us, and outside of us is connected. What we eat, apart from the calories, the nutrients and the way it grows, it has energy!

Food is pure energy, it vibrates in specific frequencies, and resonates with ours, or not. Usually, the food that grows in the place that we grew up (local food) is good for us. For example bananas for a German guy, probably is poison for his energy, because for generations this food was not 'learned' by his system how to digest it, physically and energetically.

Also, the emotional state that our mother was in when she ate, at the time we were in her belly, is a major factor in what kind of food is good for us and what is poisoning us.

So what to do as a ritual?

For this month, we invite you to feel, meditate or just breathe and make sure you are present in your body before you buy food. Breathe in your lower belly and feel not only the image and the taste of this food but also the energy of it.

This simple practice, to breathe deeply before you buy or eat food, is gonna give you so many insights into your current state but also health problems you may have.

Our natural state is to be healthy, and feel good. To feel light.