



# Harnessing the Sun...

## 7 Steps to a High Vibrational Diet!

Dr Claire Bowen, Hypnotherapist, M.E. Support Specialist & co-creator of The Vibrant Heart Oracle, discusses the guiding principles for enjoying a high vibrational diet for optimum vitality...

**W**e've all heard the saying, 'You are what you eat' – and this is as true in relation to the vitality and vibrational frequency of the foods and drink we ingest, as it is to the actual molecules which make up the ingredients! So what does a 'High vibrational diet' really consist of? And why is it beneficial for us to consider one?

Over recent years, the diet consumed by the majority of Western society has become progressively depleted in nutrients and increasingly made up of human-made chemicals and additives. This has resulted in a higher prevalence of diet-related diseases, such as Diabetes and Heart Disease, as well as numerous negative mental and emotional effects throughout the population.

For those of us seeking *optimum vitality*, an expanded awareness of how everything we take into our energy field affects us, can assist us on our journey. Our vibrational frequency – our level of vitality - is the sum and culmination of the individual frequencies of everything we eat, drink, inhale and absorb – physically, mentally and emotionally. If our aim

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is to raise our vibration as high as possible – in order to experience higher states of awareness and enjoy more positive, healthful and enjoyable experiences, it is logical that we will choose only to expose ourselves to the highest vibrational experiences. When it comes to diet, the following pointers may be helpful:

### 1) Seek the Sun!

Foods with the highest vibration are those with the most *life-force* within them. Since all life on this planet is sustained by the sun, this equates to the highest levels of 'sun-energy'. This means that freshly picked fruit and vegetables are of the highest frequency and can provide the greatest vibration-raising effects on our bodies. The more processed and refined, the lower the vibration of food; the more energy it takes to digest and the more depleted (frequency-lowered) our bodies will be after ingestion.

In general, if you can readily recognise the connection between the food you are eating and the involvement of the sun in its production, it's likely that what you're consuming is of a high vibration. On the other hand, if you find it hard to see any true relation between the sun and the physical production of a particular foodstuff, it's likely to be of a far lower frequency. These foods would include processed, *convenience* foods as well as those which have been transported a great distance or been frozen –



since the *life-force sun-energy* dissipates over time, reducing the food's vibrational frequency.

### 2) Optimise & Alkalise!

Higher vibrational foods are nutrient-rich, full of vitamins and micro-nutrients that the body requires for optimum functioning. No matter how appetising a meal appears, if it contains a surfeit of calories and minimal micronutrients, its vibrational frequency is likely to be low. Unfortunately, today's mainstream diet mainly consists of such foods; highly processed, providing an excess of calories and lack of vital nutrients.

No one expects you to be a food chemist, but nowadays, with extensive information easily available, it is possible to establish both personal nutritional requirements as well as the nutritional content of the food we consume. For more information in this area, [click here](#).

Another aspect of high vibrational food is its neutralising effect on the body. The majority of foods in our modern diet are acid-forming. This means that following digestion, they have an acidifying effect on the body. Over time this can result in a significant imbalance and cause a wide range of symptoms and diseases. By choosing mostly high vibrational foods which have an alkalising effect on the body (such as many vegetables), the acidifying, ageing effect is minimised and the body's cells can maintain optimum function. For more information about acid and alkaline foods, [click here](#).

### 3) Detoxify!

In addition to taking high vibrational products and energy into your body, it is important to release and eliminate low frequency matter and energy. This is true physically, mentally and emotionally, but the focus of this article is purely on diet. As humans in the western world, we have created an environment full of toxins; we are bombarded daily by low-vibrational-frequency synthetic chemicals and pollutants which, at best, challenge us to keep an energetic balance. At worst, they overwhelm our bodily system and we become tired, ill and low vibrational. It is important for anyone seeking optimum vitality to be aware of, and address, all that enters their energy field and physical body – and to deal with the inevitable build up of lower



vibrational energy and molecules within their bodily system. In simple terms this means we all need to detoxify our bodies, on a regular basis, to maintain a higher vibrational way of being.

Details of numerous methods of detoxification are available online. However, some general principles of safe and effective detoxification are to be gentle with your body, rest, drink lots of water and recognise that seemingly unpleasant symptoms are likely to be a temporary result of your body's elimination of longstanding waste products.

### 4) Hydrate & Energise!

You're not just 'what you eat', you're also 'what you drink'. This is why water is so important to vitality. Water is the basis of all life – including your body. More than 60% of your body is made up of water molecules. Consuming good amounts (*at least two litres a day for an average adult*) of vibrationally clear water allows the body to release toxins and optimise cellular processes. Water is a vibrational carrier and can carry all sorts of energetic messages within its molecules. Unfortunately today, the water out of our taps is usually low vibrational (although still of a higher vibration than drinks containing alcohol or caffeine!) You can re-energise the water, prior to drinking, via various methods, including energy-charging plates, bio-ceramic water-energisers, filters and crystals. It is also possible to change the vibration of water by writing a *message* on a piece of paper and placing this beneath the water container. Written words such as 'love' and 'peace' and 'vitality' have been proven to positively change the vibration of water. ([Click here](#) for more information on Dr Masuru Emoto's experiments on water crystals which have taught us much about the effects of



thoughts, words and music on water...)

An adequate intake of high vibrational, energised water is an integral part of maintaining a high vibrational diet (as well as assisting in detoxification, aiding weight loss and having a highly positive impact on various disease states).



## 5) Accept Alternatives...

For those seeking *optimum vitality*, yet used to enjoying a diet based on convenience, a 'High Vibrational Diet' may seem too radical or restrictive. However, be assured that there really are tasty alternatives to those lower-vibration foods you're now avoiding!

For example, for chocoholics and sweet-tooth connoisseurs, raw chocolate (containing cacao – the raw, unprocessed form of cocoa), is not only an extremely tasty alternative to the more usual sugar-and-fat-laden variety, it also contains high levels of anti-oxidants, fibre, magnesium and other essential minerals. There are now many high vibrational recipes freely available online, and 'alternative', higher-vibrational ingredients (such as non-dairy milks like almond milk and coconut milk) are increasingly available.

*Click the image above for a delicious example of raw, high vibrational cheesecake!*

## 6) Consciously Consume...

In today's fast-paced society, it is so easy to eat on the run, or use meal-times as opportunities to engage in personal technology. This often results in unconscious eating; using our automatic functions to consume the food on our plate, barely noticing the aroma or taste before it enters our digestive system.

Becoming consciously aware of the meal before us, offering gratitude and blessing the food with heartfelt appreciation, can significantly affect the vibration of the food as it enters our body. This can be particularly useful if you recognise that what you're about to eat is of a lower vibration than you'd ideally choose!

## 7) Practise Self-Love...

A key tenet of raising and sustaining your vibrational frequency is the practice of self-love and self-kindness. This is equally true when it comes to diet. If you are changing your dietary practices, recognise that this may be '*changing the habits of a lifetime*' and that changing long-standing habits can require persistence and determination to succeed. If you find yourself falling back into old dietary patterns, be kind to yourself – and quickly return to your new way of being...

It is all too easy to mentally beat ourselves up for not being able to maintain changes we consciously make in our lives – yet the *beating ourselves up* has a negative effect on our vibration – in fact, acts of self-unkindness can be more vibration-lowering than occasional cream cakes or cappuccinos!

Many people find that a transition period is helpful when making dietary changes. Here, this would involve a gradual increase in the high vibrational foods consumed, accompanied by a decrease in the volume of low vibrational foods. When a diet with a ratio of at least 80% : 20% high vibration:low vibration foods is achieved over a gradual period, the likelihood of detoxification side effects is reduced – and the mind is often more readily accepting of the dietary changes, as they become a daily habit.

Although this is not a comprehensive text, if the recommendations above are used as

guiding principles, there is no doubt that you will be observing a higher vibrational diet - and enjoying the resultant experience of increased vitality!

**Dr Claire Bowen is a Hypnotherapist and M.E. Support Specialist based in Wiltshire, UK and is a co-creator of the Global Heart Oracle. For more information about her work, please visit: <http://www.uniqueperceptions.co.uk>.**

If you are keen to explore further steps you can take towards optimising your diet and nutrition, follow the links below...

**Hungry for Change** (A 'Food Matters' film and now also a fast-selling book) exposes shocking secrets the diet, weightloss and food industry don't want you to know about; deceptive strategies designed to keep you coming back for more. 'Find out what's keeping you from having the body and health you deserve and how to escape the diet trap forever. Featuring interviews with best-selling health authors and leading medical experts plus real life transformational stories with those who know what it's like to be sick and overweight. Learn from those who have been there before and continue your health journey today!'

James Colquhoun and Laurentine Bosch are Nutritional Consultants turned filmmakers. Motivated by an illness in their own family, the duo set off to make 'Food Matters' and now 'Hungry For Change'. Through their hard-hitting, easy-to-watch, easy-to-understand videography, the couple are having a powerful effect on the health of the modern world, as more and more individuals gain greater awareness of the impact of diet and lifestyle on their personal health, happiness and life experience. Click here to watch the film and explore more of James & Laurentine's work – which Antony Robbins (world-renowned peak performance expert) describes as being "*inspiring, with the power to transform your health.*" **[www.HungryForChange.TV](http://www.HungryForChange.TV)**

For more high vibrational recipes and dietary advice, check out:

**'Fully Raw Kristina' - [Click Here](#)**

