

# SOUL *food*

HOSTED BY GRIGORIA KRITSOTELIS

## A NOTE FROM GEE

You are all that you believe you are.  
You are the ocean. You are the sun. You are the leaves on a tree.  
You are connected to everything. And everything is here to work  
in your favour. You intended for it to be that way long before you  
made your journey here. I'm so honoured to welcome you into  
this course and excited for you to evolve and become everything  
that you already are. Get ready for major shifts. Enjoy the sacred  
activities created for you in this workbook. You are infinitely  
loved and supported.



MODULE ONE WORKBOOK

# Mind-Body Connection

**NOTES FROM THIS WEEK'S VIDEO:**

**SO HERE YOU WILL FIND ALL THE NOTES FOUND ON THE VIDEO. I RECOMMEND PRINTING THEM AND CHOOSING THOSE THAT RESONATE WITH YOU THE MOST AND MAKE THEM VISIBLE TO YOU EVERYDAY.**

MODULE ONE: MIND-BODY CONNECTION

THROUGH OUR OWN CONDITIONING AND PROGRAMMING (OF IDEAS) WE HAVE LOST THE MIND-BODY CONNECTION

OUR INNER BEING AND OUR BODIES WILL CONTINUE TO TALK TO US, BUT WE ARE UNABLE TO HEAR THE CALL

CARD DECK CAN BE FOUND AT @ANNIETARASOVA (ON INSTAGRAM)

WHAT DOES IT MEAN TO TRULY DEEPLY LOVE AND ACCEPT YOURSELF?

WE ARE LOVE AT OUR VERY CORE  
WE COME FROM LOVE AND TO LOVE WE SHALL RETURN

OUR JOURNEY IN THIS TIME AND SPACE IS ONE OF LOVE, IT'S AN EXPRESSION OF LOVE

WE EACH CHOSE OUR SACRED VESSELS BECAUSE THEY WERE THE PERFECT FIT. THERE IS NO FLAW. THERE IS NOTHING TO FIX.

AT OUR VERY CORE, OUR FOCUS IS LIFE, VITALITY, WELL-BEING, LOVE

AT OUR CORE WE ARE ONLY VIBRATING WELL-BEING. SO WE ARE EITHER MATCHING THAT FREQUENCY, OR RESISTING IT (I.E. WELL-BEING) (WHICH SOME REFER TO AS "SICKNESS", "PAIN", ETC.)

CURE AILMENTS THROUGH RECONNECTING WITH YOUR INNER-BEING (MATCHING THE FREQUENCY OF WELL-BEING)

THE WORLD YOU SEE IS YOUR REFLECTION. IF YOU LOVE AND ACCEPT YOURSELF JUST AS YOU ARE, THE WORLD WILL LOVE AND ACCEPT YOU JUST AS YOU ARE.

YOU RECONNECT WITH YOUR BODY BY SILENCING THE BELIEFS THAT ARE NOT IN ALIGNMENT WITH WELL-BEING

IT'S THE SEED THAT YOU PLANT THAT GROWS BECAUSE THAT'S THE SEED THAT YOU FEED

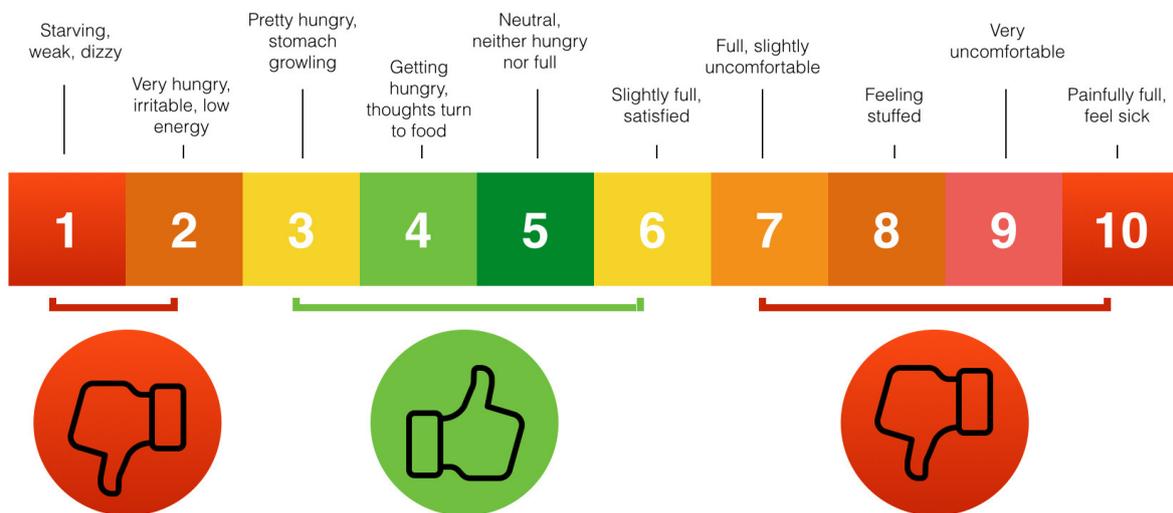
OUR INNER BEING IS ALWAYS SPEAKING TO US. ALWAYS GUIDING US, LEADING US, DIRECTING US.

WE HAVE SKEWED AND MORPHED THE IDEA OF HOW WE SHOULD APPEAR PHYSICALLY

WE HAVE ACCUMULATED RESISTING CONDITIONS OVER THE COURSE OF OUR LIVES AND NOW IT'S TIME TO SHED THEM

AN INTUITIVE EATER: EATS WHEN THEY'RE HUNGRY AND STOPS WHEN THEY'RE FULL

## INTUITIVE EATING & HUNGER SCALE



CONSISTENCY TRUMPS EVERYTHING. EVERY DIET. EVERY FAD. EVERY APPROACH.

NOURISHING FOOD IS IMPORTANT.  
BUT IT'S NOT THE ONLY THING THAT MATTERS.

FOR MY BODY. FOR MY SOUL. FOR MY PROGRESS.

YOUR TRUTHS ABOUT FOOD HAVE BEEN PLANTED IN YOUR MIND THROUGH CONDITIONING AND SELF-IMPOSED BELIEFS

HAVE YOU READ MY BODY DISORDER STORY?

**FIND IT HERE**

## ACTIVITY ONE

1. Plant the seed of love. Nourish it over the next four weeks and let it grow and bloom. To plant the seed of love, visualise the love that you desire to feel for yourself, and then hold onto that feeling through as many different experiences as you can. Write out some ideas below.

## ACTIVITY TWO

1. When you feel disconnect between your mind and your body, it helps to use some of the following techniques to bounce back quickly when you find yourself in disharmony.

From the techniques listed below, choose a few of your favourite (that you resonate with the most) and focus on them.

### ONE: AFFIRMATIONS

Probably my favourite technique, because it's quick and easy and super EFFECTIVE!

Here are some examples:

I love my body, I love how every cell in my body keeps me alive and thriving. I am grateful for the vast work that goes on within me to keep me alive. I am grateful that my vessel allows me to stay active and healthy. I am grateful that I can go wherever I desire and have the energy to do so.

I can hear my inner being guiding me. I honour my vessel and am so grateful to be able to nourish it and care for it the way it nourishes and cares for me. I treat her with love and I speak only good things about her. She is my own expression, my soul's masterpiece, and I can't see her as anything but beautiful art.

### TWO: EARTHING & NATURE

Spend time in nature, and the next step would be earthing (shows and socks off, body directly touching the earth). Nature carries a powerful energetic force field, and when we immerse ourselves within in, that energy moves through us, re-centering us, allowing us to hear the call of our inner being. Try to spend time outside every single day. Schedule time each week where you will spend over an hour outdoors immersed in nature (and not capturing it through technology). Listen to the sounds, make a mental note (or even journal), take note of what you smell, what you feel, what you see. Focus on something and describe it in as many ways as possible. Be present.

### THREE: MEDITATION

At the beginning of this week's module video is a short guided meditation. Use this, or meditate on your own, and visualise a white light that starts at your heart centre and expands. At first it surrounds just your physical body, but slowly it expands past the entire world. Everything that lives within that light comes from love, and at it's core can only be seen and felt as love.

### FOUR: MESSAGES

Self-love is dynamic and expressions of self-love come in many forms. But one is honouring your vessel, and one way to do this is through regular massages. We put our bodies through a lot and it makes sense that it deserves to be nurtured and appreciated. Regular massages allow for the blood to flow to the areas that need it, to remove toxins and to relax the muscles.

## ACTIVITY TWO

### FIVE: BREATHING

Sit quietly and focus on your breathing. Take at least three deep breaths, exhaling slowly after each breath. Then continue to sit and breathe quietly for another 5 minutes. This isn't a meditation, it is simply taking a few minutes to get centered and calm. Your breathing technique is a quick and effective way to hear the call of your inner being. To take this a step further, focus on happy thoughts and memories after you are completely relaxed. You can recall a pleasant encounter with a friend, visualize your favorite flower or recall one of your happiest memories. Take three more deep, cleansing breaths after you have entertained pleasant thoughts for at least 5 minutes.

### SIX: MUSCLE FOCUS

Tense and release your muscle groups. (This is also referred to as progressive muscle relaxation). Begin with your feet, and work all the way to your face and head. Simply tighten your muscles for a few seconds and then release. Allow a few seconds to feel each muscle group relax.

### SEVEN: BODY SCAN

Mentally scan your body from head to toe. Become aware of any area that feels tense and concentrate on relieving that tenseness. For example, if you have a cramp in your shoulder, tighten and release those muscles until your shoulder feels loose and relaxed.

### EIGHT: YOGA FLOW

Yoga is an expression of our body's natural progressions when we are in a state of alignment. Yoga is a sure way to recenter you and re-establish your mind-body connection. The only reason it's technique 8, is because a yoga flow will generally require a little more time than the other techniques, but is well worth the effort. If you aren't a yogi, I highly recommend utilizing a guided yoga flow via YouTube (Yoga with Adrienne is my recommendation). Start off with a 20 minute flow and work your way up.

## ACTIVITY TWO

2. From the examples provided on the previous pages, list a few of your own techniques that could help you re-establish your mind-body connection. I also recommend writing out a few of your own affirmations below that you could use.

### ACTIVITY THREE

1. It's time to reprogram your conditioned beliefs about food, your body and your mind-body connection.

Firstly, we are going to establish what your current beliefs/truths are about food, particular foods/food groups, your body, your appearance are.

I want you to write down as many as you can think of right now.  
So, what are they?

Examples:

Carbs will make me fat.

My cellulite makes me ugly.

If I don't exercise I will never lose weight.

People will only respect me if I look like a model.

Too much food is bad.

### ACTIVITY THREE

2. Rewriting the script: Now after writing them all down I want you to rewrite the following statement:

*I acknowledge that all the truths and beliefs that I wrote down on the previous page are in fact just conditions from the world I grew up in, and from my own perceptions of this world. They only live inside my head and are in fact not the truth at all. They have been my truth because I believed them to be so, but I now know that they are not the ultimate truth. I know this because when I think of them, they don't feel good, and if it doesn't feel good, it doesn't come from love, and only love is the truth. And so it's time for me to rewrite my truths and create new beliefs that align with who I truly am - LOVE.*

### ACTIVITY THREE

3. Through this new knowing (belief) we can change the beliefs and pivot away from the old truths. We are now going to re-establish the connection between mind and body and hear the call of our inner beings. And that call will lead to intuitive eating and intuitive healing.

Your life (and your body) is direct reflection of how you feel and what you believe (because what you believe determines how you feel).

Go back to your original belief list, and rewrite them below, but now aligning them with the truth:

Examples:

Carbs will make me fat. **FALSE**

Carbs are fuel. **TRUTH**

I need carbs to sustain me and allow me to be full of energy. **TRUTH**

Nothing makes me fat, everything nourishes me. **TRUTH**

My cellulite makes me ugly. **FALSE**

My cellulite is a beautiful expression of my vessel's ability to keep me alive and healthy. **TRUTH**

I am beautiful just as I am, and my human condition is perfectly imperfect and nothing needs to change. **TRUTH**

## ACTIVITY THREE

3. More space:

## ACTIVITY THREE

4. Turn those new beliefs into mantras that you can carry with you to remind you when you feel disconnect or disharmony with your body/inner being.

### **Here are some of mine:**

Everything I eat, fuels me, keeps me alive, keeps me thriving.

I am grateful to have a vessel that is strong, healthy and full of well-being.

I am not fat, I have fat, and that fat is important to keep me alive and healthy.

I honour my vessel and fuel it with nutrients and physical movement.

I exercise to stay healthy and because it's fun.

I do not need to look like anyone else, I only need to look like me, and make sure I align with my inner being.

If I FEEL good, that's all that matters.

Foods that make my soul happy are good for me too.

### **Now your turn:**

**MORE CREATIVE SPACE**



OUR FOOD SHOULD BE OUR MEDICINE AND OUR  
MEDICINE SHOULD BE OUR FOOD

HIPPOCRATES

