

# Eat With Soul

## The Love Scale of “Foods”

Here is a quick-reference chart from my book, *Soul-Full Eating: A (Delicious!) Path to Higher Consciousness*, to remind you which foods (and elements) will keep you most healthy, balanced and Soul-Full. The foods that contain the most love, radiance, rejuvenation and positive energy begin at the top of the chart, and those with the least love and positive energy are listed at the bottom. This chart was adapted from the “Karma Chart,” found in David Wolfe’s book, *The Sunfood Diet Success System*.

More than any chart or anything else for that matter, there is, however, one universal truth to follow. By paying attention to your body, through caring self-observation and by remaining centered on your Soul, it is possible to discern how your individual needs can best be met, throughout all the seasons of your life. A low protein, low fat or entirely raw food diet is not a goal or even an ideal to achieve. But what’s important to learn is how to glean from your body’s innate wisdom all that you need to know about yourself. Then lift that up even higher to align with the Light of your Soul.

Study the information in this book, sit with it, grow with it, and play with it in order to determine what has particular relevance for you. Then, most importantly, vow to yourself that you will eat what helps you to maximize your energy flow, connects you to your Soul, and promotes the greatest experience of vitality that you can give to yourself.

A key to living a vibrant, free and joyous life is to remember that anything you eat with judgment, guilt or fear will bind you to the imprisoning limitations of body-identification. Conversely, anything you eat with love further aligns you with your liberating Divine nature—your Soul.

Abundant blessings,

*Maureen Whitehouse*

**Axiom**

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## Highest Love Soul-Full (Alkaline)

- Sunlight
- Fresh air
- Water
- Mother's milk
- Fatty fruits (avocado, durian, olives)
- Sweet fruits (melons, berries, bananas, papaya, mango)
- Non-sweet fruits (bell pepper, cucumber, tomato)
- Raw plant foods prepared with love
- Greens (picked by the leaf with root remaining in ground to regenerate)
- Seaweeds
- Onion and garlic bulb (root-ball viable)
- Milk given freely from free-range animals

## Neutral

- Edible flowers
- Greens (picked by killing the plant)
- Onion and garlic bulb (root-ball killed)
- Hybrid seeds (rice, wheat, legumes)
- Coconut
- Tree nuts
- Seeds
- Hybrid roots (carrots, beets, potatoes)
- Eggs, insects, fish
- Milk taken from enslaved animals

## Fear Soul-Less (Acidic)

- Animal muscle, organ fat and blood (most especially inhumanely caged and feed-lot raised)

**Note:** Your intention to align with your Soul is the number one requisite to Soul-Full Eating. Therefore all blessed food, eaten with love—no matter what the food is—is Soul Food!

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