

Comfort Food: An Adventure in Consciousness

What's the deal with "comfort food"? We all desire to raise our vibration so that we can magnetically attract the life of our dreams. So what about comfort food?

The other day, I noticed that I was desiring "comfort food". I began to wonder...What is that? We hear the term all the time, but what is it really? My conclusion is that it is food that takes us back to our comfort zone, that 'little self' place where we feel "safe"...it's what we are used to. Now here's the deal, if you are doing all this work to grow, what's the pull to go back? Comfort food is often that food we were given when we were upset, lonely or frustrated. We are trained to desire those foods when we are out of our comfort zone...they pop us right back in. Ok, lots of jargon here**. What is the comfort zone anyway? It's that place where we aren't growing, maybe even being stuck. But it feels like a resting place. So does that mean we need rest? If so, how could we really rest? Because most comfort food does not really give us a rest...it just numbs us by overloading some aspect of our system, lulling us into complacency, or numbing us to the pain inside. Or maybe that comfort food provides the safety of grounding or feeling loved. If we are living on the cutting edge of life, we really want to consume that which supports a higher vibration. Maybe all this growth has stressed out our nervous system. I contend that a walk on the beach a few deep breaths or a little yoga or meditation is the REAL comfort. That would be comfort to our soul, not comfort to our "little self". Those other approaches connect us more deeply to who we really are; instead sometimes we choose the immediate ways to feel relief by lowering our vibration.

What if we took a moment to really look at what is happening, instead of succumbing to the automatic response of looking for ways to make it go away, to drug ourselves? Perhaps a hug from a friend, or doing a grounding energy exercise would really do the trick. Here is a meditation that I developed for myself. Best used when you are in the throes of "needing" comfort food, but you can practice anytime. Then you'll be ready when you need it!

Acknowledge yourself for being aware enough to realize that you are looking for comfort food. Take 2 deep breaths. Where do you feel this urge? Is it in your head, your gut, your feet? Outside of your body? Get to know it...how big is it? Does it have color, texture? Explore it..you might even want to write or draw what you discover.

What does it want you to do? What is the comfort food you are wanting? Imagine eating it. What happens next? Do you feel safe? Warm? Notice what else happens when you imagine eating this food. Do you feel more alive? Closer to your real desires? Or do you feel lethargic; off track?

You can even try actually eating the food, just maintaining conscious awareness. Ah, does this food make you more or less conscious? Usually this food decreases our awareness, dulls our senses. This is not what we really want.

Now, go back to that feeling that is where you want the comfort food. Imagine that instead of eating it, you get a big glass of water. You take deep breaths, you go for a walk on the beach. All of these are taking place only in your imagination. Notice what happens. You

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might feel immediate comfort, or you may get a surprise: you might find something there that needs to be expressed. An emotion. A traumatic memory. A creative project. Can you be willing to at least SEE what's there before you attempt to kill it with this comfort food.? If you are not yet willing to see it, at least ask for the willingness. And don't fret if you don't get very far the first time. This kind of awareness practice takes time. It takes practice. You might need to do it several times to get to the bottom of things!

Here are some common questions: What if you get overwhelmed? Maybe the feeling is really big or painful. Or the project seems too out-of-reach? Well, you can ask your higher self for help. You can talk to a trusted friend or mentor. You can even write about it. Have you ever tried non-dominant hand writing or drawing? What other ways do you have of comforting yourself? Are there ways of creating comfort that SUPPORT your dreams? I contend that comfort food is no more than a way to get immediate relief at the cost of our dreams and growth. I contend there is a better way...you CAN feel safe and move forward. What message is your inner self trying to get through to you?

So, comfort food: it dulls our senses; we need them to be conscious, awake, aware, high-vibrational beings. If we can breathe through this, take the time to notice what's really going on, it can be a gift. Our inner self is trying to make us aware of something; our 'little self' is trying to shut off that consciousness. What will we choose? What do we REALLY want??? I sure feel better in the long run if I go for the deeper awareness, and listen to myself.

Affirmations:

Every day, in every way, I am getting closer to my dreams!

I listen to the deep urgings of my soul, paying attention to the openings for my soul to express itself fully and completely.

****Jargon definitions:**

The "little self" is the opposite of the Higher Self. It is the part that looks for the easy way out, likes to hide, and doesn't like to grow. It's part of being human...we all have it!

Comfort zone: the home of the "little self"! The funny thing about is that when you are on a spiritual path, it's not very comfortable here for very long!!!