

# 1. INTRODUCTION

GAUTAMA BUDDHA sits under the shade of a fig Bodhi tree and beneath its expansive leaves attains enlightenment. Eve meanders over to an inviting apple tree, and unable to resist, bites into the sweet fruit. Popeye downs another can of spinach and dashes off to save his precious Olive Oil. What do all these iconic figures have in common? Food! Eating is an integral part of daily life and culture. Consuming healthy, sustaining food helps to achieve balance in the body and peace in the soul. Almost every ritual or ceremony around the world, from weddings and funerals to harvest festivals and birthing ceremonies, incorporate food in some significant way. Though easy to take for granted, making conscious food choices can open pathways to a deeper connection to the self, with others, and to Spirit. *The Food Tarot: A Guide to Intuition Eating* is dedicated to creating a harmonious relationship with our bodies, minds, and spirits through the divine experience of eating!

## WHAT IS THE FOOD TAROT?

*The Food Tarot* is a card/book set that highlights forty-two of the most stellar nutritional powerhouses. Each food has been selected for its significant symbolism, nutritional benefits, and as a basis for a well-rounded diet. There are a variety of proteins, fruits, vegetables, legumes, beneficial fats, nuts and seeds represented. The cards in the deck illustrate each food and its

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associated symbolic meaning. The book provides a description of the symbolic meaning, the historical and mythological significance of the food, a synopsis of each food's nutritional benefits, and a recipe.

### THE CARDS:

The card deck is a playful tool that can be utilized in many ways. It is easy to get into food ruts, eating the same thing day in and day out. The cards can provide inspiration when choosing what foods to eat for the day or on a trip to the market. To learn about a healthy well-rounded diet, work with the cards. Choose a card each day, read about it in the book. Do some research on your own to become more familiar with these foods.

The deck can also serve as a tool to cultivate food intuition and infuse the spiritual dimension into daily life. Choose cards to gain insight and clarity into life situations. For example you may ask, "What do I need to feel more energized and alive?" Perhaps you pick the sprout card, associated with inspiration. Meditate upon this card and gain insight to your question. Buy sprouts at your local farmer's market and eat some each day as a reminder to consider your question and the answer revealed in the cards.

The forty-two cards included in the deck provide the groundwork to begin cultivating a holistic whole foods diet. There are, of course, hundreds of other highly nutritious and symbolically rich foods not represented in *The Food Tarot*. For this reason, the deck includes blank cards. These cards are an essential part of the deck because they allow you to add the foods that will promote health on a personalized level. If you desire foods that are not found in the deck, make a card of your own. Meditate on the food and what it represents to you. Add it to the deck and allow its wisdom to complement what you need in your diet to be healthy, happy, alive, and well.

## THE ENTRIES:

### *History:*

The history and mythology of food are rich and colorful. They provide insight into the various cultures that have made modern day cuisine what it is today. Knowing this history and symbolism helps to bring life into those traditions that have shaped modern culture.

### *Nutrition:*

The nutritional outlines provide a basis for learning about the nutrients of each food. This is beneficial if you want to incorporate a certain vitamin or mineral in your diet and want to know what foods contain them. You can also pick up helpful hints such as how to store the food, how to prepare it, or which foods typically have higher levels of pesticides and processing.

### *Recipes:*

The recipes are simple to prepare and give new twists on some old time favorites. There are an array of salads, soups, condiments, drinks, entrées, and desserts. Many of the recipes are taken from specific traditions such as Ayurveda, Macrobiotics, or Raw Foods. Some are traditional ethnic dishes. All are designed to get you started exploring the food you have chosen. Get inspired and look up recipes on your own. Perhaps you will choose to make a different apple dish every day of the week. Maybe you will have a *Food Tarot* potluck. Each person can choose a card, prepare the recipe and bring it to share. Play with them! The possibilities are endless.

## FOOD INTUITION:

In a world driven by the pervasive mentality of eat quick and go, it is a common phenomenon to feel hungry, eat whatever is at hand, and as a result, wind up feeling dissatisfied. The decision of what to eat is based on what is quickly accessible rather than what the body truly needs. As you becomes more aware of the profound effects food choices have on the physical, mental, emotional, and spiritual levels, this mode of choosing what to eat no longer works. Cultivating intuition when making food choices makes use of your innate capability to know what is right for you on any given day and in every situation. When this wisdom is accessed, not only is eating more satisfying, it also serves as a powerful tool to help cultivate a holistic lifestyle.

*The Food Tarot* can help develop food intuition by bridging the gap between intuitive internal knowing and the external world. If you feel hungry, depleted, weak, or lethargic, but don't know what you need, ask for assistance from your higher self through *The Food Tarot*. Set the intention to choose the food or foods that will most highly benefit your body, your mental, emotional, and spiritual state of being. The cards can provide insight and inspiration. The more you use the cards and trust the answers you receive, the deeper food intuition grows. In this philosophy, it is important to remember food intuition implies much more than fulfilling your body's nutrient requirements. It is a holistic approach to eating.

Each day you are different. Each day your physical, emotional, and spiritual needs are different. One day you may be drawn to carrots, the next day, figs. Perhaps you continually choose the almond card. This may be an indication you are craving something the almond has to offer. Contemplate what it means. Take a peak at its nutritional benefits. Does your body need

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something the almond offers nutritionally? Try preparing the almond milk and drinking it for the next few days. Do you feel better, more balanced?

Maybe you choose the beet because of its rich red color, not because it has a high amount of potassium. If the mango card is chosen, you may want to experience the pure joyful sensation of biting into it and feeling the sweetness trickle down your throat. By honing in on food intuition, communication is opened between your body, mind, and spirit. You may think you need broccoli because you haven't had a vegetable all day long, but your spirit may just be in the mood for a spoonful of honey. Trust yourself, your body, and the cards.

## FOOD & SPIRIT

Developing food consciousness is a profound way to deepen spiritual life. When you become more aware of what foods you eat, where you buy them, food quality, in what atmosphere you cook and eat, and with whom you choose to share food, the tremendous potential for expanding the experience of the Divine in day-to-day life is revealed. Creating personal food rituals is a powerful way to expand spiritual consciousness. Perhaps the best option is to create your own food rituals that have special significance for you personally. If you need help getting started, here are some suggestions....

## FOOD RITUALS

1. Make an altar in the kitchen. Decorate it with fresh flowers, any significant quotes, inspirational objects, or a kitchen bell.
2. Pray before each meal. This can be a prayer based on a certain spiritual tradition or a personal prayer. The most important thing is to adopt an attitude of gratitude.

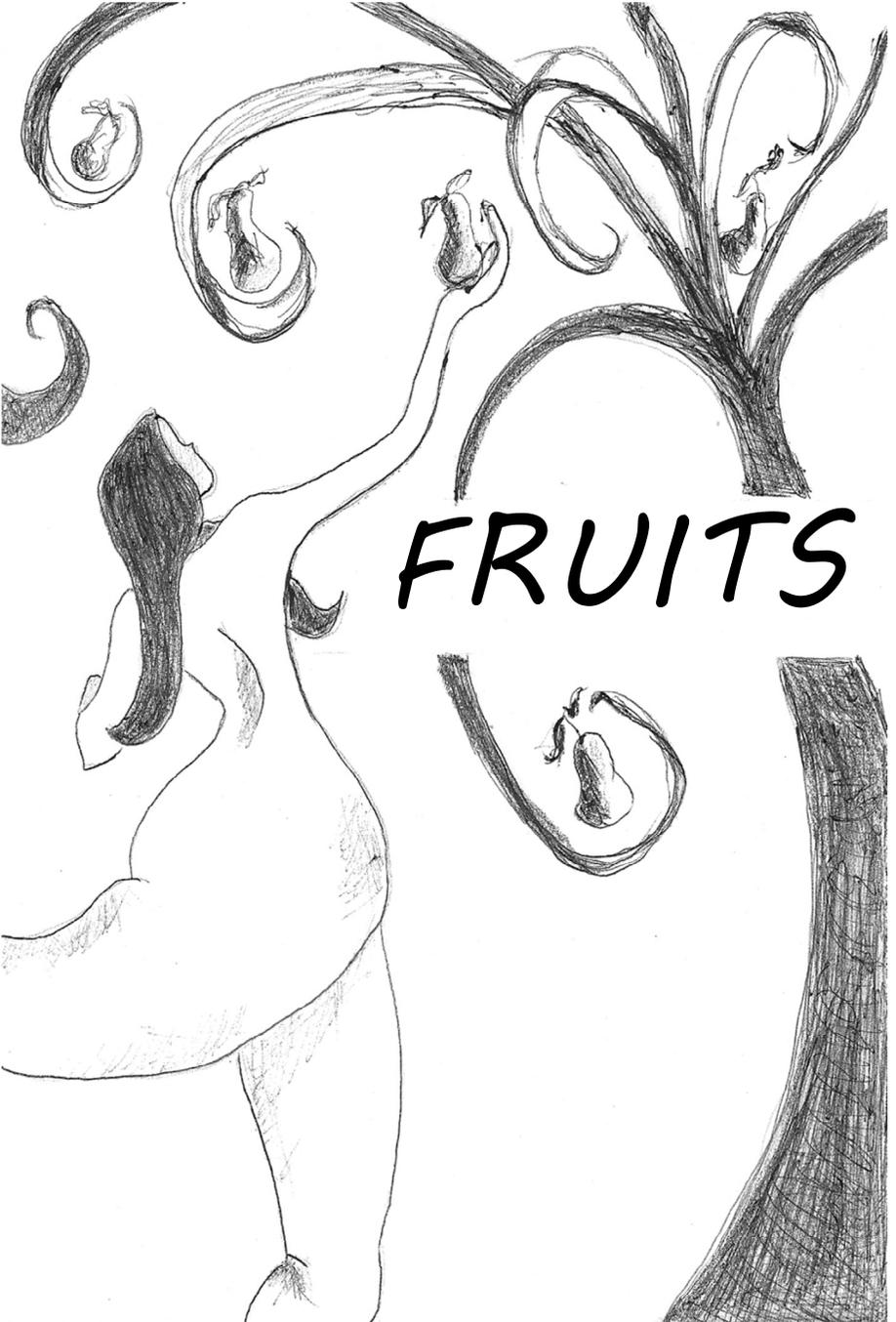
## *THE FOOD TAROT*

3. Eat in silence. Choose one meal a week to simply sit and enjoy the meal without any external conversations or distractions.
4. Commit to buying only organically grown, local (as much as is available) produce. This supports the local community and those people who are committed to growing food in sustainable ways.
5. Reserve ample time to prepare and eat meals. Sitting down while eating allows the time and energy to truly appreciate the food.
6. Be mindful of the kinds of kitchen utensils utilized, kitchen cleaners, and the general order of the kitchen. Use wooden, ceramic, or stainless steel eating utensils as much as possible. Plastic and cookware coated with products such as Teflon can leach into food and are not recommended. Use good quality stainless steel or cast iron pots and pans. Clean out the pantries. Throw out any packaged or canned foods that have been sitting for a long time. Clean out the refrigerator.
7. Share meals with others. Sharing food is a great opportunity to connect and to remember that we are all one human family.
8. Label food containers with the symbolic meaning of the food.

11.

THE FOODS





**FRUITS**



# APPLE

*"When the apple is ripe it will fall from the tree."*

*-Irish proverb*

## *WISDOM*

The wisdom of the world in one tiny fruit. Impossible? Think again! The apple, which has shared its blessings of wisdom through diverse mythologies worldwide, represents wisdom. Wisdom is a perspective that goes beyond good and bad, honoring every experience without judgment. Having a mentality of wisdom is being able to see a larger picture. It is surrendering the desires of the ego, allowing Spirit's guidance to flow through you. If you find yourself in the same old situations and continue to reap familiar outcomes, take a few steps back. Before you act, stop and listen to the small still voice within. You have an abundance of wisdom. All you need to do is open to it. Call upon this invaluable resource to guide you on your way.

## *DESCRIPTION*

The Latin name for apple, *pomma*, originates from Pomona, the Roman goddess of gardens and orchards. This member of the rose family boasts as many as 7500 varieties. It may be hard to believe but all these varied fruits emerged from the humble wild crab apple, probably in Eastern Europe or Southwest Asia. The apple was eventually cultivated in all parts of Europe including ancient Greece where it was served with almost every meal. American colonists popularized the apple, planting orchards throughout the new colonies.

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This common fruit has a deep symbolic significance in Western Civilization. It is the symbol for the knowledge of good and evil in the Christian tradition. In the Old Testament creation story, Eve consumes an apple given to her by a serpent and consequently is driven from paradise. The apple was the bearer of knowledge and wisdom and the one fruit she was instructed not to eat. Today it is believed the fruit most likely picked by Eve was probably a fig or apricot, but the apple is forever immortalized as this sacred fruit.<sup>i</sup>

The apple represented immortality in the Norse tradition. A popular myth recounts how the goddess Idun guarded the sacred apples bestowed with immortality. She was responsible for handing out rejuvenating apples to all the aging gods. One fateful day, the jealous trickster Loki kidnapped Idun and stole her apples. Deprived of their youth, the gods withered away. Loki was finally caught and forced to return Idun. The gods were restored to their previous splendor thanks to the magical apple.<sup>ii</sup>

### *Nutritional Information and Helpful Hints*

- High in vitamins A, C, B, K,
- High in soluble and insoluble fibers
- High in antioxidants
- High in fruit sugar fructose that helps stabilize blood sugar levels
- Vitamin C in apples can aid in the assimilation of iron in companion foods
- High in pesticide and herbicide residue- **Buy Organic!**
- The majority of the pesticide residue ends up in the core. If you must go conventional, avoid eating around the core

## *Immortal Apple Crisp*

Apple crisp can be a down home country sweet treat or an eloquent refined dessert. This recipe is basic, but oh so delicious! Play with it and make it your own. You can substitute almonds or pecans for the walnuts. Throw in some raisins or cranberries with the apples. Get creative. There is no going wrong with fresh delicious apples, maple syrup, and some good old-fashioned spice.

Prep. Time: 30 minutes

Baking Time: 20 minutes

Servings: 4

### Filling:

- 5-7 Large apples
- ½ Tbl Cinnamon, ground
- ½ tsp Nutmeg, ground
- ½ tsp Cloves, ground
- 1 Tbl Fresh ginger, chopped finely
- 1 Tbl Fresh lemon juice

### Topping:

- ½ C Oil
- ½ C Maple syrup
- ½ tsp Salt
- 2 ½ C Oats
- ½ C Brown rice flour
- ½ C Walnuts, coarsely chopped
- ½ Tbl Cinnamon, ground
- ½ tsp Cloves, ground
- ½ tsp Nutmeg, ground

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Preheat the oven to 325°. Grease a 9" pan.

Peel, core, quarter and slice the apples about a quarter inch thick. Place the apples in a bowl and add the cinnamon, cloves, nutmeg, ginger and lemon juice. Coat all the apples with the spices and transfer to the cooking dish. To make the topping, mix oil, maple syrup, and salt in a medium size bowl. Add the oats, flour, walnuts, cinnamon, cloves, and nutmeg. Mix well so all the oats are fully coated. Sprinkle the topping over the apples. Bake for 30-40 minutes until the top is beautifully browned and the apples are soft.

# BANANA

*“On a traffic light green means go and yellow means yield, but on a banana it’s just the opposite. Green means hold on, yellow means go ahead, and red means where the hell did you get that banana at...”*

*-Mitch Hedberg (American comedian)*

## INDEPENDENCE

The banana reproduces without any external pollination. It is a model in self-sufficiency and therefore represents independence. Independence is a quality that embodies self-reliance, self-esteem, and self-worth. When you are independent a sense of personal power is cultivated. You make your own choices and don’t allow external influences to inhibit you. However, within the concept of independence is the understanding that there is a natural interdependency between all of life. Cultivating independence strengthens that interdependency because you give and receive from a place of freedom and non-attachment rather than need and desire. If you have chosen the banana card, evaluate your sense of independence. Do you feel self-efficient and self-empowered? If you would like to cultivate more independence, let go of comparisons.

Comparisons detract from focusing on your own personal journey. By following your inspirations and passions, your unique path will be illuminated. In addition, practice voicing your wishes. This affirms to the Universe you value yourself and you are willing to take responsibility for fulfilling your needs. As you take these steps, you cultivate personal empowerment and become a model of independence.

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In Arabic the word for finger, *banan*, describes this magical fruit that grows in bunches resembling many fingers. The banana is believed to have originated in Southeast Asia almost 4000 years ago. It then spread to the Philippines, India, and the Americas. Because the banana grows in tropical climates, it was not well known in the Northern Hemisphere until the 19<sup>th</sup> century when the world's banana trade took off.

In 1899 two American entrepreneurs created the United Fruit Company. They set up headquarters in Central America and cultivated the fruit on a massive scale. Money from banana revenue created an extensive railroad system throughout Central America and helped to finance many Central American governments. Columbia, Costa Rica, Cuba, Jamaica, Nicaragua, Panama, and Santo Domingo became known as the Banana Republics. By the end of the 1800's, the U.S. imported up to sixteen million bunches of bananas per year from Central America. Back in those days the banana was considered a sign of wealth and prestige. Today it is one of the most accessible foods.

Though the banana is typically found in fruit bowls, the tree is classified as an herb. The banana has no seeds and therefore lacks the ability to regenerate. Bananas are perennials; they produce fruit each season without pollination. After the banana fruit has produced, the whole banana tree expires.

One classic Hindu myth links the quality of independence with the banana. The legend tells of a father who attempts to marry his five daughters: Mango, Tamarind, Fig, Jasmine, and Plantain. The father finds husbands for all except Plantain (a close relative to the banana). According to the myth, Plantain wanted children but no husband. She was granted her wish as evidenced in her ability to bare fruit without pollination.<sup>iii</sup>

*Nutritional Information and Helpful Hints*

- High in vitamins B6, C
- High in manganese, potassium
- High in pectin
- High in soluble fiber
- Natural antibiotic and antifungal
- High in natural sugar content that aids in maintaining blood sugar balance
- High in the amino acid tyrtophan

## *Nutty Chocolate Banana Treats*

These scrumptious treats are little bites of frozen delight on hot sunny days. If you aren't into peanuts, try almond butter as a substitute.

Prep. Time: 15 minutes

Chill Time: 1 hour

Servings: 4

- 3 Bananas
- 1/3 C Chocolate Chips
- 1/3 C Peanut Butter
- Almond Milk
- Unsweetened Coconut

Place wax paper on a large plate. Cut the bananas into 1" pieces. Heat the chocolate chips and peanut butter together on low heat. Add almond milk to

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make the chocolate mixture pourable. Remove from the heat and dip each piece of banana into the chocolate mixture. Place the banana pieces on the wax paper and sprinkle with coconut. Place the bananas in the freezer for at least one hour.