

## **January 17, 2015 – Presentation by Susan Allyn**

### **Nutrition & Consciousness**

Most of us recognize that there is a connection between the mind and body. And sometimes we even expand the connection to include the emotional and the spiritual. But how often do we think about the relationship between nutrition and consciousness? In this session we will take a look at what a number of spiritual leaders, past and present, have taught on this topic. We will discuss the spiritual ramifications of different production models used in supplying our food and how the various spiritual teachings can be applied to our daily food choices. Since there is not scientific consensus on which food theories and practices are nutritionally sound, we will keep our focus on how farming and production methods impact the energy of food. And if everything is energy, and we are what we eat, where are our food choices taking us in our journey of consciousness?

Susan Allyn is a graduate of the Institute of Integrative Nutrition (IIN) and is a Certified Holistic Health Coach. Her work at IIN was preceded by completion of a Bachelor of Arts degree (Integrated Human Development) and years of studying faith traditions and mysticism as well as the models of consciousness taught by Ken Wilber, Jenny Wade and Beck and Cowan. Additionally Susan is a practitioner of healing modalities including as Qigong, Healing Touch, Reiki and massage.