

★
THE MUSE SPA

WEEK 1

HEALTH & WELLNESS

The Muse Diet

nurturing nutrition and the joy of food

THE MUSE DIET

WE ARE WHAT WE EAT.

Literally. Our cells are made up of whatever we put into our bodies.

We all know that our food choices affect us physically.

But what's less obvious is how food can affect the invisible aspects of our selves and our lives;

- ★ our energy levels,
- ★ our emotions
- ★ our powers of concentration
- ★ our access to inspiration.

And these invisible aspects greatly impact our creative output, not to mention our lives in general.

So, is there a way to eat that can support our creative dreams?

Are there foods that can help us be more inspired?

Is there a Muse-friendly diet?

Yes, yes and yes!

But here in The Muse Spa, there are no recipes, shopping lists or food plans.

Here, we focus on just two ingredients:

Intention and awareness.



INTENTION

Making positive changes to what you eat can change your life.

Eating well is undoubtedly a vital ingredient of living well.

So one powerful way to improve the quality of your diet is simply to *declare an intention* to eat well.

Make a decision, or rather develop the habit of remaking this decision, as the habits of a lifetime may take a while to replace.

Of course, this is quite a challenge. But fortunately, there is help available in the shape of... Your muse.

Your muse is cheering for the healthy, vital and beautifully nourished version of you.

It's the You she most wants to work and play with, so she's ready and willing to be your internal support system.

Once you decide to set this course - just this simple intention to eat well - your intuition and subconscious mind will be on the look out for the perfect resources.

- ★ The books you need will find you.
- ★ The perfect expert will 'just happen' to be on TV when you're watching.
- ★ Relevant emails will just pop up in your inbox.
- ★ Chance comments with friends will lead you new cooking ideas, places to eat and foods to try.

In declaring your intention, your radar will shift to notice the things that support it.

This is your muse in action.

No willpower required.

Expect inspired new attitudes towards what and how you eat.

Don't be surprised if your tastes begin to change, as you naturally begin to prefer quality food and purer, more natural ingredients.

You may become fired up with enthusiasm for a new eating regime, or changes may be more subtle; gradual improvements to daily choices.

Of course, there may be lapses - allow for them, forgive them and then begin afresh.

Remind yourself of the benefits of looking after your body:

- ★ vibrant life energy
- ★ glowing skin
- ★ formidable powers of concentration, memory and focus,
- ★ quality sleep

If possible, surround yourself with visual reminders of the glorious side-effects of a nurturing diet.

Choosing to eat well is a lifelong affair.

Even though rapid change can feel like a breakthrough, a more gentle pace could prove to be the most sustainable.

Either way, be kind to yourself and stay calmly focused on your intention.

And, as always, stay tuned into the messages from your body.

Which brings us nicely onto our
second Muse Diet ingredient...



AWARENESS

The feast of dietary advice available today is bewildering.

So many systems and regimes.

So much conflicting advice or outdated information.

So many experts and celebrity endorsements and scientific discoveries.

How on earth are we supposed to know which one is right for us?

Luckily, there is one source which has your optimum health at heart, knows you intimately and is available for consultation 24 hours a day.

Your body.

Your body knows.

Your body has an intelligence and it communicates its needs to you - or at least it tries.

In modern life, many of us have lost touch with this inner source of dietary wisdom, but we can tune back in.

And not only will listening to your body's signals help you find the right eating regime for you, it is also good practice at tuning inward.

The source of your body's wisdom is also where your Muse lives.

Further in the course, we'll explore how the Muse may be speaking to you via your physical body, so any steps you take to listen more closely will help you strengthen that line of communication.



So, how to begin?

Easy; just watch, listen, notice.

No need to make any changes at first, this is just an observational exercise.

Become conscious of your eating habits.

Be more aware of any cravings or unusual appetites.

Ask questions.

After a meal, assess how you feel.

Play food detective; if you notice a stomach ache or bloating, ask yourself what you ate recently; how you ate it - rushed, standing up, angry?

Monitor your bodily functions. Is there any pattern to certain problems?

Do you have energy dips at certain times of the day?

Do certain foods effect your concentration?

Are you more focussed before you eat?

Do you eat because you're hungry? Emotional? Stressed? Bored?

Are you actually enjoying each mouthful?

Do you notice when you're full?

If you're going to indulge in a 'guilty pleasure' - try to taste every mouthful and either savour the experience or learn exactly what need it fulfils. (Or doesn't).

In Ayurveda, (the ancient science of holistic health), the theory is that all health - or ill-health - can be traced back to the quality of digestion.

So it can help to also be mindful of *how* and *when* you eat, as these factors can have a bearing on digestion and, as a result nutrition and the after effects of food.

For example, eating when stressed compromises digestion.

As does eating while walking. Or jumping straight into another activity immediately after a meal.

Eating late at night or just before exercise can also cause problems.

See if you can pin-point any eating habits that are causing you unnecessary issues.

Keeping a food diary can be enlightening.

It may be a time-consuming practice but if this is a potent issue for you, the results can be surprising and may help to make simple changes that will last a lifetime.

Even doing this for a short time can train you to notice what you eat, and its effects.

Creating a habit of awareness is a powerful tool in recalibrating your relationship with both food and your body - both of which will move you closer to your intuition and internal wisdom - your Muse.

This attention to what you eat is less about fitting a certain dress size and more about how you feel in your body.

It's a journey towards increased health and wellbeing and the myriad life-enhancing results that naturally follow.



THE SECRET INGREDIENT

There are actually 3 ingredients to the Muse Diet...

Whilst the above information is vital if we are to stay healthy and live a life where we are poised to reach our potential, there is one vital element that will not only keep your dining habits muse-friendly, it will also ensure that your life retains an essential pleasure that's meant to be a part of the human diet:

Joy.

The joy of food.

The sensual indulgence of good food - food that nourishes us, body and soul.

The pleasure of eating, and eating well.

What's the point of losing weight and looking great if we have to remove all the things from our life that give us pleasure?

Could stressing about your diet actually be worse for you than poor nutrition?

And how good can we look when living a life of deprivation?

Yes, nutrition matters but stress can make us gain weight, whereas happiness can help us lose it.

The key is balance, to follow a nutritious diet we can enjoy, without stress.

How we feel about what we eat - our thoughts and emotions - these are important for our enjoyment of life.

But did you know that they can also effect us on a deeper level - even *on a cellular level?*

(I was blown away by this idea - that what we think and feel about the food we eat, can influence its cellular breakdown in our bodies. See *The Biology of Belief* by Bruce Lipton if you're interested in how this works).

So don't forget that as much as your body craves good health, it also thrives on joy and pleasure.

Aim for a healthy balance of quality nutrition, mindful awareness and the delicious enjoyment of eating well.

You may find that the more you pursue foods that support you, and the more you tune into what you actually want and need, you'll begin to savour and relish your food more.

This level of mindfulness usually results in getting more satisfaction from less food, as opposed to what popular health coach Brook Castillo calls 'fog eating'.

And waking up from the fog of unconscious living is a powerful step on the road to inspired living - the route to your muse.



The Muse Diet

So with a starter of intention, a main course of awareness and a sweet serving of pleasure to finish - et voila!

A recipe for a healthy, balanced, emotionally-satisfied you.

Which just happens to be the version your muse most likes to visit.

And when you're working *with* your body, rather than against it, you'll need less time for ill-health, excessive exercise or time-consuming food plans.

Which just might open up a little breathing space in your timetable to focus on the new creative ideas that are beginning to flow...



THE PERKS

Anti-ageing

Reducing the toxins in your diet will have an anti-ageing affect and allow your natural beauty to shine through.

Increased productivity

Eating well will result in improved energy levels and concentration levels, helping you be more productive and creative.

Improved intuition

The fewer toxins in your body, the closer your connection to the subtle realms of mind and spirit.

More joy

Increased awareness in your food choices trains your brain to break out of the trance of unconscious living. You'll become more present and begin to appreciate the finer details of your life.

Less stress

Relaxing and taking a lighter, brighter approach to food battles can reduce (weight-attracting) stress.

NOTE:

Anything is something

Changes to your diet may well be triggered by the material in other parts of this course, ones that will naturally support and encourage healthier habits.

Many of The Muse Spa shifts and adjustments will filter through to your food choices.

For example, better sleep may lead to more energy meaning you feel less need for food props.

And more confidence may result in a new wardrobe and body image that inspire you to upgrade your food choices.

And freeing up more time will enable you to shop and plan and prepare the nutritious meals that are a vital part of eating well.

The more you look after yourself, the more you'll *want* to look after yourself and feel that you deserve the best. (Which you do.)

This is all part of the fabulous upward spiral that you begin to ride with even the smallest of positive changes.

So be encouraged that *any changes in any area* will have a lovely ripple effect, making all future improvements easier.

Use this knowledge to stay relaxed and calm about making changes - there's no need for drastic action.

But I hope that it will also serve to inspire you, whenever you need a little extra incentive.

Anything is something.

Obligatory Disclaimer

Though I can't imagine there is a doctor in the world that would advise against eating well, it may be the case that you need medical advice on exactly what that means for you.

If you have any health concerns that require a professional to supervise any dietary changes, make sure you seek the support and guidance you need.

However important your creative goals, your basic health and wellbeing always take top priority.



THE MUSE SPA

The Muse Spa Recommendation:

Eat well.