

YOGABITES – EVOLUTIONARY EATING FOR BODY, MIND & PLANET

Module 1: The 7 Body Healing Steps of Yogic Eating

Step 7: Astonish

Astonish everyone with an easy transition plan

Why is this step important?

This is the final step of the Module 1 - 7 body healing steps of Yogic eating.

The Step 4 - Adopt, Step 5 - Amplify, and Step 6 – Accelerate have assisted you to reach Step 7 which further gives you more encouragement, motivation and tips to make your transition feel effortless and smooth.

This means not trying to change anything overnight or feel deprived of the joy of eating.

Nothing should be forced on yourself.

Now, I would like to summarize all that you have learned thus far from Step 1 to 6 so that you can understand Step 7 better.

In Step 1: Assimilate, you learned,

- The gravity of the situation of continuing in your old ways of eating.
- How food impacts your body and the role of food in your life
- The kind of food you should eat
- Why maintaining your ideal weight is a must for lasting health

Step 1 Home work: You did the Self-introspection worksheet

In Step 2: Articulate, you learned,

- To articulate your queries so you can feel rooted in your wisdom
- Answers for some questions pertaining to weight loss, low fat foods, eating your favorite foods and the cost of healthy foods.

Step 2 Home work: You did the Obstacle Assessment worksheet

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In Step 3: Assess, you learned,

- To track your eating pattern using super tracker or a table. You learned for yourself what you were eating for breakfast, lunch, dinner and snacks every day.
- Similarly, you tracked what you were shopping in the areas of grains, vegetables, fruits, proteins and calcium.

Step 3 Home work: You did the Eating and Shopping List Assessment worksheets

In Step 4: Adopt, you learned,

- What you should be eating for your meals and snacks.
- The right proportion that you should eat under the 5 food groups
- The most common form of an unbalanced diet
- The dangers of protein inclusion using Meat, Poultry and Sea food
- To eat the **rainbow** for fruits and Vegetables
- The serving size and required servings
- Steps towards balanced eating

Step 4 Home work: You did the Conscious Eating List and Conscious Shopping List Worksheet

In Step 5: Amplify, you learned,

- To consume smaller portions of everything to result in weight loss.
- To consume less sugar-sweetened beverages
- To get into the habit of reading the ingredients list.
- To get into the habit of reading the Nutrition Facts label when shopping
- To replace solid fats (e.g., butter) with vegetable oils when preparing foods at home,

Step 5 Home Work: You did the Amplification worksheet

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In Step 6: Accelerate, you learned,

- To begin including whole grains instead of refined or enriched grains
- To begin to eat organic instead of regular vegetables and fruits
- To go organic if you are currently consuming protein from animal sources.
- To go organic with milk or replace part of it with soy or other forms of non-dairy milk
- To consider moving towards vegetarian eating for several reasons
- To add more of beans and peas which are unique foods
- To begin eating peanuts and certain tree nuts if you can

Step 6 Home Work: You did the Accelerator worksheets 1, 2 & 3

To make your transition process easier and to enable you to astonish yourself and others with your new way of eating, I have created 7 tips which in turn have some sub-tips.

To help you remember the tips, I have created a sentence below:

Little Conscious Planning, Meditating and being proactive is Preparation for Evolution

Every tip begins with a word highlighted in red.

Tip 1 – Little Things

1. Remember it doesn't have to be All or Nothing. Every bit you do that moves you in the right direction is a good thing.
2. A little bit here and a little bit there makes a huge difference over a period of time.
3. May be eating $\frac{3}{4}$ bag of a chip instead of a full bag. May be drinking 3 sodas instead of 4 a day. May be eating 9 chocolates instead of 10. Anything is fine, seriously.

Tip 2 – Conscious shopping

If you have noticed, you only eat things that you buy. Shopping always happens prior to eating. You also don't get to eat healthy stuff if you don't buy them. Things don't fall from sky on your plate. So it is very important to give thought prior to your shopping. Of course, the desire to eat

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arises prior to shopping. You cultivate the desire to eat right through proper education and knowledge which you did in the Steps 1, 2, 3 & 4.

4. Buy limited number of chip bags or chocolates or whatever tempts you from shops. Use the shopping list assessment worksheet and limit the number of 'Others' from your shopping list.
5. Consciously buy fruits and vegetables that you can snack on throughout the day like bananas, oranges, carrots, avocado or apples.

Tip 3 – Planning ahead

6. Whenever you cook, make small containers of the healthy food and freeze. So if you go home hungry, you'll know there is something healthy to heat and eat.
7. Don't get into the mess where you are really hungry and you can't wait anymore to eat a healthy meal. It is at this point you will grab anything you can, because your blood sugar level is low and your brain thinks it is an emergency to eat SOMETHING. The solution is to keep snacking throughout the day or having healthy snacks ready.

Tip 4 – Meditating before eating

8. Meditate on the food before eating. It is just a thought process that happens prior to eating. Meditate that the food you eat nourish you and make you live long, fit and healthy. You don't have to be religious or spiritual to do this. You'll notice that it is hard to meditate like this and eat junk or something unhealthy for the body.

I do 3 chants in Samskritam language prior to eating which ask for digesting the food right and which express my gratitude for the nourishing food provided to me.

These chants will be covered in YogaBites - Module 3 Training.

Tip 5 – Being proactive

9. Pack a healthy lunch each night, so you won't be tempted to eat an unhealthy lunch when out.

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10. Always have healthy snacks on hand in the car or in your purse – whole wheat crackers, dry fruits, nuts, or granola bars or trail mix so you won't have to drive by a fast food restaurant when hungry.
11. Freshly cooked food is the best, but for emergencies keep some frozen and canned foods that are healthy.

Tip 6 – Preparation for eating out

12. If you are trying to reduce meat consumption, then don't think that you cannot socialize any more. The idea is to eat healthy, NOT deprive yourself of enjoying the company of family and friends.
13. You can choose restaurants that offer healthy vegetarian/vegan options when you can.
14. Most restaurants can make vegetarian modifications to menu items by substituting meatless sauces or nonmeat items, such as tofu and beans for meat, and adding vegetables or pasta in place of meat. Ask about the available options.

(I rarely eat out. You can know the reasons for this in YogaBites - Module 3 Training)

Tip 7 – Evolution NOT Revolution

15. Every step you take should be a part of your own evolution NOT revolution. Remember, if you try to change anything overnight, you will stop your progress.
16. Don't force yourself to eat something that you don't like just because it is healthy. You may pull through once or twice, but you won't sustain eating it. The whole attempt of this training is help you sustain any changes over your lifetime.
17. If your protein was 100% from animals, then consider making it 99% from animals and 1% from plant sources. You don't need to reduce protein from animal sources to zero overnight. At whatever comfort level you can stop, it is still a good thing for your health and fitness. As you become ready, you can replace more and more of it.
18. Same principle applies when switching from dairy to non-dairy.
19. For things to change overnight, something drastic or a huge awakening or a big shaking up has to happen in life. If nothing of that sort has happened, then the progress has to be slow. Be patient with yourself.

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You'll soon be astonished at the results, the way your body feels, the way you feel about yourself, your increased energy level, your enhanced stamina, and many such things.

This in itself will motivate you to take action further.

Just make a start....Today... Now...

As you do these 7 Steps of YogaBites - Module 1 for a few weeks, you will be physically and mentally ready for some advanced strategies through **YogaBites Module 2 - The 7 Mind Lifting Secrets of Yogic eating**.

In YogaBites Module 2 you will learn 7 Secrets through the following concepts:

- The Natural food for human anatomy
- The root cause of most diseases
- The naturally balanced eating
- The slow poison in your daily habits
- The right attitude while eating
- The power of fasting
- The way to boost your energy through eating

Home Work : The worksheet below is a celebration of your success in following the 7 tips in this step. You have taken a lot of initiative in the previous steps 1 – 6 of this Module 1. May be you are in a different stage of eating compared to when you did the previous steps. Some things have astonished you and others around you. So just fill the worksheet with these things that you are proud of.

In 5 days, you will receive the complete document with Steps 1 – 7 so that you can have it all together. If you have signed up for the video & Mp3 version, you will receive that shortly after.

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Astonishment Worksheet

1. What **little** things in chips, chocolates, ice-cream, soda, coffee or your eating pattern that you did that astonished you the most?

2. What are some **conscious** actions you took in your eating and shopping pattern that astonished you the most?

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3. What will be your **planning** strategy to ensure that there is always going to be something healthy at hand whenever you are hungry, whether out or at home or in car?

4. Do you think you can discipline yourself to be **meditating** on food prior to eating? Have you prayed or done anything like this before? Be honest with yourself.

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5. How are you envisioning **being proactive**? What kind of canned or frozen foods are you going to buy? What specific snacks are you going to stock? Please prepare a list here.

6. What is going to be your **preparation** for eating out? Have you made a list of places and items to order? Will you have the courage to suggest to your family and friends your choices without fear of being judged? Please note them down here.

7. Journal your process of **evolution** thus far. What seemed easy to you? What seems to be a challenge for you? Don't be harsh on yourself. Pat your back for your wins and successes😊. Send this worksheet to me and I will join you in your celebration😊.
