

Emergent Principles for Healthy Eating

Mo Wheeler ©2017, revised 6/17/18

We wish *Guided Eating* were as simple as “eat what you like.” If we recommend eating cheddar cheese, dark chocolate and organic beef, we’ve already offended the vegetarians and the vegan, who usually have well thought out reasons for their beliefs—some related to health, some related to religious and spiritual thinking. We’re not trying to change any of that—just suggesting some alternative ways to think about what you eat and that you *dowse everything you eat*. Some people are weakened by foods that other people need.

All foods were once living things or the products of living things (like dairy products, which they give us freely). For the most part, our present-day survival is dependent on eating something that was once alive. This section doesn’t replace the value of dowsing everything you consume—rather, it proposes a different line of reasoning for choosing what to dowse that you might consume. It involves several complex and/or controversial topics—plants and animals with souls—and plants that help keep the planet clean.

We are living during a period of transition—dowse often whether consuming a food is for the highest good and be prepared for varying results at different times.

Living Beings That Share Our Home¹

Humans are not the only living beings with souls who live on planet earth. Many animal lovers and pet owners easily believe the animals they care about have “souls.” The following list of living beings were dowsed to have souls, and we call them “*living beings*.” You and your pets are included. Some other animals are not included because although they are *sentient*, they do not carry their personal history forward or backward in time. We refer to them as “*sentient beings*.” Although you may be shocked by what is included (or not included) on the list that follows, we present it as truth and appreciate hearing about confirmation, disagreement or others that might need to be included. First, think about this:

There are several things that distinguish living beings (with souls) from sentient beings (without souls). One is free will. The beings on the list have all been gifted with the same free will as humans! They live under the same constraints on free will as humans do—the constraints of parental controls, the constraints of societal rules and the constraints of biosphere disturbances.

Some of them have struggled to survive under the constraint of sharing their home with humans who disrespect them, not necessarily intentionally, but from lack of understanding what they are. Many of them are known for having their own society with values very much like those humans have (for example: dolphins, penguins and lions).

¹ This section on Living Beings was conceived by Mo Wheeler and Wells Christie, working together with Guidance. The list of living beings has grown over time.

As mentioned, like humans they carry their history forward and backward in time. Like humans, they have an energetic heritage of their soul many ages ago—and some originated on other planets. For example, all bison have a galactic energy that allows them to carry around in their humps wisdom that science can use to help the energy crisis and other challenges of our times. All giraffe have a growth between their ears that can be thought of as another “third eye,” giving them intuitive access to other living beings. Earth needs us to be able to tap into these available and valuable sources of knowledge. The author has many of them on a chart of *living beings who are her helpers* and has found them life-changing in their influence and invaluable in their assistance to her work.

Another distinguishing factor is that these living beings are part of the interdependent web that is larger than any “big picture” we can imagine—an infinitely larger picture—out into the universes and beyond. Like humans, they are all evolving toward Oneness with that One. Have you ever heard anyone say, “I think I had a past life as a tree,” or perhaps a lion or pet dog? As part of the interdependent web of existence, humans can indeed incarnate in other lifetimes as most of the living beings on this list! Honor these potential ancestors with the awe and wonder they deserve.

These living beings all have the potential to live within the continuum of unconditional love and pure consciousness. Like humans, they have all struggled with the parameters of duality that have blocked them from being all they can be. Unfortunately, humans have contributed—unknowingly, to be sure—to this situation. In duality, we have used our free will to take advantage of other living beings; we have created wars with other humans over our boundaries and our differences. We have used other living beings—both plants and animals—for our nourishment.

With appreciation for the economic and personal implications, we ask you not to consume other living beings, but to receive your nurturance from the many sentient beings on the planet. There are many living beings who want to share their gifts that are the products of their existence. Douse whether it is for the highest good for you to eat them—and then enjoy these gifts with appreciation for the sustenance they give.

The lives of some trees and foods that are living beings are ended as part of some of our holiday traditions. We are not saying to cease and desist—suggesting, rather, as the Native Americans did, we bless their gift of themselves for our celebrations and nurturing.

Living Beings (beings with souls that reincarnate)

We realize the shock effect of this list for many people—and we apologize for including some of what may be your favorite foods. We’ve considered reducing the list to those you might accept, but it just didn’t seem to be speaking with integrity. Just think of them as *possibilities* rather than *certainities*. Keep in mind that some of the ideas came from people who have these animals as pets—like pigs and Holstein cattle. A young woman

told Mo that as a child she had pet pig she *knew* was smiling at her every time she greeted it. And, any Holstein farmer will speak up for them!

- Dolphins, whales, crocodiles and manatees.
- Bison, North American black and white Holstein cattle, and pigs.
- Penguins, some sea turtles and turtles that are pets, bull frogs (maybe other frogs), sea lion and otter.
- Sea bass, fresh water bass, salmon, trout, octopus, pearl, swordfish, fresh water rhodophyta (an algae), mollusk, and starfish.
- Giraffes, lions and elephants.
- Deer, some lizards, gray wolves, mountain lions, skunks, prairie dogs, and black bears.
- Jerusalem sage, blue buttercups, peace lilies, orchidaceae, kudzu, cactoi (cacti) and mosses with splash cups.
- Honey bees (genus *Apis*) and some butterflies.
- Crows, some bats, hawks, robins, wild turkey, eagles, owls, macaw, blackpoll warbler, red phalarope, and mourning dove.
- Celery and asparagus.
- Spruce, Scot's Pine, canaan fir, birch and sallow (willow).
- Granite, dolerite and silver.

All living beings have histories stored in their souls. All have past, present and future lives—millions of memories locked in time. *Some* can exercise free will; *all* should have it available to them. They can guide us and help us work together to save the planet that is our shared home. In the new paradigm, hopefully we can live in mutual respect and compassion, moving toward living together with cooperation and in peace and harmony.

Foods That Help Keep Earth Clean

You could think of these foods—possibly some of your favorites—as garbage trucks. They help remove things similar to what we might think is no longer any good—like broken toys, torn or soiled clothes, banana peels, chicken bones, all kinds of trash and garbage. We no longer want these things in our homes. Thank goodness for modern forms of disposal and recycling.

And thank goodness for all the foods that remove what is not good for us from our soil, air and water. We don't recommend eating them any more than we would recommend going through someone's trash for your next meal. It is done—but it's not very healthy.

Soil. *Sunflowers* are bright and cheerful as they follow the sun, absorbing lead, radiation and toxins from the soil. Yet people eat their seeds and cook in their oil and feed them to birds. *Canola oil*, made from rapeseeds, is in the same category.

Being *organic* would seem to remedy the problem of toxins, but soil is exposed to air and rain, which have pollutants in them. A controlled environment is recommended, but fairly expensive. In the new paradigm it may become a real possibility.

Air. *Raspberries and strawberries* are delicious fruits many love to eat. However, they also help clean up our air, absorbing its toxins through their delicate and thus permeable skins.

Peanuts—that some people are highly allergic to—help clean the air as well. They absorb fungus spores in the air. We have dowsed the peanut butter choices in nearby groceries and only get “yes” to MaraNatha Brand, although there may be other that are acceptable for you.

Water. You probably know the term “*bottom feeders*.” They don’t need trash removal in our lakes and seas—many water animals share the work and do a pretty good job. They consume the algae and bacteria in the water. Then many people eat them and, for some, their digestive organs. The list includes some seaweeds, freshwater snails, eel, carp and whole fish.

Blessing Your Food

You may sometimes dowse that it is OK for you to eat one of the things on your “Not Recommended” list, especially if you bless them first. The following blessing is suggested. It should be said after eating, when our body has the vibration inside:

“I want the vibration of this food adjusted to mine for the highest good.”

When said for 27 days in a row, this should be absorbed in cellular memory and no longer needed. At that time, you can ask if you still need to say it at every meal. If you skip a day when you are in the 27-day period, start your counting over.

You may notice our use of “for *the* highest good” instead of “for *my* highest good.” We are all part of the One that is all living beings on the planet. What we eat therefore affects all of us.

The list should be considered fluid and changing, as is everything. Learn how to dowse or intuit reliably and check *everything* you consume in this manner.