# Physical Focus Elevate Vibe

# 5. Diet

What you eat matters a great deal to the vibration you tend to resonate at.

When you eat, you are literally consuming the energy of what you’re eating. You are putting that energy into your body. You are mixing that energy with your body’s own energy.

So the obvious question here is, what are you eating?

Are you eating foods that give you life? That elevate your vibe?

Or that bring your vibe down?

Let’s take a closer look.

The first broad question here is, are you eating life? Or are you eating death?

Science has found that the healthiest diet for humans is a diet of raw foods. Science says about 60% raw is enough, but practitioners of the raw-foods diet claim there is an enormous difference in how they feel at 60% raw versus 100% raw. They report high levels of vitality and reduced levels of stress when following a raw foods diet.

Without getting too far into it, to qualify as raw, food should not be heated over 105 degrees Fahrenheit. So, most “cooking” is done in a food dehydrator. Lentils and garbanzos can be sprouted and eaten raw. Some grains can be soaked overnight and eaten raw. Soaking and sprouting activates the germination process, delivering greater nutritional value. Eating foods raw means you’re getting the full nutritional benefit possible from that food. You’re also eating foods that are alive. You are consuming foods that resonate on high frequencies of health and vitality. Because those foods are alive, and you know this because you have activated the life force within those plants, you consume their life force. When you consume only plants, you consume pretty much only positivity in the life force you’re consuming. When those plants are mostly raw, you are getting vibrational input into your system at the highest possible frequencies.

When you eat animal products, you are not consuming the animal’s positive life force, at all. Rather, you are consuming the energy of death, of the slaughter, and of fear of death and the creature’s certainty of death. These neurotransmitters course through their blood, infiltrating each of their organs, just like those same neurotransmitters course through our own when we experience these sets of emotions during the trauma of getting murdered and knowing it’s coming. They can smell it. Trust me. I grew up with cows. They know. As soon as the truck pulls up, they know. It’s gross. The energy level you’re consuming is extremely low. Consuming this level of energy, when you mix that creature’s energy with your own, causes dips in your own energetic level.