



vital nutrition

the hungry 'I'

Appetite has many sources. Eating mindfully can keep you physically and emotionally satisfied.

dOES A FULL MEAL only leave you hungry for more? Have you tried all the eating tips—more protein, more whole grains—but still feel empty inside? A way to find physical and spiritual satiety is through mindful eating. “It really has very little to do with the actual foods,” says Halé Sofia Schatz, author of *If the Buddha Came to Dinner*. “It’s more about a relationship with ourselves.”

To establish what Schatz calls “transformational nourishment,” we can create more enjoyable mealtimes by connecting to the process of preparation (see “Add a Pinch of Yoga,” page 18) and simplifying our food choices so we naturally consume less. Practicing discipline with food respects our inherent need for balance, says Schatz.

Eating consciously also requires that we slow down before mealtimes, share a moment of silence at the table, or say a few words of gratitude before digging in. And when you find yourself mindlessly opening the refrigerator or going straight for the sugar, Schatz recommends asking yourself, “Who are you feeding?” to look at the deeper issues behind these ingrained impulses.

“The regular practice of feeding ourselves is one of intention, respect, and love,” she adds. “And from that place, we show up for ourselves and others as a more whole individual.”

—Nora Isaacs