



Introduction to the Energetics of Food

What are the energetics of food?

Both Eastern and Western traditions of cooking and herbal medicine recognize up to 6 primary tastes important for creating tasty foods and to promote balance and healing. Our society favors three of these flavors--sweet, sour and salty--often neglecting, bitter, pungent, and astringent tastes, which other traditions like Ayurveda (India's traditional healing and lifestyle system), recognize as crucial for balance both on the tongue and in life and health. Moreover the qualities of foods (what Ayurveda calls the gunas--like light, heavy, dry, oily, etc.) also play into the effect each food has in terms of health, nutrition, digestibility, energy, and function as a tool for healing. Each of these tastes and qualities has a specific action upon our bodies, soliciting a particular internal and therefore, external response. In this evening together we will experience each of the 6 tastes, and the 10 gunas, in order to notice how they feel in our bodies. We will explore how they work together and ways of preparing and combining foods that enhance these energetic qualities. By developing a subtle awareness, we find that what we eat--from ingredients to preparation--comes from a deeper and more nourishing place of understanding.

Our intention for this two-hour introduction is to recognize each of the six tastes in common, everyday foods and to experience the qualities of food first hand. From this experiential basis of the energetic of foods, we hope to embark on a more involved journey of tastes by designing other co-creative evenings of tastes, energetics, and the preparation of delicious dishes together.

Please bring one vegetable (of your choice) cut into finger size pieces.

When: Saturday December 11th

Where: 1017 Mountain Road, Santa Fe, NM 87505

Time: 3pm - 5pm Saturday afternoon

Cost:\$25 per person suggested donation. No one will be turned away for lack of funds.

Teacher: Sarah Michelle "Sulis" Cutler joins you on your own journey of wholeness and offers Resources for Embodied Living. She is a Registered Polarity Practitioner (RPP), Cranial Sacral Therapist, certified Kripalu Yoga Teacher (KYTA), and Reiki Master. Sarah considers food to be one of her healing modalities, and her passion for local, whole-foods, and her study of Ayurveda taste of magic. Through a ministry dedicated to embodied living, it is her delight to join you on the wild adventure of inhabiting your body and your life. See www.laughingtreespace.com for more information

RSVP to: Carmen Harris, Herbalist "Ceridwen's Cauldron of Herbs"
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