

# Quantum Food .... from my Garden

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*Paper prepared for the “First Human Movement Scientific Fitness Symposium Fitness as a Lifestyle”. Department of Human Kinetics, UPLB, September 22, 2008.*

## I. Introduction

There is a strong connection between the environment’s health and our own health, of the food we eat and our sense of well-being. My contention is that for as long as our children and ourselves are denied of true food, we shall continue doing a treadmill: trying to be healthy, feeling ill, temporarily getting healed after a visit to the doctor and after taking in toxic drugs, then getting the same sickness again within a very short period of time. The health and wellness of our society largely depends on the food each member eats, and this food in turn depends on how crops are grown, harvested, prepared and served.

Fitness and lifestyle are broad topics. My contribution spans from my experience in ecological and sustainable agriculture, and my effort in trying to do sustainable living. In this paper I focus on the aspect of food, and briefly on how I grow and prepare them at home.

If we live and eat right we will be our own wellness and illness doctor. Fitness starts with our perspective on what is a human being, and how may we feed the different aspects of this organism. Scientific knowledge has greatly expanded such that the non-material realm or that of subtle or “quantum” energies are already becoming mainstream language. The paper and presentation thus deals with the following topics:

- The four-fold human being
- Health through the face, feet and hands: *status of internal organs*
- Role of food in humans
- Organic and beyond: nutrition, vitality, life forces
- Criteria and manifestations of food quality
- Where to get quantum food

## II. The four-fold Human Being

Humans may be described to be three-fold, or having the “head” (thinking, mind), “heart” (rhythmic: heart and lungs) and “hands” (metabolic/digestive and limbs system). The physical and energy realm of these aspects need also to correspond to the forces that exist in food. A plant is said to be an inverted human being, thus the roots correspond to intelligence, the stem and leaves to the rhythmic system, and the flowers, fruits and seeds, to the limbs system. Anthroposophic medicine strongly recognizes this connection.

Another perspective that is relevant to the discussion of food and fitness is the human being’s four-foldness. It can be said that we consist of the following:

- *Physical body* ... or the minerals (the material realm)
- *Life force body* ... or the formative or organizing force

- *Soul body*... also referred to as the astral or feeling body, or the seat of instincts and desires
- *Spirit body* ... which is interconnected with the thinking, ego, mind and spirit body

More extensive discussion about these different aspects may be obtained from various literature that dwell on **anthroposophy**, the science of the human wisdom or spirit (*anthro means human, sophia means wisdom*). In our age the attention on food has largely focused only on the physical realm. Thus, our efforts are concentrated on how to give the human body the necessary calories, nutrients, minerals and vitamins that we think we need. But medicinal plants act not on these basis. Yet we believe on their effectiveness. The question then is how may healing take effect if our body is only a physical one or at most with a mind and nothing else? In conventional medicine it is increasingly acknowledged that there is a mind-body connection, while specific fields such as neuro-psychology now recognize that the brain contains an aspect of the soul.

Our society is currently not in its best state; there are illnesses in the realms of culture, politics and economics. In the cultural realm in which the civil society belongs, there is also growing apathy, restlessness, cynism, miseducation, and early degenerative diseases. Reflect only, how much hospitals have grown, adding new floors and buildings within a year! There must be really good business there! People when sick right away think of going to the doctor. Is this not an indicator that we have lost our capacity and confidence to heal ourselves? On the other hand there are people who take charge of their own healing on a day to day basis. There are also physicians and nurses who have integrated this four-foldness of the human being into their healing modality. Some developed countries even pay their doctors only when their patients get well!

## II. Health indicators sans the doctor

One may already know offhand if he or she is on the way to illness. We need to just remember that before an illness registers itself as a disease, it is already felt on our energy level. It is also etched on our face, feet, and hands, and strongly indicated by our food sensitivity, etc. There are energy lines that traverse our entire body and are recapitulated in the different parts that we look at. Our internal organs may be “viewed” and “accessed” through a face map, for example. Reflect on the “problems” below and see how they may indicate problems in our interior:

- **Acne**- usually toxic bowels, hormone imbalance, too fatty diet, and impurities in the blood.
- **Eye Bags beneath the eyes** - lack of rest, kidney problems; also indicate **allergies**, usually stemming from the liver (most common allergies are wheat and dairy).
- **White exposed below iris** - eating dead foods
- **Pallid complexion (pale and ashen)** - Mineral and nutrient deficient, especially iron and chlorophyll.
- “**Not feeling sick, just not feeling well**”. Mineral deficiency symptoms also described as anywhere from 21 to 78 minerals are needed.
- **Enlarged Pores** - Long term consumption of white sugar products. If it's overloading the skin, chances are the pancreas could also be overloaded.
- **Mole** - Often a sign on a genetic weakness on the liver.
- **Skin Tag** - Liver weakness.

- **Hairy Eye brows** - *Ancestors were heavy meat eaters.*
- **Enlarged Upper lip** - *Weakness in stomach.*
- **Enlarged Lower lip** - *Weakness in Intestine.*

### III. Role of food in humans

Food is central to our existence. There are people who may no longer need to eat, believe it or not. They are referred to as “light people” or “breatharians”. These are highly developed people or those who are at a very high state of consciousness. But the current level of humanity is such that food is still indispensable. Since time immemorial, it has already been recognized that “food is medicine”, that “we are what we eat”; that food is two sides of a coin: nourishment and medicine at the same time. With modernization the concept of food has become diluted stemming largely from commercialism on one hand, and the lack of consciousness on what is good food on the other. Food is now effectively both a nourishment and toxin! But the question on nourishment remains to be resolved, especially with the many additives, color and flavor enhancers, fortifiers, and ultra processing that are happening. Indeed food is now mostly toxin!

Wrong food compromises our body, and these are manifested in various not so obvious dysfunctions. The lack of recognition of the connection between food and illness which consequently has not impelled us to look seriously at the situation and do more sustainable changes or healing strategies. Examples of these subtler ailments are the following:

- ❖ physical body- *sickly, food hypersensitivity, asthma, other allergies*
- ❖ life body or formative force- *“low-batt”, chronic fatigue, insomnia*
- ❖ astral forces- *stuck in the level of emotion, addiction*
- ❖ spirit- *depression, apathy, cynism, meaninglessness, movie star adulation*

Food has to address both the nourishing and the healing needs of the body. Conventional food analysis has not sufficiently been concerned about hidden and obvious toxins which many food labels may hide or boldly print (many are unfamiliar chemical names or substances). Packages seldom include the provenance (source of food), the degree of processing, the warnings, the production system (i.e., if organic or not, if GM or not), etc. Expiry dates are disregarded as these products are often priced enticingly low. Nutritional analysis given are also highly limited and largely excludes the trace minerals which are our body’s determinant of immunity and wellbeing. On top of this is the question on whether nutrients that are declared in the label are indeed absorbable by the body.

### IV. Differences between organic and chemical food

There is a difference in food value at the level of the physical. Organic and conventional (modern or chemical) differ from each other in terms of nutrient content, soil mineral content (the soil and plant food being a continuum), much literature has already been written on this (review: Fernandez, 2001). It has been found in general that food...

- grown in “chemical” soil is deficient in essential minerals and is 30% less in Calcium, Iron, Zn, etc.

- grown in organic soil has higher amounts of essential nutrients and has a wider variety of minerals in it.
- That is organic...
  - has greater amounts of **antioxidants**
  - has more **flavor (even aroma)**
  - keeps better or stores longer
  - makes one feel full longer.

Animal health also greatly benefits from organic feed, and from plants given organic management. But being organic is not enough. Rudolf Steiner, the proponent of Biodynamic agriculture, said that *food with **high life force** is essential for the continued spiritual evolution of mankind*. This means that food must be grown in a way that the life forces of the soil or earth is transferred to and kept in the produce. This brings the discussion to quantum food.

## V. Quantum Food, a more evolved organic food

The word “quantum” is gaining popularity. It takes after the new phase of science, the non-materialist science, which rides into the second scientific revolution. It is no longer materialist science or the Newtonian physics, or Einstein’s relativity theory, but quantum mechanics and beyond (Unified field and Superstring theories). A layman may use the word quantum to indicate an effect or force that is like the atom bomb in scale: from a very small amount there comes about a great non-linear effect, sort of a quantum leap. Quanta (*kwenta, countable*) refers to the property of light or energy that can be measured, and it relates to a property that may not be readily detected by the 5 senses, but are more subtle and powerful than the other invisibles which come in the form of magnetism, electromagnetism, etc. In the human being it is variously referred to as LIFE FORCES, PRANA, CHI, BIOENERGY, etc.

The dominant “Organic” movement still rests on material or physical plane, and largely considers organic food as only being free from toxins, and/or having abundant minerals and nutrients (occasionally of vitamins or antioxidant), never mind if highly processed or not in the raw state. Some companies and websites do offer “quantum food” or supplements, and they have their own levels of being quantum, natural or wholesome. For food to be good, one may start with meeting the physical criteria (i.e., being free from chemicals or toxins), then proceed to it being nutritious and organic, then to it being local and homegrown, then proceed to being wild (adapted to nature), and finally to being raw! Some would argue that food suitability would differ depending on blood type or metabolic type, on the ayurvedic constitution, to the temperament, level of activity, etc. Yet others require that their food should be infused with good energies from thoughts or affirmations of the producers! Words, sounds, thoughts, and intentions indeed have power. Unfortunately, modern scientific man has still to recognize these.

For practical purposes, food may be considered quantum or healing and nourishing if it is...

- Fresh
- Locally grown
- Gathered directly from one’s garden

- Harvested at optimal time of day (the earth has a rhythm that affects organisms living in it)
  - *Roots*—evening, because daytime energy is brought down to earth
  - *Leafy*—morning, because vitality rises up at night
- From healthy (suitable) varieties (local, adapted, not hybrids, not GMs)
- Grown on healthy living soil and environment
- Grown using practices that imbues life forces (biodynamic, agnihotra)
- Processed minimally: Whole> juiced> frozen> canned
- Cooked with happiness and love and with care: steam, quick sauté
- Served in variety (according to the food’s “impulse”)
  - Roots stimulate the head and nervous system
  - Leaves... the respiratory and blood system
  - Flowers, fruits, seeds... aid the metabolic and limbs
- Prayed over (served and eaten with gratitude)

## V. Quantum food production

There are time-tested agricultural approaches that highly reside in the quantum level. They are sometimes referred to as cosmic or quantum agriculture. Their science are highly articulated but one must necessarily be already open to quantum discussions to be able to follow. Two very popular ones are **Biodynamic** and **Agnihotra-Homa** farming. They are being employed at my garden. A big movement involving more than 4000 farmers is now happening in Mindanao for these two approaches. The benefits are great, considering that these practices do not involve material inputs at the amounts usually used by modern or conventional/chemical agriculture.

Biodynamics has been popularized in Germany in the 1920’s by Rudolf Steiner and it involves farm practices according to cosmic rhythms (of the moon, planets and constellations), thus a calendar, and the use of biodynamic preparations applied in super-diluted proportions (one gram per hectare). It also involves potentizing (vortexing) the preparations which are actually selected minerals and herbs, many of which are considered “weeds”.

Agnihotra-homa farming started in the east (India), in the beginning of humanity but was forgotten and revived in the 1960’s by Shree Vasant. It involves burning in a copper pyramid organic and medicinal ingredients (cowdung patties, ghee and whole grain rice) and saying a mantra at the exact moment of sunrise and sunset where a powerful surge of cleansing energy from the sun is available. Associated practices involve use of ash and infusing the atmosphere with the energy of the pyramid set-up. Plants and soils under agihotra-homa farming (involving ash and atmosphere) are significantly better than chemically grown plants in terms of material substances, but also in terms of resistance and vigor, getting healed or obtaining higher yields. Animals, people, the atmosphere and climate also are highly benefited by the system, and undergo a kind of quantum healing.

## VI. Manifestations of Vital Food

How may we know that the food really contains that life force or life energy? There are various instruments or approaches to know, other than those manifestations earlier mentioned. Among others these include the following:

1. Chromatography (circular, paper)
2. Crystallography
3. Dowsing (ex. Pendulum)
4. Natural plant patterns
5. Photon emissions
6. Seedling vigor
7. Kirlian photographs
8. Water crystal formation
9. Testing by an “Instincto”

It is to be noted that the sensitivity or result of the test may depend on the doer or experimenter who himself carries and generates subtle energy forces. An *“instincto”* on the other hand, is a person who could tell the difference using a highly developed intuitive food sense. Figures shown during the presentation illustrates that better **chromatographic** pictures are formed with:

- soil that had been given manure relative to that without
- biodynamically grown carrot relative to commercial carrot
- natural vitamins relative to synthetic or commercial ones
- naturally grown seedling relative to a chemically grown one
- raw food relative to processed food

**Crystallography** also gives a glimpse of the organizing or life forming force of an organism. It can reflect the health of crops or trees given organic treatments or when there is an abnormality that manifests in the physical. Such has also been used to demonstrate that varieties differ in their organizing forces, and for the same variety their patterns differ when grown in different places or when highly processed.

Life force may also be detected using **pendulums** or other dowsing instruments. When keen and highly observant, the difference may be seen from the plant tissue patterns as in the cross section of a carrot and the cross and longitudinal section of brussel sprouts. It may be also demonstrated using **photon emissions** or light beams coming from the produce. **Seedling vigor** tests are good visual indicators of the difference. **Water crystal** (hexagon) formation also manifests the kind of subtle forces that are imbued on the food or other substance. **Kirlian photography** also beautifully manifests differences in life forces. **Scalar energy**, a recently introduced term (but has been there since the earth’s beginning) may provide a strong scientific explanation of how these practices work. More investigation on this aspect is needed.

## VI. Conclusion

For fitness and health, conscious eating and consuming organic food would not be enough. But one may start from there on his/her way towards more healthy living. Others may start elsewhere, and they would eventually join the path of awakening of the person’s natural body intelligence to heal oneself. But because we are quite alarmed by the degree of pollution (of our air, soil, water, food and thoughts), and by the rapidly changing climate that has resulted

to the collective claiming of lives, **we need a quantum solution**. If man is the only being on earth with the ability to discern and the will to change, then we need to awaken and nourish these spiritual capacities. These capacities reside in the quantum realm thus, to be enhanced, need quantum food. Unfortunately, the market is not teeming with quantum food, not even organic food. Our best bet then is to produce local food and to incorporate food in our landscape. With quantum farming or gardening the effort would be much reduced and the benefits would be much more than what one would reap from organic agriculture. And one would enjoy tastier and more wholesome food as well!

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