

#BefriendYourBody #EatWithLove #MoveLikeAMiracle

# CREATING A SACRED KITCHEN



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The vibrational tone of our food is an easily overlooked ingredient. In our culture, we're so focused on speed, efficiency, and multitasking that we often forget to slow down and actually do the thing we're doing with mindfulness, care, and even love. Think about it, how often are you doing one thing, but thinking about the next item on your list, your next task, your next problem to solve? When we consciously create a space that supports that mindfulness, we have a better chance of making it happen.

Here are some simple steps toward cultivating sacred space in your kitchen. By consciously implementing any or all of these suggestions, we can move closer to a more balanced existence.

1. **Respect the space in your kitchen.** I suggest implementing household guidelines that cultivate mindfulness and a loving intention. Remember that the energy you cultivate in the kitchen directly penetrates the food you cook. Consider a personal commitment, something like this: I shall organize my time so that that I have enough time and energy to cook in a leisurely and peaceful way. I will speak kindly and pleasantly and will strive to bring only loving energy into this space.
2. **Cook mindfully.** As you cook, consider meditating on the verbs in the recipe, like chop, clarify, render, mix, etc Think of areas of your life where the same actions might need to take place.
3. **Build a simple kitchen altar.** This can consist of anything that represents gratitude, abundance, and love to you. Possibilities might be: a small bowl filled with rice or dried beans, fruit, candles, incense, a meaningful photo, small plants, or flowers.
4. **Keep your kitchen clean.** We don't have to get crazy, we just need to be conscious. Make cleaning a mindful ritual, just like cooking. Thich Nhat Hanh remind us to "Wash every bowl, every dish as if you are bathing a baby—breathing in, feeling joy; breathing out, smiling."
5. **Give thanks for your food.** Consciously, every time you eat. Many lives and labors come together to bring the food to your table. The farmers that grow it, the truck drivers that haul it, the merchants that sell it, and many times, the animal that gave its life. Acknowledge them before you partake of the gift they've given you. Eat the food you love, with love.
6. **Eat mindfully.** Eating is a special occasion. When you sit down to a meal (and yes, I do mean to actually sit down at a table), turn off the TV and put down your phone. Notice the smells, colors, and texture, as well as the flavors. Eat the food you love, with love.

It's time to begin questioning the beliefs that allow you to do what you do, and ask yourself, "am I really eating the food I love, with love?" When you can do that, your whole life will begin to shift dramatically.

And remember, if you need help along the way, I'm here to support you.

love,  
Beth  
pdp