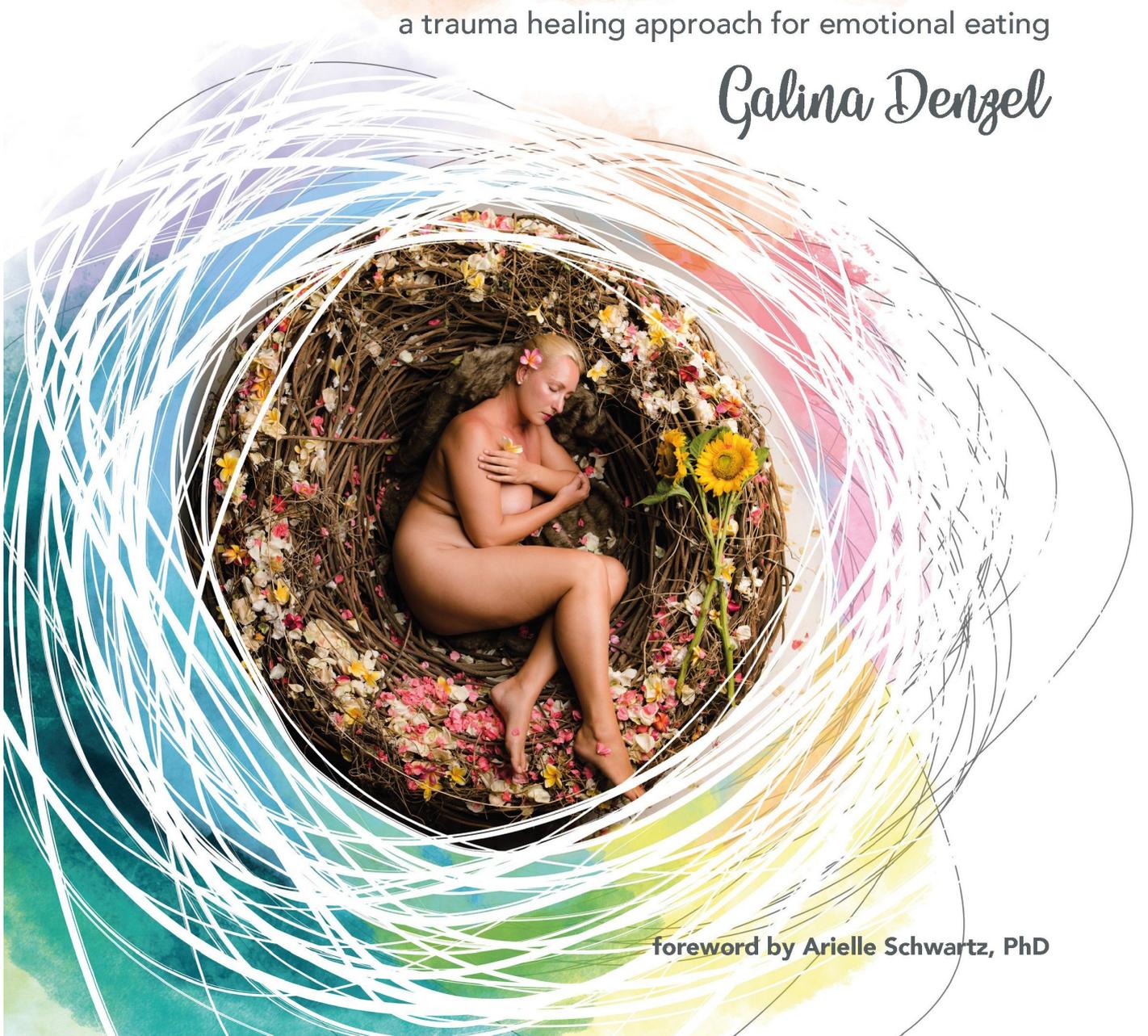


Peace with Self Peace with Food

a trauma healing approach for emotional eating

Galina Denzel



foreword by Arielle Schwartz, PhD

Orienting with Images

Appendix

ORIENTING WITH IMAGES

Images have the incredible power to organize our experience. I am sure you are familiar with the feeling of awe that overcomes you when you are standing in front of a beautiful nature scene or a work of art.

What would it be like to evoke that on purpose?

And what would it be like to view art with your whole body, as if each skin cell had eyes?

In our practice here, we will be looking at different pieces of art, and I have shared some guidance on how to use the images at the back of each picture. You can cut them out and have them around your home or office, or take a picture on your phone and have it for a quick practice when you get a free moment in your breaks. If you would rather download and print these instead of cutting them they are at purebelonging.com/bookresources

As you take in the drawings, notice what shifts happen in your body.

Where do you notice an opening, a softening, or an easing of tension?

Or perhaps a tightening, or a desire to move?

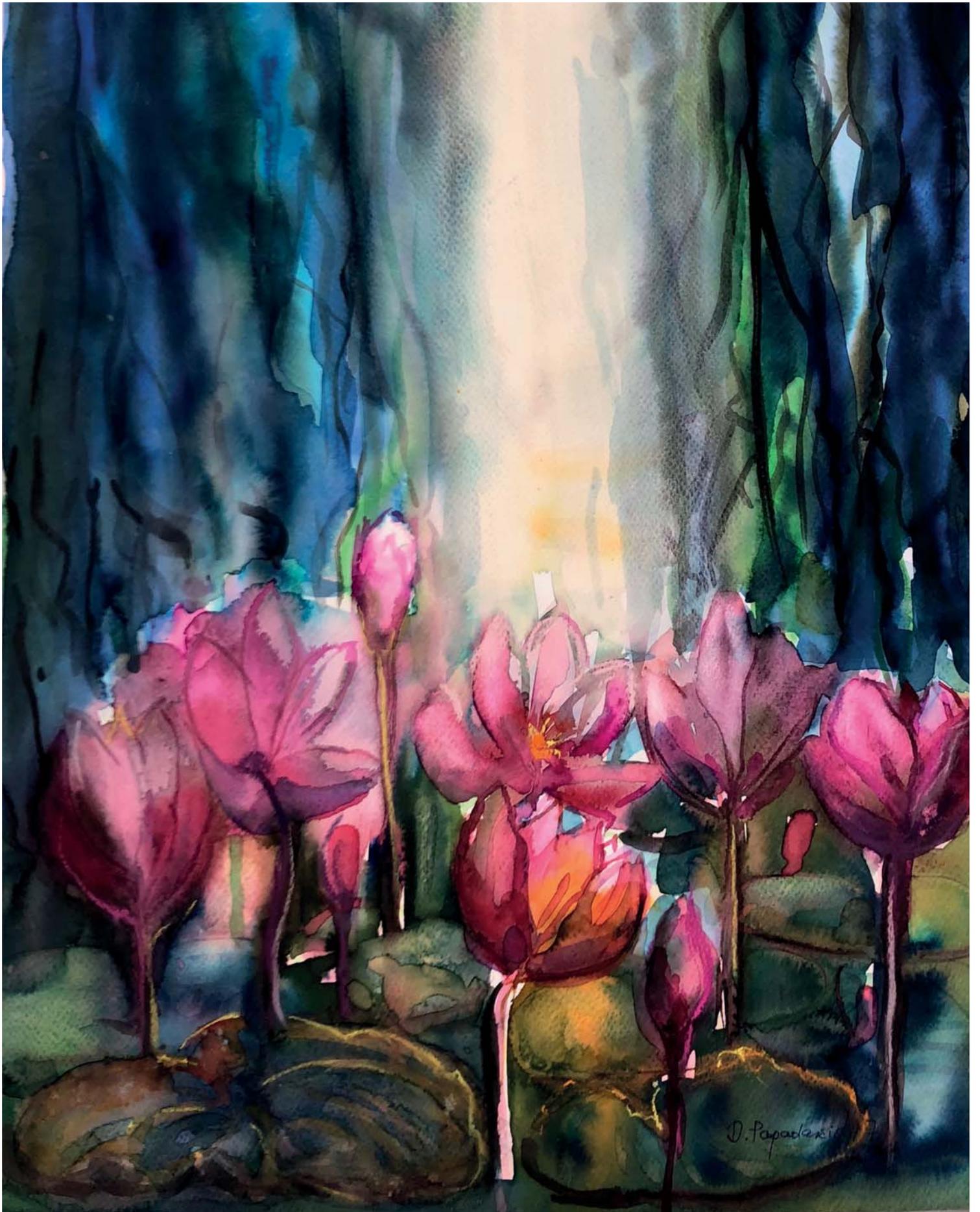
What happens to your breath?

What thoughts, other images or even word associations come up?

How does each particular practice affect you differently?

1. "Treasures of the East"
2. "The little window"
3. "Meditation"
4. "Magnolias"
5. "Light and shadow"

* The artist Dina Papadakis has kindly given us permission to use her art for our practices, if you share these images online please honor and include her name.



#1.

Sit back and view the picture as a whole. Let the colors, textures and shapes come towards you, as if your eyes were magnets. Let your eyes rest back and simply receive.

Now let your eyes go where they want to go in the picture. What are they drawn to?

When ready, go from receiving the detail to seeing the whole picture again.



#2.

Take a moment to connect with your body. Feel your seat, your feet and your back. Now take all your attention to the picture in front of you. What tiny details can you see? What colors or shapes draw your attention?

Next, bring your attention back to your body, feel yourself grounded in the feet, seat and back.

Finally, see if you can both be present to your body sensations and also to the details in the picture. Can you divide your attention 50-50 between what you sense inside your body and what you see in the picture?

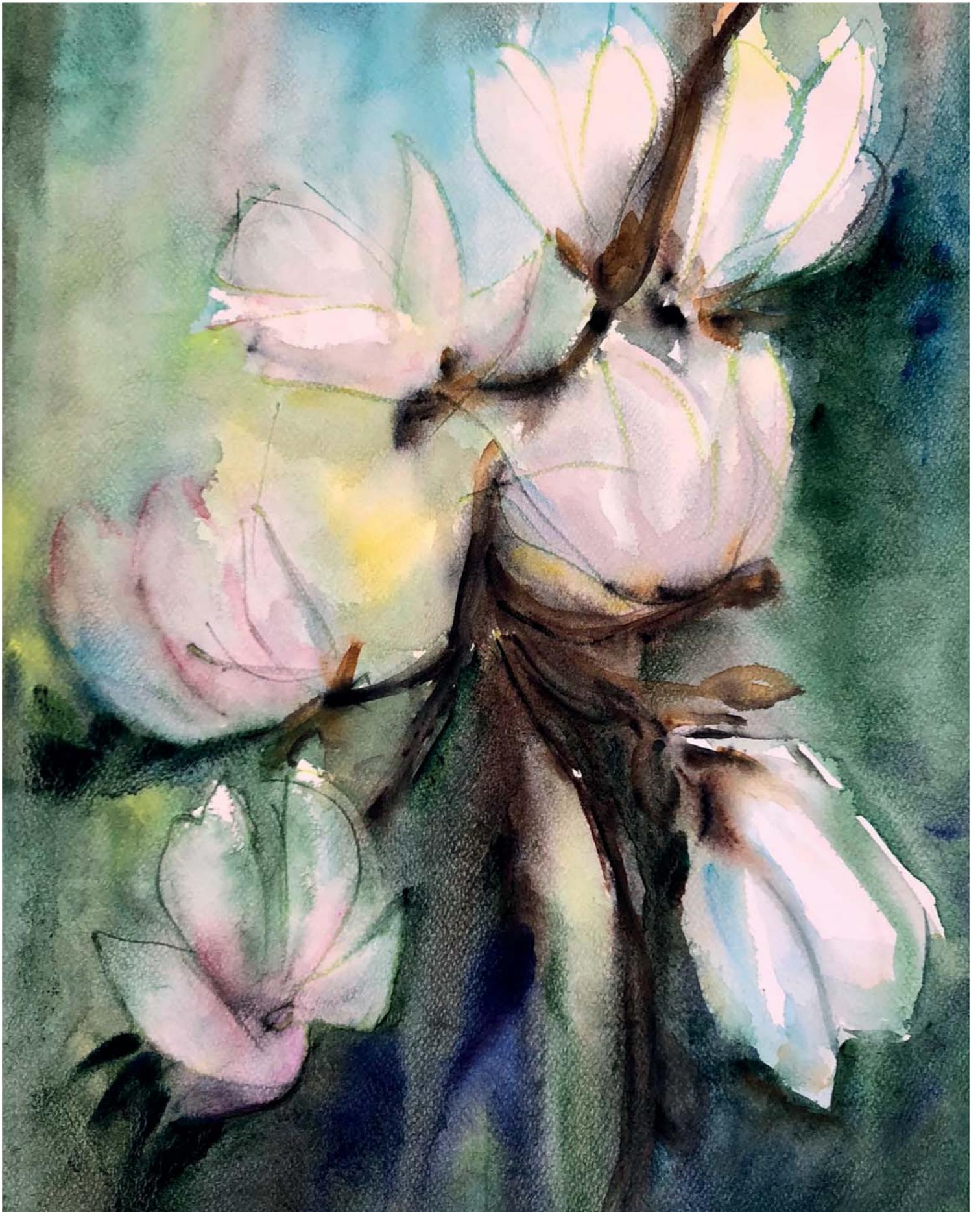


#3.

Take a moment to connect with your body. Feel your seat, your feet and your back. Now take all your attention to the picture in front of you. What tiny details can you see? What colors or shapes draw your attention?

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#4.

Let's play with light.

Take a moment to notice all the parts of this image that radiate light. Then bring your attention to the dark areas on the canvas. What happens when you observe the light areas, and what happens when you are present with the dark?

Now shift your awareness from light to dark and see what new insight you gain. How does your body respond to these shifts from light to dark? Which feels better?



#5.

Take a minute to observe everything about this image that you can. Notice the shapes, colors, areas that are clear and others that are blurred, where the flowers look full and blooming and where they are still tiny buds. Watch how blue and red melt into each other, and see how the image of the flowers is surrounded by a brighter color. Take it all in.

Now close your eyes, can you still see the image? How clearly do you see it? How easy it is to see it? Open your eyes and compare what you saw in your mind's eye to what's on the page. Do this a couple of times.

A letter from the author

Several years ago I was working with one of my teachers, telling her about an internal struggle - I was finding it very hard to put myself first, and I was really concerned that if I did I would lose or compromise the most important relationships in my life. The fear was strong enough to make me abandon myself in critical situations and the reality had started to hit me hard. I looked at her and said: "My life needs to change!". She looked right back at me and calmly said: "No sweetie, your life is wonderful, it is you who needs to change."

Her words were soft and loving, and I was able to receive her guidance. Today, I am writing you this letter and giving you that same look of solid faith and assurance. My eyes are softly and lovingly telling you that if you want change, change is possible.

Daily, I get to witness my students make significant shifts in their lives. I see them befriend their nervous systems and become masters of taking care of themselves when seized by states of fight, flight, fawn, and freeze.

I see them capable of being with traumatic memories that would have once driven them to consume food, alcohol and abandon themselves, and instead experience them as a door to self-compassion and self-love.

I see them set appropriate boundaries. I see them stand up for themselves and have access to their power, where before they would have avoided conflict at all costs. I see them balance giving and receiving — no longer willing to be a part of codependent dynamics.

I see them stop looking for solutions at the bottom of a bag of chips, and start looking into their own hearts. I see them being willing and able to ask: "What do I need and what do I want?"

This book has given you the first steps on the path to peace with food, and change is already happening.

I have witnessed the power of coming alongside others on the same journey and so I would like to invite you to reach out and explore more opportunities to learn. I teach workshops and offer free Peace with Food clarity calls to people who are interested in deep and lasting change. You can find those and other learning opportunities on my website at PureBelonging.com. I hope to meet you, get to know you deeply, and to have the honor of walking this path together with you soon!

In peace with food:

Galina



About this book

Do you feel that you are at war with food? Do you blame your eating behaviors on a lack of willpower? Have the tropes “Eat less and exercise more,” “Eat intuitively,” or “Change your body image” failed you time and again? Do you worry that a healthy relationship with food will never be possible?

Peace with Self, Peace with Food gets to the heart of what causes our battles with food. Through the author’s years of training and practice in trauma healing, as well as her own reconciliation with food and self, she has developed a program to help readers embark on the journey to healing from the ancestral and personal traumas that have informed their behaviors around food.

Peace with Self, Peace with Food will help you identify patterns laid down even before you were born that contributed to your eating behaviors and continue to affect your relationship with food today. Through the exercises in this book, you will come to understand your eating habits and the neurobiological network that has held them in place until now. What’s more, you will see food, your mind, and your body in a new light—not as enemies to be tamed, but as allies that can teach you how to care for yourself and your health with love.



About the author

Galina Denzel is a Somatic Experiencing (SEP), Neuro-affective Relational Model (NARM-P) and Somatic Practice practitioner, based in Colorado, USA. Her practice uses somatic exploration, movement, breath, art, and the magic of human connection to help people come home to themselves and end their lifelong struggles with emotions and food.

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