

## Day 11 - Eating for Balance

**21-Day Meditation Challenge** <meditationchallenge@chopra.com>

Thu, Mar 21, 2013 at 1:12 AM

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*"Let food be thy medicine and medicine be thy food."*  
—Hippocrates

### Quick Links

[Access today's meditation](#)

[Harness your gifts and fulfill your purpose](#)

[What to Eat When You're Feeling Blue](#)



### Welcome to Day 11—Eating for Balance

While we often learn about food from external sources, Ayurveda teaches us to trust the inner wisdom of our bodies, which insightfully guides us to make the correct food choices. Eating an array of natural, colorful foods, rich in nutrients, that also provides the six tastes—sweet, sour, salty, bitter, pungent, and astringent—helps us align our doshas and keeps us balanced.

Just as conscious breathing invites greater prana, or energy, into our lives, so, too, do nutritious foods and fresh, clean water. It's important, then, to make choices that are in tune with our bodies and eat with awareness in order to optimize our health.

Our centering thought for today is:

**I choose foods that help me thrive.**

We look forward to meditating with you today.

Blessings,

A handwritten signature in black ink, appearing to read "Paul & Jeff". The signature is written in a cursive, flowing style.

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### **MINDFUL MOMENT**

Prepare one meal today that includes a full range of colors. Try to also use all six tastes. Savor each bite, eating with awareness, and witness how your body feels after your meal.

[Need help? Click here.](#)

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