

CLEANSING AND NOURISHMENT

Deep Healing

FOR HEALTH AND PEACE



Caroline Marie Dupont

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As a holistic health practitioner, nutritionist, and energy worker, I have seen all around me the undeniable evidence that our bodies, with the help of our minds and souls, have the ability to reverse disease so we can thrive and live vibrantly. Yes, that's right: you can heal yourself. And you can *heal deeply* if you take responsibility for your emotional well-being and spiritual growth as well as your physical health. If you're willing to surrender to the wisdom of your body and soul, this book is the perfect guide to show you how. And that can mean not only recovering from illness but preventing it as well.

Humans are spiritual beings living in physical bodies, so we experience the joy of the soul expressing itself in physical form. But the reverse can also be true: we can become ill when the soul longs for but is denied fulfillment. I believe the strongest force in the universe is the soul's desire to reveal its true nature, and physical symptoms and conditions often let us know when the soul is suffering or, in other words, when we're not being our authentic selves. When you fully express your true nature, your actions benefit not only you but also your family, community, and all life on earth.

While your health is your responsibility, it's certainly not your fault if your true nature has been stifled or if you become ill, and you're surely not alone. Many sincere people flounder in their efforts to heal; in part, this is caused by conditioning. When we're young, parents, teachers, and others who are influential in our lives may be more inclined to mold us in a manner that serves their own needs (or conditioning) rather than our needs.

From our earliest days, we're programmed to respond to external motivation rather than follow our innate wisdom and strive for authentic expression. Naturally, we become conflicted over time. We get stuck in false beliefs and our emotional energy stagnates. To heal deeply, we must be willing to challenge false beliefs, even though doing so feels uncomfortable. Another painful but essential process is releasing blocked emotional energy, which is the root cause of disease and poor lifestyle choices. Despite our good intentions, all too often we fall into habits that may temporarily satisfy us but erode our health over the long term.

Conditioning, false beliefs, and blocked emotional energy are not the only barriers to deep healing. Many other influences—including big business, culture, industrialization, media, modern medicine, organized religion, and science—can contribute to a disdain for and mistrust of the body and alienate us from our essential spiritual nature. The body, mind, and emotions need to work together in deep healing, and that's

why it's so important to learn to listen to ourselves. Think of this inside voice as your intuition or your soul, an able teacher on your healing journey, and trust and rely on it.

There's never been a better time to explore the rewards of deep healing. In this powerful age of unsurpassed human physical and spiritual evolution, there are spiritual practices and lifestyle choices that make a difference. For example, awareness and intuition are aided by meditation and an understanding of how energy works in ourselves and in the universe. These topics are covered in chapters 2, 3, and 4 and can help you find and express your true nature over time.

Another aspect of deep healing is effectively learning how to eliminate toxins, which can come from many sources and affect us not only physically but also mentally and emotionally. Chapter 5 explores elimination and detoxification.

One of the most effective tools we can use when we seek deep healing is the juice fast. Particularly when used in conjunction with other cleansing practices, the juice fast can accentuate and accelerate your physical and spiritual evolution. Chapter 6 highlights the juice fast, and chapter 7 explores other cleansing practices that can promote well-being.

Another cornerstone of deep healing is a wholesome diet. Regrettably, as a society and as individuals, we've gone very far astray in our food choices in this modern age. We've forgotten what a tremendous impact food has on our bodies, our mental and emotional states, and our ability to make spiritual connections. Our healing increases dramatically when we adopt a whole-foods, plant-based diet and make choices that promote harmony with our natural surroundings. In a broader sense, our food choices greatly affect our capacity to live authentically and to heal when we recognize our profound interdependence with each other, the animals, the plants, and other beings. Chapter 8 examines the deep-healing diet, which encourages the consumption of living foods. A small collection of recipes (see pages 85 to 119) will introduce you to nourishing beverages, from tea infusions to mineral broths to smoothies and fresh juices, and endlessly versatile main dishes, such as the Hearty Salad Meal and Heaven on Earth Bowl.

You'll likely find statements in this book that resonate with you immediately; in effect, you'll be reading what your soul already knows. At other times, the content of this book may challenge your long-held beliefs. When that happens, observe what you're feeling. My hope is that as you assimilate the following information with your own innate healing wisdom, you'll come to better understand the process of deep healing. Relax into it. Feel the magic and mystery of it. Most important, see your healing as a journey back to the perfection of who and what you've always been. Then get on with being the most vital and most evolved version of yourself. Let's get started.

Spirituality and Meditation

The joy of Being, which is the only true happiness, cannot come to you through any form, possession, achievement, person, or event—through anything that happens. That joy cannot come to you—ever. It emanates from the formless dimension within you, from consciousness itself and thus is one with who you are.

ECKHART TOLLE

When we come to understand the roles of energy and spirit in our lives, we desire to be more aware, be more awake, and delve more deeply into consciousness. We know instinctively that the ever-changing surface of life that we see, like the ocean waves, conceals depths that are constant, still, and timeless. Here lies the unchanging self and truth; connecting to this place is the foundation of deep healing. In the precious moments of stillness and silence we are nourished by our souls.

MEDITATION IS THE TRUE SOURCE OF HEALING

Regular meditation is a core practice in many, if not most, spiritual traditions. Through meditation, we leave behind surface events and arrive at the deepest place available to us. Eventually, we never leave. This is called enlightenment, which simply means that our physical self is completely and consistently infused with our true spiritual nature.

While there are many different meditation practices, true meditation is not a practice but rather our natural state. When we sit in stillness, we aren't creating a meditative state. Instead, we're falling gently into what is our natural way of being.

Deep healing requires that we recognize our spiritual selves and address our spiritual needs, just as we attend to our physical and emotional needs. "Spiritual" pertains to spirit, the vitalizing force in each one of us. To be spir-

DEEP HEALING

Spiritual Support

Although the spiritual component of deep healing is a personal journey, you can take advantage of many sources of support and guidance along the way:

- A spiritual practice involves setting aside time on a daily basis to deeply listen to your heart and body through meditation.
- A spiritual guide or teacher is someone you trust and resonate with. Choose a teacher who has walked a path that inspires you and can make the process of deep healing clearer and shorter, particularly by helping you when you're stuck.
- A spiritual retreat provides the opportunity to spend time away from your regular daily routine and distractions. Periodic retreats allow you to tap ever more deeply into your core essence.
- A spiritual community is a group of like-minded people who value soul-centered living.
- Books, courses, and other resources about spirituality can introduce you to new perspectives.
- Spiritual friends are close friends with whom we can share our experiences and who appreciate our efforts toward living a more awake life.

itual, we need not be religious or identify with one specific organized religion or deity. In fact, just the opposite is true: because we all possess spirit, we are all spiritual beings, regardless of religious affiliation.

Most people on a spiritual path describe their quest as one of awareness and awakening. The highly individualistic journey of deep healing incorporates spiritual lessons all along the way. For example, when we can bring them into our awareness, even the physical symptoms of illness and detoxification provide spiritual lessons. The key to spiritual awareness, like the key to deep healing itself, is learning how to listen to yourself. One of the most effective ways to listen is through a deep-healing meditation, and a sample meditation is provided in this chapter (see page 36).

DEEP-HEALING MEDITATION TIPS



True meditation requires that you let go of the external details, feelings, sensations, and thoughts that constantly arise in the conditioned mind. All you need to do is sit quietly for five minutes to experience this for yourself. Release all surface phenomena simply by allowing them to be as they are. Manipulate nothing; resist nothing. Just sit quietly, completely relinquish control, and rest as pure awareness. You'll begin to sense the eternal, spacious, and sweet essence of your own true nature, which is formless, unchanging, and untouched by circumstances, space, and time.

Detoxification and Elimination

I wake sweet joy in dens of sorrow and I plant a smile
in forests of affliction, and wake the bubbling springs of life
in regions of dark death.

WILLIAM BLAKE

As we begin to adopt the deep-healing practices that we explored in the previous chapters, we support our growth in many ways. As we broaden our definition of health, we begin to see how our thoughts and emotions affect our choices and physical well-being. As we begin to dismantle our conditioning, we uncover a guidance system that unflinchingly informs our perspective and directs us toward a new way of life. We recognize that all life is interconnected, and that beauty, happiness, health, and truth are available to us all. As blocked energy begins to flow, we once again begin to feel alive, creative, and inspired.

This chapter explores the process of detoxification: what it is, why it's needed, how it contributes to deep healing, and how it relates to our authentic growth. While most people think of detoxification, or cleansing, as a physical occurrence, it's really much more. During detoxification, we also encounter the many layers of emotions, false beliefs, and resistance that make up our own conditioning as well as the collective conditioning of society. In fact, we're all subject to an ongoing detoxification of beliefs, emotions, and energies that no longer serve us. This process is called retracing.

All deep-healing practices, including meditation, a plant-based diet, and regular juice fasts, can support retracing. These healing activities help us to detoxify because they revitalize our energy fields, bringing emotional fluidity, mental clarity, physical vigor, and spiritual connection.

DEEP LISTENING

When You Eat

Your body is constantly providing information regarding the suitability of your food selections. Slow down and pay attention! Eat without distractions in a relaxed environment, and bring as much awareness as possible to your body.

Before you eat, ask yourself the following questions:

- Am I hungry?
- What do I need?
- What food would feel satisfying right now?
- Do I feel like eating something cold or warm, dense or light, salty or sweet?

While you're eating, ask yourself the following questions:

- How does the food look?
- Can I appreciate the unique beauty of whole foods, including the colors, intricate details, and shapes?
- How does the food smell?
- How does the food taste?
- Does the taste change as I chew?
- Am I rushing or enjoying?

After you eat, ask yourself the following questions:

- Do I feel satisfied?
- Does my body feel happy?
- Do I need more food or something else?
- Do I feel tired or uncomfortable?

Notice all of these things with openness and curiosity. If judgment and uncomfortable emotions come up, then bring those into your kind awareness too. Allow pleasure, enjoyment, and appreciation into your experience too. Notice where you feel the emotions in your body. Can you allow them to be as they are? If it's difficult to accept these feelings with gentleness, try to make peace with the fact that you can't accept them at this time.

To access intuition, let go of everything you think you know about food. When you have a willingness to listen to your body, you'll discover the deep-healing diet that works for you. You'll know what's right because some choices will make you feel good while others will give you uncomfortable symptoms. Be kind and patient with yourself. Let go of perfectionism and bring awareness and sincerity to the process. Stay open. With this attitude, you'll find your food choices shifting on their own.

Deep Healing

In this inspiring and empathetic book, holistic health practitioner and nutritionist **Caroline Marie Dupont** illuminates the concept of deep healing, a multidimensional approach to achieving and maintaining optimum health in the body, mind, and spirit. She offers guidance not only on cleansing and detoxifying the body, but also on dealing with emotions and attitudes that can contribute to illness.

Sharing insights from her classes, retreats, and guided group juice fasts, Caroline hopes to empower readers to implement spiritual practices and personal choices that will have lasting positive impacts on their lives.

Testimonials from Caroline's clients and students

"Caroline's commitment, passion, and non-judgmental guidance have enabled me to detoxify my body and mind and bring my spirit to a level that I would not have been able to achieve on my own." —**VAL COLWELL**

"My journey with Caroline has become a journey back to myself, an obstacle course of unexamined beliefs and fears, guided by a craving for an overflow of joy from within, a passion for discovering my purpose, and an unbreakable connection with myself and those I love." —**DORIS ROMANO**

"Caroline, you have a tremendous gift for relaxing people into their nutritional journey. Like none I have ever encountered, your approach fosters such a trust in the body and its processes. The world has a great need for what you offer." —**CRYSTAL EVES**

"My experience in completing the community juice fast allowed me to remember what it's like when my physical and emotional energy is flowing unimpeded. It is the experience of coming home after taking a few detours." —**ANGELINE NAVARRO**

"Learning meditation and real nutrition from Caroline during a time of struggle empowered me to change my life. I will be forever grateful for the knowledge and the tools that I now have to use." —**GIANCARLO PINNIZOTTO**

CAROLINE MARIE DUPONT is a holistic health practitioner, nutritionist, energy worker, and spiritual director with a master's degree in exercise physiology. She has been exploring, living, and teaching an integrated approach to health for over twenty years. Visit her at carolinedupont.com.



\$12.95 US ■ \$15.95 CAN
ISBN 978-0-9204708-5-5

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ISBN 978-0-9204708-5-5



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