

What are we really hungry for?

Not food - but we substitute food and it's because that hunger is unfulfilled - the one deep within us all.

Food is a lot of things (and most importantly information), but it isn't love, friendship, caring, intimacy, or being known.

When we use food as something it's not, we give it undeserving power. We hand the reins of our lives to food, and we abdicate responsibility.

There's an especially low vibe associated with that. I've felt it like a deep shame, and it was a horrible realization.

There are massive differences between high and low vibes in our daily lives:



High-vibe is a choice and a decision that only YOU get to make.

It's how we go from Fear to HERE.