

# Section 1: Analysis & Insights

## Executive Summary

**Thesis:** Conscious parenting requires parents to first cultivate their own “aliveness” through spiritual practices, organic vegan nutrition, and environmental consciousness, creating an alive environment where children’s innate divine potential naturally unfolds rather than being controlled or forced.

**Unique Contribution:** This book synthesizes spiritual traditions (Kabbalah, Vedanta, Essene teachings), modern developmental psychology (Montessori, Steiner, Erikson), and radical nutritional science into a comprehensive holistic framework. Unlike mainstream parenting books focused on behavior management, Cousens and Lynn position parenting as spiritual practice within a larger mission of planetary healing and conscious evolution.

**Target Outcome:** Parents will transform from ego-driven controllers to spiritual warriors who embody six foundational practices and sevenfold peace, enabling children to develop as conscious beings free from cultural programming, physical toxicity, and spiritual disconnection. The ultimate goal extends beyond individual family wellness to creating a “culture of life” that reverses planetary destruction and collective unconsciousness.

## 2. Structural Overview

**Architecture:** - **Foundation Chapters (1-2):** Establish the philosophical framework of “alive parent/alive child” and the environmental conditions for consciousness - **Physical Health Core (3-5):** Detailed guidance on vegan organic nutrition, living foods, and holistic veganism principles - **Developmental Domains (6-8):** Emotional, social, and mental development support aligned with spiritual principles - **Critical Issues (9-10):** Vaccination controversy and minimizing toxic synergy from environmental poisons - **Integration (11-13):** Spiritual development practices, practical recipes, and synthesis

**Function:** The structure mirrors the book’s core philosophy that physical health (nutrition) creates the foundation for emotional/social/mental wellbeing, which enables spiritual development. Chapters progress from parents’ self-work to children’s physical needs to psychological development to transcendent spiritual practices.

**Essentiality:** - **Core Non-Negotiables:** Six Foundations framework, Sevenfold Peace, organic vegan living foods mandate, distinction between culture of life vs. death - **Critical Supporting:** Montessori/Steiner developmental stages, toxic synergy dangers, spiritual nutrition principles - **Situational:** Specific recipes, vaccination arguments (controversial and readers may disagree), detailed farming practices

## 3. Deep Insights Analysis

**Paradigm Shifts:** - **From Behavior Control to Environmental Creation:** Children are not problems to be solved but seeds whose innate intelligence unfolds when environmental conditions support their divine design. Parents cannot force growth any more than Toad

could command seeds to sprout through shouting. - **Physical Foundation for Spiritual Development:** Mainstream parenting separates nutrition from consciousness. This book argues toxic food literally prevents spiritual awakening by compromising brain function, creating addiction patterns, and lowering vibrational energy. Organic vegan living foods are positioned as prerequisite for consciousness, not lifestyle preference. - **Parenting as Planetary Healing:** Individual family choices about food, energy practices, and consciousness directly impact global ecology, animal liberation, and cultural evolution. Raising conscious children becomes activism against the “culture of death” (materialism, egocentrism, environmental destruction). - **Holistic Veganism Beyond Diet:** Veganism encompasses compassion for all beings, ecological stewardship, rejection of exploitation, and recognition of spiritual interconnection. It’s presented as ethical/spiritual necessity, not health optimization tactic.

**Implicit Assumptions:** - Spiritual reality is foundational: Divine consciousness, kundalini energy, chakras, and subtle energy systems are objectively real, not metaphorical - Western medicine is fundamentally flawed: Vaccinations, conventional treatments, and pharmaceutical approaches are positioned as toxic interventions - Parents have resources for total lifestyle transformation: Transitioning to 80% raw organic vegan diet requires substantial time, money, knowledge, and social support - Cultural consensus on animal ethics: Animal consumption is treated as obviously unethical - Developmental universality: Despite acknowledging stages from Montessori/Steiner/Erikson, the framework assumes these patterns are universal

**Second-Order Implications:** - Social isolation risk: Families fully embracing this path may find themselves marginalized from mainstream culture - Perfectionism pressure: The comprehensive nature of requirements creates potential for parental burnout and never-feeling-adequate syndrome - Children’s autonomous choice: Framework for adolescent rebellion against holistic lifestyle remains unaddressed - Class implications: This approach is functionally available primarily to educated middle/upper class families with resources - Relationship with institutional systems: Limited guidance for navigating tensions with conventional schools and medical systems

**Tensions:** - Divine unfolding vs. parental responsibility: Where is the line between supporting and engineering? - Cultural critique vs. cultural participation: How to be “in but not of” the culture of death? - Universal principles vs. individual constitution: Reconciling universality with uniqueness - Present physical health vs. future spiritual development: Distinguishing physical from metaphysical effects - Scientific evidence vs. spiritual authority: Alternating between research studies and spiritual teachings

#### 4. Practical Implementation: Five Most Impactful Concepts

**1. Six Foundations for Spiritual Life** Parents must first cultivate their own aliveness through six integrated practices before effectively supporting children’s development: - Spiritual Nutrition: Transition to 80% raw, organic, vegan diet - Life-Force Energy Building: Daily yoga, pranayama, or energy cultivation - Service and Charity: Weekly family service projects - Spiritual Teacher/Guidance: Connect with awakened teacher or community - Sa-

cred Silence: Meditation, prayer, or contemplative practice - Awakening Sacred Feminine: Shaktipat or spontaneous kundalini awakening

*Application:* This framework shifts focus from managing children's behavior to cultivating parents' consciousness. When parents embody aliveness, children naturally reflect this without force.

**2. Sevenfold Peace as Organizing Principle** Peace must be established at seven nested levels (body, mind, family, community, culture, ecology, Divine) to create truly alive environment: - Peace with Body: Organic vegan living foods, adequate sleep, toxin avoidance - Peace with Mind: Protect developing brains from toxic inputs - Peace with Family: Model healthy intimacy and create safety for vulnerability - Peace with Community: Participate in supportive networks sharing values - Peace with Culture: Honor all beings and teach respect for diverse traditions - Peace with Ecology: Practice dominion not domination through sustainable living - Peace with Divine: Cultivate direct experience of oneness

*Application:* This framework prevents compartmentalized thinking where parents address nutrition but ignore media, or focus on family while ignoring ecological impact.

**3. Culture of Life vs. Culture of Death** Every choice either serves ego-driven materialism (culture of death) or Divine consciousness and planetary healing (culture of life). Parents must consciously reject cultural programming.

*Application:* Evaluate decisions through this lens—does this choice support spiritual evolution or material accumulation? Does this honor the divine spark in all beings or exploit the vulnerable?

**4. Children as Divine Sparks with Innate Intelligence** Children are not blank slates to be programmed or wild animals to be tamed. They possess inherent divine design and soul intelligence that guides development when properly supported.

*Application:* Observe rather than direct; remove obstacles rather than add interventions; trust developmental timing; honor child's unique path; create safety for emergence.

**5. Spiritual Nutrition as Foundation** Food is not merely fuel but carries vibrational energy and consciousness. Living plant foods enhance spiritual development; dead/toxic foods lower consciousness and block awakening.

*Application:* Transition gradually: eliminate flesh foods, then dairy/eggs, increase raw component, source organic produce, focus on high-energy foods, prepare food with love.

## 5. Critical Assessment

**Strengths:** - Holistic integration: Successfully synthesizes nutrition, spirituality, developmental psychology, and environmental consciousness - Profound reframing: Shifts parenting from behavioral control to consciousness cultivation - Developmental sophistication: Incorporates Montessori, Steiner, Erikson stage theories - Spiritual depth: Provides comprehensive practices for parents' spiritual development - Environmental urgency: Connects personal choices to ecological crisis and animal suffering - Research integration: Cites scientific studies

alongside spiritual teachings - Practical recipes: Provides actual food preparation guidance  
- Liberation focus: Emphasizes spiritual freedom over achievement or conformity

**Limitations:** - Class and resource blindness: Framework assumes access to organic food, time for meditation/yoga, connection to spiritual teachers - Medical controversy: Anti-vaccination stance and rejection of conventional medicine conflicts with public health consensus - Cultural imperialism: Predominantly reflects Western new-age spirituality; indigenous and non-Western wisdom receive limited integration - Spiritual elitism: Positioning this approach as only path to consciousness implies judgment of families making different choices - Evidence standards: Alternates between peer-reviewed research and unverified spiritual claims - Practical implementation gaps: Limited guidance for common challenges (child refuses vegetables, partner disagreement, school birthday cupcakes) - Adolescent autonomy unaddressed: Framework works for young children but doesn't address teen years - Social-emotional development underemphasized: Extensive focus on nutrition with comparatively less guidance on emotional regulation - Technology and modern life: Insufficient guidance for navigating digital age - Dogmatic rigidity: Lacks humility about uncertainty or acknowledgment that other paths may also lead to consciousness

**Missing Elements:** - Guidance for divorced/blended families - Addressing childhood trauma, attachment disruption, or neurodevelopmental differences - Mental health disorders and when professional intervention is necessary - Financial strategies for affording organic food on limited budgets - Balancing countercultural values with institutional participation - Adolescent developmental needs and identity formation - Sexuality education beyond general love/intimacy discussion - Conflict between parents about approaches - When family members undermine practices - Grief, loss, and helping children process difficult emotions - Teaching critical thinking rather than uncritical acceptance

## 6. Assumptions Specific to This Analysis

- Reader openness: Analysis targets readers interested in or curious about holistic/spiritual parenting approaches
- Implementation gradients: Readers can selectively adopt elements; not all-or-nothing proposition
- Cultural context: Analysis interprets book within contemporary North American holistic health movement context (2015 publication)
- Evidence standards: Analysis distinguishes between scientifically supported claims and spiritually/philosophically grounded assertions
- Practical adaptation: Most readers will adapt principles to their circumstances rather than implement perfectly
- Complementary resources: This book works best alongside other developmental resources addressing domains it underemphasizes

## Section 2: Actionable Framework

### Critical Process 1: Establishing Your Own Aliveness Through Six Foundations

**Purpose:** Create the conscious, vital state in yourself required to support children's development—you cannot give what you don't have.

**Prerequisites:** - Recognition that conscious children require conscious parents - Willingness to examine current lifestyle patterns - Commitment to personal transformation alongside parenting - Basic resources for organic food and time for spiritual practices - Open-mindedness toward spiritual frameworks

#### Actionable Steps:

1. **ASSESS** your current state across six domains: nutrition, energy practices, service, spiritual guidance, silence practice, and sacred feminine awareness
2. **IDENTIFY** which foundation is most accessible starting point based on your current life circumstances and spiritual openness
3. **BEGIN** with Foundation 1 (Spiritual Nutrition) as physical basis for other practices:
  - TRANSITION diet toward 80% raw, 100% organic vegan foods over 6-12 months
  - ELIMINATE animal products first (flesh, then dairy/eggs)
  - INCREASE leafy greens, sprouts, fresh fruits, nuts, and seeds
  - LEARN basic raw food preparation techniques
  - JOIN local raw food potluck or online community for support
4. **ESTABLISH** Foundation 2 (Life-Force Energy Building):
  - COMMIT to 15-30 minutes daily practice (yoga, qigong, pranayama, or tai chi)
  - ATTEND beginner class or use instructional videos
  - PRACTICE same time daily to build habit
5. **INTEGRATE** Foundation 3 (Service and Charity):
  - SCHEDULE weekly 2-3 hour family service project
  - CHOOSE activities aligned with values (animal shelter, environmental cleanup, elder care)
  - INVOLVE children in age-appropriate ways
6. **CONNECT** with Foundation 4 (Spiritual Teacher/Guidance):
  - RESEARCH spiritual teachers or communities aligned with your path
  - STUDY wisdom literature 15-30 minutes daily
  - ATTEND workshops, retreats, or services that inspire spiritual growth
7. **PRACTICE** Foundation 5 (Sacred Silence):
  - SIT in meditation 20-40 minutes daily, building gradually from 5 minutes
  - INTRODUCE children age 3+ to 2-5 minute centering practices

8. **OPEN** to Foundation 6 (Awakening Sacred Feminine):
  - LEARN about kundalini awakening from qualified teachings
  - UNDERSTAND this may occur spontaneously during childbirth, meditation, or other openings
9. **MAINTAIN** all six foundations as ongoing lifestyle, not goals to achieve and complete
10. **OBSERVE** how your increased aliveness naturally affects children without direct teaching

**Warning:** Do not attempt to force spiritual awakening through extreme practices; trust Divine timing

**Warning:** Nutritional transition should be gradual; sudden radical changes can create detox symptoms

**Critical Path:** Foundation 1 (Spiritual Nutrition) creates physical foundation; without this, other practices have limited effect

---

## Critical Process 2: Creating an Alive Environment for Children

**Purpose:** Design physical, emotional, social, and energetic surroundings that support children's natural divine unfolding rather than forcing development.

**Prerequisites:** - Understanding of Sevenfold Peace framework - Commitment to environmental preparation over behavioral control - Ability to examine and remove obstacles rather than add interventions - Resources to make environmental modifications - Partner alignment on basic principles

### Actionable Steps:

1. **ESTABLISH** Peace with Body for child:
  - PROVIDE 80-100% organic vegan living foods appropriate to developmental stage
  - ENSURE adequate sleep in dark, quiet, EMF-free bedroom
  - ALLOW freedom of movement (minimize restrictive gear)
  - PROTECT from environmental toxins (pesticides, plastics, fragranced products)
2. **CULTIVATE** Peace with Mind:
  - ELIMINATE commercial television, violent media, and addictive screen content
  - PROTECT developing brain from sugar, artificial additives, food dyes
  - PROVIDE rich natural environments for exploration
  - AVOID overstimulation and overscheduling
3. **NURTURE** Peace with Family:

- MODEL healthy intimate relationship with partner
  - ESTABLISH clear bottom-line boundaries while maintaining unconditional love
  - CREATE family rituals (meals, bedtime routines, celebrations)
  - ENSURE children feel safe expressing full range of emotions
4. **BUILD** Peace with Community:
    - CONNECT with families sharing similar values
    - ENGAGE in regular community activities
    - MAINTAIN relationships with extended family while setting boundaries
  5. **HONOR** Peace with Culture:
    - TEACH respect for all beings through daily practices
    - EXPOSE children to diverse cultural traditions
    - EXPLAIN family's choices in age-appropriate ways
    - VISIT natural settings regularly
  6. **PRACTICE** Peace with Ecology:
    - CHOOSE products minimizing environmental harm
    - GROW food garden children help tend
    - COMPOST food scraps
    - TEACH children connection between personal choices and planetary health
  7. **EMBODY** Peace with Divine:
    - MAINTAIN your own spiritual practices as living example
    - INCLUDE children in age-appropriate prayer, meditation, or spiritual rituals
    - SPEAK naturally about Divine presence in all creation
  8. **OBSERVE** which environmental factors most support or hinder child's thriving
  9. **ADJUST** environment based on child's unique constitution and developmental stage
  10. **REMOVE** obstacles to natural development rather than adding interventions

**Warning:** Perfect environment is impossible; focus on significant factors rather than perfectionism

**Critical Path:** Physical environment (nutrition, toxin-free space) creates foundation

---

### **Critical Process 3: Transitioning Family to Vegan Living Foods Diet**

**Purpose:** Gradually shift family nutrition toward optimal 80% raw organic vegan diet.

**Prerequisites:** - Understanding rationale (health, ethics, spirituality, ecology) - Access to organic produce sources - Basic food preparation equipment - Partner willingness or at least non-interference - Realistic timeline (6-12 months)

## Actionable Steps:

### PHASE 1: Eliminate Animal Products (Months 1-3)

1. **EDUCATE** family about reasons using age-appropriate information
2. **ELIMINATE** flesh foods first:
  - REPLACE familiar meals with vegan versions
  - EMPHASIZE what can be eaten rather than restrictions
3. **REMOVE** dairy products second:
  - SWITCH to nut/seed milks
  - REPLACE cheese with nutritional yeast or cashew cheese
4. **ELIMINATE** eggs last:
  - USE flax or chia eggs in baking
  - TRY tofu scramble for breakfast

### PHASE 2: Increase Raw Component (Months 4-6)

5. **START** each meal with raw food (salad, veggie sticks, fruit)
6. **REPLACE** one cooked meal daily with fully raw meal
7. **LEARN** basic raw food preparation techniques:
  - SPROUTING (alfalfa, mung beans, lentils)
  - BLENDING (soups, dressings, smoothies)
  - MARINATING and FERMENTING

### PHASE 3: Optimize and Stabilize (Months 7-12)

8. **INCREASE** raw percentage gradually toward 80%
9. **ENHANCE** mineral content and nutritional density:
  - DRINK fresh green juices daily
  - INCORPORATE superfoods
  - USE high-quality sea salt
  - INCLUDE sea vegetables
10. **ESTABLISH** sustainable patterns and rhythms

## SOCIAL NAVIGATION

11. **PREPARE** responses for social situations:
  - PACK food for events
  - TEACH children how to politely decline non-vegan offerings
  - OFFER to bring dish to share at gatherings
12. **ADDRESS** peer pressure and birthday parties:

- SEND vegan cupcakes
- CONNECT with other vegan families
- ALLOW children age-appropriate autonomy

**Warning:** Rapid transition can create detox symptoms; go slowly

**Warning:** Ensure adequate calories and nutrition, especially for children

**Critical Path:** Organic sources are essential; commercial produce pesticide load defeats health purpose

---

## Critical Process 4: Implementing Sevenfold Peace Family Activities

**Purpose:** Translate Sevenfold Peace principles into concrete family practices.

**Prerequisites:** - Understanding of Sevenfold Peace framework - Children age 3+ (adapt for younger) - Weekly dedicated family time - Access to natural settings and community resources

### Actionable Steps:

#### Peace with Body Activities:

1. **PREPARE** food together as family
2. **PRACTICE** yoga or movement together

#### Peace with Mind Activities:

3. **READ** quality literature together
4. **ENGAGE** in creative expression

#### Peace with Family Activities:

5. **ESTABLISH** meaningful family rituals
6. **PRACTICE** conscious communication

#### Peace with Community Activities:

7. **SERVE** together regularly
8. **CONNECT** with like-minded families

#### Peace with Culture Activities:

9. **EXPLORE** diverse wisdom traditions
10. **PRACTICE** gratitude for all beings

#### Peace with Ecology Activities:

11. **TEND** garden together

12. **STUDY** nature directly

**Peace with Divine Activities:**

13. **PRACTICE** sacred silence together

14. **CELEBRATE** life's sacred moments

15. **HONOR** developmental stage appropriateness

**Warning:** Don't force participation; maintain playful, joyful spirit

**Critical Path:** Consistency matters more than perfection

---

## **Critical Process 5: Protecting Children from Toxic Synergy**

**Purpose:** Minimize combined exposure to chemical, electromagnetic, and environmental toxins.

**Prerequisites:** - Understanding that combinations create exponential damage - Willingness to examine all sources of toxicity - Resources to replace toxic products - Commitment to organic food

**Actionable Steps:**

**Eliminate Food-Based Toxins:**

1. **TRANSITION** to 100% organic foods, prioritizing Dirty Dozen
2. **AVOID** all GMO foods
3. **USE** filtered water for all drinking, cooking, and bathing
4. **ELIMINATE** artificial additives

**Remove Household Chemical Toxins:**

5. **REPLACE** cleaning products with non-toxic alternatives
6. **ELIMINATE** synthetic fragrances
7. **REDUCE** plastic exposure
8. **CHOOSE** natural personal care products

**Minimize Electromagnetic Field (EMF) Exposure:**

9. **REDUCE** wireless technology use
10. **CREATE** low-EMF sleep environment

**Minimize Other Environmental Exposures:**

11. **CHOOSE** natural fabrics and materials

12. **PROTECT** from outdoor pollution

**Monitor for Toxic Load Symptoms:**

13. **OBSERVE** whether children show signs of toxicity

14. **SUPPORT** detoxification through nutrition and lifestyle

15. **EDUCATE** children age-appropriately

**Warning:** Don't become so fearful that you create anxiety

**Critical Path:** Organic food is most critical intervention

---

## **Critical Process 6: Supporting Child's Spiritual Development**

**Purpose:** Create conditions for child's innate spiritual nature to unfold.

**Prerequisites:** - Recognition that children are naturally spiritual beings - Commitment to modeling rather than preaching - Understanding of developmental stages - Creation of alive environment - Personal spiritual practice as foundation

**Actionable Steps:**

**Model Spiritual Living (All Ages):**

1. **EMBODY** presence and consciousness in daily life

2. **SPEAK** naturally about Divine

**Age 0-3: Unconscious Absorption:**

3. **CREATE** peaceful, sacred atmosphere

4. **PROVIDE** loving physical presence

**Age 3-6: Imitation and Natural Reverence:**

5. **INVITE** participation in simple practices

6. **ENGAGE** natural world as spiritual teacher

7. **TELL** stories with spiritual themes

**Age 6-12: Concrete Spiritual Practice:**

8. **TEACH** age-appropriate techniques (breathing, visualization)

9. **EXPLORE** ethical living

10. **ANSWER** spiritual questions honestly

**Age 12-18: Identity and Autonomous Seeking:**

11. **RESPECT** emerging spiritual identity

12. **ENGAGE** in philosophical dialogue
13. **PROVIDE** opportunities for deeper practice

**Warning Signs:**

14. **WATCH** for spiritual bypassing or escapism
15. **AVOID** common pitfalls (forcing practices, creating pressure)

**Warning:** Spiritual practice is invitation not requirement

**Critical Path:** Your embodiment matters far more than what you teach

---

## **Critical Process 7: Navigating Social Pressure and Cultural Tensions**

**Purpose:** Maintain family's holistic lifestyle while helping children interface with mainstream culture.

**Prerequisites:** - Clear understanding of family's core values - Ability to discern essentials from preferences - Emotional resilience to withstand judgment - Communication skills for explaining choices - Support network sharing similar values

**Actionable Steps:**

**Internal Clarity and Preparation:**

1. **IDENTIFY** your family's core values and practices
2. **DEVELOP** responses to common questions/objections
3. **FRAME** choices positively

**Family Level:**

4. **EDUCATE** extended family about your choices
5. **HANDLE** grandparent challenges
6. **MAINTAIN** relationships when possible

**School Context:**

7. **CHOOSE** educational setting aligned with values if possible
8. **NAVIGATE** conventional school challenges
9. **ADDRESS** peer pressure

**Children's Social Life:**

10. **PREPARE** children to explain choices

11. **HANDLE** birthday parties and social events
12. **BUILD** community with like-minded families

**Medical System:**

13. **FIND** holistic health practitioners
14. **PREPARE** for mandatory medical interactions

**Maintaining Resilience:**

15. **FIND** your support community
16. **STAY** flexible and humble

**Warning:** Holier-than-thou attitude alienates people

**Warning:** Children may rebel against countercultural identity in adolescence

**Critical Path:** Internal clarity and confidence matter most

---

## **Critical Process 8: Emergency Preparation and Knowing When to Seek Help**

**Purpose:** Recognize situations requiring conventional medical intervention despite holistic philosophy.

**Prerequisites:** - Understanding that holistic living reduces but doesn't eliminate all health challenges - Humility to recognize limits of natural approaches - Relationships with both holistic and conventional providers - Clear criteria for when conventional intervention is appropriate

**Actionable Steps:**

**Establish Medical Support Network:**

1. **BUILD** relationships before crises
2. **CREATE** home medicine kit

**Recognize When Conventional Care is Necessary:**

3. **UNDERSTAND** appropriate use of emergency services
4. **IDENTIFY** situations requiring conventional intervention

**Balance Natural and Conventional Approaches:**

5. **TRY** natural remedies first for minor issues
6. **KNOW** when to escalate
7. **INTEGRATE** approaches when possible

### **Mental Health Considerations:**

8. **RECOGNIZE** when psychological issues need professional help
9. **FIND** holistic mental health providers if possible
10. **UNDERSTAND** limitations of natural approaches for mental health

### **Avoiding Dogmatic Extremism:**

11. **MAINTAIN** balanced perspective
12. **AVOID** guilt or self-blame if interventions needed
13. **PROTECT** child from medical trauma when possible

### **Learning and Adjusting:**

14. **REFLECT** on what worked and didn't
15. **UPDATE** knowledge and skills

**Warning:** Delayed treatment of serious conditions can cause permanent harm

**Critical Path:** Child's wellbeing supersedes all philosophical positions

---

## **Suggested Next Step**

**Immediate Action:** Choose ONE Foundation from the Six Foundations framework to begin implementing this week. Start with Foundation 1 (Spiritual Nutrition) by:

1. Visit your local farmers market or health food store and purchase ingredients for one fully raw meal this week
2. Prepare this meal with your children, involving them in washing, chopping, and arranging food
3. Before eating together, take 30 seconds of silence to appreciate the farmers who grew the food, the Earth that nourished the plants, and the gift of being alive

This single action begins the transformation from theory to embodied practice. Notice how you and your children feel after eating truly alive food prepared with consciousness and gratitude.