

Have you enjoyed your food today? Have you taken the time to connect with your body and the nourishment that is in front of you? In this video, I am explaining why that is so important and how our early experiences with food (such as breastfeeding) play such a big role in how we relate to food.

I am offering the perspective that food isn't just for physical nourishment, some of its main life-giving purposes are enjoyment and feeling supported. We have so many opportunities to connect with the life that is in our bodies and connect with the food that is in front of us and supports us each and every day.

If you would like to find out more about what may be between you and enjoying your food, [please click on this link](#) and download **12 Questions to Determine Your Energetic Wounds**. It will give you an idea of what vibrational patterns may be present in your life that you aren't aware of.

If you've watched this and found this useful and inspiring, please share this video, and comment below to let me know how you plan to enjoy your food today!

With love and gratitude,

Damla