

# SACRED EATING

EVOLUTIONARY SELF-CARE  
FOR THE DIVINE FEMININE



**Toni Julian**

AN INTEGRATED MIND-BODY-SPIRIT  
PROGRAM TO RECLAIM YOUR  
SELF-LOVE, SELF-CARE &  
ABUNDANT GOOD HEALTH.



# **SACRED EATING**

Evolutionary Self-care for the Divine Feminine

By

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# Dedication

To John, my forever love.

# Acknowledgements and Credits

Sacred Eating is a culmination of life-long work, starting with nutrition and evolving into more spiritual matters of the heart. There are too many clients, patients, friends and supporters to name who have contributed to helping me learn through their experiences and stories. Mostly, their love has been reflected back to me as they have stepped into their purpose, found their gifts and asserted their right to be whole and healthy.

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# INTRODUCTION

Women face unique challenges in life. We have a long history of gender-related pressures, and many are still going on today. This means we often have to show up in a much greater way to simply hold our own in society. This places us in a position of requiring straight-forward and simple solutions to the diverse demands imposed on us on a daily basis.

I care deeply about how we women, and people who identify as women, show up in the world. There is nothing more powerful than to step into our inherent strengths, resilience and confidence. When we rise above the static, move graciously through chaos, and continue to assert our right to abundant health and happiness, then we have truly found empowerment.

Now in my 60s, having experienced many phases of life and moved through some deeply human challenges, I can relate well to others and have learned deep empathy and compassion.

I have survived childhood trauma, physical and emotional abuse, an alcoholic parent, a broken family, abandonment, bullying, acts of domestic terrorism, horrific car accidents, medical emergencies, a near death experience, workplace gender discrimination, divorce, and the loss of my best childhood friend and both parents. I am also a cancer survivor. I have owned and run six businesses while raising a blended family for over thirty years. Not long ago I was pulled at both ends, tending to my children while being there for every step of my father's five-year transition from life on Earth to support his passing with dignity. Now I have faced the ultimate right-of-passage into female maturity: menopause!

I began my professional career at 24 years old, as a marketing communications specialist at a well-known semiconductor company. At that time, the company was referred to as the "Animals of Silicon Valley," known for their rather crude ways and fist-pounding management style. We young women were the convenient targets of aggression, and had to out-perform everyone else around us just to hold our own. After working

there for nearly five years I had my first child, and when I went back to work—after daring to take an additional three weeks of time off—my office and my position had been reassigned to someone else. Poof! Just like that everything I had worked for was gone. I was escorted to what was called “the pit,” a partitioned area with technical literature coordinators, and shown a dark and empty corner of the enclosure. I blankly stared at the space, flabbergasted. I was told to go find a desk and scrounged for office supplies. It became evident to me that my value as a contributor was neither recognized nor respected; my loyalty went unreciprocated. The only way I could ensure the success I later earned was to branch out and start my own marketing communications firm. With that leap of faith in myself, within a few short years I landed in the top 5 percent of income earning female entrepreneurs in the U.S. I expected equality so I created it.

My success happened because I made a conscious decision to be at the top of my game. As a single mom with a four-year-old daughter, I did not have the luxury of using my difficulties as an excuse for failure. Instead, those challenges propelled me into understanding that I needed to take impeccable care of myself.

You have your own story to tell and can reflect on the experiences that have helped shape you. My story is not shared to minimize or to compare the hardships you may have faced or are currently experiencing as a female—and especially if you are a female of color—in our society, but to be genuine and transparent in sharing vulnerabilities that make us all connected as sisters. I believe if I can move through life with grace, live in balance; happy and successful in spite of adversity, then perhaps we all can.

As women, we must invest in ourselves, our health, our vitality and make ourselves a priority. Many women have wrongly been conditioned to think of self as being self-ish, and that malformed perspective couldn't be farther from the truth.

It is my belief, that in our society, and throughout most of the world, women have been suppressed and devalued. The patriarchal and masculine energies have dominated, and created unfortunate imbalances in politics, business, governments and religions, which has negatively impacted humanity and our beautiful Earth. The evidence is everywhere—ego-centric, controlling and power-mongering behaviors resulting in inequality, injustice, racism, destruction, hostility and war.

We must assert our feminine energies, which I refer to as the Divine Feminine; a high-vibrational way of living, sacred and equanimous in nature; healing and nurturing, connected and protective of mother earth, inclusive and loving to all beings.

It is only when we reclaim our Divine Feminine, we can remember who we are—rather than allow societal norms to override our truths—and fully honor, value and respect ourselves and each other! It is through this enlightened lens of perspective; the path is smoothly paved to self-love where self-care becomes effortless. We can then find our voice, our purpose, our power, our light and our gifts.

When we become aware of this balance, and the importance of self-love and self-care, we can truly show up in the world as a fierce and loving presence, capable of great things! Think of the tremendous role models we are for our children to emulate, and the global impact of what finally remembering who we are, and recognizing our power, will bring for generations to come!

Women have been programed to be critical of other women who have found empowerment—often referring to them as manipulative, bossy, or other demonizing terms. This has created insecurities leading to what I call “wisdom-hoarding”; the withholding of information and knowledge that supports and elevates other women. In essence, withholding our Divinity from others and ultimately ourselves, as we are all connected. This is a low-vibrational way of living and unintentionally self-destructive.

We can now dispel these false beliefs, join hands as sisters and celebrate each other with love and affection. Another woman's gain is not your loss; because we are all connected, we all win.

My dream, prayer and intention for you dear soul, is that you find this perspective and way of life accessible, because it is. You don't have to ask for it, you've had it all along! It's simply a matter of recognizing it. Instead of feeling "less-than", or even "good enough", I want you to feel exceptional, because you are.

If you haven't already, it's now time to realize your potential; understand that you can make a big difference in this world simply by your presence and how you show up, sharing your light and your love.

I'm calling on you to join me and many thousands of others to step into your Divine Feminine for the greater good of everyone. I guarantee it is well within your reach and not difficult to attain with the right tools.

This book is created by a woman, for all women. Why? Women are uniquely positioned in society to impact great change. Women are powerful, resourceful and great influencers. We take stewardship of people around us, sharing information, collaborating, helping to elevate and comfort. It is through women, that together we can not only inspire, but to create a bigger ripple of impact as we advocate for others around us. Women openly share information to uplift our children, our partners, our siblings, businesses and communities. Who greater than to help elevate the ones, who will in turn, help to elevate others? Our entire society benefits.

How do I know this to be true? I have not only been the recipient of support from other strong women, but I was honored to receive a Top Woman of Influence award by the Silicon Valley Business Journal. I was recognized for creating that culture and impact I mentioned in the previous paragraphs—from building a healthy lifestyle company and authoring two books, to

doing volunteer work at an assisted living facility for the memory impaired, teaching healthy nutrition at local high schools, my integrative lifestyle programs volunteered for underserved youth, and advocating for my father during cancer treatment for five years, all while raising my family and being a role model for self-care.

Finally, this award was tangible validation that there is a realization and recognition that women do face unique demands, that the roles we fill are not only valuable, but in-valuable, and we possess the unique ability to manage the complex dynamics of all we encounter.

And we can do this with mastery, when we have the right resources for balance.

But I knew there was more beyond the physical and emotional. I began to ask myself:

*How am I leading my life?*

*Do I have balance?*

*Have I found my gifts?*

*Am I on the right path?*

*Am I accomplishing my life's purpose?*





If you had asked me back then if this was a mind-body-spirit connection, I would have stared at you blankly. I didn't know the words just yet. I just knew the feeling of knowing I could be more, and made a conscious effort of integrating the evolution of my soul, along with the mastery of understanding my body. It helps me now to think back on those initial days of inspiration and self-discovery whenever I feel a little disconnected.

So, when I think about the impetus behind elevating our entire being, for the greatest impact on our health, I naturally think about nutrition. It is the foundation for all other aspects to follow, in synergistic harmony. If the quality of our food is ignored, or its importance minimized, we will go with the flow of everyone around us – much to our detriment.

If you've read my other books, you've heard me refer to our collective wellness as the "American De-condition." Most of us tend to go with the path of least resistance when it comes to our nutrition, because frankly, some of us would rather just not have to think about how we are fueling and nourishing ourselves. But going with the flow has gotten the majority of us into trouble, and rates of disease continue to grow exponentially.

Some of us have fallen into subconscious, familial patterns we were born into. We grew into the habits and lifestyles that were passed on to us, often adopting the same traditions. I'm not referring to the gift of having been taught mom's special carrot cake with cream cheese frosting recipe, handed down from generation to generation, and that you may do once in a while—but the day-to-day unconscious adoption of unhealthy habits and eating patterns, that have been so ingrained that we haven't questioned if they were actually good for us. If you combine that with the dynamic of societal pressures and social gathering habits, we have a recipe for a generally unhealthy lifestyle. Many of us live our lives in a way that is familiar, because that's what comfortable.

We have another option. Rather than simply going with the flow of these ingrained patterns, we can combine our intuition and a solid plan, to create the health, the body, the vitality and the life we want by lovingly giving our bodies what we need to thrive—at any age and in any phase of our life!

## **You are the Total Package**

You are the total package; a beautiful human being with strengths, frailties and gifts. You have dreams, you have desires, you have wishes, aspirations and inspirations! The package we will call your body is the sacred home to all of this, and more. It has a tremendous responsibility; it performs at will to create a magnificent dinner, propel you up a mountain, master a new language, or bring new life into the world. And with its 60 trillion cells—all communicating and regenerating without you even being aware—it is quite a miracle!

## **The Total Package Experience**

I've developed a unique solution called the Total Package Experience, designed to support you on many different levels. I've combined the concepts of living in a heart-centered way, valuing our bodies as sacred and nourishing ourselves with high-vibrational, healthy foods. I've created the tools to help not only attain but very importantly sustain a healthier lifestyle for the long-term.

Important to know is that this is not a diet program, but a way of eating for the rest of your life. I'll introduce you to 3-2-1, a simple meal planning template, with color-coded ingredients and 150 recipes that I personally created and use. It's designed to balance your macronutrients so you're certain to get the nutrition you need. You'll no longer need to weigh or measure food, once you've gotten familiar with it—it will become second nature.

It's so flexible, you can use this template for all meals, whatever circumstance you are in, and whether eating at home, or out and about.

It's incremental, allowing you to take small steps that you are able to do over and over again, until it is a habit and a preferred way of life. It's the way I have been eating for the last 15 years. I've managed to maintain my healthy weight, even participating in figure competitions at almost 50, against 20-somethings and winning!

You'll expand your food choices, nourish yourself through variety, stay fuller for longer periods of time, avoid cravings, stave off disease, and increase your energy so you'll want to move more, live more and bring more joy into every cell of your being. Once you go through the Total Package Experience and learn a new way of being and feeling, you will never want to settle for less.

3-2-1 will also help you to:

- Up-level your mindset and awareness, boosting your mood and outlook
- Make conscious choices that not only nourish your body, but feed your soul
- Combine your meals properly so you stay fuller, longer
- Cut cravings and minimize temptations
- Avoid foods that create inflammation, and make you age
- Eliminate those pesky, undermining habits
- Improve your lab results and ultimate health
- Expand your food selections for more variety, more taste and more fun!
- Achieve lasting results, letting go of excess weight, and finding your body's natural balance

In the pages ahead you will find the tools to design your own healthy meals, including worksheets, planners and journals, as well as healthy food lists, so you'll see at a glance whether a particular food is going to support your wellness or hinder it. It will give you clarity about which foods to incorporate, which to omit, and how to combine them. I believe everyone should eat like a diabetic, so they don't become one. You'll see why eating even a healthy carbohydrate by itself can wreak havoc with our blood sugar.

As you read this book, know that I am holding you in a sacred space of perfect, vibrant health!

I hope you will find this book as a source of inspiration, support, and loving encouragement for the beautifully divine person that you are. Remember, you are the total package.

From my heart to yours,

A handwritten signature in black ink that reads "Toni". The lettering is fluid and cursive, with a large, stylized 'T' and 'i'.



**Sacred Eating** is a healthy, holistic way of life. Toni Julian interweaves science-backed research with ancient wisdom teachings, to integrate the often-complex world of nutrition and the growing momentum of spiritual awakening. Through her simple 3-2-1 eating program, she offers a unique approach by offering a clear path to a heart-centered, healthy lifestyle; one that sparks inspiration and promotes tapping into one's own feminine wisdom. "We can then find our voice, our purpose, our power, our Light and our gifts."

- Introduces 3-2-1, an easy meal design template focusing on whole, high-vibrational foods
- Features 150 author-designed, delicious and easy recipes, including a nutrition facts panel
- Meals are macronutrient balanced—designed to digest slowly and provide hours of brain and body sustained energy and satiety
- Includes color coded recipes and accountability tools—including journals, worksheets, and food lists
- Incorporates personal stories, mindset moments, meditations and blessings

**Toni Julian** is an integrative wellness expert and intuitive energy healer who has founded over six businesses. Through her company, Soul Potential Institute, Toni holds a sacred space for self-transformation, so people can find their purpose, cultivate happiness and reclaim their vibrant good health. After overcoming great adversity throughout her earlier life—including trauma, abuse, abandonment and domestic terror attacks—she has discovered her soul purpose and compassionately shares her wisdom with others to elevate humanity.

As a 60+, entrepreneurial mom of four, she is the consummate role model for resilience and wellbeing, leading her to be a sought-after resource for corporate wellness programs and speaking engagements. Toni is an accomplished author of *Bite Me! Change Your Life One Bite at a Time* and *Smart, Fit & Female: How to Look and Feel 10 Years Younger*. In addition to being a nutrition and fitness expert and food scientist, she offers Reiki, Qigong and sound therapies.

For online courses, coaching and live workshops, visit her at [tonijulian.com](http://tonijulian.com)

**Toni Julian**  
SOUL POTENTIAL INSTITUTE