



The Real, Unmet Needs

we tend to misplace, project on or substitute
through Food, Dieting and/or Body Dissatisfaction





Chakra 1

- **Grounding – Connection to Earth**

When we are spaced out or too much 'in our heads', we tend to eat to get grounded and gain a sense of our bodies. Eating acts as a 'downward', rooting force, naturally bringing us in touch with our physical bodies and with the Earth.

- **Relaxation – Rest**

When we are tired and in need of rest and relaxation, but we do not recognize it, or push ourselves to keep going, we turn to food, either for extra energy, or to stay engaged, alert and occupied, through chewing.

- **Safety – Security – Protection**

We are conditioned to associate food with comfort, safety and security, ever since we are born and fed by our mothers. When we grow up, we often try to recreate this same experience of feeling safe and protected, through eating.



Chakra 2

- **Pleasure & Satisfaction – Sensual & Sexual Expression**

When there is not enough pleasure and sensual expression in our lives, both through sex and otherwise, we often try to make up for the satisfaction that is missing through food.

Alternatively, we might punish ourselves through dieting and postpone engaging in activities and with people that would bring us pleasure, for the time **when** (*we have lost weight, have the 'perfect body', etc.*).

- **Emotion Regulation – Comfort**

One of the most common reasons we overeat is in order to soothe and comfort ourselves, and deal with (or, rather, avoid dealing with) difficult/painful emotions.

What we don't often realize is that behind our desperate attempts to lose weight and our intense dissatisfaction with our bodies also lies one or more challenging emotions that we do not know how to handle, and therefore, project onto our bodies (make it our bodies' 'fault') and convince ourselves that the only way to 'get rid' of them is by changing our shape and size.



- **Play!**

We often don't think of play as a real need, but it is, and a very important one, actually! Our bodies, minds and souls feed on down time, open space and FUN! When there is not enough of that, food becomes our main source of entertainment.

Chakra 3

- **Healthy Boundaries**

Very often, the women who struggle with Food, Weight and their Bodies identify as empaths and/or highly sensitive. This means that they can feel others' emotions and mistakenly perceive them as their own. When we don't have clear, healthy boundaries that separate us from the people around us, food becomes a way to cope with the emotions that we pick up and create some sort of 'artificial' boundaries. Weight can act as such a boundary.

- **Assertiveness – Expression of Personal Power**

As above, women who have a challenging relationship with Food often identify with what is known as 'people pleasers'; they have a strong tendency to comply with other people's opinions and desires, and have difficulty expressing their own, or saying 'no'. In these cases, food can serve as a way to 'swallow' our unspoken words and disowned, unexpressed personal power.

Chakra 4

- **Love (including Self-Love) – Unconditional Acceptance**

One of our most basic needs is to feel unconditionally loved and accepted by significant others, starting with our parents, and, consequently, by ourselves. Even when we have had a, mostly, loving childhood and happy upbringing, we still often receive the message that certain parts of ourselves are not acceptable, valid or 'good enough', and owning and expressing them will make us unlovable.



So, we either use food as a way to give ourselves the love that we don't feel we get or even deserve, OR try really hard to eliminate those qualities and parts of ourselves that we believe will cost us love and acceptance. Our size and shape then becomes a representation of the qualities and aspects that we 'should not' have and need to urgently get rid of, in order to feel worthy again.

- **Human Presence & Support**

Human connection and support is one of our biggest needs. When, for whatever reason, we feel isolated and lonely, but do not reach out for support, or believe that nobody will be willing to 'be there' for us, food becomes our greatest companion and most intimate friend.



Chakra 5

- **Self-Expression – Creativity**

We are creative beings, by nature. Expressing our creativity and ourselves, and sharing our work, whether artistic or not, with the world is a basic need that often gets neglected, when our job does not light us up, and/or when we have not found a fulfilling channel for our creative energy, outside of work.

Unexpressed creative energy either gets 'swallowed' through food, or gets funneled exclusively in attempts to modify/perfect our external appearance.

- **Communication**

Speaking our Truth, verbalizing our thoughts, and expressing our emotions with words is what connects us with others, what creates intimacy and communion.

When we believe that we can't or shouldn't voice what we think or feel, we end up literally swallowing the words we don't share.



Alternatively, we might put conditions on ourselves around when we would be 'allowed' to speak our truth (when we've lost weight or have attained the 'right' body), in which case we usually discharge the suppressed energy through body punishing exercise and food restriction.

Chakra 6

- **Meaning – Growth**

A need that we don't often think about is our need for our lives and experience to have meaning, to aid our growth and add to our personalities.

As Carl Jung said "The sole purpose of human existence is to kindle a light of meaning in the darkness of mere being". When meaning seems to be absent, we either attempt to fill this inner void through food, or project our need for meaning and growth, as a whole, on the body, turning it into our greatest accomplishment that is somehow meant to make up for all that is missing.



Chakra 7

- **Spiritual Connection**

Whether we believe in a specific representation of the Divine or not, we do have a deep need for spiritual connection -a sense of being in tune with Source, no matter how each of us interprets it; being in alignment with our Soul; our Life being infused with an energy that feels 'larger' than it, so to speak.

When this sense of sacredness is missing, when we are too absorbed in the mundane, one-dimensional world, we might try to either fulfill our spiritual hunger through food, or unconsciously attempt to escape the body through extreme dieting, cleansing or detoxing.



Hello precious friend!

I'm Stella Stathi,
**Body Shame to Body Bliss
Coach & Psychotherapist,**
Women's Eating Disorders &
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My greatest passion and life's mission is helping conscious, heart-centered and high-achieving women, like *you*, **heal the real, inner roots of your Food, Weight and Body-Image struggles**, through deep soul and body-work, so that you can discover radical Freedom and lasting Peace around Food, feel radiantly confident and comfortable in your skin, and ultimately **turn your Body from a Battleground into a Sacred Temple, and yourself from a hostage into the Goddess that inhabits it!**

To guide you there, I have created **Body Prema™: The Psycho-Spiritual Path from Food Fear to Food Freedom and from Body Shame to Body Bliss**, bringing together Jungian Psychology, Mind-Body Medicine and Feminine Spirituality, into a powerful whole, intentionally designed to help you set your Body and yourself radically and forever FREE!

You can find out more about me and the Body Prema Movement at:
www.bodyprema.com.

For more inspiration and interaction, feel free to connect with me on social media: **Facebook** **Instagram** **Youtube** **Pinterest**

Ready to go deeper?

Discover the exact Chakra imbalances at the root of your Food, Weight and Body-Image Difficulties, by signing up for my **FREE 7-Day Chakras, Food & Body Email Course!**

Waiting for you over at:

www.bodyprema.com/chakras-food-body-email-course.

"Women will be really Free,
only when they set their *Bodies FREE*.

The *Chakras* are the Secret Path.
The *Divine Feminine* the Liberating Force."