

# Intuitive Eating

start small. learn to trust.  
watch your life change.



Talia Joy

INTUITIVE + MANIFESTATION MENTOR

# Pillars of Intuitive Eating

- ONE -  
START SIMPLE

*Give yourself permission*

- TWO -  
MOVE AWAY FROM DIET MENTALITY

*Release the rules*

- THREE -  
LISTEN

*Honour your hunger*

- FOUR -  
MAKE PEACE, NOT WAR

*Food is not the enemy*

- FIVE -  
LISTEN SOME MORE

*Honour your fullness*

- SIX -  
FEELING

*Feel your feelings*

- SEVEN -  
RESPECT

*Look at your body as a whole*

- EIGHT -  
DONT WORRY, BE HAPPY

*Do what excites you*

- ONE -  
START SIMPLE

Give yourself  
permission

Give yourself permission to try something new, entertain new thoughts, hear your inner guide, break old patterns and fall in love with new ones.

Permission to trust in yourself, trust in the Universe and make deep shifts in your life.

Forgive yourself for the past; what you have and haven't done and know you are here, perfect, whole and exactly where you are meant to be.

Give yourself permission to want chocolate, nut butter or whatever else without judging fat grams, sugar or calories

" I give myself permission to allow my inner guide to direct me. I forgive myself for the way I have judged the things I have done. I know now I was always doing my best."

- TWO -  
MOVE AWAY FROM DIET  
MENTALITY

*Release the rules*

Be vigilant in observing where you are acting out of diet rules. Observe your *shoulds* and *shouldn'ts* and remind yourself that there is no longer a need for rules.

Notice any time you tell yourself that you *can't* eat something and ask "why?".

Does this come from you or from a diet somewhere along the way?

Remember - whether it's chocolate, fries or a salad - they can all have their place.

" I now know there is no need for rules around food. I do not need to be told what to eat, instead I will now rely on what my body wants and needs. I release the rules around food and am now trusting in myself"

- THREE -  
LISTEN

# Honour your hunger

Pay attention and give the utmost respect to your hunger. Avoid feeling bad, wrong or guilty if you are hungry. Your body is sending you the message that it needs fuel; regardless of what you ate already, what you will be eating later or what you think you "should" eat. If you're hungry - eat.

You deserve nourishment, energy and fuel. Also, no matter what you are hungry *for*, go with it, Trust it, welcome it.

" I see that when I am hungry, it means I need fuel. I realize now that by ignoring my hunger, I am ignoring my inner guiding system and my body's needs. I will honour my hunger because I listen to my body"

INTUITIVE EATING IS MOVING  
AWAY FROM SOMEONE ELSE  
TELLING YOU WHAT TO EAT

*and instead, choosing to be  
guided by your body.*

NO DIET WILL EVER MAKE YOU  
HEALTHY AND HAPPY IF IT IS SET  
BY ANYONE OTHER THAN YOU.



- FOUR -  
MAKE PEACE, NOT WAR

*Food is not the enemy*

Food is not the enemy in fact, food is our ally. Make peace with food and watch it work for you. Energetically if you are at war with food, it will be at war with you. You have to choose not to battle, choose to end the war.

Allow food to nourish and support you rather than be a source of fear, hate or control.

Even if you aren't sure how to yet, simply choose to love food rather than hate it. This is a bigger step than you may see now.

" I am learning more about how food nourishes me. I am grateful for the food available to me. I see now that seeing food as a source of stress makes it so."

- FIVE -  
LISTEN SOME MORE

## Honour your fullness

Start simple with acknowledging to yourself the next time you are full. Note how you feel in your body, really *feel* the sensation of fullness.

Take on the practice of learning the subtle cues your body gives you as you approach fullness. As you practice, hone in on anticipating fullness and then completing the meal prior to feeling too full.

Remember, food will not disappear. You can eat again soon when you feel hungry.

" I see that fullness is a message from my body to my brain that it's had enough food. I am becoming more aware of what fullness is. I chose to honour all signals, including this."



- SIX -  
FEELING

# Feel your feelings

To get a clear intuitive message on what your body needs, it helps to have a "clean emotional slate". If you make a practice of intentionally feeling the emotions that pop up in a day you can release them.

If you numb yourself or use food, alcohol, drugs or other distractions to cope with your feelings, the same emotions will continue to show until we feel them and can properly release them. This is a healing journey of getting closer yourself.

Eating out of reaction is when you eat something out of a reaction of stress, change or upset. Start the process of being aware if you know you are eating out of a reaction to your day. Don't make yourself wrong, you're only doing what you have taught yourself to do.

Noticing is key.

" I give myself permission to feel things. I choose to look at myself in kindness and compassion and move through emotions instead of turning to distraction."



- SEVEN -  
RESPECT

Look at your body as a  
whole

By choosing a life where you eat intuitively, you begin to do life intuitively. Intuitive and respect go hand in hand since to act intuitively is out of respect for the things you feel.

Respect your whole, beautiful body. Feel cues of tiredness, hunger, pain and stress a little closer than before. Respect the system that is allowing you to live, digest, think, see, feel, breathe, taste and smell. While you do little work, your body keeps you alive. Hold that close and remember that your body is always working for you.

Act as if you honour and respect it.

" I am gratitude for my body and will practice listening to it more closely. I am a whole being with a mind, body and soul and I respect all aspects of myself."

- EIGHT -  
DONT WORRY, BE HAPPY

*Do what excites you*

In life there are a lot of things that are uncertain and unknown. All we know is what excites us and inspires us. Some like to paint, act, sing, run, write, teach, heal, build, be of service, travel etc.

Excitement is our inner guiding system telling us to go *that way*. We can often avoid doing what we really want by saying it costs too much money, too much of a risk or how it won't work. Don't avoid your happiness, allow yourself pleasure.

When you practice intentional joy and intuition in the other parts of your life, it becomes much easier with food to tell what your intuition is telling you.

Go in the direction of what makes you happy.

That's all there really is in life.

You are home in this place and will treat yourself well.

" I will follow my joy. I see now that what excites me is a signal to go there.

I will take leaps and follow my heart"

# Embodying Intuitive Eating Energy

*Just for Today, I will...*

Give myself permission to learn and grow  
and try new ways

Release the diet rules

Honour my hunger

Know that food is not the enemy

Honour my fullness

Feel my feelings

Look at my body as a whole

Do what excites me and allow  
myself to feel good

# Living inspired changes it all

When we discover our own wisdom through our intuition, we naturally start to act in love more of the time. That love will ripple outward to your family, friends, community, city, country and planet.

You have a profound effect on this planet and living in kindness and love is the biggest shift you can make.

Imagine how much it will change you to be operating from self love & intuition when it comes to food and your health?

When we get stuck in patterns, the unhappiness we feel creates more of the same and it starts to feel like an overwhelming cycle. At this point, you need a self-love intervention.

**Remember who you really are.**

Start living your life focused on intuition rather than rules.

Get healthier and happier and shift everything.

" I love myself. I see love in every person I see. I judge less and love more"

# Hey seeker. I'm Talia!

If we haven't met - I'm Talia Joy! I'm an intuitive, a channel and a manifestation mentor helping women to elevate their consciousness, intuition + manifestations so that they can create a life of purpose, abundance and joy.

I have been studying the law of attraction and manifestation for over a decade. I became obsessed with "cracking the code" when I was at a rock bottom in my life and chose another way.

I went on to heal an eating disorder, addiction, low self confidence and depression. On top of that I have created more purpose, happiness, abundance, success, ease and joy than I ever thought possible.

I can't wait to support you and guide you to live the life you're meant for!

It's your time. I am in your corner.

In love + light,  
Talia

