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The awareness of the Rainbow Diet starts with acceptance that all comes from God and is nourished by the God Force. This force has been described as

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OM, universal prana, universal consciousness, cosmic force, and virtual energy state. It is the primordial vibration from which all has been created.

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I consider Dr Cousens a modern pioneer of the concept of spiritual nutrition. This concept includes some learnings that are old wisdom unearthed for us to embrace. Within my readings, I observe phrases and concepts from current authors who have obviously taken some of Dr Cousens' teachings to heart.

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nutrition and the rainbow diet. Boulder,
Colo. : Cassandra Press, ©1986

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G. Biv—red, orange, yellow, green, blue, indigo, and violet—the acronym for the colors of the rainbow. In the world of food, we can also add in pink, white, tan, dark brown, and black to that rainbow of colors. Red and Pink Foods

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