

Chapter 268

Vibrational aesthetics – Nutrition, health, education of the emotional field and its relationship with food

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ABSTRACT

This article, in a transdisciplinary way, approaches the studies of Aesthetics, from a conceptual perspective such as Vibrational Aesthetics, Nutrition, in its qualitative perspective with Health, and Education concerning the emotional and food field. It is based on the holistic and integral perspective of human development, based on Edgard Morin's studies on Complex Thinking. The challenge of this study is to

problematize the relationship between body, mind, and consciousness, based on aesthetics in its applied bias. It aims to understand the complex and empirical relationship of the energetic and emotional field of the body, in its vibrational perspective about an existential projection of the being in time and space, including education concerning food, health, and nature. Aesthetics here, in addition to being a theoretical discipline, expands its approach to the field of pragmatic action to integral health, enhancing a unity between body and consciousness. Vibrational Aesthetics, so to speak, is the Aesthetics of Consciousness, integrally encompassing body-nature-culture, and the cosmos as a unit. In this approach, to Aesthetics and Nutrition, we identified Vibrational Aesthetics as an area of knowledge capable of generating an awareness of the prevention of the body's integral health, through food, and effective pragmatic actions, associating the conscious intake of nutrients with quality of life, postulating, in the set of its approach, better habits and consumption of healthy and organic foods. It is in this perspective between Nutrition, Health, Education, and Aesthetics that we perceive the vibrational field as an articulator of the different layers between the individual and his terrain, an existential locus capable of a design conscience and at the same time cosmic.

Keywords: Vibrational Aesthetics, Nutrition, Health, Education, Emotional Field.

1 INTRODUCTION

To understand the processes that involve Vibrational Aesthetics, Nutrition, and Health, this qualitative and transdisciplinary research is constituted from a bibliographic literature review, carried out in the period from 2021 to 2022, The vibrational *Aesthetics* (PARODE, 2004), is a theory that moves in the field of theories of Art, being built by the principle of the reconnection of knowledge (MORIN, 2001), involving different areas of knowledge to account for the complexity of human life. The theory is based on

Quantum Physics, Neuroscience, Psychology of Consciousness, Biology, Ecopedagogy, Hermeneutic Phenomenology, Multidimensional Philosophy, and other areas of knowledge and knowledge. Vibrational Aesthetics is a theory derived from experimentations in the field of Arts and Education, articulating thought and practice between the sensitive and the intelligible, which is based on the concepts of Consciousness, Continuous and Discontinuous, Aesthetic Experience and Symbolic Imagination, Language and Communication, which is constituted as a whole, from the understanding of the relationship between the Human Vibrational Fields, of Nature and Cosmos, postulating as a principle the fruition between the different dimensions of the human and his *existential locus*. This perspective creates its cosmology between the internal and external of the body, seeking to establish balances through aesthetic agencies, and homeostasis between the vibrational layers of the body. The perspective of understanding the body here is corroborated by Spinoza's approach to Ethics and Politics, where the concept of body and nature form a unique composition, around the idea of God's substance. For Spinoza, everything is the body, and bodies interact, producing joyful or sad passions. In the philosopher's perspective, a body always tends to seek that which allows it the full experience of its potency. And it is in this sense that he asks: What can a body do? Moreover, his body approach, the substance of God and nature, corroborate with the holistic understanding of Vibrational Aesthetics, in that, in the same way as for Spinoza, Vibrational Aesthetics, does not divide body and soul, does not divide, nature and culture, but identifies interconnecting correspondences of vibratory fields. According to Spinoza:

We answer that it is true that the mind is the cause of this rest, but only indirectly; for it does not cause rest immediately in movement, but only by other bodies which it has moved, and which then must necessarily lose as much rest as they have communicated to the spirits. It is therefore evident that there is in Nature the same kind of movement. (Spinoza, 2012, p. 135)

It is through the notion of unity between bodies and nature, a single, multiform substance with different intensities, power, and vibrations, that we identify an approximation between Spinoza's Ethical and Philosophical thought and Vibrational Aesthetics. It would be in the relationship between One and Multiple and the possible interactions, being able to generate what Spinoza defines, in the theory of affections, as joyful passion or sad passion. A body, in this perspective, can compose with another body and thus expand its potency, a joyful passion, or it can annihilate another body, generating a sad passion. By referring to Vibrational Aesthetics we understand the importance of these compositions and interactions of the physical and vibrational bodies, which are constituted by different frequencies and vibrations.

The approach of Aesthetics Vibrational has as a reference the energy that is produced and emanates from the bodies; *élan vital* as Bergson (2005) would say. It starts, therefore, from a thought about the aura, *élan vital*, or yet, as Parode (2004) calls it, Vibrational Body. Vibrational medicine, different from the traditional model of medicine, considers and highlights the importance of the vibrational body and the interrelationship of the physical-biological body with the vibrational body. It shows how much we need to be attentive to the balance of both, especially when it comes to health processes, otherwise, the imbalance

is established and the disease is established (PARODE, 2007). All fields are determinant in this sense, physical, mental, emotional, energetic, and spiritual fields so that there is a balance of the *Being*. The imbalance of one field affects the others. This perspective refers to the *Theory of Affection* in Espinosa (2017). The mental and emotional field imbalance can generate many diseases in the human being. The disease can establish itself in the physical body when the energy body is out of balance. The food ingested and its nutrients, also, make a total difference in the health and quality of life of the subjects.

Nutrition is the science that studies the interaction between food and nutrients ingested by humans and the relationships between possible states of health and disease. Food serves to obtain essential substances and acquire energy for the conservation of physiological processes, these being two basic human needs. (CUPPARI, 2002). The theme of this study with its approach validated by the theory of Vibrational Aesthetics aims to provide opportunities for reflection on the need for a paradigm shift to expand the nutritional approach, under vibrational aspects and its practical and effective application. This is because it highlights a specific issue regarding the notion of the body, of how much we need to expand our consciousness, to advance in this direction, that is, we need to understand that the human body is not only physically-biological but also vibrational, and energetic. This certainly validates the importance of this research, which relates the issue of physical and vibrational bodies, evidencing the relationship of the emotional field with nutrition, thus contributing, like other theories, to expand knowledge in the area of Health, Nutritional Sciences, and others, helping to increase awareness about the way that human beings perceive their diet, which is certainly also linked to emotion, education, and everyday life. In this sense, we need to look beyond the basic needs and realize that the issue of health and disease extrapolates the dimension of the physical and biological body (PARODE, 2019), the caloric value of the food or nutrient ingested, but is also related to other issues, such as the Vibrational Body (PARODE, 2004) and the multidimensional and referential field. Thus, the purpose of this study was to research and expand knowledge about emotional vibrational energy and its interaction with food, as well as to instigate new studies in this area.

1.1 VIBRATIONAL AESTHETICS

Vibrational Aesthetics, a multidimensional process of expansion of consciousness, is also constituted as a process that articulates energy healing systems, through the interaction of cosmic and human vibrational fields (PARODE, 2004). It is a multidimensional process that includes multiple systems, including art, therapy, education, meditation, nutrition, multiple languages and interrelated intelligence, and conversation. The composition of these systems in an integrated perspective with qualitative objectives from the point of view of physical, mental, and organizational health, were conceived and co-created by the researcher in the field of Vibrational Aesthetics, Valkyrie Parode. Throughout her career, Valkyrie experimented with art therapy, and from aesthetic experiences with groups organized around experimental projects, obtained practical results, which allowed her to build research methodologies and aesthetic-

vibrational approaches, involving the body and consciousness of the individuals who are members of the groups. It initially used performance, meditation, group interaction, and sensory and emotional exploration between individuals and nature and with projected artistic symbologies, graphics, symbols, visual language, and others. This research provided him, over twenty years, with the possibility of observing the results in his groups.

The Vibrational Aesthetics is constituted as Aesthetics and Science of Consciousness, seeking the connection between the field of the sensor with the intelligible, the Education of the Sensitive prioritizing a holistic approach that interconnects, or as Morin would say, *re-connects*, the multiple knowledge (MORIN, 2006), areas of knowledge and enables the field of art, education and Health, performance and organizational management of human practices, stimulating from their interrelated systems, alignment and energetic balance with the entire living system, for healing and the integrality of the *Being*. This perspective of Vibrational Aesthetics works with the idea of the awakening of the consciousness of the Being, of the search for the Wholeness of Being, of the various levels and fields of consciousness, according to Parode (2010) for alignment of the REC (Network of Cosmic Balance). The structuring principle of Vibrational Aesthetics is the perception of cosmic consciousness, an expanding consciousness, consisting of several levels, composed of subtle fields of energy, stimulating the cognitive, sensitive, and aesthetic dimension concerning the molecular arrangement of the physical body as a complex system compromised by vital energy, whose flow is intertwined and interconnected to a larger network of cosmic energy, that is, body, mind, emotion and spirit are connected to the cosmic universe and articulated to the Biocosmic Principle (PARODE, 2010).

1.2 NUTRITION, HEALTH, AND ENERGY HEALING SYSTEMS

Ancient cultures such as Ayurveda and Traditional Chinese Medicine are knowledgeable about cosmic energy, vibratory fields, the network and energy systems, the influence of emotions, their impact on health and disease, and the use of diet therapy for treatment and recovery of health. Hippocrates (460 BC), considered "the father of medicine" already addressed the importance of food as medicine and medicine as food. These millennial sciences already contemplate the importance of food and the connection between body, mind, the interrelationship of the biological physical body and energy systems, and a possible aura, or even soul, in a more spiritualistic approach. These concepts of Vibrational Aesthetics lead us to compare what, in the Bergsonian perspective, the concepts of *élan vital* or *spiritual energy* (BERGSON, 2009).

Ayurveda for over five thousand years has been India's natural and traditional healing system. Understanding that the human soul is pure perception, being linked to the complex of body and mind, without being limited to it, being an instrument by which it manifests itself. According to Ayurveda, the diet is designed to provide three levels of nutrition; physical, mental, and spiritual. In addition, the

impressions of people and environment are also absorbed exerting effects on the mind and emotions. (FRAWLEY, 1996).

Indian medicine studies five healing modalities. Diets, herbs, and yoga for healing and care of the physical body. (GOSWAMI, 2008). Traditional Chinese Medicine for thousands of years has used acupuncture based on subtle energy fields, called meridians and Chi energy, or subtle energy (COUSENS, 2011). Chi or Qi is regenerated by meditation, nutrition, the use of medicinal herbs, and acupuncture (SERVAN-SCHREIBER, 2004). In addition, food in Traditional Chinese Medicine is based on the balanced intake of the five elements fire, air, earth, water, and metal, interacting and balancing the energy of the body and emotions. Science has brought the basis that the outer physical world is vibrational and composed of varying spectra of energies, perceptible or not. This *quantum* of energy that emanates from each body moves in waves with its ranges of amplitudes and frequencies, giving them unique behaviors and characteristics (PEIRCE, 2011). Realizing that we are vibrational beings, in practice, means realizing that we are beings composed of matter and energy, vital extension in time and space, *and duration* (BERGSON, 1999), at the same time that we are multi referential beings, we are also multidimensional beings (PARODE, 2004)

1.3 ENERGY FIELDS, EMOTIONAL ENERGY, NUTRITION AND HEALTH

Living systems are surrounded by energy fields, and the realization of the existence of energy fields occurred from scientific research that advanced due to the discovery and use of Kirlian photographs that record energy fields (PARODE, 2004, COUSENS, 2011). Scientifically, from Bioelectrography it has already been possible to prove and measure the energy field of living systems, also, the vibratory characteristic of emotions, of emotional energy. Emotions, whether positive or negative, are manifestations of the vital energy that favors absorption by human consciousness. Emotions are disturbed by physical illness and physical illness can generate psychological disturbances, in turn, psychological imbalances cause physical consequences generated by tensions in the heart and nerves weakening the physical body (FRAWLEY, 1996). A real perception and discernment of emotions maintained by focusing on the present moment can slow down the emotional or physical effects (CORTES, 2008).

According to Cousens, the first level of manifestation of vital energies is the living colloidal field, being healthy, it is primordial for the homeostasis of the coagulation system and for the construction of cellular, blood, lymphatic, and intracellular structures (COUSENS, 2011). This theory and material approach of the energy field, allows us to consider as possible in the field of application, the interaction and affection of the bodies by the energetic bias, being this, in turn, influenced by the emotional states. In this perspective, the emotional state can influence the energetic frequency of environments and objects, including food.

The organism psychosoms the density, whether it is generated by the vibrational field of the person who manipulates and prepares the meal, that is, from the oscillation of more densified emotions (low

frequency measured in Hertz – Scale of Emotions, Dr. David Hawkins). Children, the elderly, and sensitive people are more susceptible to dense energies condensed in food through their preparation. The mind is also matter and has vibratory characteristics. Life manifests itself in several more subtle planes that must be considered, this more refined matter has vibratory movements in its atomic structure generating peculiar sounds according to the generating source (CÔRTEZ, 2008). Being sensitive, the mind is influenced by all things and grounds the senses, being able to erect a barrier around itself to dull its sensitivity. (FRAWLEY, 1996). For this reason, we must be open to observing paradigms other than materialism, we need to transcend the mechanistic view to understand all these processes. Therefore, to improve nutrition and potentiate the energy of food, for health, we need Consciousness and expansion of it, that is, to understand the interconnection between us and the Cosmic Universe as it approaches Vibrational Aesthetics (PARODE, 2004). According to Cousens (2011), that which is absorbed by our complex, body-mind-spirit, at different levels of density of matter and precipitate of the cosmic force is considered nutrition, this is an approach of the holistic paradigm.

The research done by Dr. William Tiller, professor emeritus of the Department of Materials Sciences at Stanford, and his co-researcher Walter Dibble Jr., evidences that water is also multidimensional and carries emotion in the sense of frequency, being able to act as a transducer of subtle energy to the material plane (COUSENS, 2011). From the point of view of biologists, the cell has a structured water matrix containing an enzyme system and macromolecules, complemented with sodium and potassium ions, in a polarized water structure. The greater the amount of water structured within the cells, the greater the balance of balanced and concentrated intracellular ions increasing the energy of the subtle field and benefiting health (COUSENS, 2011). Therefore, water, because it is highly energetic, because of the large number of ions it has, is altered in its composition and charged with the vibrant energetic impression to which it is exposed. Food intrinsically has in its composition water and when we change the energy field we imprint on the food emotion or the emotional energy in which we were vibrating at the time we touched or simply food that was exposed to our vibrational field. The subtle energy fields vibrate in tune with the cosmic energy transferring our energy and as our body-mind system expands and transforms at the level of consciousness of its *spiritual* energy, greater ease occurs for this energy transfer (COUSENS, 2008). This approach is close to the Bergsonian approach to *Creative Evolution* (BERGSON, 2007).

2 METHODOLOGICAL PROCESS

The research is constituted by a qualitative, bibliographic approach and was carried out in the period from 2021 to 2022, for the survey of the studies related to the chosen theme - Vibrational Aesthetics, Nutrition and Health - education of the emotional field, and food, technical books, internet sites, scientific journals, dissertations and theses related to the main theme of the study were used. For this purpose, the following databases were also selected: MEDLINE and PUBMED. The following languages were

searched: English and Portuguese and the following descriptors were defined: *Vibrational Aesthetics, Nutrition, emotional vibrational field (energy), and food.*

3 DATA ANALYSIS AND RESEARCH RESULTS

After bibliographic research related to the theme in question - Vibrational Aesthetics - Nutrition, Health, Education of the emotional field and food, to disseminate knowledge about Vibrational Aesthetics contemplating a process of paradigm change and expansion of consciousness for greater understanding of dynamics of balance and energy exchanges between people, food and the environment, we can point out some axes of analysis to understand the process that points to the results of the research.

Vibrational Aesthetics: the theory of Vibrational Aesthetics articulated to practice, presupposes the paradigm shift, from the Cartesian and linear model to the multidimensional, complex model, which means to say that our body is not only physical and biological, that we do not only matter but that we are also energy, we have a *vibrational body*, an electromagnetic field in the surroundings of the physical body and interconnected to it, vibrating at different frequencies and waves of energy, which is also interconnected with other energy fields, of other bodies, such as the cosmic, universal field. Thus, to understand the relationship of nutrition with health, and the energy field, we need to expand our consciousness, which can stimulate healing processes and renewal of the consciousness of the *Being*, and consequently, of the quality of life in all instances. This process, in its pragmatic approach, can be articulated with specific methods and dynamics according to the particularities of each individual, projecting, therefore, an existential planning qualified by the holistic integration of the body with its universe, a process recognized by Morin (2006), in the perspective of complexity, as *re-ligare*.

Nutrition and Health: we realize the urgency to develop research from the new paradigm that evidences the conception of an *Integral Being H*, connecting nutrition and vibrational energy, seeking to impact your health and well-being. We found that health and health are directly related to what we ingest and are of vital importance for the health of the physical-biological body. The interaction between food and nutrients ingested by humans is directly related to possible health and disease status. Food serves to obtain nutrients and acquire energy for the conservation of physical processes, these two being basic needs, however, we need to show that our body is not only physical-biological but also vibrational. The emotional field is constituted as a vibratory field of this Vibrational Body Therefore, it can generate many impacts on the human being, and determine the health or disease of the same (PARODE, 2004).

Education of the Emotional Field and Food: in what concerns the education of the emotional field it is important to address the problem of the oscillations of the motions and how much this can affect the health of the individuals, as well as the oscillations the emotions and their vibrational frequencies that can alter, in addition to the vibrational field of the bodies, the vibrational field of the environment and the chemical composition of the intrinsic water of the food to be prepared and ingested, thus avoiding the psychosomatization and materialization of diseases in people. The general conception is that what we eat

has energy, the food, the emotions produced, and the constructs of perception, and can determine health and/or disease. In this sense, it is fundamental to understand the relationship between the education of the emotional field for aesthetic and vibrational management of the health and quality of life of the being. In addition, it is important to highlight the issue of paradigm transition, seeking alternatives to the traditional and reducing model of education and health, functionalist and linear, and adopt a multidimensional logic of complexity to understand the processes involving nutrition, food, emotional energy, and health.

4 FINAL CONSIDERATIONS

As we begin to understand the importance of the vibrational field and the interaction with the environment, we will begin to cultivate a better awareness of ourselves. By preparing food consciously we will be causing the energy to enter our body harmoniously, assimilating the food and the energy impregnated in it in a balanced way. A new perception of food and the conception in which it is produced. From the symbolic effect on the consciousness of gratitude towards the land, the seed, the planting, cultivation, and harvesting.

The recovery of knowledge of ancestral leaders, who had the awareness that all bodies are interconnected and connected with nature and the cosmic universe, in a great holo, or even our connection with the energy of Gaia (Mother Earth, Pachamama). A rescue of Consciousness and multidimensionality, a sensitive look at our integration and action in the environment are some approaches of Vibrational Aesthetics, which comes to evoke the interconnection of knowledge, uniting the good, the good, and the beautiful, together with Science and Consciousness, providing an opportunity for a perception of common *spirituality* and the vibratory energy of bodies in their interconnection and processuality material and temporal. Understanding that the human being is also the result of this interaction between the dense and the subtle and that the construction of the new paradigm of science to understand education and health in the twenty-first century is constituted in the relationship of the sensor with the intelligible. Since food, is a source of energy and support for the physical-biological body, the condition of life, can never be reduced to mechanical and limited processes, whose objective would be merely profit. The vibrational perspective, in its limit, seeks to rescue, the soul condition of the relationship of bodies with nature, an approach to the sacred as an ethical, political condition of the existential, having with reference to aesthetics as a field of articulating intersectional knowledge.

Finally, the present study leads us to consider the education of the emotional field concerning the act of preparing food, as a means of generating awareness about the affective dynamics of the body and what it ingests. In this sense, the time has come for us to choose to know, learn and teach, disseminating knowledge to improve the quality of life and well-being of all of us, after all the interconnection between beings is known, as well as that we are affected by the environment. We need to understand the paradigm of the complexity and multidimensionality of *Being* to be able to perceive the interconnected flows between the bodies and to evidence the Unity in the Whole.

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