

**THE FOUR ENERGIES OF  
EMOTIONAL EATING**



**DAILY JOURNAL**

*Where attention goes, energy flows*

# Introduction

Hi there, and congratulations for taking this step towards finding true freedom around food, forever! This journal and card deck will work together for you to help you:

- get to the root of your emotional eating,
- explore what is really happening when you are triggered to eat in a way that is not helpful or healthy,
- let go of what is really no longer working for you, so you can move on.

These cards are divided into four energies - Water, Fire, Earth and Air. The full description of each energy can be found after the 'How to Use this Deck and Journal' page. Briefly they are:

**Fire:** Relates to your mental energy.

**Earth:** Relates to your physical energy.

**Air:** Relates to your emotional energy.

**Water:** Relates to your spiritual energy.

There are 48 cards in the deck - 12 for each energy.

Each energy set is divided into three themes - Learning (L), Reflecting (R) and Doing (D). Within each energy there are four cards for each theme. Each card has a guiding post on it - something to Learn, Reflect on or Do.

My intention for this card deck and journal is to help you make sense of your experience so far, and with this knowledge you can finally begin to separate your food from your feelings, and your past from your present. It's all connected. On a practical level, this journal will encourage you to eat more mindfully, and choose to Nourish instead of Punish yourself with food.

You can use this journal along with your cards to write your notes each day on how the card you draw resonates with you. As you work through the deck, you'll learn how to determine what your primary energy is each day, and become more aware of when your energies are in balance, or unbalanced.

Most importantly, you'll build up a really strong toolkit of resources that will help you reduce your episodes of emotional and binge eating.

# Emotional Eating & Binge Eating Disorder

People who struggle with emotional eating or binge eating disorder often get trapped in the diet and weight loss industry - spending years yo-yo dieting in an attempt to fix the 'outside', their weight and their body appearance, in order to feel better on the inside. Actually, we need to work from the inside out, and that is what this card deck and journal will help you to do.

You'll already know that you've been in this battle with food and your weight for a long time - maybe since childhood, that's very common. However, my clients often 'forget' how long this has been going on in real terms, and more importantly how or why it started in the first place. It's important to join the dots!

My clients often have what's called an **Adverse Childhood Experience** in their past. Common experiences include:

- an alcoholic parent, a narcissistic parent, or a parent who was chronically ill with either a physical or mental health issue.
- a sudden or unexpected death, or several deaths in a short period of time.
  - another child or family member needed a lot more care and attention, parents were not as available.
- an emotionally or physically absent parent, leaving the other parent with a lot more responsibility.

**My clients also share certain personality traits:**

- they tend to be all or nothing, black/white thinkers - either doing it 'All Right, or All Wrong'.
- Often they take on more responsibility than they should, and this could have started as a child. Maybe taking care of younger siblings, or stepping up as a 'substitute spouse' where a second parent was absent.
- They tend to be 'People Pleasers', keeping everyone else happy is the priority.
- Because of this, they also tend to be very poor at self-care!

When you can stop your brain running away with you - the Fire cards, you'll be able to come out of your head and move into your heart more easily - the Air cards. When you are able to treat yourself better - the Air and Water cards, you'll naturally want to eat better and take better care of your body - the Earth Cards.

# How to Use The Card Deck with this journal

First, you'll find four short Descriptor Cards at the top of the deck - one for each energy. You can remove these or keep them separate from your Draw Cards. You have more comprehensive descriptors here in this journal.

Before you use the deck for the first time, take a moment to hold the deck in both your hands. Close your eyes and imagine a beautiful glowing ball of energetic gold light growing from the centre of the cards, into your hands, all through your body and expanding to completely wrap you in a bubble of pure golden light.

Then imagine a ray of light expanding from the energy ball above the top of your head and moving right up into the sky, beyond the clouds, beyond the stars to the source of all light and love - the Heavens. Now imagine the ray running all the way through your body, down through the energy ball below the soles of your feet and expanding right down into the very heart of the earth. - Gaia.

Ask that this card deck guide you each day in a way that is in your highest good, the highest good of everyone in your life and the highest good of all.

Repeat this preparation each time before you draw a card.

To get the maximum benefit from the cards, it's a good idea to set time aside to draw your card. Read the card, reflect on the image on the front of the card and then use this journal to write and reflect on what comes up for you. You'll need around 15-20 minutes a day to do this.

You can choose whether you wish to draw a card every day, and focus on each card and its intention for the day, or if you want to draw a card every three days or so, and take time to reflect each day to allow the message to guide you more deeply. It's up to you!

It's also helpful to set aside time each week to reflect on how your knowledge and understanding of your complex relationship with food is building, and how your toolkit of resources is growing. The more you invest in doing this reflective work each day and week, the bigger the benefits you'll see from using the deck and journal.

You have two daily pages - 1 for reflecting on your cards and 1 for reflecting on your food, mood & energy. You will find both a weekly reflection page and a weekly food planning page after every 7 daily pages.

Where attention goes, energy flows. Commit to using the cards and journal for three months, and see what difference it makes.



The Fire Cards are about your mental energy.

Where is it being spent, how is it blocking you from the changes you so badly want to make, and how you can change the inner monologue you've become so used to, you barely hear it as separate to you any more.

Most clients who struggle with emotional eating have experienced some sort of trauma or adverse experience. This often means their brain is stuck in 'fight or flight', and they are running on stress hormones a lot of the time.

The Fire Cards are especially helpful for being able to calm the brain down, let go of some of that stress and literally being able to think more clearly.

The Fire Cards are about bringing the unconscious thoughts, beliefs and autopilot behaviours into your consciousness, which allows you to make a choice - keep doing what you do, or try something different.

Fire Cards are also about burning all the old, negative thoughts and beliefs that do not serve you, and allowing new, positive, supportive thoughts and beliefs to replace them.

Fire cards also work to create a new energy - the energy of the Phoenix arising from the ashes. What version of you needs to rise up now?

# Air Cards

## Emotional Energy



The Air Cards are about your Emotional Energy.

So much of emotional eating is driven by FEAR. Fear of feeling, fear of being 'found out' - imposter syndrome, fear of others judgement, fear of never being able to resolve this issue with your food and weight. So much fear!

Air cards will introduce ways to challenge the fear thoughts and beliefs, slowly working on changing your underlying emotional energy from fear, to love.

Air cards will also challenge a common personality type we see in emotional eating clients - the 'people pleaser'. Do you try to keep everyone else happy at your own expense? That's a fear based behaviour too, isn't it?

Critically, you taking care of your own needs first ultimately benefits everyone else around you - you cannot fill a cup from an empty jug! Developing better self-care is one of the areas that Air cards focus on.

When you love yourself enough to Nourish instead of Punish yourself, on EVERY level, that's when the transformational change can happen.

*"Fear knocked at the door. Love answered. No-one was there". Rumi*



The Earth Cards are about your physical energy. How could we have a Card Deck about emotional eating and not talk about food, eating and your body?

Earth cards will ask you how you interact with your body, how you feel your feelings, how you feed yourself, and how you relate to the physical world around you.

Often when you battle with food and your weight, you become disconnected from your body. Emotional eating is intended to be self-soothing, a way of reducing physical and mental stress. But it ultimately hurts both you and your body.

These cards will help you find other ways to care for yourself, physically and emotionally.

One of the questions and phrases you'll see throughout this journal and the cards is about 'nourishing' vs 'punishing' yourself with food. This applies both to your body and your mind. Over time it has become the norm to feel that you need to be in pain, or deprived, in order to succeed at the goal - which is often a number. A weight, a dress size, a number of calories per day. The belief is that when you reach the goal number, you'll feel better, or everything will be different.

In fact, if you don't do the inner work first, nothing that happens on the outside (your actual body shape and size) really matters. When you TREAT yourself differently, you'll EAT differently, because you'll be coming from a place of authentic self-care - choosing to nourish, not punish yourself and your body with food.



The Water Cards are about your Spiritual Energy.

Energy cannot move when we are fighting to hold on to old behaviours, old memories and old beliefs, especially when what we cling to is no longer working for us.

But what is worse, the pain of resistance, or the pain of regret that you didn't let go?

Flow can only happen when we are at ease. We only have so much energy available to us, if more energy is invested in the past than the present - we won't have enough energy available to us to drive our lives forward to our Preferred Future.

So much of your energy is unconsciously being spent on or in the past, hiding your true spirit and often holding yourself back from reaching your own true potential.

Your spirit, like every human's spirit, is capable of so much more than you can ever imagine. But it needs permission to evolve. So much of emotional eating stems from the past, and past experiences can have a significant consequence - in can result in you keeping your world very small. It is hard to give yourself permission to dream, to wish or to imagine that things can be different if you had an experience of constant chaos, disappointment or instability.

By letting go of what no longer serves you, you can begin to move towards a bigger, brighter, more fulfilling life - often in ways you cannot even imagine right now.



# Mindful Eating

We can't have a journal for emotional eating without talking about food and eating! This Card Deck and Journal together will focus is on the underlying drivers of your emotional eating, and encourage you to look at and change the Energies that are maintaining emotional eating. You'll also get practical about changing your beliefs and behaviours around food and eating.

One of the biggest barriers to reducing episodes of emotional eating is lack of preparation. In order to reduce the opportunities for emotional eating to happen, it is essential to ensure you have nutritious, easy to eat food available.

## FOOD SCARCITY VS FOOD AVAILABILITY

Food is a fundamental necessity - we simply have to eat food in order to live, survive and thrive! That may sound obvious, but the reality many of my clients struggle with 'Magical Thinking' .

**Magical Thought #1:** If I don't buy food, and there is no food in the house, then I won't eat and I will lose weight.

**Reality:** You ring the takeaway, go down to the local convenience store, or eat a bizarre range of food based on what is in the cupboards/freezer.

**Magical Thought #2:** When I get home from work/the gym/a long day, I will have the motivation and energy to begin cooking my planned meal from scratch.

**Reality:** You ring the takeaway, go down to the local convenience store, or eat a bizarre range of food based on what is in the cupboards/freezer. PLUS lots of food gets thrown away as it expires sitting in the fridge waiting for you to cook it!

**Magical Thought #3:** I'll make a healthy meal for the kids, and feed them early, then I'll eat later - this is a very common Mom Thought!

**Reality:** You do not make enough for you to eat later, and you do not start cooking again for yourself, instead you spend the evening grazing, or ring the takeaway.

Take a moment to recognise your own 'magical thoughts' and choose to let them go. They are not serving you - in fact they are key triggers for binge eating!

# Where attention goes, energy flows.

In this journal you have daily Foods, Moods & Energy sheet. You also have a weekly food planner. By planning a week in advance, shopping and doing some simple preparation you will make it a lot harder for binge eating to occur as a result of hunger - one of the four key triggers for binge eating.

If you are simply wishing the need to eat away, you are ignoring one of the most fundamental truths - that we must eat regularly and nutritiously EVERY DAY in order to survive, or even better THRIVE, with great physical, emotional and mental wellbeing.

## **FAIL TO PLAN, PLAN TO FAIL**

If you work long days or shifts, or work and then do something after work like go to the gym or go to night classes - the reality is you are NOT going to cook a meal from scratch when you get home.

If you are not a confident cook you can go to a deli or food store that sells good quality pre-cooked meals and have 3-4 portions in your fridge/freezer. The cost of these good quality meals is often cheaper than the cost of a takeaway.

You can prepare juices or smoothies for yourself to up your fruit and veg too. Investing in a smoothie/juice maker is a low cost way to ensure you are increasing your intake of fruit and veg - IF YOU WANT TO. If you had two juice/smoothie recipes you liked and you made them 2-4 times per week that alone could be a substantial step up for you in the amount of fresh fruit & veg you have over the course of a week. Little changes can make a big difference.

If you can cook you have more options. You can mix it up with good quality prepped meals and eating out. Let go of the 'All or Nothing' belief that you need to do all the work yourself, and find a realistic balance.

You may need to change your shopping habits - do you pop into the supermarket on the way home and stand there, hungry and looking for inspiration? This is not helpful! Plan your week and do one decent shop at the weekend if you can. Try not to shop when you are hungry. Use the weekly planner to write a list so you are not randomly picking things out with no clear idea of when or how you will cook or eat them. Finally, BE REALISTIC. Acknowledge how much time you really will have free, both daily and weekly, and be more conscious about what you are cooking and eating.

# True self-care is acknowledging you **MUST** eat nutritious food daily.

If you can make time to do a bit of preparation each week, this will go a long way towards ensuring you simply have good food available to you when you need it. So simple, yet something it can be hard to do.

Batch cooking a couple of dishes every weekend will soon create a habit where your freezer/fridge always has 2-3 meals ready to go. Prepping might be as simple as boiling several eggs and cooking several chicken breasts, or making a big pot of your favorite curry/chili and dividing it into into 2-3 portions. How big a difference would it make if you had this ready-to-eat food in your fridge/freezer?

You can buy or dust off your crockpot/slow cooker and leave meals ready to cook while you are out - my slow cooker and timer plug are absolute essentials in my kitchen! Coming home to the delicious aroma of a ready-to-eat home cooked meal can make all the difference. Slow cookers make batch cooking ahead of time easy too - just assemble the ingredients, switch it on or use a timer plug and just let it do its thing. Look up 'crock pot' or 'slow cooker' recipes on Pinterest for inspiration.

If you are a confident cook and you enjoy cooking but have just got out of the habit, then you can use the journal to set a weekly intention of trying one new recipe, or batch cooking to have extra portions ready.

Just one time slot a week can really help contribute to your food availability and reduce the risk of binge eating.

**The most important aspect of this is giving yourself permission to eat - several times a day, every day, to ensure you have good food availability. This sounds obvious, and yet I know this can be the biggest mindset shift you have to make. So let go of the 'Magical Thinking' and let's get real here!!**

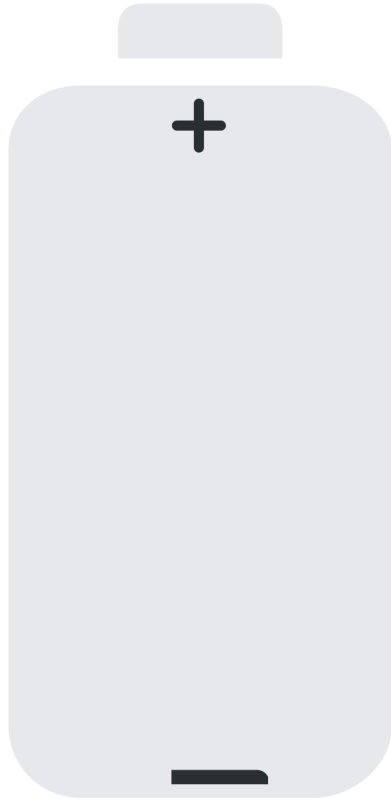
Start using the Planning Pages I've created here for you, and review your progress every week too as part of your weekly reflection.

There is NO failing here, only learning. This planning and prepping your food may well be a very new muscle in your brain we need to work on to make it strong and consistent! Remember, where attention goes, energy flows and this is what we want - more energy flowing towards you taking better care of your physical body, practising good self-care and nourishing instead of punishing yourself with food.

# Daily Energy Check

Date:

What is my energy level?  
Use colours if you wish.



What came up for me from  
my card for today?

What needs my attention today?

What intention am I going to set for myself today?

# How will I Nourish Myself Today?

Breakfast

Energy Level: 1 2 3 4 5

Mood:     

Hunger Level: 1 2 3 4 5

Lunch

Energy Level: 1 2 3 4 5

Mood:     

Hunger Level: 1 2 3 4 5

Dinner

Energy Level: 1 2 3 4 5

Mood:     

Hunger Level: 1 2 3 4 5

What worked today?

Snacks

What can I change?

WEEKLY ENERGY REFLECTION  
WHAT DID I LEARN?  
WHAT CAN I CHANGE THIS WEEK?

DATE: \_\_\_\_\_

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When we do something new, all we can do is learn  
from every experience. 

# Weekly Eating Plan

Date:

What days am I likely to be at home this week?

Monday Tuesday Wednesday Thursday

Friday Saturday Sunday


What's my plan to eat regularly & nutritiously this week?

What can I Prep in advance?

What can I buy and chill/freeze?

Where can I buy food on the go if I have a busy day?

What can I bring with me when I am out and about?

Plan for the best, but be prepared for the worst. That way you give yourself more chances to succeed. 

## ABOUT THIS BOOK

This journal is intended to work alongside the Four Energies card deck, and help you tune in regularly to what is going on inside, in order to change what happens outside.

So much of what we do consciously or unconsciously happens in response to our energy level, and our energy 'frequency'.

Using the daily and weekly check in pages will help you identify what energy you are operating from on any given day, and how to change your response to it.

The journal will also help you to become a more mindful eater. Joining the dots on why you eat the way you do, breaking old patterns and above all, consciously establishing new habits by planning to Nourish yourself daily with good food is all part of the process.

By becoming more aware of your own energy, where it is flowing and where it is blocked, you will be able to change the behaviors that are often unconsciously triggered in response to your energy at that time.



### About the Author:

Emma Murphy MIACP is a Psychotherapist Specialist in Disordered Eating. Emma developed her Eating Freely program for Emotional Eating & Binge Eating Disorder over 12 years in private practice, and now trains health professionals to specialise in this area of support. Emma is a recognised expert and international speaker.

ISBN 978-1-7391402-2-9



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