

False Cravings vs True Cravings

How to differentiate between false and true cravings, and how to follow only the true.

Food cravings (or cravings in general) happen to all of us. We will walk into the mall and smell the sweet smell of cinnabons and feel we need one. We will be in the grocery store and see cookies or chips and feel compelled to buy them. We finish dinner and feel this pulsing of the need to eat sweets. We crave alone time, quiet time, time with our kids, we crave a clean house. Cravings happen to all of us, and they happen all the time. But there is a difference between false/unhealthy cravings and true/healthy cravings.

The greatest difference between a false craving and a true craving is that:

A **false craving** is an unconscious drive to “get” or have” something that never actually satisfies you or enhances your life (if fact it’s often a repeat of the past and often leaves you feeling worse then you did before you “fulfilled” that craving)

A **true craving** rests on the foundation of “giving”. It is a craving to be close, to be seen, to be appreciated, to be loved, to be included. All of these characteristics are True and of the Soul. And the more we give them, and provide space for others to feel these things, the more we will receive them and know them to be true in us. It is also important to flood our mind with memories of appreciation unto ourselves, unto our parents, unto our partners, unto our lives. The more appreciation, acknowledgement and gratitude we allow to BE, IN US and FOR US, the more we will be able to give it and more deeply receive it. These true cravings always fill us, fuel us and leave us feeling whole and complete.

When we turn to a false craving thinking that's what we want, we miss the point of what we ACTUALLY want, which is our true cravings to be met.

Cravings are considered an official “problem” when they happen almost daily and interfere with your life, emotions or relationship to food or others. If you feel food controls you and you just “have to have” something, some level of false cravings might be active in your mind/behavior. You do not necessarily have to be a “food addict” in order to struggle with unhealthy cravings. It can be a craving or the attainment of an image, or picture or “thing” to make you feel better. Shakti Gawain, author of Living in the Light , says that

“A false craving.... Is something we think we want but when we get it, it doesn't really satisfy us or enhance our lives in any way”

And she is absolutely correct. When we think that “getting” something will enhance our lives, and yet when we get what we think we wanted and it does not enhance our lives, is where the problem lies. It's a misperception of what you think you want and what you think you need.

Chemical Dependency Linked with Food Cravings

When it comes to food specifically, we often will have some kind of chemical dependency (often on sugar, salt or carbs) that leads us to return to our unhealthy habits/cravings. We then have a tendency to beat ourselves up for that action, and thus remain in the guilt about it.

*“A food addict has a chemical dependency like an alcoholic or drug addict. Specific foods or food in general can trigger a process of physical **craving**. For the food addict, craving is often misunderstood as hunger. Hunger and craving are very different. [Food Addiction.com](#)”*

The guilt, perpetuates the false cravings, as in guilt, you will never question what you actually want, you just believe you are guilty. Your belief makes it so, and you perpetuate the problem. You are not guilty, you chose the wrong craving to follow. This is why realizing where food cravings come from, is helpful in turning away from them, and towards what you really want(what you truly crave).

An important difference between hunger and craving is that the normal eater can live with the discomfort of being hungry just like most people can live with the temperature being a little too cold or a little too warm. Craving has an urgency to it. When craving strikes food addicts think they *have to* eat. It is like a drowning person underwater struggling for breath; there is a sense that one might die if one does not get to the surface and get some air. This “fear of death” IS the root cause of false cravings. Might seems a bit harsh or “deep”, but it's the truth.

When we trace back the ROOT of cravings to where it begins, it makes a lot more sense. This is not a superficial “problem” of false cravings, but it is a deeply subconscious rooting of perceived need and safety.

If we think from a caveman perspective for a moment- we will realize that back in the day it was either “**They eat us or they feed us**” mentality that they harbored. There was no inbetween. Either the “others” that cavemen came across were there to harm or to help them...and they never really knew until they were up close and

personal. There is no way around this inbred way of thinking / self preservation. There is a tendency, then, for those who see food to want to eat food as a subconscious way to protect the self and stay alive. This is a “**faulty problem solving approach**”.

*We call the physical craving of the food addict “**false starving.**” Unlike hunger, there is this deep urgency and sense of impending danger if craving is not responded to. But when the food addict eats this often does not satisfy the hunger. Rather the craving continues – sometimes even intensifies. It isn’t a real body message, because the person has usually eaten fairly recently and shouldn’t even be hungry, much less starving. The fact that it is a false starving is emphasized by the fact that eating itself can often trigger the craving.” - FoodAddiction.com*

It is literally a backwards way of trying to help oneself and to keep ourselves alive! Especially considering eating, which we think will solve a problem, perpetuates the problem. This action is quite innocent really if you think of it from an ancestral perspective, but it is also time for this mentality to end and no longer be part of our collective consciousness. We do not have to fear others in this way any longer and we do not have to protect ourselves by eating the food before another eats it. The answer is not in the food, it's in how we perceive ourselves (innocent vs guilty / body vs soul) and how we use our food to serve our true needs.

This also makes sense when we think about this from a **metaphysical perspective.** The ego is synonymous with fear/the body. It is the self preservation mechanism that expresses itself as “us vs them” and “I” as superior. When we grow up with food plentiful around us, we have this inbred urge to “fill” oneself with food in order to feel full, safe, protected, alive, secure and perhaps even “better than” another. Yet when we step back from this “dog eat dog” mentality, we also can see that there is a higher perspective that speaks to the idea that **“we have everything we need already”.** There is no reason to fill ourselves, as we are already whole. And so we eat only to nourish. There is no reason to overeat, as we are more concerned with having our health intact, and enough for everyone to share, and to thrive and to enjoy together. This is a WE mentality that shows to us our innate protection and perfection within and with/ for each other. Our unity with each other and us all being part of this loving universe is experienced when we move out of “us against them” and into “I want to feed you, serve you and remind you of your wholeness” attitude. We then have no need to protect against death, as we are celebrating and grateful for Life. **This, then, leads us to a realization that if what we crave is NOT food, or security or safety from external means..... then what DO we really crave?**

*William James says it beautifully: “The deepest principle in human nature is the craving to be **appreciated.**”*

The more I pondered this quote, the more I realized the truth of this statement. We will turn to food and crave food when we do not feel “full”. That may be a lack in physical fullness (although not normally), or a lack of fullness of soul and mind and thus relationships. So we do not register as full when we are not aligned with what makes us whole. We will not know ourselves as whole, if we do not choose to see another’s worth as worthy and as great as our own. If we do not recognize our shared unity /worthiness, we will NOT feel appreciated as it will NOT be recognized even if it was present. And so the cycle of separation will continue without our need for being appreciated, being met. Yet we will not feel appreciated until we include another in our Will to be Alive, and shine gratitude on ourselves for what we HAVE done and for what we HAVE learned (despite mistakes). It must be a united way of thinking, eating, cooking and being that WE embody before we will feel appreciated by another.

What is the Greatest Way to feel appreciated??

To GIVE. What is one of the best ways to give, through food! Food is a shared need. When we provide that need and nourishment to others we ARE appreciated. Both by their nourished and healthy bodies, their attitude towards our role in their life, and the love they return unto us through the food we make. We also must GIVE to ourselves the appreciation we seek.

Literally saying things like the statement below (and meaning it), will help you align with what you Truly Crave and to accept it as the truth.

“I appreciate my best efforts, I appreciate my work, I appreciate my life, I appreciate those in my life. I love and deeply appreciate myself”.

Repeat this over and over again both in the quiet of your mind and out loud. It will start to speak to you and BE your true craving. In this truth being what you crave, all false cravings will be gone.

“Doubt is the result of conflicting wishes. Be sure of what you want and doubt becomes impossible” A Course in miracles.

Now what??

Turn your days into an honest effort of appreciating yourself for your small efforts to CARE for you and/or another. Also make an honest effort to make others feel appreciated through the food you make, so that you know how appreciated you are. Also appreciate yourself for every small effort in making food for yourself.

As you give this appreciation to self and others, so will you receive it!

Let your true craving for appreciation, for closeness, for tender moments, for love and shared purpose be what leads you into action. Let this TRUE craving be what helps you to make all decisions.

Also let this true craving be what helps you to realize the difference between a craving and a hunger. When you learn when you are hungry and eat only when hungry and stop when full, you are also creating space to remember your worth, how appreciated you are, and how loved you are. In this loving, appreciated and whole state of being- you are unstoppable. You are valued, and you will feel it and know it.

This change from false to true cravings will not happen overnight. It happens over time with consistent dedication and effort to think and be this way. **And also a willingness to shine light on the areas where we are still led by our ancestors need to feel safe through being “full”.** The brain has been wired from caveman times, as well as from when you were a child to think of individual self survival first. So continue to be conscious of this, and know that it’s your daily decisions, your daily actions, your daily giving that will change the formation of your brain waves every day, and will begin to change the direction of your life to be consistently pointed and active in the unity, the peace, the joy, the creativity, the appreciation that you ARE and DESERVE.

Write your notes and realizations here:

