

LIFE STYLE WITHOUT FOOD

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The motto of this book:

I am the Consciousness and everything else is my creation.

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The knowledge I've built for myself and from which I publish information here, always has been existing. Everybody can find it, read and write it down. I've done it for those, who are still looking around for information in the material form.

Potentially everyone can live without food, but a potential doesn't automatically mean skill. The skill can be worked out by oneself.

THIS IS JUST INFORMATION

This book contains just information. All information can be (partially or completely) true or false regardless of where it is found. "Great spiritual master", "enlightened guru", TV, a book, Internet and others are sources of information. None of these or no other source of information can give you (real, true) knowledge.

Knowledge is something you build by experience, using the information you receive. The information itself is not knowledge. To build your own knowledge, you can use information from different sources. Having checked the information out and having experienced it, you can say: I know. Until then you were believing, you didn't know.

Believing has an unbreakable connection with doubting (actually it is the same thing but seen from the other side). What you believe (as true), you also doubt. When you doubt something, at the same time you also believe it. Also, when you believe, you may be asking and seeking till you gain the knowledge.

When you know, you don't ask, you just know, period.

Therefore don't blindly believe what is written in this book; it's better to find out yourself. You can take advantage of all the information here in any way. For example, you can test them on yourself in order to build your own knowledge. If you are going to blindly believe what is written in here, you may suffer because of it.

When you consider the information you receive to be your knowledge, you become a slave of the information source. A group of people believing in a so called authority (guru, master, teacher, expert) can be easily manipulated. This was one of the main reasons why (and how) religions, -isms, parties, cults and other organizations, which are controlling people and their life style, are able to be created and developed.

In other words, I suggest that you think for yourself. Use the information and treat all "spiritual masters", "recognized authorities", mass media etc. as sources of information only. Then work with the information yourself, not allowing others to manipulate you. Try yourself, experience yourself, because if you don't, you will never know, you will just be able to believe. And to close, let me ask you: Do you believe in God? Yes? No? Why?

ABOUT ME

SHORT STORY

I came to this material world on June 2nd 1963 at around 06:45 AM. When I was a teenager I started to be more interested in the so called paranormal phenomenas. After starting with radiesthesia, the circle of my interests expanded to include yoga, bioenergotherapy, spiritual development and the related practices. As a consequence of this kind of activities I became interested also in healthy dieting, (self)healing and healing via fasting.

When I was a teenager in Poland it was difficult to find literature dedicated to esoteric topics. It was possible to find only some very expensive copied books. There were also organizations of radiesthesists, which often organized meetings about so called not explained matters. In order to learn and experience more I participated in them whenever it was possible.

In 1984, before I was taken by the obligatory military service (I didn't succeed to avoid it), I spent 4 months in a seminary. It was another interesting experience for me and I also was able to know more about the clergy life.

Starting in 1989, while traveling for over 3 years in Asian countries as a teacher and promoter for the international, auxiliary language Esperanto, I was able to find much more literature about esoteric topics. When I only had the opportunity, I read and practiced what I learned. I also visited, when it was on my way, some spiritual development centers. But in spite of reading valuable books, speaking with “enlightened” people, visiting centers of spiritual practices, I hadn't found, as I can see now, what I was looking for.

Now I know that this thing is in me and I am the source of it. The deeper I went inside me, the better I saw that all knowl-

edge I needed, everything that I was looking for, and much more is there — in me; it has always been in me from the beginning. The only thing I needed to do was to allow myself to let it manifests itself in me. Great, well known and all other “spiritual masters” are not able to give me what I always have had. They can only, themselves being a source of information, turn my attention to it.

CAREER

After my graduation as a chemist, in 1983, I worked in my profession in “The Institute of Heavy Organic Synthesis” in Kędzierzyn-Koźle (south Poland) for a year. During my tenure at that Institute, I often traveled through Europe to participate in Esperanto meetings. In 1988 I decided to leave the institute and go to some Asian countries to teach Esperanto.

When traveling in more then 30 countries (1986 – 1992) I was able to deeply experience and understand the meaning of the (Polish) saying: “Traveling educates”. No other school had ever given me so much experience and knowledge.

In Taiwan, at the end of my last sojourn, I started a private business — a publishing company. I published one book and was issuing the magazine “MONO” (money) in Polish and Esperanto.

After coming back to Poland I founded a foreign language school. A few months later my wife, a Chinese from Taiwan, arrived, to settle down with me in Poland.

In 1996 I closed the school and started a trading company ROSPEROS. The principal activity of ROSPEROS is importing computer parts called CPU upgrades, mostly from Taiwan. CPU upgrades, small computer components, enable inexpensive, efficient and ecological upgrading of old computers. It is a good solution for individuals and institutions, which need more powerful computer but have limited finances.

EXPERIMENTATION

Since 1979, when I was 16, I have been taking steps and doing experiments (with my body) on my way towards a conscious spiritual development. My decision to start the life style without food (on July 1st, 2001) was one of those steps and experiments.

In July of 2001 my family left the house for 5 weeks, for a vacation. During that time, as usually, I worked everyday in my office. Every day I contemplated more then usually in order to adapt the body for the changes in its functioning.

I planned to adapt the body for the changes in its functioning within 3 to 5 weeks, but it took me longer then that. Most of the change wasn't something new for me, because, since I was 16, I had been fasting at least once a year to clean and heal the body.

Having decided to experience life without food, I just put aside the food. However, I realized, afterwards, that for the majority of people, according to their beliefs, it is practically impossible to just put aside the food. That's the reason why I decided to research and later to describe methods for adapting the human body for living without food. This is why this book started.

Having considered the matter I came to the conclusion that the experimental way would provide me with the most exact data and experiences. As a natural corollary to this concept, my next right step was the reversion to the "normal" material body feeding, to make the body again dependent on food. So now I can say: by dint of the knowledge I've built about the subject I can give more information to people who are interested in this.

I hadn't yet decided, at the time the first edition of this book was out, when to begin the next experiment. I delayed my final decision, trying to get some co-operation from qualified professionals like scientists, doctors, biotherapists, clairvoyants who might be interested in the topic. There were some persons but

they only showed a will or they were stopped by the establishment.

For me the life style without food was the most convenient one. It was giving me many benefits. That's the main reason why for more then half a year I was not willing to make the decision to stop it, although I was feeling an increasing push. However I was feeling, that there are more important things, according to the tasks undertaken by me for this life, but the non-eating would not allow me to realize them in some fields. Finally I decided to stop the non-eating time in March 2003.

PURPOSE

I know why I am here. I know the tasks which I've undertaken. Those tasks define the purpose of my stay on Earth at this time. Here is the description.

I've decided, in a simple and understandable way,:

- ◆ to inform about some functions of some parts which make up the human;
- ◆ to inform about some potentialities of the human in the spheres of the mind and the body;
- ◆ to inform about possible solutions which can improve a person's ability of more conscious guidance of his/her own life;
- ◆ to show possible solutions useful for (self)healing and re-programing of the body;
- ◆ to show possible technical solutions allowing man to live in a cleaner (according to the nature) manner;
- ◆ to inform about Consciousness, Light, Love, Life;
- ◆ to inform about communication between people and other beings.

QUESTIONS

Life style without food made it considerably more difficult (in some cases impossible) for me, to realize things related to the topics, which I was receiving questions about. It was mainly about:

- proper nourishment of the body;
- efficient (self)healing especially in cases acknowledged as incurable;
- proper way of heal fasting;
- influence of foods on the body;
- the causes of eating;
- preparing the body for living without food.

When I still was a teenager I started to experiment with my body. The purpose of this experiments is to test theories and hypothesis on me, because I want to work out methods. Later, when I prepare the information, I consider the results of the experiments. By dint of such procedure I can better answer the questions.

FAT AND SICK

I've experienced non-eating from July 2001 until March 2003. That practice gave me enough knowledge required by my needs. By dint of the gained knowledge I can inform interested persons about the details regarding life without food. Continuing non-eating, after March 2003, although convenient for me, would not allow me to fulfill my tasks. So, at that time, I was feeling like a person going a way and often meeting other people who would tell him: "You can go this way, but you would be able to do much more, if you were walking that one, because that other way would be more in accordance with your original intentions."

Since September 2002 I was trying to stop the non-eating phase to start my tasks, as previously described. However, living

without food was so beneficial to me that I was every day delaying that stoppage. But finally, in March 2003, I came back to the right way - I stopped the non-eating and went on with my tasks.

At that time, March 2003, this is what I planned to do during a year:

- ◆ to fatten the body till max 130 kg (286 lb). I never experienced such a big overweight, that's why I wasn't able to fully understand all related physical and psychological processes.;
- ◆ to get sick with diseases believed to be incurable, like cancer, diabetes, hypertension, heart diseases and others. Then to heal myself completely.

In March 2004 I decided to end the above experiment. I had learned enough and I didn't want to force myself to suffer more. I was feeling worse then I could imagine it before starting the experiment (worsening health, low energy level, bad mood). Also I felt that it was the right time to continue farther with my plan.

On the 1st of March 2004 I started the next experiments with non-eating. In that day I again moved food away from me. As I was 30 kg (66 lb) overweight, I could feel significant differences between my two beginnings of the non-eating life style (the first in July 2001 and the current one in March 2004). I have published descriptions of this and next experiments on my web site <http://niejedzenie.pl>.

By dint of the experiment with the fattening, although I reached only 100 kg, I learned many things which an obese person feels. It concerns not only the every day life (e.g. limits in movements, addictive appetite, feeling of hypertension) but also how fasting looks (is being done) in the case of such a person.

Now I can understand, why for obese persons, those who need it the most (as much as fish needs water), it is so difficult to go through fasting. Having my own fat body, upon experiencing on myself, I was able to recognize how difficult it is for the obese person to fast.

An obese person is more addicted to food. It is useful, for such a person, to have a stronger will power, in order to successfully pass a treatment, which is similar to the treatment for a drug addict, because he/she is suffering more.

I found out and experienced many more aspects regarding obesity. It all gave me more knowledge about man. To describe them all, I would need to write another book. I know that it is worth for me to experiment in such way.

By the way, please remember, that it is my experience. I mean, what I was feeling doesn't have to be the same what others feel. I am doing all these experiments in order to know more, for the very sake of playing, and to be able to give information to people, if they ask me.

TASK

As a result of my work on expanding the sphere of Consciousness I live in, I know, that my present main task is to pass on information. For this purpose I recall, collect, elaborate and pass on information related to:

- ◆ Consciousness, Light, Love, Life;
- ◆ function of the human body;
- ◆ human body adapting abilities;
- ◆ life of beings (mainly people) outside Earth and co-operation, friendship with them;
- ◆ usage of energy in way not destroying Earth;
- ◆ individual abilities of a person for conscious self-developing.

As an example this book is contained within the second point.

BEFORE WE START WITH THE TOPIC

FAD

In the beginning of 2001 I noticed a fad (which later faded) for breatharianism, non-eating, “pranic feeding”, going for “living on Light” in Poland. I am sure that in big part the fad was created by the mass media. I can imagine that similar fads happen in different places on Earth from time to time, so my observations in Poland may be valid also for other places.

Everything would be fine if it would not look like the so called “blind run of flock of sheep”. The “blind run” brought some persons to a dead end and caused more damage then benefit to them (and to the whole issue). It all resulted mostly from misunderstanding of the matter and not sufficient knowledge.

Despite what some people and mass media are promoting, non-eating relates mainly to one of stages on the way to expanding the sphere of Consciousness in which a person lives in, in other words: on the way to perfection, on a path of conscious spiritual self-development. Making non-eating the main goal and trying to adapt the body to living without food, without the necessary spiritual considerations, can cause suffering to the person. One of the reasons why I've written this book, is to deliver the proper and practical information: what the matter is about, what way of doing it is more beneficial, what should not be omitted, what should be considered, etc. In doing so, I direct your attention to the fact that non-eating can be a jump in the unknown, can be dangerous, because it can cause the person to lose his/her material body.

It is worth remembering that non-eating is related to spiritual self-development, although, theoretically, also a “completely unaware” person (and not interested in this matter) also can ac-

quire the ability to live without putting anything in his/her mouth.

WARNING

The main purpose of my activity regarding the subject of “living without food” is to pass on to interested persons:

- ◆ information about methods of adapting the human body for proper function without the need of eating;
- ◆ material covering details about adapting oneself to live without food;
- ◆ material covering the ability of the body for living without the need of eating.

I've written this book to be able to realize part of the purpose. But, please, don't look upon the information contained here as a manual leading through adapting your body for living without eating. The task I've decided to work out by writing this book is to deliver information only.

Adapting yourself for living completely without eating is a complex process, which most often requires you to live in a larger sphere of Consciousness. You will be better off seeking advice from more experienced people. Also, even consider looking for guidance from more experienced people.

Furthermore, know that this process progresses differently for each and every person; that's the reason why every person needs a customized method (personally worked out). It is worth to remember that there are so many methods of adapting the body for non-eating as many people who have gone through the process.

DEFINITIONS

In English there are the words “breatharian” and “breatharianism”, both derived from the word “breath”. These words don't exactly explain what the matter is about, so their meaning needs to be clarified. Hearing for the first time the word “breatharian” a person thinks about breathing, not about non-eating. Some people may think that breatharian is a person who feeds himself on (lives on) air.

Different people interested in living without food have different definitions of the same expression. To make this book better understood, some definitions are needed.

Non-eating – state of a person, who doesn't take any food in the mouth, but is not fasting.

Non-eater – a person who does not eat at all but doesn't fast or starve.

I feel that the above two words are not perfect, but they direct the reader's thought on the right track, they better reveal the subject-matter we are dealing with.

On the other hand, these words may sound not so nice. Such words may also influence the subconsciousness in a way that is not beneficial for the user. I am still looking for better words.

Inedia is another term used for breatharianism.

Inediate is the person, who never eats and/or drink.

Once two words came to my mind:

“eatfree” for the person free from eating,

and

“eatfreedom” for the state of a person, who doesn't need to eat and lives in such a way.

Do you have other ideas?

Breatharianism – an idea about ability of man to live without any food and without any drink, but air is needed.

Breatharian – a person who needs only air for living, no food and no drink is needed for the body to be kept in perfect condition (function).

Living on Light – an idea about the ability of (not only) man to live without any nutritional need other than Light (see explanation of Light later).

Living on prana – an idea about the ability of (not only) man to live without any need except for prana (highly energetic product of Light condensation).

BE CO-AUTHOR OF THIS BOOK

For me, writing a book about a topic such as LSWF is a process which never ends. Whenever I think about the contents already written, more things (what I could write about it) appear in my mind. There is always something that I could add to make the topic more comprehensive.

My goal is to have the most comprehensive work up of this topic in one book. Myself I know a lot in this matter and I am finding new things, but still it's not everything, at all. The knowledge you possess about this topic is a valuable source. Therefore I invite you to together enlarge the collection of useful information contained in this book.

If you are living without food or doing long fasts, please describe your experiments, experiences and observations. Write about you, how you were preparing your body for living without food, how you went through a fasting and why you did it. Also, write about the obstacles you met and what solutions you used to overcome them.

If you are not a non-eater, please, also write to me. Every your remark and/or proposal may be valuable for me. What is missing in this book, what should be changed, what you don't like, etc.? — I would appreciate any remarks from you.

You may write to me using the publisher's address or my email.

ASK YOURSELF

I suggest you to think deeply over these questions, to analyze and to answer them to yourself.

1. Why almost everything that man eats is later excreted as feces, urine, mucus, tallow, gases, blood, etc.? Does it mean that this perfect organism is a machine for processing almost all eaten things to produce excretions?
2. Why there are no illnesses caused by non-eating or by fasting, but there are so many diseases caused by eating?
3. Why so many diseases (which often bother a person for years) completely disappear upon long enough fasting?
4. Why fasting, statistically, shows the highest efficiency among physical methods of healing on Earth?
5. Upon being treated for drug addiction (either alcohol or nicotine, narcotic, caffeine, sugar, etc.), the body shows some unpleasant reaction (called clinical symptoms). Upon giving up eating, people show the same clinical symptoms. Why in both cases the symptoms are the same? When a recovered addict restarts his/her addiction, the reactions in his/her body are the same which appear in a person who restarts eating after a long period of fasting. Again, why in both cases the reactions are the same?
6. Researches show that some people can live without food for months or years, but others die just after a dozen of days. Why?
7. Why different persons, having the same weight and height, eating food which differs very much by quantity and composition (every person eats something else) enjoy perfect health?
8. Why some people eating very healthy food are often ill, but other people eating junk food are very healthy?
9. People and animals, when they are ill, have no appetite. In such case animals fast till they become healthy. If an ill man

fasts, he/she also becomes healthy much faster. Why the body reacts like this?
Do you have any other question related to this topic?

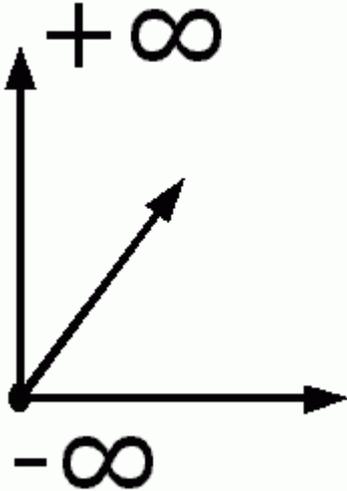
THE CONSCIOUSNESS (with capital C)

Imagine something that doesn't have any space, time or any other limitations. Actually, it's impossible for the intellect to imagine the Consciousness, because any such an act already makes a limitation. But just for the sake of a graphical presentation here, imagine something which doesn't have any limit in it's time, space, feeling, knowledge, abilities and anything that you can imagine, and even more.

The Consciousness is almighty, all-knowing, all-existing and all the other all- (s). The Consciousness is the cause of all causes. All matter, all spirit, all thinking processes and all life in it's origin — all these, and even more things, have the Consciousness in it's origin of the existence. The Consciousness is everything that you are able, are not able, to imagine, and even more. Other words used (if the definition means the same or something close) for the Consciousness are, among others: God, The Absolute, The Providence, The Almighty, The Universal Mind, The Cause, The Principle, Universal Consciousness. Depending on the understanding and explanation of the person, who uses thee words, they may have another definition, not necessary same as the above one. So if you are not sure, what the person is talking about, ask him/her about the definition.

If I was to present graphically the Consciousness, I would draw a dot and mark it with the minus infinity symbol. From the dot there would be lines spreading in all three dimensions, till the plus infinity. Of course, it is only a graphical imagination of something, which is impossible to be drawn. Let us make a premise that this drawing represents infinity, something that has no limits. Such a representation of the Consciousness makes it easier to understand my clarifications. So, the drawing below represents, for the intellect, the Consciousness.

The Consciousness



IAM

What is IAM (written in capitals)? IAM, which cannot be comprehended with the intellect, is an illusory (imaginary) piece of the Consciousness.

IAM is one with the Consciousness and exists in It like a drop of water is one with the whole lake. IAM and the Consciousness are the same thing, but they are seen differently, considered differently, perceived by the intellect differently

So, the attributes of IAM are those of the Consciousness. IAM is in the Consciousness, at the same time being an imagined piece of the Consciousness. Without the Consciousness IAM would not have existed (and vice-versa). It is in the same manner as the drop of water would not have existed without the lake (the lake would not exist without drops of water which are consisting it).

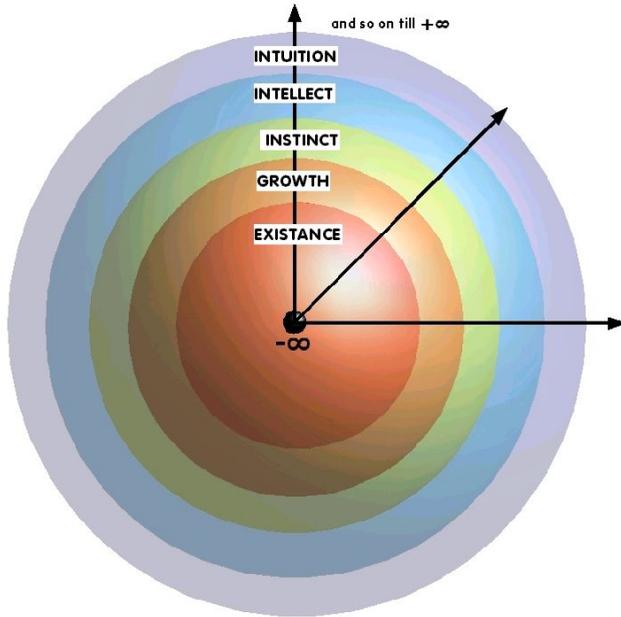
At the same time IAM is the source, essence, primary cause, creator of every being. Every being exists in IAM, because it has been created in IAM. A being may feel that IAM is in

him/her/it or the being may feel he/she/it is in IAM — it doesn't matter, because IAM is not limited by dimensions.

SPHERES OF THE CONSCIOUSNESS

The Consciousness has no limits, so there is no place where it ends. Nevertheless, imagine that a border of some kind was inserted in the Consciousness. So, part of the Consciousness, in order to have it limited, was enveloped, to form a sphere. Explaining graphically, it can be said that a spherical border was inserted, or was created, inside of the Consciousness. Such a limit I call a sphere of Consciousness. This is what I mean when I say that a being (for example, human) lives in a sphere of the Consciousness.

Unlimited number of spheres of the Consciousness can be created. People know, and are able to describe, some of the spheres: the existence, the growth, the instinct, the intellect and the intuition. Graphically these spheres of the Consciousness can be shown as in the following picture.



The Consciousness has no limits, so a being living in the Consciousness also has is not limited in anything. Such a being is perfect in every mean, is omnipotent, all-knowing and other all-

Limiting the Consciousness to a sphere, makes the being (who is living in the sphere) imperfect (limited). Abilities of a being from a larger sphere of the Consciousness are bigger, comparing to a being from a smaller sphere.

A mineral (representative of the “existence” sphere) has less abilities then a plant (representative of the “growth” sphere). Comparing in the same way, an animal (representative of the “instinct”) can do more and knows more then a plant, but it has less abilities then human (the “intellect”). So, one can imagine that the beings living in the “intuition” are more powerful (they are more perfect) then humans.

At the same time the above picture shows the process known as evolution (growth). The evolution of a being consists in expan-

sion of the sphere of the Consciousness in which the being lives. Plant is more developed (farther in the evolution) than, for example, rock crystal. Animal is more developed (lives in larger sphere of the Consciousness) than plant. Human is even farther in the evolution.

In this process a being develops (evolves) itself, during the whole life, because the sphere of the Consciousness in which he/she/it lives, expands. The more the sphere of the Consciousness (in which a being lives) expands, the more he/she/it is able to do, to imagine, to comprehend, and so on.

Intellectual development of human, partially estimated as the intelligence level IQ, can stand here as an example. When looking at the human history, one can draw a conclusion that human abilities of understanding, explanation, imaging, creating, finding solutions, etc., were growing with the time flow. So, we can say, that the intellect (the sphere of the Consciousness) of the statistical inhabitant of Earth, has been expanding.

On the other hand, at the same time, the statistical inhabitant of Earth has had been active mainly in the intellect, therefore he/she has not been able to do things, which are not possible in this sphere. Every sphere is a limitation. If a person remains in the (sphere of) intellect and he/she doesn't evolve more (that is, he/she doesn't go beyond, to the intuition), the person is not able to understand things which exist beyond the border of the intellect.

In a specific sphere of the Consciousness a being creates and then uses a suitable body (sophisticated structure) and specific conditions for living. Some examples. Human has more sensible and more sophisticated a construction of the bodies, comparing to animal. Also, human body contains less minerals and more water. It's energetic structure is more developed. Animal has more sophisticated body which contain less minerals, comparing to the body of plant. Stone has the hardest body of the three mentioned beings, because it consists of almost only mineral(s).

The beings living in the (sphere of) intuition have much more subtle body than human has. In the present times, for most people this body is invisible, so it is considered not material.

Apparently, there is no such thing as a sharp border between the spheres of the Consciousness. There is also no limit in the number of possible spheres, it means, the evolution has no leaps. The evolution (expansion of the Consciousness sphere) of a being happens smoothly. In case of human the evolution means expanding of his/her Consciousness sphere in direction of the intuition.

The evolution is just like that. There is no such thing as something better or something worse in the evolution, but there are spheres of the Consciousness and different, innumerable possibilities to experience in them. Every being has, in its essence (source, root), the Consciousness. Every being is an experience of imperfection in a particular sphere of the Consciousness. It is the Consciousness itself, who is experiencing. So, it can be said that the evolution is a game by the Consciousness.

Do you understand now better the motto of this book? I am the Consciousness and everything else is my creation.

THE INSTINCT

It is one of parts of the mind. It which consists of data and programs. A program is a self functioning mechanism which is working exactly the way it was created (written). The program doesn't think, it has no emotions and doesn't do things which it was not destined (programed) for.

The instinct is a big collections of programs and data. The instinct doesn't think, doesn't deliberate, doesn't analyze, doesn't judge, doesn't create. The instinct runs programs and collect data (thoughtlessly).

The data are:

- everything collected with the senses (knowingly or not) and conserved in the memory (most of it is forgotten);

- all circumstances, for example:
 - situations (e.g. behavior of other beings);
 - factors (e.g. temperature, color, sound level, space);
 - a result produced by a program.

There is a huge number of programs in the intellect. The function of the human body would be impossible without the programs. Actually, there would be no body without the programs, because the body is a direct result of the programs.

Here are just a few examples of the program actions:

- human can perceive with the senses and interpret it, he/she can feel hunger, thirst or repletion;
- automatically are changed: the heart beat frequency, the size of the pupil, amount of the sweat, and many others;
- responses caused by the reflex.

The human emotional reactions are responses of the programs to data. For example, when you hear or see something, you may start to feel happiness, sadness, sorrow, liking or anxiety — these are results of action by an external factor (that is, data: things seen or heard) on a program serving this field of the person.

Another example. You are alone at home, having neutral mood. Unexpectedly someone knocks the door. After opening you see your beloved person, who kisses you and sweetly talks to you. What emotions arise in you?

Now something else. Having the neutral mood you enter a room, where at once someone shouts at you and flings insults on you. What emotions do arise in you now?

In the first case different emotions arise than in the second case, if the person insufficiently controls them. Explaining simply in other words: in such a case specific data causes specific results by working program(s).

To be able to control your own emotions, in a way that allows you to experience them according to your will, may be one of stages (or attainments) on your path of the spiritual growth.

When you reign your emotions, you can decide, at any time, to feel happiness. Then you can stay in this state until you change your mind, to elicit something else, for example, sadness. If you still cannot do it, different factors (e.g. behavior of other persons towards you) may be hurling you on the ocean of emotions, as the wind hurls a leaf. Any way ... so what?

THE INTELLECT

The intellect is this part of the mind, which creates. The intellect works in this way: first it creates a question, next it contrives, calculates, analyzes, tries, projects, solves, etc. and so on, in different order, until, finally, it creates an answer (solution). This answer can consist the next question.

The thing which passes, from the moment of having a question till finding the answer, is called time. The time exists only in the intellect because it cannot exist beyond the time. The intellect has been creating the time, so that it can exist and function. Beyond the intellect there is no time, that's why it can be said, that the time is an illusion of the intellect. Similarly it is with the space.

The intellect perceives and builds the world as dual-polar, that is such one, in which everything has two opposing sides, at the same time there exists something and its opposite. For example: question and answer, good and bad, light and dark, cold and hot, easy and difficult, hope and doubt, man and woman, perfect and primitive, love and hater.

The intellect creates something by, among others:

- giving answers for questions;
- building, in the imagination, something which didn't exist in there;
- modification of things taken from the memory (that is, from the instinct data base) or from the senses.

The intellect, in contrary to the instinct, does not collect data (that is, it doesn't remember); it only thinks (moves the data, creates).

THE INTUITION

It is this part of the mind, which knows “everything”, without any question, thinking, creating or searching. There is no question in the intuition. Even if there would appear one, at the same moment the answer would appear too. Actually, there is also no such thing as “moment” in the intuition, because the time (similarly to other illusions) doesn't exist in the intuition. The time, space and dual-polar world don't exist in the intuition.

The intellect is not able to understand the intuition because it is smaller sphere of the Consciousness. It means, the intellect is not able to explain, how the intuition works.

The intuition contains the intellect (think about the spheres), so the first one understands the second one. Similar relation is in case of the intellect, which contains and understands the instinct, but not vice versa.

It explains why human (the representative of the intellect on Earth) is able to understand and explain, for example, the function of the body or behavior of an animal. It also explains why the animal is not able to understand human, if, for example, the animal is asked to solve a mathematical problem or to explain abstract things. (The animal is not able to do so since the instinct is smaller sphere of the Consciousness than the intellect). Now you may be able to conclude that human (who lives mainly in the intellect) is not able to understand the angels and other beings spiritually more developed (who live mainly in the intuition). Indeed, people don't understand them, but they understand and Love people as much as people understand and Love animals.

Therefore, if one person tries to explain something coming from the intuition (so called: spiritual things) to another person, he/she can only philosophize. The imperfection of this communication is similar to a situation, in which one cow tries to explain function of the human intellect to another cow.

So, still trying, in this way, to explain about the intuition, I will add that it is also a kind of a link, way or gate for human to IAM.

For the needs of my descriptions and explanations in this book, I give here three more definitions:

1. superconsciousness — the whole activity, and it's results, of the sphere of the Consciousness called the intuition;
2. consciousness — the whole activity, and it's results, of the sphere of the Consciousness called the intellect;
3. subconsciousness — the whole activity, and it's results, of the sphere of the Consciousness called the instinct.

In most cases you can equal the related expressions, for example, superconsciousness = intuition, subconsciousness = instinct, and it will not affect the understanding of the descriptions.

When talking about human I also use the expressions: intuition, intellect and instinct, as definitions for parts consisting the mind (according to the above description). So, “the intellect” is a sphere of the Consciousness and also it is a part of the mind (with above description of its function).

Every being, also human, in it's essence is the Consciousness which has limited itself to a determined sphere.

FABLE ABOUT A FISH

First I am going to tell a fable, or (looking at it from a different angle) a true story, which is the prologue for the description of human, following later.

Once I had a fish in the past. It made me to decide to experience the life of a fish. How is it to be a fish? What does the fish do, and why? What does the fish feel? Can it be a breatharian? What kind of emotions does the fish experience? I was interested in knowing the answers for such questions. So, I decided to explore it. I was curious I wanted to have fun (to play).

First, for a few months, I daily spent a few hours with the fish. I was observing it in different situations. I found out a lot of things, I learned much about the fish. I even could write a book and become an authority in the field of fish life. I had observed everything what was possible to be seen in the live of the fish. That was my experience that people told me about in the past. However, only now, when I have seen it by myself, I can say that I know it.

There was nothing more that I could learn from the observation of the fish. The observation alone couldn't answer my many questions of the type: How the fish does see the world? How does the fish feel the water with its skin. How do its body organs react to changes of the water temperature? How does the fish feel the friction depending on the swimming speed? The observation alone could not give me the answers for these questions. Other people told me, how it feels, but for me it was only information about their experience from being in a fish body. Well, if I don't do it myself, I will not know, because the way to the knowledge goes through experience.

So, I'd decided to experience the live of the fish, and to do it, I entered in its body. So, as for the body, I was a fish. I could feel, on (as if) my own skin, all the things that I didn't know but was asking about. Things that people tried to explain to me, I could experience myself, but now I knew, how it is to be a fish.

Actually, I shouldn't say: I fully knew how it is to be a fish. It is true that I was in the body of the fish, but, the thing is, I knew that I was not a fish. I had experienced everything what can be observed and what can be felt on the body, but I hadn't learned the emotions of fish. Exactly, the emotions, that is, the essence of the fish live. How is it, what does the fish feel when a pike is approaching to eat it? What does the fish feel when another fish eats its children?

How could I have experienced the whole sphere of the emotional and mental live of the fish? Well, only to be in the body of a fish, was not enough, because I knew that I was not a fish, that it was only a game I was playing. When I am playing, I know that it is only a game.

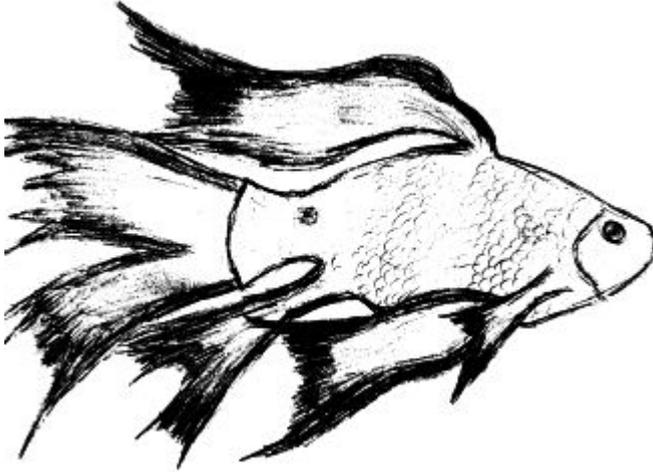
Other people told me stories about mental and emotional life of fish, but, well, for me it was, again, only information. I decided to experience it all, in order to know, not only to have information. I had a choice, to enter the body and mind of a fish, and to forget, that I am not a fish, that I am only playing.

I did that and lived through the whole life of the fish (not knowing that I was not a fish). Only after that (as it turned out) my experience about life of the fish became complete. All this things, like having done the observation, feeling the physical body and going through the emotions, consist the complete experience. Only having it all, I could say that I know the life of the fish (because I have experienced it).

Now I can explain about it to other people, as others tried to do to me in the past. But, I know that those, who don't have such experience, will not understand me. Even more, there will be people, who will say, that what I say is not true, and they will ask for a proof. How am I going to give them a proof of all that I've experienced? They don't have such experience, they haven't open themselves for it because they've decided to only look and listen to my information. I know that they are not able to understand me, that's why I don't intend to convince them or, all the more, to prove them anything. I can give them just information, and they, if they decide so, can experience them by themselves.

Have you realized that by this fable I've described human — what he/she is and what he/she does here?

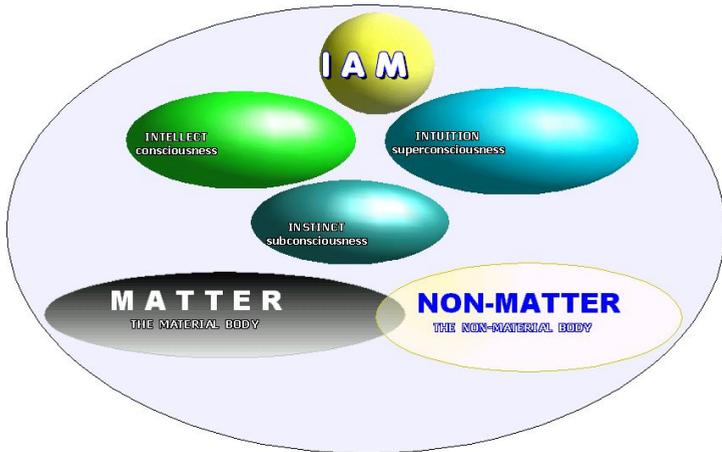
This time being human you already partly got to know what human does and what feels. Having defined an experience to go through, human experiences the life in a chosen form (body) and circumstances (place in the space, life style, etc.). Human doesn't know that he/she is not a fish, that he/she only uses the fish's mind and body, in order to experience the Life, in other words, to play.



Am I fish or not?

WHAT HUMAN IS

The picture below roughly graphically represents the elements consisting human. Many other beings, living outside Earth, graphically look similar.



This picture doesn't contain all the elements and it doesn't show the internal and external connections, because they are not so important in the present topic. Also, the interrelating positions of the elements don't accord with the actual ones, where one is contained in another, like spheres, because one creates another. I've chosen this simplified arrangement for clarity purpose needed in the text.

IAM is the center, root, first cause, essence (other expressions can be used) and, simultaneously, is the creator of all the other human elements. IAM is an imagined (as if) independent and separated piece of the Consciousness. Simultaneously IAM contains inside itself all the elements consisting human, because all the elements exist only in the mind of IAM.

Since IAM is an imagined piece of the Consciousness, IAM has all its attributes, for example, it is almighty and omniscient.

Therefore you may ask yourself, what IAM can wish, since it is perfect, it has, knows and can do everything. Of course, the intellect (limited sphere of the Consciousness) is not able to understand that, it can only philosophize about that matter — this is what I am now doing.

What IAM wishes? The answer is simple: IAM is playing a game that it has created. Since IAM has, knows and can do everything, it needs nothing, therefore it may chose to play a game, for example.

The game, called: the experience, to be most successful, should look like a real thing. The less the things and situations look mock, the better is the game. IAM can produce such circumstances by making limits, that is, by creating a sphere of Consciousness which is proper for the conditions of the game being created.

In the case of the game called: experiencing the Life as human on Earth, IAM creates (among others) the following tools proper for the experiencing:

1. the mind, which consists of the intuition, intellect and instinct;
2. quite sophisticated structure, called: the body, which actually consists of the material (physical) body and many other elements (also called: bodies — I'm omitting the details as not important in this description);
3. circumstances, conditions for the experiencing (e.g. living in a small town on Earth).

Having created all needed elements, IAM is experiencing what can be called: “an evolution from imperfection to perfection” or “spiritual development”. It is quite interesting game, when a being who in its essence is perfect, doesn't know it and thinks of him/herself as being imperfect, is struggling to the perfection.

“I am the Consciousness and everything else is my creation.”
— Now you know, where the subtitle of this book comes from.

THE LIGHT (with capital "L")

Do you know where these expressions come from, and what they mean? — “Living on Light”, “Living in Light”, “To be fed by Light”, etc. What, actually, is this Light?

From my preceding description you know, what the Consciousness is. Now, imagine something which is its total absence (maybe even its opposite); let's call it: the Total-Absence-of-the-Consciousness (abbr. TAC). Of course, similarly to imagining the Consciousness, it is impossible to imagine the TAC, because even the lightest try will limit what is unlimited and unimaginable. It is like trying to draw the infinity.

When I am intellectually explaining the TAC, I refer to the total darkness. When the Consciousness appears in this total darkness, a flash of light appears, which is called the Light. In other words, when the Consciousness appears in the TAC, an external observer can describe this process as a flash of light. So, the Light is a manifestation of the Consciousness.

Every being is a manifestation of a (limited) sphere of the Consciousness. The larger is the sphere, the more Light is manifested by the being.

The Consciousness is in the root / essence / beginning of every being. It manifests itself as much as the mind of the being allows it. Therefore, the larger is the sphere of the Consciousness, in which the being lives, the brighter is the Light that the being radiates around, lighting the darkness.

Now you can understand that every human and every other being live on the Light. The Light creates and sustains the Life. When you feel this process, then you say that you feel the Love. The Light and the Love are manifestations of the Consciousness, in other words, the appearance of the Consciousness in the TAC. They are the same thing. The difference is not in the

matter but in the way a being can perceive them. The Light is what he/she/it sees. The Love is what he/she/it feels.

So, you are already living on the Light, actually, you've always have been. If you are aiming to live on the Light, just let yourself to feel that you are.

It is not enough, to understand it intellectually, but once you feel it, you will know it and it will become your reality. Then you will know that you are the creator of your life.

Now, close your eyes. Fully relax. See and feel the complete darkness for a while. Then let yourself to see the Light. Once you see it, turn your attention to your feelings. What do you feel? Love. Tell yourself, and deeply FEEL it:
IAM the Consciousness, the Light, the Love ...

SOCIETY SUGGESTION

Once my wife, it was at the beginning of my first non-eating, told me: “What you are doing is against the natures.” Before I answered, I realized that there is a lot of truth in her statement. Why? Before I answer, please, think about the below three cases.

1. When a baby is born in society of people who eat, then he/she demands food from the moment of the birth. The baby has to be fed because if his/her body doesn't receive any food for too long, it will stop working (dye). Not giving the baby any food, would be acting against the nature.
2. When a baby is born in society of people who eat, but his/her parents are ineditates (but not persons forcing themselves to be non-eaters), the baby will demand food in less quantity than the one in the above example.
3. When a baby is born in society of ineditates, it will refuse to eat from the beginning of his/her life. Then the baby should not receive any food. Giving the baby food, would be acting against his/her nature.

Do you already know what causes these differences? You can guess that it is about programs in the instinct of the baby, the programs which are responsible for the connections of human with the matter called food.

From the moment of the conception every human is under influence of the society suggestion. In the womb the biggest influence on the baby's instinct has the mother, next are the father and the other family members, and then the persons with whom the mother spends most of the time. If they all are people eating “normally”, one rather should not expect that the instinct's programs of the baby in the womb would be different from the average ones in the society. Therefore also the biological nature of the born baby will be an average one, resulting from the in-

fluence exercised on this person during his/her whole time in the womb. The eating habits of the human are being created already in the womb (they later can be changed).

Similar process is taking place during the whole time after the birth, till the baby becomes an adult, his/her diet depends on society in which the child lives.

The born baby has the instinct sufficiently programmed, so that his/her body and mind can function properly. The collection of these programs composes his/her nature. Acting against this nature, causes disorders or even death in extreme cases.

There is a simple conclusion from this: next time, when you decide to be born on Earth as inmediate, first chose parents and society of such kind. ☺

The society suggestion is not only the influence of the parents and all the people which a person is in contact with. The person is influenced also by the education, environment, colors, sounds, temperature, eaten food, games and so on. All that, and even more, constantly programs the human instinct.

You probably guess how useful tool, in hands of manipulators, it is the knowledge about the society suggestion. Knowing the mechanisms of reactions (programs' answers) to specific stimulations (data) in a chosen society, it is easy to manipulate the people (mainly their emotions) in a meaner, that their thinking, talking and acting is in accordance with the manipulator's expectation. Fear, the desire to feel love, envy, compassion, want of power, desire to punish and other factors causing emotional reactions are used in carefully planned meaner, so that people, according to their own will, do exactly what the manipulators are expecting.

The instinct is programs and the manipulator is a programmer who knows how to program a person in a meaner that is not noticeable to the person and, often, results in the person being thankful for manipulator's work.

Often voting people are a good example of it. Also, look at the advertisements, packings of the bought products, arrangement of the shops (the music) or offices, declarations of politicians

and journalists, and so on, etc. Listen and feel what they evoke in you, what emotions? Do you think that it happens by a coincidence?

The more you think by yourself, that is, the more consciously you do something and the more you pay attention to the society suggestion — then the more you discover the underlying suggestion and the more you understand how strong influence it has on the thinking, talking and acting of people. Then you can say that you think by yourself, not according to patterns built in your instinct. Then you act more and more independently, you become more independent person. Also, then the emotional states emerging in you are becoming of the kind that you decide to have, not of the kind that your instinct was programmed to produce in response to specific stimulation (data).

Please, be aware that the person who doesn't understand and control his/her instinct, in relation to the programs being in charge of the matter called food, is not able to become an inediate. Such a person is still a slave of his/her instinct's programs.

REPROGRAMING

The instinct is this part of the mind, which creates, among others, the matter (therefore, also the body). It depends on the instinct, how the body functions. Among other things in the instinct, there are also the relations between the body and the external matter, of which the food consists a part.

The instinct of a person who “eats normally” has a set of programs running all the processes related to the eating and food. How it works in case of statistical human? — I think there is no need to explain.

Knowing this much about the instinct, you can easily come to a conclusion that, in order to become an inmediate (non-eater, breatharian) the main task has to be done — to change the function of those programs which concern the eating.

In case of the statistical inhabitant of Earth the result of the programs' work can be described as follows.

If proper substances (defined as “food”) are delivered in the human body, through the digestive system, in proper quantities and in proper time — the body works. But if something changes, for example, the quantities decrease too much or the timing will be wrong — the body does not work properly, in extreme cases the vital functions stop.

Therefore, in order to make the body independent of any food, of the time and the quantity, the programs need to be modified, so that they work in the following way.

Regardless of if substances are put in the body or not, regardless of the time and the quantity — the body works properly. The instinct constantly keeps the human body working properly and the person can call him/herself an inmediate.

A person who prefers to start from diet modification, who hasn't decided yet to become an inmediate, may change the programs so that they produce result as described in this sentence: If the body receives only plant derived food, it works properly. In such a case the person may call him/herself a vegan.

Another person may decide to make some other changes. This person will change the programs, concerning the structure and work of his/her body, so that the result is described in this sentence: Only if fruit or vegetable juices are drank by the body, in proper quantities and time — the body works properly. Such a person can be called a liquidarian.

How to change the way a program works? How to delete a program or data that I've decided to get rid of? How to build in new programs and data?

The methods used for realizing such decisions are visualization, hypnosis and suggestion.

VISUALIZATION

The instinct builds the human body, keeps it working, control the data (e.g. eaten food, memory), react to the psychical and physical stimuluses, and so on. Any activity of the instinct manifests itself as a result of a program's work.

I mentioned before that the programs can be modified. If I don't like a function or reaction to a stimulus, I may decide to make modifications. The aim of making changes (modification, removal or building of a program) in the instinct is to achieve a planned result of the instinct activity.

If I decide that my body will react in a specific way to, e.g. heat, darkness, wounds, food — I can realize it by reprogramming the instinct. By the term “reprogramming the instinct” I mean any modification, removal or build in of at least one program in the intuition.

Firstly, it is worth to remember that the instinct requires a loving care. This loving care is exercised mainly by, as it says, loving the instinct. The more you love your instinct, the better it serves you. You can treat the instinct as if it was your beloved child or pet.

The beliefs (data consisted of stored pictures) and programs of the instinct create the needs of the body and its reactions to the situations. The habits of human are manifestation of pictures and programs, which are build in the instinct, concerning a particular thing.

The person who knows how to reprogram the instinct (that is, to nurture it properly) is able to change every result of its action. This concerns also the needs of the body regarding its nourishment.

So, when you are spiritually ready to make yourself independent of the eating, the last thing to do is to reprogram the instinct in the field of the relation between the eating and the body. Depending on you reprogramming skills, it may take

from you any time between one second (or even shorter) and a few tens of years (or even longer).

The visualization is one of the simplest and most efficient methods used for reprogramming the instinct. It is a conscious action, which brings planned changes in the work of the body and in the life circumstances.

If you want to make the body ill or healthy, make yourself rich or poor, want to materialize or dematerialize things, want to develop an ability in you, etc., you can use the visualization. If the visualization was compared to programming and you were compared to the programmer, then life is a game which you are writing according to your liking.

For the visualization to be effective (that is, the result of the reprogramming is noticeable), the right picture (film) has to be created and saturated with energy. The following five points, which need to be fulfilled, describe the details:

1. A clear, realistic and vivid picture or film, in which all the senses perceive details.
2. The achieved result, in the present time.
3. Feeling the state of the result being achieved.
4. Knowing that this is the reality.
5. The energy accompanying Love.

re.1

Firstly, most important, know what you want, that is, what is the final result that you've decided. See all the detail of the thing that you've decided and which is going to be produced as the result of the visualization. Create a picture in which also the senses take part in. The more senses take part in the picture, the more realistic and vivid is the picture — the easier it is to accomplish the visualization.

For example, if the result of the visualization is to have your own house, imagine yourself with your family living in this house. See you all speaking (the sense of hearing) near the house and how you make friends to visit it, etc. Let smell, e.g. of the freshly painted walls, flowers of the garden, be around there (the sense of smell). You can also taste a drink just pre-

pared in the kitchen (the sense of taste). Beside the house you feel the nice warm of the noon Sun. Such a picture becomes a film in your imagination.

Create only those details in the picture, which are important for you. The rest of the details will be created accordingly, so you don't need to care. For example, if the localization and the shape of the house are important for you, then clearly create these details in the picture. But if the number of the windows and the colors of the walls are not so important for you, don't create them at all in the picture.

In the picture being created don't include the way of achieving the final result (unless it is the way that interests you most or even is the final result). The picture itself, that is, the final result of the visualization is important, not the way of achieving it. If you are creating, in the picture, a way of achieving the final result, you are limiting yourself with this way. There are other ways that you are not aware of, which are more efficient, easier and advantageous, etc. So, you better create the final result in your imagination and do not think about the ways of achieving it.

For example, if you've decided to heal your body, then see yourself happy and completely healthy. Don't imagine any method to heal yourself. IAM has much more efficient methods, comparing to what the intellect is able to imagine.

re.2

The result, presented in the created picture in your imagination, has to exist in the present time. If in the imagination you say, e.g. “will” have, become, receive, buy, become or other “will” (using the future tense) — it will become a fact. Therefore, today it “will” be to be attained, tomorrow it “will” be to be attained, after a year it still “will” be to be attained, after twenty years nothing will be changed because it still “will” be to be attained ... So, till when it “will”?

The visualization gives you what you've created. Since you've created “it will” (future happening), you will always have the thing in the future, never “have done” it. In other words, the re-

sult of the visualization will never be attained in the present time. Since you are living in the present time, always, you will never receive what you visualize to be realized in a future.

re.3

The picture created in the imagination has to present the result already realized, the goal already attained. For you it is already the present reality. As for the above example — you see and feel yourself in the house as realistically as if you were living in it. You **are** living, sleeping, working, resting in the house — you treat everything as really existing, occurring at **the present time**.

The instinct is not very successful in dealing with the illusion of the intellect called the time, it doesn't know what the time is. It understands and reacts as a small child. If you tell the child “today”, “tomorrow”, “after one week”, he/she will not distinguish the significant difference, because his/her intellect has not learn the create the time.

This is one of the main reasons, why the picture has to present already realized the state. You already now see and feel it as the real state of the matter.

re.4

Do you know, what is the difference between “to know” (knowledge) and “to believe” (belief)? I've already mentioned this. Well, when you know something, then you don't believe it. When you believe something, then you also doubt it, because you just don't know it.

Not clear? Let me ask you. Do you know or do you believe that you are reading this book? What is your answer? “I know that I am reading.” or “I believe that I am reading.” Do you now comprehend the difference?

When looking for advices about hot to do visualization, one can find information that says “you have to strongly believe”, because “the believing moves mountains”. Well, no matter how strong you believe something, at the same time you are also doubting it. But when you know, you have no doubts.

Another example. If now somebody calls you and asks what you are doing. You, according to the fact, may answer, that you are reading a book. You know it, but the other party may only believe you. He/she can believe what you said in 99.99%, not 100%. If the other party could see you now, he/she would be able to say: “know”.

The visualization requires you **to know** that the picture in your imagination presents the already realized reality in the present time.

You may doubt if you are able to know. In such a case you think that you are able only to believe strongly. Well, then believe it. It is more advantageous then to do nothing or to move it to the future.

BTW, have you seen a person materializing an object (e.g. an apple on his/her outstretched hand)? You've seen an example of the visualization, in which the person already knew that the object was there.

re.5

Without sufficient amount of energy the visualization will not give the result. The amount of the needed energy is not as much as results from the formula $e=mc^2$, because the thing doesn't concern this formula. Therefore, when I talk here about the energy, it less mean the known definition stating that the energy is a potential capable of performing a work. What I mean by “energy” is the thing that a person feels under influence of an emotion. An emotion is a reaction of the instinct (so, it is a program), occurring when energy is being released or blocked.

Do you recall any past moment, when you were “hair-raising” frighten and your heart almost “jumped out”? Then recall the energy which captured you in that moment. Also, recall the energy which stirred you, when you were feeling the strongest love affection of your life. Now you probably know what I am referring to, when I say that the visualization needs “energy”. So, you have the **picture** ready, which is totally **real** and existing in the **present time**. You also **know** that the picture repre-

sents your **present reality**. Now you only need the **energy**, in order to manifest the picture in the (material) world.

So, now allow yourself to feel the most powerful energy, the one appearing when emotions accompanying the Love arise. First allow the Love to manifest itself through you. Just let this happen by itself. You need to do nothing, only allow, because you are the source of the Love.

In the visualization the picture can be compared to a seed put in the soil. The energy arising with the emotions is compared to the Sun and water. The seed without the water and Sun never would grow into the plant.

How to do it practically? First concentrate on yourself, relax. Allow the Love to manifest itself through you (the mind and body). When you are feeling the arising energy accompanying the Love, bring the picture (with all the attributes described above) to your imagination (mind). In this moment the more the Love manifests itself through you, the more efficient (earlier, easier) the visualization gives the result.

In the next chapter, about the passiveness contemplation, I am mentioning more about manifesting the Love.

CONTEMPLATION OF PASSIVENESS

Contemplation (sometimes erroneously called meditation) is kind of mental exercise, in which the whole intellect and all the senses are concentrated on a specific topic. The topic can be a material thing (e.g. picture, person, scenery), an idea (Love, the Light, trust, mind) or nothing (contemplation without an object). During the contemplation the intellect maintains:

1. its own attention on the subject;
2. the level of the perceiving.

Contemplation is one of many spiritual (that is, strengthening the spirit) exercises widening the sphere of the Consciousness in which a person lives. Thanks to the contemplation, among other things, expansion beyond the sphere of the intellect happens. This comprehensively develops human and makes the person to feel the growth on the way of his/her spiritual development. As the result the problems disappear, body illnesses are eliminated, the knowledge manifests itself giving more possibilities and power to the contemplating person.

“The simplest solutions are the most efficient ones” — I often say this. The contemplation of passiveness confirms this statement because it is very simple, easy and efficient. Without any preparation every person, who understands the instruction, is able to contemplate. The contemplation influences the mind of exercising children in very positive way. If a child (as young as two years of the age) understands how to do it, it is worth to encourage him/her to exercise. The intellectual, spiritual and physical growth of a child using the contemplation of passiveness is much broader.

The contemplation of passiveness is advantageous and useful for every person on a way of spiritual development. Being a member of a religion or philosophical organization, of a social group, and similar matters, are not an obstacle in practicing the

contemplation of passiveness. Thanks to the contemplation the practicing person is getting to know more and more about him/herself, so, any such membership also receives advantages. The contemplation of passiveness individualizes itself, it means, it gives the practicing person what he/she needs on the way of the spiritual development. As the person grows (his/her sphere of the Consciousness expands), the contemplation modifies itself in order to serve him/her best. The modification is happening naturally and automatically in a way, which gives results best suited to the needs of the exercising person. That's why this mental exercise is powerful from the beginning. Because it individualizes itself to the person, the course and the results of the contemplation are different in case of every exercising person. Therefore, it doesn't make much sense, to compare the course and achievements of your contemplation with those of other persons, if not for learning purpose or curiosity only.

How to make the contemplation of passiveness, here it is. Sit down in comfortable position with the spine naturally erect. You may sit on a chair, with the feet on the floor and the knees at right angle; on the floor with the legs crossed; or (if you already master it) on the floor with the feet put on the thighs. The important thing is that you should be in a position, which will let you contemplate for a few tens of minutes without feeling any disturbing pinch.

The lying position also is suitable for this exercise, if you prefer it. But then it is easier to fall asleep. If you chose to lie down, it better be not on your side, it's better to lie on the back, without any pillow, with your hands and legs spread apart. Also in this position nothing should pinch the body.

This exercise, in its name, contains the most essential instruction – passiveness. The intellect has to be passive, it means, not to think, but also not to fall asleep.

The intellect of the statistical human, when not sleeping, usually is in the state of activity (thinking, creating, solving, etc.).

Then happens the thinking, perceiving the stimuli and its auto-

matic interpreting. The human intellect can also sleep, that is, to be if as switched off. These two states occupy almost all the existence time of the intellect.

There is a third state, into which the intellect seldom enters – the state of total passiveness. In this state the intellect is not active, that is, it doesn't think and doesn't accept any stimuli from the senses. Such a state occurs, and last for a few seconds, at the line between the daily consciousness and the dream. Maybe you can recall what occurs when you are awaking. On one hand you find yourself still dreaming and on the other hand you know that, though it is still a dream, you are awaking because the daily consciousness is appearing. This state of the mind is similar to the passiveness of the intellect.

To generate and to maintain the state of the total passiveness of the intellect seems to be difficult at first, thus it requires exercising. An average human will say that this is impossible because one “either things or falls asleep”. It's a fact that for a beginner, a try to make the intellect passive, most often causes him/her to fall asleep, specially when the person is lying. But since “practice makes master”, regularly exercising person achieves the goal.

Close your eyes and concentrate on the thoughts appearing in the mind. But – this is the most important thing in this exercise – do not follow the thoughts and do not create them. Do not think at all, concentrate on (but do not think this) not thinking. In the intellect be completely passive. Be totally indifferent observer of the flowing thoughts and all the stimuli reaching the senses. Whenever you notice that you are following a thought (you are thinking), live it instantly and restore the passiveness. With the complete passiveness only look at the appearing and disappearing thoughts (with zero interest). This action can be compared to the vacant looking at a river flow. You know that the water is flowing, because you are looking at it, but it doesn't interests you at all.

At the beginning, when you start to do the contemplation of passiveness, you may notice it many times, that you can make

the intellect passive for a few seconds. Then you notice that you follow a thought, as if it was pulling you. Later, as you continue exercising, the time without paying attention to a thoughts and to the perceiving, becomes longer and longer. At the beginning the intellect is full of thoughts, which chaotically appear and disappear. As you are continuing the practice, the number of the thoughts in the intellect is decreasing. The senses stimuli will be wakening less and less interests from the intellect, so it will become more and more tranquil. You will reach the state of the intellect, in which there will be only the last thought kept — “don't think and don't pay attention to any senses stimuli (actually, it is more advantageous, not to use any expressions containing the word “no”, thus better keep this: “the intellect is totally passive”).

When this last thought disappears, the Light starts to be clearly visible. Flashes of the Light may appear earlier at any time. Some people (especially those who earlier practiced something similar) may see the flashes of the Light even during the first contemplation of passiveness.

When exercising the contemplation of passiveness sounds may appear, which are heard not with the ears. These sounds, same as the Light flashes, are manifestation of IAM. IAM is present all the time, but the intellect, being occupied with its activities, usually doesn't notice any data from IAM. When the intellect becomes silent, passive, then the data from IAM becomes noticeable. The first data received by the intellect are the mentioned sounds and the Light. The more passive the intellect becomes, the more data it is able to notice from IAM.

The better the intellect maintains in the passiveness, the clearer it feels the manifestation of IAM in form of the Light and Love. Then the contemplation of passiveness transforms to contemplation of the Light and Love.

When the contemplation of Love begins, then you already know where to go. You need no more instructions.

You are doing the same contemplation, but it already is not of the same kind as it was at the beginning, because now it is

transformed to meditation. When the intellect moves aside, the Light and Love appear, then you enter the state of mediation (no thoughts, no illusion). If your brain waves would be checked, it would show that you are in the *Delta* state. The meditation begins when the intellect completely ceases its activity in the mind, but it doesn't fall asleep. The intellect remains totally passive but it is conscious about what happens in the mind. It is impossible to intellectually explain in details what the meditation is, because the meditation passes beyond the bounds of the intellect.

ENERGIZING EXERCISES

They are kind of exercises (not necessary physical) which cause sensible increase of the life energy in human. After doing an energizing exercise, tiredness, sleepiness, weakness, etc. leave the person. Exercises of this kind improve the right circulation and exchange of different energies and information between the bodies of human, and also between the person and the outside environment.

When doing an energizing exercise (to the contrary of a typical gymnastic or force exercise) the person doesn't diffuse the energy (to make the muscles work and tired) but delivers it for him/herself. This is what matters, because it's important particularly in the initial stage of the accommodation for living without food.

There are many known (most in Asia) systems of energizing exercises. Most often one can hear about the Indian hatha yoga and pranayama, the Chinese *qì-gōng* and *tàj-jí*, the Tybetian rites, the Western isometric exercises and different visualizations. There are many systems and they have schools — thousand of possibilities appear, which all have the same goal, to rise the level of the sensible life energy in the body of the exercising person.

Energizing exercises, if regularly performed, advantageously influence the person. This makes his/her body to become free of illnesses, to age much slower and to die much later. With the age of hundreds of years, full of energy and high physical-mental overall efficiency, looking like in his/her forties, masters of energizing exercises testify that this kind of activity has much to offer.

Many regularly exercising persons feel decreasing need for the eating. In case of some regularly exercising persons the hunger completely vanishes, when the energy level of the person becomes high enough. Among Chinese exercising *qì-gōng*, *tà-jí* this phenomena is called *bì-gǔ*, it means that the person doesn't feel any hunger and therefore he/she doesn't eat anything for weeks, months or years. Such a person remains in perfect condition and his/her body almost doesn't age (the biological age even regresses).

This information means, for a person who is fasting or aiming to realize LSWF, that regular practice of the energizing exercises is very recommended during the whole time without any food. The exercises give measurable advantages. In most cases, without doing the energizing exercises, the person actively aspiring the LSWF, is not able to keep the body working properly.

Having decided to do energizing exercises, you may chose one of the schools and follow the instructions. Instead of this you have another choice — you can, by yourself, work out the best set of the movements for your. It is easier then you may suppose. If you want, start doing it now.

Stand, close your eyes, relax and concentrate on yourself. First of all keep the attention on the energy flow in your body, not on the movements and not on the muscles. Before proceeding you better don't be concerned about your observation of other practicing persons (forget about it). The most important thing is to become silenced and concentrated on the energy flowing through you, between you and the environment. It is more ad-

vantageous to remain concentrated on feeling the energy, not on directing it.

When you remain concentrated on the flowing energy, you may start to feel that the muscles want to move. Let them decide for themselves, let the body to make its own movements, as it likes. What kind of the move it will be (whether graceful, symmetric, etc.), it doesn't matter as long as you remain concentrated on the energy. The body will chose the movements that will allow you to feel the energy better. Simultaneously the energy level will grow. You can treat it as feeling energy contemplation.

Contemplations, visualizations, energizing exercises are important elements on the way of conscious spiritual development of human. Practicing them regularly makes human to bloom comprehensively. As the result the mind becomes lighter, more creative and peaceful, and the body returns to its perfect state, which manifests by its recovery and rejuvenation. One of results of such activity is a change in dependencies between human and the matter called food. This may cause the need for eating to vanish, because the food, simply, becomes useless. The exercising person becomes a being of, so called, higher vibrations, which makes him/her naturally more and more emanate Love. In the non-material world such human is seen as lighter and lighter being. Then there is no discussion about eating or non-eating, because it becomes insignificant.

METHODS

There are at least as many methods (on different ways) to adapt a human for LSWF as many people tried it or achieved it. The following, some simplified descriptions of the methods, you can consider as frames, because they make you to know more intellectually. Every of these methods can be a separate subject for a large book or seminar.

1. Natural
2. Spiritual
3. Sudden
4. Forcing
5. 21 day process
6. Hypnotic
7. Alternate
8. Conscious Eating
9. Trying
10. Philosophical-Intellectual
11. Sungazing
12. Alchemical
13. Your Own

NATURAL

The name of this method indicates the direction in which the person drives. The goal on this way is to restore, according to the nature, the eating habits and the diet. Using the discipline one gradually transforms his/her own diet so that it is in accordance with what the nature has created for human. In other words this method can be called diet refinement.

The person using this method, in order to accomplish LSWF, gradually changes his/her eating habits. The goal of this activity is to attain a diet, where only food of “highest vibrations” is consumed.

First the heaviest (concerning the digestion process and the vibrations) foods are eliminated from the diet. These are fried, grilled and smoked meats, sausages, etc. To the same group belong fried and baked products of cereal (grain), corn, potato, rice, etc. (fries, chips, popcorn, pizza, cakes).

The next foods eliminated from the diet is milk and all the dairy. Some people claim that human can drink yogurt and acid milk or buttermilk because they favorably influence the intestine bacterial flora. The fact is that eliminating this food from the diet gives the body more advantages. There are many researches about influence of dairy on human body — you can find them to study more. If you care (believe that you need more) about the bacterial flora, you can drink some juice of sauerkraut or pickled cucumber (made without salt).

The next step consists of eliminating everything defined as sweets, from the diet. Chocolates (also the bitter ones), drops, soft drinks and every thing produced with additives of sugar, honey, glucose or fructose and chemical sweeteners. Natural sweeteners, not containing these carbohydrates, (e.g. the plant *stevia rebaudiana*) still can be consumed, if you can't live without sweet (e.g. drinks).

After eliminating the above mentioned foods, there are still vegetables, fruits, grains (seed), nuts, legumes, fishes, eggs, meats and fats left for eating.

The next step is to eliminate all food processing. At the beginning of this method frying, grilling and smoking was eliminated. Now you are gradually eliminating all the other food processing. You no more: boil, steam, pickle, cure the foods, with one exception, washing with water and parting (to pieces).

See the nature on Earth. In general, washing and parting are the only food processing methods used by almost all known beings on Earth, except human. If not, tell me, besides human, which being cooks the food before eating it?

It is a fact that processed food, e.g. a cooked egg, is a different substance comparing to the raw one. The appearance can be the same but an assay (chemical analyze) shows a different substance. A kitchen is a small chemical plant, where natural substances are changed (in chemical reactions) to artificial ones (because normally they are not found in the nature). These chemically produced substances are eaten by humans.

Giving up all food processing is a big step towards reunification with the nature — human is a part of the nature. Being a part, a cell of the nature, the human body is not fully adapted to the artificially produced substances in the kitchen. This comeback, reversion to eating only natural substances (originating directly from the nature), brings beneficial changes for a person. Thanks to such changes the person comes back to the bosom of the nature, to his/her mother, home. The nature heals his/her body and mind.

The next step in this diet refinement is elimination of the grains (wheat, rye, corn and the like) and meats, fishes (if you didn't give up eating raw meat at the step where food processing was eliminated). So, now only raw vegetables, fruits, seeds (e.g. sun flower) and nuts can be eaten.

Most of what is named vegetables and grains are products of genetic experiments made in the past (some of them made tens of thousands of years ago). Most of the vegetables and grains,

when they are not cultivated but just left by itself, will degenerate, go wild and disappear after some years. This happens, because they are not part of the nature. This is why in this step they are eliminated from the diet. After this step only fruits and nuts stay in the diet, the only things produced by the nature for human beings.

Eating just what the nature gives us, is one of conditions of living in accordance with the nature. The ancestors of some people living on Earth, chimpanzee and gorilla, eat mostly fruits. Thanks to such a diet they are strong, healthy and full of life energy. But if they are fed with food prepared by human, then (if they decide to eat it) they start to fall ill, age faster and die earlier.

One of the last steps in the natural method is gradual transformation of the diet to fruit juices only. You can squeeze the fruits and drink the juice or you can chew the fruits in order to suck the juice (spit out the rest). Better don't buy juices because they are chemically produced liquids. Their aspect, taste and chemical composition are quite different from the natural juices. Drinking them would be like moving back on the way of the eaten food refinement.

In the last step you dilute the juices with water, more and more, so that you end with clean water after some days or weeks. Then you drink water, no more than the body needs, less and less, so that one day you will be able to give it up.

People, who chose this method, needed from a few months to a few tens of years to achieve LSWF. It depended on many factors but mainly on their engagement in the so called spiritual self development.

First essential comment.

When gradually removing foods from the diet, make sure that you don't fight with the body. Fighting does hurt, so if you fight with the body, you hurt it. For example. If you are dependent on fries and eat 3 kg of them a week, you don't have to give them up at once. Instead of fighting you can use a discipline. You can still eat fries but in every week eat less, say, by

1%. The body will not notice the 1% change and gradually will get satisfied with the lower and lower quantity, till finally it will be able to give up eating fries. Instead of linear, you can use logarithmic gradual quantity decrease.

You may think that the body is free of a specific food addiction / craving, say fries. You will have not eaten them for months, but one day you may be passing nearby and notice the smell.

Then you may feel the saliva coming out, stomach spasm and difficult to control internal sucking hunger. In such a case don't fight because it could give your body more benefit, if you took a small amount of fries in the mouth and chew it long. If you don't do it, it might happen, that you will dream at night about fries, often think about them, day dream about eating fires, so, you will be suffering unnecessarily.

The body has a tremendous ability with it's individual functions to self adapt for changes in diet and other life circumstances..

The body is very flexible about it if the changes are made gradually and if the time given is long enough. The sum of the small gradual changes, although the individual changes are unnoticeable, can be enormous. For example, a change in living environment from tropical to cold temperature or to grow fat / lose weight by 120 kg. Also such a significant modification of the diet is a great change for the body. If you do it too fast, then you suffer unnecessarily. When you love your body you give it enough time, as much as the body needs for adapting itself, for all the changes without any pain.

Second essential comment.

The described sequence of changes doesn't have to be followed. Every person is a different world. What works and is true in one world, doesn't have to be such in the other. So you can change the sequence. Your feelings and intuitive guidance are more important then the information contained here and examples from other people. I know people, who were following so called optimal (Atkins's) diet (mostly animal fat). They used a different way to adapt the body for living without addiction to eating.

Third essential comment.

Using discipline, not force. What is discipline? It is consciously planned and wisely, systematically realized action leading to achieving a definite goal. In the discipline there is no fight because Love is leading. It is more beneficial to be able to distinguish between discipline and fight. The discipline leads to success, the fight leads to wounds.

Following the natural method pay attention to the body. For some people this method is (or seems to be) harmful. The body suffers, becomes weaker, falls ill and ages faster. Those people force the body to follow a specific diet, so they hurt it. You can easily recognize them: extremities blue with cold, emaciated body, low level of life energy; often sadness, depression and fanaticism about eating.

SPIRITUAL

The matter (including the body) is a formation (reflection) of the human spiritual side. Whatever was build in the matter, fist was created in the spiritual sphere. If non-eating starts to exist in the human spiritual side, then his/her body soon will manifests this phenomena, that is, realize it in the life of the person. Using the spiritual method of adapting to LSWF the main goal of your work is sufficient expansion of the Consciousness sphere in which you live. You know that non-eating is one of awaited results of this work. If in your spirit non-eating comes into being real enough, the body will manifest it.

Human can consciously develop him/herself on one of unnumbered ways. It is happening when one is following something defined and planned. It can be surrendering to God, practicing any of thousands of beliefs, philosophies, perfection systems or others. You can do it alone or in a group.

Some people chose to stay in seclusion of propitious environment, some prefer the company of the closest family members, others lock themselves in a contemplation monastery. Some people choose a competent guru and exactly follow his/her recommendations, some are guided by the “Higher I”, angels, masters, guardians or other non material beings, and others believe only themselves.

It is less important with whom, where and how, on such or another way. For the follower more essential is that the Consciousness sphere is expanding, giving the results which the practicing person is expecting.

In general description, the spiritual method of adapting the human for LSWF looks like this. With the spiritual growth of the person, his/her diet and desire of eating are changing. The person is gradually moving to eating foods with higher vibrations and less straining the body. Also the daily demand (amount) for food is diminishing till it cases. It happens in this way because the person feels, that he/she lives by the power of IAM, God,

Holy Spirit, All-reigning Principle, Universal Mind, Highest Energy, Internal Power, grace of Allah, Brahma, etc. You can mention here many other names, which, anyway, are not understandable by the intellect, because the comprehension is possible only by experiencing it.

Because of that, if you decide to use this method of adapting yourself to LSWF, you know that you will be concentrating mainly on the spiritual side. One of your goals will be to free yourself from the strongest material attachment (food). Therefore you will stay focused on your spiritual growth and you will be doing proper exercising.

SUDDEN

Actually, I wouldn't insist that this is a method because it is kind of a happening which falls on a person. More precise expression would be: sudden appearance of non-eating. However, knowing in what circumstances such sudden connection to non-eating appears, one can behave in a way which invokes such change. So, talking about a method, in this case, concerns the circumstances of its appearance.

Most often it happens like this. One day the body suddenly refuses to accept all foods (it often surprises the person very much). The refusal can be so strong that the person feels inexplicable abomination for eating. The person feels nausea when looking on food, and even vomit after trying (forcing) to eat, whatever it was.

The sudden non-eating, as if forced by the body, most often happens among people following so called spiritual mode of life. The body of a person deeply immersed in praying, contemplation, God worshiping has completely forgotten that one "has to eat".

Studying biographies of saints, belonging to whichever religion, one can find stories describing periods of non-eating which suddenly and unexpectedly happened to those persons.

Some of them didn't put anything in the mouth for weeks or months, others for several years. There were also “saints” who had not been accepting any meals till the end of their life.

In present times, when the spirituality (way of conscious spiritual self development) is expanding fast among the Earth inhabitants, the sudden and unexpected rejection of the food (it may seem that only) by the body happens more and more often among people living outside of monasteries, hermitages, shrines. Among so called normal, ordinary (not considered a saint) people this sudden happening comes much more often to persons deeply engaged in creative works. It can be, for example, activity in the field of art. A painter or a sculptor can so deeply engage in creating a masterpiece, that he/her may forget about the world. During the day and night he/she will be only thinking about and creating it. His/her whole mental energy will be directed only to the masterpiece. A musician or an inventor working on realization of his/her idea can behave in the same way. They not only eat nothing but also can stay almost all the time awake, for weeks, bursting with energy.

Do you remember the most sublime moments of love in your life? Do you remember that in that time you not only forgot about eating but you also didn't feel any hunger? That was because the love was feeding you. Indeed, when human lives love, then Love is manifesting itself through his/her mind and body. Love creates Life. When human allows Love to sufficiently manifests itself through his/her mind, then nothing else is need for the body to live.

In some cases of the sudden food rejection there is no such (as mentioned above) unpleasant body reaction. Instead of that, the person loses any interest in food. He/she feels no hunger, lack of any appetite appears. Such state extends in time for weeks, months or even years.

There is a conclusion from the above. The more you concentrate on you spiritual side, the bigger is the chance to loosen the link with the matter (food). The more you immerse in spiritual

practices, there easier it will be for you to give up eating. However, it's more favorable if you don't force the body.

After some time has passed (weeks, months, years), it may happen, in every case of a person whose body suddenly rejected eating, that the hunger reappear. The appearance of the hunger can be as sudden as it's disappearance in the past. Then the person starts to eat “normally” again.

The sudden method can be easily distinguished from anorexia, whose cause lies in the psyche of the ill person. One of obvious symptoms of anorexia is the emaciation of the body. When the sudden rejection of food happens naturally, the body functions well and is not losing weight if it was not too fat.

FORCING

Just name of the method suggests how a person pursue the goal of LSWF — with force. Some people are not patient or they just don't like “a way”, they prefer shortcuts to have the results immediately. One of the things, which characterizes people of such type, is their strong will concerning any task they undertake. Having decided something, they don't pay much attention to the circumstances, they just press ahead. Such behavior can bring a person the aimed goal also in case when he/she is pursuing the non-eating in the life.

The forcing method is quite simple to realize and it doesn't need any preparation. Even now, when you are reading this book, you can decide to give up food “for ever”. “From now I am a non-eater” — having stated it in this way, you only need to realize this decision in you daily life.

The person who makes such decision, believes that only taking such a simple decision and following it, is enough to become a non-eater. Practically in most cases it means forcing the body to not take any food. This makes the person hungry. A period of time when a person is not eating, feels hunger and (often) experiences related to it symptoms, is called fasting.

This method for realization of LSWF is seldom successful. After fasting for some time the person starts to eat again or (if stubborn and fights with the body) dies. If the person starts, but not too late (when is too late depends, among others, on how much fat the body has), to eat again, the fast will have quite favorable influence on his/her body. Such fasting cures people officially regarded (= by majority of doctors) as incurable persons.

When fasting the body loses more and more weight. When it goes down below the appropriate level, the person using the forcing method too long can be easily discerned. The body weight is still decreasing (like 1kg per week), the person easily becomes exhausted, is without strength most of the time, is not happy, his/her body more and more looks like a skeleton covered with skin.

Not every person, who without any preparation suddenly decides to give up eating for ever, uses the forcing method. If the Consciousness sphere in which the person lives, is large enough, then giving up the eating, is only kind of confirmation that the person posses the ability to live without any food. In such case his/her body will adapt itself for living without eating in relatively short time.

There are also people who know that they can live without any eating, though in every day life they eat “normally”. For them to give up eating, in any moment, is a matter of just a simple decision. The body will adapt itself fast and will function well.

THE 21 DAY PROCESS

Warning. Please, do not do the 21 day process unless you have thoroughly read and deeply considered the original description of the method, because if you didn't, you may endanger your live. The description below is not enough to do it safely. I've put it here only for information purpose although Jasmuheen asked me to delete it (for the safety reason).

A detailed description of "The 21 day procedure" by Charmaine Harley can be found in the book "Prana Nourishment - Living on Light" written by Jasmuheen, an Australian who is fed by prana and promotes the Divine Nutrition program in order to eliminate world health and hunger issues. Till now this has been the most widely known, to the interested people, method. Jasmuheen promoted the 21 day process around the end of the 20th century. Later she introduced a simpler and safer long term method in her third book on this topic, "The Food of Gods".

It is worth to know, that the 21 day process was received (message from non material being) by a group of friends in Australia. Jasmuheen was a member of the group. The members of the group, all aiming spiritual growth, often met in order to practice together. While the received message was for the members of the group, the idea that the Divine One Within us, that breathes us and gives us life, can feed us, is a message destined for the global stage as Jasmuheen believes that this way of alternate nourishment is part of human evolution.

The 21 day process is divided in three parts of seven days each. In the first week the person doesn't eat nor drink (as is the case in dry fasting). It can be dangerous for the life of the body if the person is not ready. Besides the fear the main concern is that the body may become dehydrated too much, which results in irreversible changes causing death (happened to some people). In the second week the person can drink water and 25% orange juice (3 parts of water + 1 part of juice). In the third week, besides water, the person can drink 40% orange juice. The amount of the drunk fluids depends on how thirsty is the person and on other factors, though it is said that 1,5 liter a day is the minimum. People going through the process drink also other juices.

It is advisable to do the process in solitude and far from the civilization. In perfect conditions a friend should visit briefly daily, just in case. During that time physical and psychological cleaning will be occurring. Television, noise, troubles, daily occupa-

tion routine, computer, etc. should not be reachable for the person doing the process. The main point is to concentrate on your own spiritual side and on the psychological side of the process — this is why some rest (vacation) is advisable.

I can conclude, as a result of my observations done to people interested in living without food, that most of them consider the 21 day process to be kind of holy or magical initiation causing a person to become a non-eater. None, among all persons known to me, who went through the 21 day process, become a non-eater (triggered by the process). But I know some people who had discovered, thanks to the 21 day process, that they can live without any food.

It is a fact, that the 21 day process doesn't make a person to become a breatharian. Technically speaking, an analyze of the physical side of the process shows that it is dry fasting for 7 days followed by juice dieting for 14 days. It is a quite efficient method for cleaning the body and the psyche from toxins. Dedicating that time for spiritual matters, for your own spiritual world, more efficiently cleans you, as in other fasting practices. Deep emotional involvement of the person doing the process, the ethos suggesting a need for the initiation, thousands of persons who went through the process and their accounts — these, and more, makes strong, what I call, society suggestion.

The 21 day process will not make a person to become a non-eater if the person is not prepared, that is, his/her sphere of Consciousness is not expanded enough. Such a person will be able to live (almost) without food for some (even long) time, forcing the body not to eat — my observations confirm this phenomena.

It can be a very different experience, to go through the 21 day process, as many personal relations describe. Some people feel nothing, they daily live as before (with the exception of eating). Others are so deeply engaged that it becomes the biggest spiritual change in their life. Some people start to contact with non-material beings during that time. Every person is different, so going through the same experience is perceived differently.

HIPNOTIC

Hypnosis is a tool for making changes in operation of something in the subconsciousness. Part of the subconsciousness defines and realizes associations between the human body, the psyche and the external matter known as food. In case of a statistical Earth inhabitant this function causes the biological need of eating. Some specific substances (defined as food) need to be delivered to the body, in right quantity and at the right time, so that the body can function properly.

The operation of individual parts of the subconsciousness can be changed. A person aspiring LSWF aims changes in the subconsciousness which can be described in the following sentence: The body works properly regardless of whether the substances (food) are taken by the body or not.

When co-operating with an experienced hypnotist (or using self hypnosis) and using individually selected set of suggestions, one can cause the changes to happen. In this case the effectiveness depends, among others, on how much the person is sensitive to the hypnotic suggestions.

It is quite risky and not fully explored method for achieving the non-eating. The main problem is that harmful suggestions must not appear and be accepted by the person's subconsciousness. During a hypnotic session the subconsciousness can absorb the suggestions like dry sponge does water. Every single suggestion may make a significant change in functions of the subconsciousness.

It's worth remembering that not only words of the hypnotist make the suggestion. Also the hypnotist's behavior, his/her emotions, the aspect of the environment, incoming sounds from the outside and other factors may consist a suggestion which causes unintended changes (having good or bad consequences — who knows).

For this reason, in order not to cause any unfavorable changes in the psyche, I don't recommend this method, especially if you

can choose others. Rapidly made changes in the human subconsciousness, using hypnoses, cause some changes in the person's life, which may make the person suffer. Visualization is much better method for making changes in the subconsciousness. It's worth to know the hypnotic method for adapting to LSWF and use it in situations endangering the live, which is caused by too long time of lack of food. Such situations occur when people are cut off food for a long time; for example: a group of people lost in mountains, long shortage of food during a war, large natural disaster. Then the thing less harmful is chosen — it's better to hypnotize a person, so that he/she doesn't feel hunger, instead of to let the person think about starving to death.

ALTERNATE

The alternating is about eating in fixed days. But before you start eating alternately, decrease the number of meals a day. For example, if you eat five times a day, decrease it to four times. Later, having being used to four dishes a day, decrease their number to three. Continuing this procedure you'll come to the time when you'll have only one meal a day and will feel well with it.

Next thing that you introduce is eating only once in two days (so you fast every other day). Today you eat (of course, only one meal), tomorrow you fast, the day after tomorrow you eat, and the next day you have meal again. So, the day eating formula is: M F M F M F and so on (M - day with one meal, F - day of fasting). After some time this rhythm will be so routine that you will even not notice it. Automatically, not paying attention to it, not counting the days, without any planning, you will be hungry only in every second day.

Next step is to have only one meal (eat only once) in three days. Today you eat, tomorrow and the day after tomorrow you fast. The day formula is: M F F M F F M F F and so on. When

this rhythm becomes so routine that you do it automatically, then you introduce one more day of fasting. So now you eat only once in four days: M F F F M F F F M F F F and so on. Notice that in the day with meal you should eat no more than the quantity you consumed when you were usually eating in your life. So once in four days you eat no more than you ate in one day when you were still eating usually (not four times more).

Following this procedure you attain eating (one meal) only once a week, and later even less often, e.g. twice in a month. Then it is better to consume only food lightest for the digestion (fruits, liquids). Don't harm the digesting system by suddenly eating something after many days of fasting. Also, long chewing and mixing with the saliva are very important (farther in this book is more about it).

When eating only a few times a month, it may happen that you will forget about the day for having a meal. You can also, if you don't feel hunger, to omit that day, that is making two (or more) fasts without brake(s). If from the beginning you will call the fasts non-eating, you may say that you are prolonging the non-eating periods.

Beware about the alternate method because it may change to starving. For not prepared people the extended fasts can cause emaciation and other bad results. It is a clear symptom that the body receives too little food. In such case shorten the fasting periods, change the method or/and work more for expanding the sphere of Consciousness that you live in.

TRYING

CONSCIOUS EATING

Conscious Eating (CE) method is one of the most efficient ways for people aspiring non-eating. CE gives your body exact-

ly what it needs (real body needs) in right quantity and at the right time.

Here is how to do it step by step.

Let's assume that you feel hunger. Then proceed as the following points suggest.

1. Stop for a while, relax the mind and body, then ask yourself: "what is it?". Now, FEEL the answer, do not THINK about the reason, because you need to feel it. The more feeling and less intellectual process, the more Consciousness is manifesting itself. Thinking process (intellect, the conscious mind activity) is a smaller, more limited sphere of Consciousness. Human needs to transcend it in order to better understand the mind and the body. So, feel the answer. It is possible that at this point the hunger will vanish and ... well, this is the end of CE in such a case. Another possibility is that a picture or emotion will emerge, because blocked emotions, thoughts, thinking mechanisms, when they are being pushed out, first are felt as hunger. When you start to eat (in such a case), they are put back (cover with food) inside of your psyche.
2. Do you still feel hungry? Then go to the next step. Ask yourself, what it is that you want to eat. Scan through different foods and feel what is the food most appealing to you. Having found out it, imagine for several seconds, that you eat it. Imagine feeling it in your mouth and stomach. Again ask yourself: "what is it", and feel the answer. If the hunger vanishes, you can finish here. Also in this moment some pictures or significant thoughts can emerge, to make you understand yourself more. Immerse yourself in them, let them fully pass through you, feel them all over the mind and body, so that you understand better what they all are about. After they are gone, they will never make you hungry again.
3. If the body really needs some substances called food, the hunger you feel will not vanish at this step, so continue the procedure of CE. Take the food that you feel the body needs to eat. But, do it consciously, feel your every move, how you take it, cut it, cook it, prepare it, etc. Carefully observe yourself with feeling (feel yourself). Still concentrate on the same question: "what is it?", and wait with your feelings for the answer (the feeling is to answer, not the mind). At this stage the hunger can vanish and pictures or unusual thoughts may appear. If nothing happens, proceed to the next step.
4. You are now seating in front of the food that you feel hunger for. Slowly take a piece, all the time observing by feeling your every slightest movement and body reactions. Put the piece of the food in front of your nose and smell it. Delight yourself in the smell and stay open with the feeling for the answer to: "what is it?" question. You need to feel it, not to find the answer with the thinking process. Again, the same may happen: ei-

ther the hunger disappear or emotion, picture, thought appear(s). If not, continue.

5. Now bite the food. Keep it in the mouth and immerse yourself in feeling it. Feel the whole intellect, psyche and body reactions. FEEL, FEEL and FEEL, observe and don't think.
6. Next, very important, chew it long, never less than three minutes; the longer the better, even a few hours in extreme cases. Usually three to six minutes is enough. Swallow ONLY when it has changed to liquid and changed the taste. Remember, the food you are chewing will change the taste once or more. Never swallow it before the taste changes or it will not be conscious eating procedure. FEEL, FEEL and FEEL, observe and don't think. When chewing you may start to feel disgusting taste and will not want to swallow it, then spit it out.
7. Proceed this way with every bite until you feel that you are full. Doing so you are making sure that you satisfy so called "real body need" (for specific substances, regardless of what it is used for by the body).

With CE you are all the time making yourself conscious of the process that you are going through. The process starts with feeling of hunger or thirst. When you proceed with CE, you discover what it actually is. If it is not the real body need, you will not force the body to eat what it doesn't need. The best care for the body is, to give it what it needs, when it needs and at the right quantity.

With CE you are becoming a non-eater consciously, without fighting or misunderstanding, without making many mistakes. You are discovering the real relation between your body, Earth and your psyche. When food finally finishes playing its role in this relation, it will naturally become useless and will drop out of you as not needed part of this game called life on Earth. CE is one of those actions which make us more conscious about IAM. IAM, the more manifests itself through our mind and body, the more solutions we know, the better we see, feel and understand, the less questions we have. In other words, you really need nothing because you are the source of everything. :) You only need to ALLOW the source to manifest itself.

In "normal" daily conditions IAM is suppressed by the intellectual part of the mind. CE and other conscious techniques of doing something allow the intellect to become more silent, more passive and therefore receptive for the always existing voice of the intuition. Since the intuition (superconsciousness) is the direct link to IAM, it knows everything, it has solutions for everything, it gives you whatever you need.

Conscious eating, conscious sleeping, conscious talking, conscious ... whatever it is, makes you ... more conscious, let you expand the sphere of Consciousness that you are living in. When you expand it enough, you will have

no more questions, because you will really know. In such state to become a breatharian, a lightarian, to live without breathing, without influence of temperature etc. will be only a matter of a decision.

TRYING

A person decides to start LSWF so he/she puts the eating aside. The decision may (doesn't have to) be preceded by a preparation. The person sees and feels what is happening with the mind and the body. As long as everything goes right, the person can consider him/her self a breatharian (inediate or non-eater). But if symptoms appear indicating that the person not yet can live without food, then the person has one of three choices: still not to eat (to continue the non-eating), knowing that it is risky, or start to eat.

Reasonable choice is to go back to eating. Almost everyone, who sees that his/her body not yet can function well enough without food, will do so. So the person starts to eat again. He/she can call the (not successful adaptation) attempt just a fast.

Then the person diets “normally”, for a period of time as long as necessary, in order to rebuild the body. He/she may even be eating for a longer time, to make the body to store some more fatty tissues. It is a fact that the more fat the body has, the longer it can live without food. So the person may decide to store more fat in the body (better don't do it) in order to be able to fast longer when trying next time. The longer period of time the person doesn't eat, the bigger chance for his/her body to become adapted to LSWF.

Having rebuild the body, or even having stored surplus fat, the person again gives up eating (another adaptation try). Also this time, after some non-eating (fasting) time, the person can go back to food (in order to again rebuild the body). But it's possible that there will be no such need, because after a few months it will turn out that the body works well without any food.

If the person starts to eat again, he/she may repeat the whole procedure again in the future. At the end of every trial there may be coming back to eating (to rebuild the body) or becoming a non-eater. The person may do as many trial as he/she feels like.

But if the person choses the other way, that is, he/she continues the non-eating (in this case the righter term would be: fasting) while the body becomes more and more emaciated, then the critical moment is being approached.

Critical means here that it is a state of balancing on the edge of life or death for the body. The result can be one of the three: the goal achieved, deep emaciation (wound) of the body or physical death. Both, the second and the third results, are much more probable — it will happen to almost every person, who will conduct in such irresponsible manner.

There are (very rare) exceptions. Such balancing on the edge of death or live of the body creates intellectually non-explainable psychological state. In such state the person can be much more conscioues concerning decisions to undertake. Persons in the state of clinical death undergo something similar. Some of them come back, being transformed, some of them stay behind the border of biological life. That's exactly the moment, when the "miracle" healing occurs.

I dissuade you very much from using this method for attaining LSWF. I write about it here only for information purpose. To take this step one has to be a spiritually highly developed person, madman or suicide. The first one will have a chance to live, the second and third ones almost for sure will not stay here (will dye).

However, I believe that spiritually developed human will not use this method, because such person already knows that he/she (if makes such decision) can live in perfectly working body which doesn't need to eat But if the person doesn't know and he/she will try to find out (using this method), it will mean that he/she isn't developed enough yet (there may be exceptions).

PHILOSOPHICAL-INTELLECTUAL

This method (it could be also called 'scientific') more or less consists of looking for information and theoretical studies - then practicing. So, I consider it rather as an addition to other methods. A person interested in the subject of Breatharianism, who wishes to adapt his/her body to LSWF, would look for all available information in books, seminars, Internet, from ineditates, etc. The seeker analyzes the information with his/her thinking, philosophical discussions and (scientific) proofs. In this way, the person treats the subject the same way as scientists and philosophers do.

The main goal of the person is to attain full intellectual comprehension, (the best would be to have it already) confirmed with the evidence that humans can live without eating.

The second goal is to compile and bring together the most appropriate (the best) method(s) to adapt humans for living without food.

For the person using the philosophical-intellectual method, the analysis of facts and research is more important than the intu-

itive feeling. According to my observations, fasting and realization of LSWF is very difficult for those people (as compared to others). I've noticed that such a pure intellectual approach is a serious obstacle for LSWF researchers. It seems to me that realization of this goal is possible only after attaining certain higher levels of spiritual development.

Even so, I believe that in the future, using so-called pure scientific methods, a person might be able to submit him/herself to an operation or drug treatment in order to become free from food addiction. Specialists in sciences like genetics, neurology, informatics, quantum physics etc. have been working on this subject for a long time; but unofficially of course.

SUNGAZING

This method mainly consists of gazing at the Sun and walking barefoot on the ground - it has been known and practiced for thousands of years, mainly in India. They say that this practice will heal the body and mind. After much practice, sungazing keeps a person in a state of perfect health, good mood and high level of life energy. The healing factors are the energies of the Sun and Earth.

The freedom from eating appears later. It is one of the side effects (happens to almost all sungazing adepts, even those who don't believe it) of the high energy level being felt by the person. Noticeable decrease of the appetite appears usually after about seven months, but it can happen after only three months of constant practice or after nine months.

One of the first persons who made this method known again in the present times is Hira Ratan Manek from India. In his web site (www.solarhealing.com), Hira describes in details the procedure. There is also a discussion forum about sungazing. Here is a short description of the Hira Ratan Manek (HRM) sungazing method. Every morning at sunrise, or every evening at sunset, you would gaze at the Sun's center. Stand barefoot on

the ground during the gazing. The first day, start with maximum 10 seconds. Each following day, gaze 10 seconds longer. In this way, if you gaze at the Sun every day, you will reach 5 minutes after the first month and 44 minutes within 9 months. This is the allowed maximum, in other words, don't gaze longer.

The second important activity with his method is walking bare-foot on the ground, for at least 45 minutes a day, every day, even if you don't gaze at the Sun. When walking, don't look at the Sun.

Altogether, if you gaze at the Sun every day, the whole process takes about 1 year and 9 months to accomplish. Later you don't need to gaze at the Sun every day (it is even not recommended). You can do it to keep a sufficient level of energy, from time to time. How long and how often, depends on the individual person, the climate he/she lives in and the life style that is conducted. Barefoot walking is still recommended, every day. When you live in a place where the sunrise and the sunset can't be seen every day, the whole process may take longer. If you didn't gaze at the Sun for a few days, don't extend the time at the next gazing. If you have had too long of a break (say, a few weeks), shorten the next gazing time.

It is very important (in order to protect the eyes) to finish the gazing not later than one hour from sunrise, or start the gazing not earlier than one hour before the sunset. It also means that one should not gaze at the Sun during the day, especially not in the midday.

I hope, that the following warning is self explaining: Forcing the eyes to gaze at the Sun at any other time, except sunrise or sunset, can cause damage to the retina of the eye! Too long a period of gazing, without preceding gradually increasing adaptation, overexposure may burn this delicate part of the eye. Because of the burns, if at all the person is able to see, everything may look like an image with holes or spots. Such damage of the retina is officially considered incurable.

Another person, who promotes information about the beneficial influence of sungazing, is yogi Sunyogi Umasankar (<http://anandacrafts.org/sunyoga>), who “has discovered a method of absorbing energy directly from the Sun, removing the need to eat, drink or sleep”. Thanks to these abilities, Umasankar-ji walked 62000 km in India, without money, teaching people his method.

According to his teaching, the first sungazing is started at the moment of sunrise or sunset. First it should be done for a short time, later the time of gazing is extended gradually. If gazing directly at the Sun dazzles the eyes, one can look a little above it. It is very important to do the practice regularly.

By the way, here is some information regarding one of the biggest mistakes made by people – the use of sunglasses. There are situations when protecting the eyes with dark glasses is recommended because the eyes are dazzled by too much light. Such situations include, among others, electric welding, walking on snow in a mountains when the Sun is shining, or on the beach, long driving against the Sun (if you haven't exercised sungazing).

Using sunglasses during sunny days usually increases the deficit of ‘life energy’ in human. The falling of the sun rays into the (unprotected) eyes is an essential part of natural processes required for proper operation of the human psyche and body. This mainly relates to the function of the skin, pineal and pituitary glands. Many so-called ‘chronic diseases’ disappear when the ill person gives up using sunglasses and allows the sun’s rays to fall on his/her skin.

It is worth to remember that the Sun is the father that gives life to all the planets in this solar system. How does a child feel and develop if the contact with his/her parent is being limited?

ALCHEMICAL

This is the most efficient method known to me of all the methods that use an influence of chemical substances on humans. In such a case, the non-eating results arrive as one of the side effects of strong activation done to the body light (prana flow) system. Those substances (clean or in mixture) have been known and used (mainly by the so-called 'initiates' or 'masters') for thousands of years under different names, e.g. manna, philosophical stone, Holy Grail, vibuthi, white powder of gold, orme, ormus etc. Most often, they are in the form of a powder. It can be a clean chemical element or a mixture of some of these: gold, rhodium, ruthenium, silver, copper, mercury; but they are not in the form of metals. For example, the non-metal form of gold looks like glass, and the powder is white. If you search on the Internet, you may find much more information about these substances, if you use the words mentioned above. Descriptions (often in a symbolic language) of a mysterious substance that has powers of healing the body and restoring life can be found, among others, in the Bible, Vedas, Kuran, Egyptian scripts and alchemical books. This substance is given only to those people who are well prepared in a long process of mental/spiritual studies and practices. Apparently, when eaten by a non-prepared person, it can cause madness or death. Here is a description of one of the possible procedures. A spiritually prepared person first cleans his/her body by fasting for nine days. From the tenth day the person starts to take a powder (or liquid) of precise composition (depending on the planned end result). The powder is eaten every day, for a month or so (depending on the substance and its composition). After forty days, the body doesn't need any food. If the body requires food, it is very little and the amount decreases within a few months until nothing at all because the person doesn't feel any hunger. Some spiritual exercises, being done during that time, intensively activate the light system, and consequently, the nerves

and the glands too. The powder and the exercises also cause rapid increase in brain activity (area and radiation) especially of the pineal and the pituitary glands. It all causes a lot of changes in the person. The perception of the world, the power of understanding and communication, the skills – almost everything changes in the person.

For most people, in other words for the non-prepared people, the alchemical method is like a one way journey. Reversing of such big activation of the light system is almost impossible. Theoretically, before the reversion would be finished, the person would have died because of madness (craziness and not being understood by society). This suffering would be caused by too large an intensification of the non-material senses. The person receives a lot of information. What the person sees and feels can be partly compared to the mental state after taking some drugs, but it is still quite different. One of more interesting things is that thoughts of the person materialize themselves much easier than in case of a “normal” person. As a consequence the images based on his/her fear create situations that are dangerous for the life of the person.

Starting from 1995, David Hudson, by giving lectures, made known to the public some powders discovered by him. The attributes of his powders met the definition of the mysterious substances used by alchemists. Researches made by him and by other interested people confirmed some extraordinary attributes and influences of his substances on the human mind (psyche).

YOUR OWN

Every person is in a different world of his own. So, how (if it is possible at all) to work up the right (in all details) method for everybody? Do you believe that someone can do the work for you?

For you the most important method is your own one. It may (maybe not) contain elements from all the above methods and

even some others. You work up your own method, using all information you've collected and everything you've experienced concerning this matter.

Some people like to be systematic, slow working and patient; others prefer to achieve the results immediately, even using force; and the rest use the middle way. Some people prefer to concentrate on the spiritual side; others “must” have proof because for them everything “must” be logical; the rest combine the heart with the mind. And so on. So, as you can notice, because the characters of people are so different, for most persons something else is “the best”.

Having information about many different methods of adapting humans for living without food, you may produce your own method. Such an example method may contain diet refinement (natural). At the same time you spend more time for spiritual exercises (spiritual). By a chance you notice, that you can easily get by with eating every second day or even less often (alternate). You also decide to eat more consciously in order to give the body the exact substances, at the right time and quantity (CE). You also do researches, meditate on the matter, take part in meetings and discussion groups, read a lot, etc. (philosophical-intellectual). Additionally, you regularly gaze at the Sun and walk on the ground barefoot (sungazing). When fasting, you take white powder of gold (alchemical).

Practicing more and more, you can start to feel, at any moment, that not everything in your own method works as it should, as planned. In such a case you just change the method. Make a different one, also your own method. A method you've created doesn't need to be unchangeable. The most important in this is that you, experiencing, move on the way to the goal.

SYMPTOMS

Here, when talking about a symptom, I mean a reaction of the body or psyche, usually unpleasant, caused by changes in the nourishment. When changing the diet (particularly if it is done quickly), fasting or adapting the body for living without food, symptoms may appear.

Below, writing about the symptoms, when mentioning the word “fast”, I refer to one, two or all of the following situations: diet change, heal fasting, adapting the body for living without food. So, when you read “fast(ing)” you will understand that it can also apply to a diet change or adapting for living without food. The following descriptions are quite general and they have exceptions, because every person is a different world. General description, recommendations, procedures are not completely suited for most people, thus it's advisable to consider them only as frames. Treating every person individually, gives the best results, conclusions and indications.

The intuition is the best adviser. If you can hear it well, you need no advices. If not yet, then the judgment is your best adviser. The below descriptions may consist a set of valuable information.

First of all, use no fight against the body. Fighting causes casualties. when you fight against the body, who is the casualty? Instead, Love your body and keep it in discipline.

I described here not all the symptoms, only the most often experienced ones. Many things may occur because every person reacts in a different manner. If you are not afraid, there is very small probability that something endangering your life will happen. Properly made fasting never cause any illness.

If you have any doubts during fasting, stay in touch with a competent person. The best is to be in touch with a doctor, who is experienced enough about healing with fast. From my observa-

tion results that no more than one percent of doctors have sufficient knowledge about heal fasting. Even among the doctors who prescribe fasting for healing, there are some of them who sometimes give bad (harmful) advices. Of course, it is better to find such a doctor instead of falling into hands of another one, who knows nothing or too little about this most efficient physical healing method known on Earth.

The symptoms listed below are temporary, they last from a few seconds to maximum a few weeks; constantly, with breaks, changing intensity. Some people almost don't notice them, so they have no concerning problems. However there are persons who feel overwhelmed so much, that they seem dying. But in case of most people, generally considered as having “normal heath”, only some symptoms appear for a short time. The observed regularity makes a general role indicating that the more ill is the person, the more symptoms may appear, they can last longer and be more ailing. It happens in this manner because the symptoms are direct results of cleaning and healing of the body and mind, taking place during the fasting.

1. fear
2. weakness
3. dehydration
4. vertigo and fainting
5. nausea and vomiting
6. sliming down
7. emaciation
8. pains
9. psychical instability
10. different reality
11. changes on skin
12. feeling cold
13. fever
14. teeth loosening
15. hair falling out
16. joints swelling
17. others

FEAR

For a fasting person fear may be the biggest problem. When fasting (or in other life situations) there is nothing more frightening than the fear itself, which also becomes the biggest danger for the fasting person.

If you are afraid to fast — either don't do it (in order not to harm yourself) or do it with a person, which you trust so much that you lose your fear. There are so many people who died, when suddenly deprived of food, only after a few days, when the real fasting process still even hadn't started. Forcing a person to fast, if he/she is afraid of fasting, is dangerous for the body life, not because of the lack of food, but just because of his/her fear.

If during fasting you will start to feel fear, then the more you are afraid about your health and live, because of the fast, the sooner you should stop fasting. Fear concerning other things has also damaging power. When fasting, human is more sensible, then any fear may cause more damage.

A fear is the state of complete absence of Love (the power creating Life). This state causes the Life to vanish. Therefore, the less Love manifests itself through a being, the more the being feels the lack of the energy creating Life, thus the being feels more fear. So, if you feel fear, it means, you inhibit (suppress) Love, the source of the life for your mind and body. If you allow Love, of which the source are precisely you, to manifest itself more, then the fear will vanish. Fear and Love never co-exist.

If you decide to get rid of the approaching fear, you may use this exercise, which frees Love from within you.

Sit or lay down in a relaxed position and make yourself silent. Breathing freely and calmly, concentrate on feeling Love, of which source you are and which naturally emanates from you. Feel that in the center of the being, who you are, the source of your life is present. This source always emanates as much as

your mind allows it. So, now, let it manifest itself fully. Let it shine like a sun, warming entire you and the surrounding. Allow completely, and feel the Love. Feel, feel ... how the Love overwhelms you and all around. Do not create Love, don't create something of what you are the source – Love manifests itself, if you only allow it.

WEAKNESS

A feeling of the physical weakness is one of the symptoms most often met. One can even say that to feel weak is normal. Some people, strongly binded to eating (addicts), feel weakness after only a few hours of fasting. This feeling of weakness indicates that the body began to feel the difference in delivery of the nourishment in form of food. The rhythm was disturbed, thus the body begin to react.

In first group of people the weakness may never happen (rare cases), in the second group it happens once or just a few times during the whole fast, for the third group the weakness is a full time companion. Regardless of the cause and duration, the weakness indicates low level of the life energy of the concerned person.

How to deal with this? Well, it depends on the situation and the person. If somebody is physically too active, then it's better for him/her to rest or even to lay down. Also the opposite may happen, that somebody is resting, sitting, not moving all the day — then he/she should go for a walk, cycle a little, swim, exercise. During the fasting time, mild physical and energizing exercises are very recommended. The movement and better energy flow let the body to clean itself deeper and faster. Doing energetic and exhausting exercises is not recommended. Moderate gymnastic and exercises, during which the mind is concentrated on feeling the energy instead of on making the muscles tired, have much better influence on the body. Isometric exercises, yoga, qì-gōng and tà-jí influence human very favorably, even salu-

tary. It is worth to do them everyday except the time when the body clearly needs resting in a sleep.

During fasting there may be hours, or even whole days, when the body feels so weak that the person doesn't have strength to walk and he/she feels like doing nothing except resting. These are times when the body requires resting, preferably sleeping. It may be caused by a toxin induced disease.

It is good to be able to feel, whether the body requires a rest or grew lazy and needs exercising. It would be wrong, to sleep, when the body needs exercising. Exercising would be too much load when the body needs a rest.

Judgment and ability to distinguish are valuable attributes for a fasting person. When the real need for resting arise, it's worth to go to bed and sleep. However if this state lasts for too long (say, for over three days) and you don't find any illness in you, it's worth to discipline yourself for doing some energizing exercises.

Too much of laying down and sleeping makes the body weaker instead of giving it energy, which the person needs so much in this time. The blood pressure goes down, the blood circulates slower, the metabolism slows down. It makes both, the eliminations of toxins from the body and the self-healing process, slower. In such situation the energizing exercises help a lot and make the person to feel better.

If the weakness lasts for too long, especially after the first three weeks of fasting have passed (for a non fat parson), this tells that the right time for eating again approached. But not always, because there may be other reasons, for example, serious illness, not enough fresh air, too high air temperature, too much physical work or weakening agents. So, to take the decision, whether to stop the fasting or to continue it, depends individually on the cause and the health state of the person.

DEHYDRATION

When you decide to give up drinking, you begin dry fasting or dry non-eating. Statistically the body of human can live without drinking maximum for over a dozen days. For how long you can stay without water, depends on several factors; mainly reaction of the instinct, humidity of the air, temperature, physical activity, quantity of minerals (salt and other substances to be washed out) and the fat reserve. The secure limit, in optimal conditions, is about four days.

During dry fasting in optimal conditions the body uses between 0,1 and 1 kg of the fat to produce water. This is the approximate daily lost of weight. An overweight person can longer remain without any drinks then a thin person, assuming that their bodies are in same conditions, have same quantities of minerals to be removed and the persons have the same amount of the life energy. The body of an overweight person has more fat, which is used for producing water during dry fasting.

If a person is not prepared for dry fasting or does it for too long, he/she may cause too much dehydration of the body. Overmuch dehydration causes many abnormalities in the work of the body, which may cause its death.

Regarding this, when dry fasting one needs to check often, whether the body shows signs of too high dehydration. Dehydration level of as little as 2% is clearly felt as strong thirst.

When the dehydration exceed 10%, it becomes dangerous for the live, thus it should be warded off. Visions, hallucinations, faltering caused by the dehydration clearly indicate, that the person is balancing with the life. In such a case one immediately needs to intensively hydrate the body.

If one lets to happen dehydration endangering the body life, one immediately needs to drink water, take a bath, pour water into the large intestine and consult a doctor.

Dehydration, if went too far, is irreversible. This means that all the hydrating intervention doesn't make the body to absorb enough water. This leads to the stop of the body functions. If you don't have enough experience to ascertain the level of the body hydration, you won't know when the dehydration becomes dangerous. In this case it's more secure, during the dry fasting, to stay in touch with somebody who knows the matter.

VERTIGO AND FAINTING

These are quite often experienced symptoms; only a few people, of those fasting for a long time, can say that they didn't experienced them. Especially persons with low blood pressure may experience unpleasant situations. These persons need to pay special attention in order not to allow the blood pressure to lower to much, because it may be hazardous for the proper work of the body. If you belong to these persons, you better first make some fasting training consisting of a series of gradually extended fasts. In this way the body partly cleans itself and learn to react with lesser fall of the blood pressure.

Another solution (not really good one) is to drink herbs during the fasting — much smaller dose and only when the real need arises. Much more advantageous solution are energizing exercises, acupressure, acupuncture, massages and similar treatment increasing the blood pressure.

Many people give up fasting because of vertigo and fainting. These symptoms look enough grave to shaken even quite self-confident fasting person and make him/her afraid about the state of the body. There aren't many reasons to be afraid only because of the vertigo or fainting, but the result of these may be dangerous, so this is where the attention must be set. First of all is to make sure that the person with vertigo (or fainting) do not fall down because he/she may wound the body.

Vertigo, from weak one to even lost of consciousness, is most often caused by too low blood pressure or/and too low level of

sugar in the blood. During fasting the body undergoes many changes, which deserve the name revolutionary. One of symptoms of these changes are fluctuation, especially dropping, of the blood pressure.

The lowered blood pressure is mostly felt between the first and fifth weeks of the fasting, with changing intensity. Later, with self cleaning of the body and its adaptation for living without food, the blood pressure stabilizes at the best level for the fasting person. Periods of time with blood pressure fluctuation may come also later. In case of every person it happen differently and it depends on, among others, amount and type of consumed liquids, temperature, atmospheric pressure.

The changes of the blood pressure itself are not as dangerous as the movements done by the person. For the sake of personal security, it is very important that the person avoids sudden changes of the position from lying or sitting to standing. When rising, lean against something (base your hands on chair, table, etc.) and slowly erect the body to the standing position. When you feel vertigo coming, stop rising or sit back. Better don't move to fast so that you will not see blacks in front of the eyes. It is a good idea to learn, what movements to do in the moment of feeling vertigo with blacks appearing (it's a symptom of sudden blood flow down from the brain, causing fainting). In such a case do low inclination position, which is, the head lower then the trunk and the hands put down in front of the head. If you feel worse, in most cases you will help yourself sufficiently if you squat, put your hands firmly on the floor (lean on them) and lower the head down freely between the shoulders.

If the vertigo persists, you better rest a while. Lye down and lean the legs higher on the wall or chair.

If the blood pressure fluctuation persists, causes often fainting or lasts for too long, then you better consider seriously if you want to continue the fasting and consult a competent doctor. Also checking the level of the blood sugar is very advisable.

NAUSEA AND VOMITING

These are common symptoms of the body under self-cleaning process. The body of fasting person doesn't use energy for digesting, therefore it can use the energy for its own cleaning. When dissolving and eliminating old concretions, collected toxins and excess fat, the body releases different substances into the blood. The blood, circulating through the whole body, passes also through the center in the brain, which controls the nausea and vomiting reactions. So, the toxins circulating in the blood causes the unpleasant symptoms, like pain, nausea or even vomiting.

Other reasons of such acute reactions may be an ulcer, abscess, cyst, not fully healed wound, accumulated and crusted (glued with mucus) substance, tumor — the fasting person might even have no knowledge about it. The body opens all such things and try to get rid of them in different possible ways. This is the reason, why it is better to help the body with fasting in such situations. Starting to eat, when such situation arise, means stopping the healing with the cleaning.

As an example let me tell the case of a man, about the age of 40 years, who in his childhood was cured with “medicines” containing mercury compounds. In his 19th day of fasting he suddenly felt so bad, that he fell down and started vomiting. Immediately after this he felt much better. Later in the vomit he collected quarter of glass of mercury. The conclusion from this story is, that the body accumulated mercury (crusted it somewhere) in the childhood and after tens of years, during the fast, the body opened the box in order to throw it out with the content.

Usually there is not much need to be concern about the nausea and vomiting, because waiting from a few hours to a few days (in rare cases) solves the problem. It is worth to walk in a wood, at lake, to do some energizing exercises, because moving helps to detoxify faster.

Also, if you prefer, you can drink warm water, to cause vomiting. If you feel nausea, and your intestine has not been cleaned with water, enema probably will help a lot.

If the vomiting happens often, if it contains gal or blood, consulting a competent doctor could be useful. It is worth remembering that such vomiting indicates, that the body needs longer fasting.

After the vomiting one feels relief because the body got rid of the poison. Then sensible inflow of the energy happens and one feels much better (cleaner inside).

SLIMING DOWN

Also the process of sliming down, as one of the symptoms, is considered individually. When an obese person is sliming down, it is a very beneficial process of getting rid of the excess and restoring the most proper weight to the body. However, when a person who already is thin, is still sliming down, emaciation maybe taking place. In the first case to continue the fasting is more beneficial for the person. In the second case the person should better start to eat again.

Also the rate, at which the person is sliming down, is an individual matter. It usually stabilizes after a few first days of the fasting. The decreasing weight, occurring in the first fasting days, is caused mainly by the body emptying the intestine and removing the excess water, what is even more noticeable during dry fasting. If, for example, the body loses two pounds a day in the first week of the fasting, in the next weeks it may lose only two pounds a week.

In some extreme cases the weight loss may be as big as thirty pounds a day — I know two persons whose bodies responded in this way. There are also people whose bodies loses only a few pounds during the whole long fast. So, as you can conclude, there are no strict rules about how and how much the body weight has to change during fasting.

During dry fasting the body weight loss of an obese person may amount to two pounds (or more) a day, because the excess fat is used faster, the body uses it to produce water. Such rapid decreasing of the weight, in case of a slim or underweight person, may be hazardous for the body.

When slimming down, same as in case of the other symptoms accompanying the fasting, first of all one should direct him/herself with reason. Statistically, a person who is not too slim is able to keep the power of the life in the body, without any food, even for two months. In this period of time, if the body weight is constantly going down, it clearly shows that the instinct is not yet able to run the body in proper condition without food. A person who constantly sees his/her body as too fat, although it is already too thin, is considered anorectic. Fasting or adapting the body for non-eating is not for anorectics. Such a person first needs to be cured from the mental disorders (which are the main factors of anorexia).

EMACIATION

Emaciation can be caused by forcing the body to fast for too long time — in such case it is caused by too big loss of the body weight and deficiency of the building material. Also the level of the life energy is too low for normal function of human.

Emaciation can be compared to a state describing a person “with one leg in the tomb”. The next step is leaving the body (that is death). If the person is not intending to do this, then the earlier he/she resumes eating, the more advantageous it is for he/she.

Statistically, in case of a “normally” nourished, not too slim and not too obese person, fasting for the period of up to seven weeks doesn't cause damage to the body. But after this period the deficiency of the building material may be too big for the body to function sufficiently well. The process, which can be

called body-eating-itself, begins. It means that the cells die, are removed but are not replaced by new ones. When the building material for the nerve (including the brain) cells is in shortage, the life functions of the body begin to switch off.

So, if more then a month has past and your body is still very week, you have “no strength” for physical activity, can't get up from the bed in the morning, you are not emanating with happiness and optimism — it is a clear indication for ending the fast. The instinct has not yet learned to charge the body from non-material sources. In this case better don't fight against your body, don't harm it. More advantageous and more reasonable step is gradual resuming of the material eating. In the future you can try again, yet with bigger experience, with better programmed instinct.

PAINS

You may feel pain in any place of the body, although it usually happens not at the same time. The most often, which appears first, is headache. Other pains, in the region of the heart, stomach, liver, kidneys or pain of a joint, spine, intestine, muscle, may occur at any time and may last from a second to a few days (longer lasting pain is quite rare).

A pain during fasting indicates that the body is eliminating the cause of the concerned organ's disease, that is, repairs it (restores the organ's state of the perfect function). So, it is a reason more to be happy then afraid. The bigger is the organ's problem, the more it can pain and the longer time may take the reparation. It happens quite often, that an organ pains although the fasting person considered it healthy. Not until the pain appeared the person was not aware of the organ's disease.

The longer the person is fasting, the fewer pains appear — it's the result of the self cleaning and self repairing processes of the body. But it may also happen, that after a few months of happy living without any food, suddenly a piercing heart pain arises.

In this case most often it is an indication of an energetic change taking place (for example, increasing activity of the chakra), reaction to higher perception in the non-material dimension, self cleaning of the aura. This pain is not caused by a physical change of the material body organ.

Other, quite often cause of the pains happening during fasting, are physical movements of the body organs. During fasting some organs shrink and the fat tissues are eliminated. This causes changes in the muscle tone and changes in the interacting position of the body organs. It may be clearly felt especially in the abdomen.

I recall the pain in my abdomen, in July 2001, lasting for about two weeks; quite unpleasant because it was difficult for me to sit upright or lie down straight for longer than just a few minutes. Only when I bended the body, the pain stopped. The cause was the increase of the space under the diaphragm. It was induced by factors like: full emptying of the intestine, shrinking of the intestine, liver and kidneys, eliminating of the fat tissues from this space. Thus the diaphragm was forced to work harder, because it was not supported from the bottom as much as before.

Besides the pains occurring because of the energetic changes or those caused by the movements of the internal body organs, another strong pain may suddenly appear. In such case you may need to consult a doctor. As an example, let me give you another of my experiences.

In the fourth month of the non-eating I suddenly started to feel, almost making me to faint, a strong piercing pain in the right part of the abdomen and the dorsum (which I could compare only to what feels a woman giving birth). I went to a hospital begging for an immediate strong analgesic. Later, after a few hours of examination, the doctor said, it was caused by something which clogged the ureter. My conclusion was, that only after four months of the non-eating, the stone that I had in my kidney fell into the ureter. Because its diameter was larger, it was causing so much pain when moving down.

So, as you can see, such an similar pain surprises are possible. In some rare cases an unexpected thing may happen, to which the body will react with a strong pain, and what may be dangerous for the health of the body. In such a case consulting a doctor is advisable. But most often it is not a reason for resuming the eating.

PSYCHICAL INSTABILITY

Among fasting people there are persons who ask me: why during the fasting so much anger, hatred, irritability, etc. manifests itself? The fasting person wonders from where and why so big flaw of the negative emotions appear. On the other hand, the family members agree, that it is difficult to bear such a person. That's possible because a fasting person, going through such a process, may be unpredictable. For example, he/she can, “without any reason” throw a jar with jam against a wall, explode with shouting to another person, burst into tears. The mood of this person may change in a moment.

Other fasting persons feel psychical reactions manifesting itself with sadness, resignation, lack of interests in anything. To these people the feeling of “senseless of everything” becomes known. On one hand the person feels like doing nothing, on the other hand the person feels remorse because of his/her laziness, and also sees “the senseless of the life”. Some of this people say that they have enough of this life, they see its senseless and they don't want to live any longer or even prefer not to exist at all.

The described reactions follow because the psyche is being cleansed. Fasting cleanses not only the physical body, it does the same to all the other bodies of human. Therefore also the mind is cleansed, its toxins go to the top and the blocks release. Another cause of the psychical instability may be non-material parasites (astral, mental) stucked to the person. Such parasite is a non-material being who feeds on the emotions and thoughts

of the person. Most inhabitants of Earth feed such kind of creatures on oneself.

Most often the parasites attach themselves to people full of fear, anger, hatred and other destroying emotions. Such parasite nourish itself exactly with these kind of emotions. The offer and the stronger a person reacts emotionally, the better the parasite feels and the more parasites this person can feed. When the person emotionally stabilizes him/herself so that the person doesn't emanate any bad emotions and thoughts, then his/her parasite(s) is starving and feeling not well. Fasting promotes such softening of the emotion emanation. Then the parasite is pushing the person to manifest bad emotions, because it is hungry for them. If the fasting person will not give in for sufficiently long time, the parasites will leave and the person will be cleared. Dry fasting, combined with contemplation of Love and Light, is extraordinarily efficient in this case.

Another reason of different emotional reactions is increasing sensibility to stimulus. The fasting person gradually cleanses his/her bodies and their senses. When the purity of the physical and non-physical senses increases, the level of the stimulus required for the perception to happen, decreases. Clearer senses are more sensitive for the stimulus and they function in larger spectrum of the perception.

Human may be not prepared for this, so the stimulus of intensity level which was right till now, may be too strong. Too strong stimulus may irritate the person. For example, what till now was perceived as conversation of ordinary (normal) loudness, during fasting may be perceived as clamor or even shouting; this may irritate.

Besides the emotions mentioned above, the fasting person may experience also other, opposite ones, e.g. suddenly appearing (as if without any reason) happiness, feeling of easiness (no-problem-ness) of the life, Love emanating from the inside.

During fasting different pleasant and unpleasant emotions, with accompanying reactions, may appear. In case of every person it

happens differently. In every case it is an advantageous cleansing process, so it is a reason more to be happy than to be worry. In case of some people, during fasting, so called paranormal abilities come out. In such a case the person perceives information from dimensions other than just this material one. If the person is not prepared, he/she may think that something wrong is with his/her psyche. Depending on his/her behavior, the others may consider the person mentally ill, and even use the case to prove "how harmful" is fasting.

Psychiatric hospitals are full of oversensitive people. The doctors don't understand, what is happening to those people and prescribe chemicals decreasing activity of the brain (that is mudding). Additionally the doctors make those persons to believe that they are mentally ill (the family joins this hypnosis), creating suggestion which influences the persons so badly.

These "ill people" need instructions about worlds (dimensions) other than this material one, not chemical and mental poisons. Many of these persons are extraordinary developed individuals, who got lost and now need to learn more, in order to understand and use their abilities.

Psychical instability may last for a long time, a few months or even years. Individually selected mental exercises are very useful, to make the person to rule the mind, instinct and senses better.

If during fasting you experience emotions and accompanying them reactions, which you want to get rid of, you can practice the contemplation of the Light and Love. It is, in fact, the contemplation of the passiveness, in which you prepare yourself for feeling and manifesting the Light and Love (of which you are, in your essence, the source). The more you will allow the Light and Love to manifest itself through your mind and body, the earlier so called negative emotions will stop torment you and the non-material parasites will leave.

DIFFERENT REALITY

After a few weeks of fasting (or earlier) you may notice that the way you see and understand the world has changed. Also your thinking and acting in this world has changed. Some matters, objects and acts have changed their values (of course, in your opinion).

There are many possible experiences of the new perception. You look at the people and at what they do, as if you were watching them in a theater, because you feel yourself as if you were not present here, as if you were not participating in the existence of this world.

Some things that you were doing and some topics that you were interested in became unimportant or even became worthless, although they used to be valuable and useful for you before. You have an impression that some of the things you are learning again from the beginning, so activity like driving a car, ironing, typing, you may feel as a new experience. Things which used to be done automatically, now may need to have special attention — as if you would have forgotten how to do them.

Other things, which needed concentration, now you can do easier, they become more natural. You notice and pay attention to sights, sounds and smells, which didn't draw your attention before. You can notice many more psychical changes. You may have an impression that this state is similar to being under the influence of a drug.

Generally resuming, the perception and understanding of the reality of the world has changed. You may even suspect that something wrong is with your psyche. Also your family members and friends may notice other “strange” reactions of you. What has happened? Many changes occurred. The parts consisting your mind changed their activities, for example, the intellect became calmer. Also, the endocrine glands work differently, for example, more endorphins and less adrenaline. are excreted.

This state may last for some time, it depends individually. It is a good time for observing yourself and learning. There is no reason to be worry, if the body is not in the state of emaciation or exhaustion. So you can enjoy the new experiences.

CHANGES ON SKIN

The skin is a place where the cleansing-excreting function of the body can be seen. The sebum and sweat contain substances, which the body doesn't want, which are harm to it and thus are excreted (this is where the different smells come from).

Simplifying, it can be said that the skin is linked with the intestine through the liver. There even is a saying, that the skin of a person mirrors the state of the large intestine and the liver. Of course, the full picture of the skin consists of more factors.

When the body expels out a poison, it can do it through the skin, which then reacts with reddening, rash, eczema etc. If a person has skin problems, there is a big chance that they will appear when the person is fasting, because the body is getting rid of the toxins which cause the problems.

Changes on the skin during fasting may also be caused by an activation of an old disease. Also a new disease, which coincides in time with the fast, may cause changes on the skin. In such a case most often the most advantageous solution will be continuing the fast, so that the disease will leave sooner.

In an extreme case, when a person continue to fast in spite of his/her body being already emaciated, changes on the skin may indicate a disease, which the person will not be able to get rid of. In such a case the body with its immunology system is too weak, so the better solution would be to begin eating again.

Summarizing, allergy, rash or other skin changes appearing during fasting are not (except the mentioned extreme case) a reason to stop, but rather to continue, fasting.

FEELING COLD

If you or your relatives have fasted, you probably know, what it means, to feel cold during fasting. Although it is warm outside, the fasting person has cold hands, feet, nose and even ears. The person may even be sniffing as if he/she had a cold. These all happen even though the person is warmly dressed.

I saw myself and I was told about “non-eaters” who were dressed so much as if it was winter, although the temperature was 25 degrees Celsius. Their hands were blue with cold, the face was suffering and the body covered because of the cold they were feeling. One of my acquaintances even said: “It's hard but normal that one feels cold when fasting.”

Human feels cold not because of not sufficient clothes or low temperature. Of course, the society suggestion has formed some reactions in human, which result in the body feeling “cold” or “warm” depending on the temperature.

The main factor in feeling the temperature is the amount and the way of using the energy in the human body. Simplifying it — when there is enough of this energy, the person doesn't feel cold (when it is frost) or hot (when it is heat). Human will feel well in much larger range of temperatures. But if this energy is not sufficient, or the person doesn't know how to use it to control the temperature perceiving, then the person feels too cold or hot.

You can conclude from this that if during fasting you are suffering because of feeling cold, you can help yourself by concentrating on releasing the internal energy. To make it happen, things like energizing exercises, visualization and alternate shower (with cold and hot water, described later) are useful. Doing them regularly, makes the person free from feeling cold. Drinking a lot of hot drinks, is not a good solution. When drinking, and shortly after it, you feel warm, but at the same time the body is loaded with too much water, which overloads the eliminating system.

The flow of energy (and resulting from it the perceiving of the temperature by the human body) causes, what we call, feeling of cold or warm. You can easily learn that feeling cold or warm is subjective and it depends on managing your internal energy. If you concentrate on releasing warm, you can feel a difference after a while. So, when you practice in this field (contemplation of the warm), this will let you reprogram the instinct in the way that you will always feel comfortable in relation to the temperature.

Physically the factors mostly influencing your feeling of the external temperature, are mainly the functions of the intestine, liver and spleen. So if these organs function not perfectly, they block the circulation of the energy. Just cleaning the large intestine and (what automatically follows) the liver, makes the person to feel the energy better, to less freeze in the cold winter and to less perspire in the hot summer.

FEVER

The body increases its temperature when it copes (kills, removes) with parasites – this is one of its self defending functions. It occurs during the fasting, that the body, when it is eliminating disease causing focuses, opens a concentration of, for example, bacterias. Then they circulate in the whole body, in the blood, causing the fever. So, a natural healing process of the human body is taking place.

If fever occurs during fasting, usually the best solution is to wait till it's gone. Drink some more warm water, go to bed, rest, sleep more. Usually the body will get well within a few hours to a few days.

To take a drug lowering the body temperature is almost always a mistake, because it harms the body natural mechanism of temperature control and poisons the body with chemicals. But when having acute and very high fever, it is advisable to call a doctor with sufficient knowledge about heal fasting.

THE PRICE OF THIS BOOK

I don't expect from you any payment for this book, that's why I've published it for free in the Internet and I've given up any author rights. You can do with this book whatever you want.

Every action has an answer (action \Rightarrow reaction, cause \Rightarrow result, karma). If you are interested in knowing an answer about relation(s) among people caused by accepting a present — let me explain it.

In physics there is the well known law of conservation of energy. This law says that the energy is not created from nothing, it does not disappear, but it changes its form and place. Similar law often (not always because there are exceptions standing outside laws) functions between beings, e.g. people.

If somebody does something for you (does a work, that is, expends his/her energy), and you accept it, you become his/her debtor. In this case, the so called law of karma defines it as appearance of a relation.

It means that by taking this book you put yourself in relation with me, in the sense that you became my debtor (if you don't stand outside this law and if I owe you nothing). It is possible even thou I am not expecting from you any payment of the debt. I only explain here, so that you are conscious about the relation.

Understanding such dependences, you may decide what to do. For example, you may decide to do nothing, because you consider the situation as all right. Or you may feel that this dependency (relation) doesn't appeal to you, so you decide to react, that is, to pay back, to balance the energy, to free yourself of the relation.

If you decide so, you may send me the average amount of money that you spend for your food within three days. Instead of the money, you may propose your service, object, work or whatever you think is appropriate, to me.

I repeat once again, I expect nothing from you. The only reason, why I have written this explanation, is to make you know more about the function of the matter which can be called the law of action-reaction, relations, debt-dependency, karma or conservation of energy.

Joachim M Werdin

This book is not finished yet, it is still being written.
The full version, at present, has about 320 pages.
What you see here is my rough copy. I am still typing.
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Thank you in advance for your help.
I welcome and thank you for any other remarks.