

FASTING
AND
NATURE
CURE



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Second in a series of lectures for developing higher consciousness

FASTING FRUIT-DIET AND NATURE CURE

Medical science now classifies 4,000 different diseases and ailments which afflict humanity. The more complex and artificial our life becomes, the more diseases arise to burden and bring anguish to the human body and its resident soul-consciousness. As diseases increase, new drugs are discovered or invented, and there is ceaseless scientific search for some "wonder-cure" which will bring relief to all this boundless suffering.

As you walk down the streets of a modern city and gaze deeply into the faces that pass you by, do you see health and happiness mirrored in most people? Their eyes are dulled with fatigue and nerve exhaustion; gone is the spring from their step and the sense of exuberant vitality. Our hospitals are filled to over-crowding.

We begin to experiment on ourselves (which is the only final test of any theory) and obtained some splendid results. So to date we have arrived at the following conclusions -- always subject to improvement and progressive revision in the light of new knowledge and higher experience.

All of the miseries to which flesh is subject go back to one fundamental cause: THE PRESENCE IN THE SYSTEM OF WASTE MATTER, MUCOUS AND ACCUMULATED TOXIC SUBSTANCE FROM YEARS OF WRONG DIET.

The human body is like an "air-gas" machine, a vast system of tubes that must be kept clean and supple in order that health and vitality may be experienced. But life is a tragedy of nutrition, and almost from birth most humans are eating food that builds waste and unused products in the human system. Gradually this mucous waste fills up the passages or tubes of the body, carried there by the blood stream in circulation, until the body can no longer bear this filth and strives to eliminate it violently.

WHAT WE CALL DISEASE AND ITS SYMPTOMS IS THE BODY STRIVING TO ELIMINATE ITS WASTE. This begins with the common cold which is a process of elimination and carries on all the way through the various "moderate" diseases to the killers of tuberculosis, cancer and severe heart ailments. Modern medicine with its serums, vaccines and wonder drugs is successful at times in suppressing these disease symptoms, thus seeming to cure the sufferer until the next outbreak. But there is no health as long as the waste and filth remain to poison the blood.

As this unfortunate process of wrong nutrition and waste-packing continues over decades, finally the small capillaries or "tube-ends" become overwhelmed, as in the brain, and the victim has a stroke or cerebral hemorrhage. Or the nourishment of cells becomes impossible and a part of the living tissue begins to die and putrefy and this we call cancer.

All of the great natural healers emphasize that nature is simplicity and that disease is basically caused by toxic obstruction throughout the human system.

"It is suggested that fasting is a thing which most of you have forgotten, although this Awareness, through the Christ Consciousness, had indicated before the importance of fasting. It is suggested that all of you should fast for 2 or 3 days each month. Your bodies are filled with mucous, with residuals from drugs, with various types of toxins; your bodies are like a machine filled with hundreds of millions of tubes, and these tubes you refer to as veins and cells, as arteries, as capillaries,--these in most of you are clogged with waste products, with an over-supply of mucous material, residuals, especially alkaloids from medical drugs. This Awareness reminds its ministers, that those who would heal others, must first heal themselves."

FASTING---THE UNIVERSAL REMEDY

Nature with her beautiful simplicity and self evident truth supplies to ailing humanity a wonderful remedy that works without failing. It is FASTING! This is the beginning of all nature cures. Search the scriptures and you will find continuous reference to FASTING AND PRAYING. Jesus fasted forty days upon at least one occasion. Modern Christians pray a great deal but do not fast enough. If your body is filled with mucous and toxins, your prayers and meditations will not be as effective as when the system is cleansed and in harmony.

Many ridiculous things have been written and said about fasting, and a few fanatics have given the public wrong impressions. Any great truth becomes garbled in mass presentation. Do not expect support from most medical doctors when you contemplate a fast. They do not understand the theory behind it, and a few of them have experienced a fast. Nature tells us: Only those who LIVE THE LIFE shall understand the doctrine.

RULES OF FASTING

Anyone, including sick persons, can fast for two or three days with benefit. The rules are simple. You always begin the fast with a internal bath, an enema upon rising in the morning. The lowly enema is the great friend of mankind and is part of nature's water cure.

From one to two quarts of water should be taken into the colon, adding the strained juice of one lemon to the lukewarm water. If the colon is very irritated, it has been found beneficial to add a tablespoon of honey to the 3 or 4 pints of water.

Try to hold at least some of the water in the colon for 5 to 15 minutes and then release. It is important to cleanse this principle organ of elimination so that your fast may be off to a good start.

While some authorities suggest that one can drink fruit juices for the first day or two of a fast, I now believe, through experience, that it is best to confine one's self to the FASTING LIQUID.

This liquid is made by adding a little lemon juice and a trace of honey to each glass of water you drink. Drink as much of this as you desire while fasting. Up to 2 or three quarts is quite enough and if your system seems to desire only 4 to 6 glasses daily, that is sufficient.

HOW NATURE CLEANSSES US

When you stop eating, nature immediately begins to expel the mucous and filth that is in your system. The tongue is the magic mirror of your body. Its surface shows the condition of your stomach lining. The tongue becomes coated within a few hours, and the breath is offensive. Here is an important point: The cleaner your system is, the more you will enjoy the first day or two of your fast. But if you are heavily encumbered with waste and old drug deposits in the system, you may experience various unpleasant symptoms.

Your head may ache, you may feel dizzy and altogether miserable. Do not become discouraged as nature is merely telling you the mucous-poisons are there and it is better to remove them while you are still relatively well and not wait until you are ill with some acute disease.

For example, during the night while you sleep, nature begins to eliminate waste. That is why most moderns awaken with coated tongues, bad taste in the mouth and a slight headache. But they find that a hearty breakfast makes them feel better. This is explained by the fact that the entrance of new food stops, temporarily, the elimination process and nature wearily starts again to try to pack this new and unnecessary food somewhere into an already burdened dietary economy. Actually, the breakfast habit is a dietary sin and folly.

Nothing is more foolish than to pour quantities of heavy food into the stomach in the morning. It is best to skip breakfast entirely. Have only some warm water or fruit juice or, perhaps, some ripe fruit in season. You can do a heavy morning's work on the energy derived from ripe fruit in season. Other foods will cause more obstruction and encumbrance.

Thus, we see that a short fast is an excellent method of self-diagnosis. If the reactions are quite unpleasant. IT SHOWS THAT YOU NEED CLEANSING AND NATURE THERAPY. If you feel buoyant and vital, it shows that you are on the right track, and with a spaced program of fasting, mucousless and mucousclean foods and other natural remedies, you can and will enjoy vibrant health far beyond what you may have dreamed possible.

PROBLEMS AND DANGERS OF FASTING

It is not true that the longer the fast, the better the cure. A person, for example, who has been a heavy meat eater for many years and is badly encumbered with mucous, might experience disastrous results with a prolonged fast taken without adequate preparation.

It takes from one to three years to cleanse the body of mucous and to be firmly established on the royal road to health. As I have often remarked, "You cannot go to heaven in a bound." You will have to be patient and space your fasting program with weeks of careful diet and transition foods, as will be presently explained. A rhythm will be developed of fasting, cleansing and corrective diet.

One of the mysteries of fasting is that on some days you will feel glorious, full of vitality. Then will follow a day or two when you will feel miserable. This is because waste and mucous are in the circulation and are being eliminated through the kidneys, bowels, lungs and skin. Your breath will be very offensive, your mouth will taste terrible and you seem to experience the misery of an illness. How wonderful is nature in ridding us of our toxic waste.

Do not forget to take an enema daily while fasting. Spend as much time as possible in the sunshine and fresh air while fasting. Brush your skin with a dry skin brush after your daily bath. Breathe deeply and do breathing exercises daily.

DRUGS AND THE HUMAN BODY

Some patients will eliminate, during the process of a fast, drugs that have been in their body for as long as forty years.

If you have taken many drugs during your life, during a fast you will relieve some of their miseries as they are eliminated from your system. This may become dangerous and caution is indicated. Obtain the advice of a good drugless physician in your vicinity. ON FASTING DAYS WHEN YOU DO NOT FEEL WELL, TAKE PLENTY OF REST AND SLEEP. Only exercise when your vitality seems to desire it. Otherwise rest, relax and let nature work.

Nature indicts medical science with this terrible fact: MINERAL DRUGS CANNOT BE ASSIMILATED BY THE HUMAN BODY and they eventually become poisonous encumbrance to it. Most people now walking our streets are filled with drug deposits. Dr. Bernard Jensen of Los Angeles, outstanding authority in Iridology, (the science of diagnosis through examination of the iris of the eye) reports in his excellent work, The Science and Practice of Iridology, that drug deposits are clearly shown in the iris of the eye. He can tell from the iris just where these noxious deposits are located in the body. They are a part of the burden that finally forces us into an unhappy, old age and a painful death. One is reminded of the author, who exclaimed, "We are all fellow-passengers to the grave." Unnatural living habits certainly hasten us in this direction.

We do not wish to appear as a fanatical opponent of medical doctors and I sincerely acknowledge the good work that so many of them are doing. However, MANY OF THEIR BASIC THEORIES ARE ENTIRELY WRONG.

ONLY NATURE HEALS US. Therefore, to offer encumbrance and obstruction to nature is to discourage true healing, not to promote it. Nature, of course, is simply the Intelligence and Power of God in action throughout the Cosmos. Nature is the living garment of God, and all natural laws are Divine. Obedience to nature is consonance with God.

HOW AND WHEN TO BREAK A FAST

If you are heavily encumbered and filled with mucous and old drug deposits, your first fast will be only for one to three days. If you have been a heavy meat-eater, your fast should be ended with perhaps a little fruit juice, then raw or cooked green-leaf vegetables. BE CAREFUL TO AVOID THE MISTAKE OF EATING HEAVILY AT THE CLOSE OF A FAST. The stomach is somewhat reduced and no longer desires the excessive food that you have probably been eating for many years.

If your fasting experience has been a good one, then break the fast with fruit juice and ripe fruits -- foods of a cleansing nature. It is best to follow the MONO-DIET if possible, that is, just one ripe fruit in season makes a good meal.

As soon as you begin to eat again, the elimination process is retarded or almost stopped; if you were very toxic, you feel better for a while because the waste is settling again in the system. But you will never be really healthy until most of this waste is removed. So after a few days of transition diet, you should fast again, and keep this up at intervals for one to three years, until your health is perfected.

Long fasts are very good when part of the wastes have been removed from the system. Through them, nature "digs deeper" into your mucous waste and slime and removes obstructions that might some day shorten your life.

Man can live from 90 to 115 days without food, from 10 to 12 days without water, but only 5 minutes without air.

Under proper conditions, with informed guidance and with strong will to purify yourself and grow spiritually as well, a long fast is nature's supreme remedy for mortal ills of the flesh.

FOODS THAT HEAL, OTHERS THAT OBSTRUCT

Fasting will not give permanent benefit unless the diet which follows is cleansing and vitalizing. While there exist wide differences of opinions on these matters, even among experts in nature and cure, I believe the following to be true:

Mucous-forming foods are meat, eggs, milk and its various products, all cereals and starchy vegetables. This constitutes practically the entire diet of most people. Is it any wonder they are sick?

THE IDEAL FOOD OF MAN IS RIPE FRUIT. Man is, by nature, a fruit eater. Fruits have the highest vibration of all foods and are the best cleansing, healing and building agents for the body. Next to fruits come the green-leaf vegetables to be eaten raw and in palatable salad form if possible.

We have said before that nature is utterly simple -- yet the profoundest mystery. Man's highest and best food is found in living, sun-ripened fruits and green, leafy vegetables.

THE MEAT AND PROTEIN SUPERSTITION

But your life-long training may immediately object: what about proteins? I have been taught that I must eat meat in order to have protein. Let us examine some seldom-discussed facts.

It is true that proteins form the building blocks of human flesh and tissue. One of the deepest searches of bio-chemistry, for years, has been to find a non-toxic protein. Meat has protein, but it is VERY TOXIC.

Here is a remarkable and wonderful fact: THE FOOD MOST FILLED WITH LIFE-SUPPORTING PROTEINS IS THE GRAPE. All ripe fruits are filled with proteins, and grape-sugar is the highest and finest of all. Man can live indefinitely on ripe fruit alone, and this is his IDEAL DIET.

The cleaner you become, through fasting and metaphysical practice, the more your system will hunger for fruit and good vegetables. The more you will shun meat and the commercial, artificial food of mankind.

From lessons and personal experiences of recent months I have now concluded that MEAT-EATING is HARMFUL FOR MAN. The simple fact is that we do not need meat. Natural scientists have found that man cannot assimilate ONE ATOM OF FOOD THAT DOES NOT COME FROM THE VEGETABLE AND MINERAL KINGDOM. The food that we derive from animal flesh comes to us in secondary fashion, and along with it, we receive many toxins. The minute an animal is slaughtered, decay and putrefaction sets in. This process of animal decomposition, releases powerful toxins that certainly are toxic for mankind.

Meat poisons are a temporary stimulant to the human body, and that is why people believe that meat "strengthens" them. But then the wastes and residues encumber their systems and they lose their vitality.

Heavy meat-eaters invariably crave other stimulants to "balance" the poisons they are acquiring through animal food. There is a direct relationship between meat-eating, alcohol and tobacco. If you want to give up liquor and tobacco, stop eating meat and see how easy it is to do if your spiritual will is active. Never before have we used so much meat, liquor and tobacco. I believe there is a relationship between this fact and the moral decline.

THE TRANSITION DIET

Of course, one cannot jump from the average mixed diet, with its numerous evils, to a fruitarian diet with its seeming austerities. There has to be a more or less gradual process of change and transition. You can even still eat some lean meat, but do not mix it with starches. If you insist upon eating meat, eat it lean, in small quantities and masticate thoroughly.

The transition diet consists of fruits, fruit and vegetable juices, raw and cooked vegetables, nuts and perhaps some cottage cheese, buttermilk or sour milk. Eliminate the pasteurized milk, as it is a first class mucous-former. Raw milk (cows) and raw goat's milk are good for some people, but if there are considerable mucous indications, they should be eliminated.

The following are suggestions for use during the TRANSITION DIET: Upon arising in the morning, take from one cup to four glasses of warm water, adding thereto some lemon juice, if agreeable. Eliminate the customary breakfast altogether.

After your exercises, bath and meditation, have some ripe fruit, such as grapefruit, orange or apple, but do not mix them. Nature frowns on combinations; the simpler our foods, the better. REMEMBER THAT MONO DIET IS BEST. ONE ripe fruit is an excellent meal and will sustain you through your customary labors, whatever they may be.

For lunch have some raw vegetables, the greener, the better. Wash them well. Do not combine too many of them. Usually three nice vegetables will form an excellent salad. For dressing use pure olive oil and lemon. This is the finest dressing of all, and as your system is clean, you will truly appreciate it. Soybean oil and sesame oil are also good. If your system is relatively mucous-free, you can mix the oil and lemon with yogurt, if desired.

NEVER DRINK LIQUIDS WITH YOUR MEALS. This is a prime dietary error of most people. Washing our food with milk, water or coffee is a deterrent to good digestion. Always wait 15 to 20 minutes after the meal before you drink, and then make it fruit juice, or a mint or herb tea with lemon and honey for savor. Having soups with meals is also not advisable. If you wish to fix a good, vegetable soup, make that your meal, or wait 20 to 30 minutes before anything else of a solid nature.

RAW AND COOKED FOODS

Nature prefers that we eat most of our foods in a raw state if possible. But during the transition diet, most persons will desire some cooked vegetables. It is best to eat cooked foods together at one meal, and raw foods at another meal. If you have a vegetable salad for lunch with perhaps some cottage cheese or yogurt, you may wish two or three cooked vegetables in the evening.

Green-leaf vegetables are the best; they have the most vitamins and minerals, and next to fruits, are the most mucous-free. Then come the starchy vegetables. Potatoes are best digested when well baked and eaten with the skins. In your health food store, you will find vegetarian cook books that give many ideas for palatable vegetable recipes.

Cereals must be taken with care. White flour is mucous-forming, and should altogether be avoided. Whole grain flour is less acid and mucous-forming, but all cereals should be taken in modest quantities. Most people are lousy with bread and starches. The reason so many vegetarians are pale and unhealthy is because they have only given up meat and not their starches. It is even better to eat a little meat, well masticated, than a lot of starch. This may sound like a heretical vegetarianism, but it is true. Too much bread and cereals will load with waste -- a prime cause of disease.

The plain fact is that the ideal diet is RIPE FRUIT, in small quantities and as simple as convenient. You will also find as the system becomes clean, your craving for excessive foods will cease. Fruit and vegetables, with occasionally, some nuts eaten with dried fruits, will more than satisfy your hunger. When you eat nuts, do so with dried fruits, or by themselves. Do not eat nuts with liquids or with juicy fruits, as this makes them very difficult to digest.

We learn that our previous desire for heavy meals with many courses was caused by our own obstructions and waste which devitalize us. When we are clean, we find that the body requires surprisingly little natural food.

THE MYSTERY OF VITALITY

We now come logically to another marvel and mystery of nature. Our vitality does not come primarily from our foods at all, but from the air we breathe, properly energizing an unobstructed and mucous-free system. One way to prove this to yourself is to fast when you feel heavy and devitalized. A day or two later, without any food at all, you will feel surprisingly full of pep.

Prof. Arnold Ehret, a truly great authority in these natural healing subjects, gives in his Mucousless Diet Healing System an interesting formula. He says that VITALITY EQUALS POWER MINUS OBSTRUCTIONS, or $V = P - O$. P or Power is air-pressure in the body system, generated by our breathing of air. AIR IS THUS SEEN TO BE OUR MOST AVAILABLE SOURCE OF VITAL ENERGY. Air is FOOD! Yogananda in his autobiography speaks of a woman saint in India who went for 80 days with only air, water and sunshine and felt marvelous all during the entire period.

If you will study the formula, you will find that as the OBSTRUCTIONS in the form of toxins and acid-mucous are removed, the Power Factor is bound to increase. YOU MAY NEVER BELIEVE ME UNTIL YOU TRY IT AND PROVE THE TRUTH IN YOUR OWN LIFE EXPERIENCE. That is the ultimate, pragmatic test. If it's true, it works; if it works, it's true.

YOUR SEVEN DOCTORS OF NATURE

Nature (expressive of God's Laws) is the only doctor and the only healer. In fact, there are seven wonderful DOCTORS OF NATURE. The first is FASTING. This we have already explained, I trust, in full clarity.

The second doctor is AIR. We need daily air-baths. You should breathe deeply whenever possible, and always remember that AIR IS YOUR BREATH OF LIFE AND VITAL HEALTH. Spend all the time you can in the open air, and sleep in the open air whenever possible.

Doctor number three is Water. We are 90 percent water, and need continual cleansing. Water is the great solvent. It helps to clean out the poisons and wastes, and carries them away. The chemicals in ripe fruits, with their water, dissolve and eliminate the mucous-wastes of the body. Use plenty of water, externally and internally. Bathe the colon regularly. Clean the inside of the cup as carefully, if not more so, than the outside which you present to the world. Hydrotherapy under expert care is very good for us all, and health spas have been famed for centuries.

The fourth wonder doctor is SUNSHINE. Learn to be a sun-worshipper, not adoring the sun disc, itself, but the Diety whose life-giving power pours out to us through the great solar orb. Expose as much of your body as feasible to the sun's rays as often as you can. In the winter when sunshine is scarce, try to use, daily, a good sun lamp. Your skin will become soft and clean; you will feel tremendous power from solar energy coursing through your clean bloodstream.

Doctor five is EXERCISE. This includes spinal manipulation and adjustment (the great good that is in Chiropractic) plus all other systems of nature therapy which promote circulation and resiliency of the spine and body through active or passive exercise. Walking is excellent for us all, and mountain climbing is marvelous sport. Dancing and singing are very good, if not done in smoke-filled halls with liquor and dead food being served on every side. LEARN TO BE ACTIVE, limber and physically free. The joy of movement comes to the one who frees the entire system from waste accumulations built up since childhood.

PURE FOOD is doctor six and we have already discussed this fully. Nature's fruits and vegetables will cleanse you, vitalize you and keep you well. If you hunger for sweets occasionally, use HONEY.

The last and probably greatest doctor of nature is MIND. Affirmative, positive, healthful thought is the most natural thing in the world when your system is unencumbered. You believe in God and the Spiritual Forces of the Universe. You accept the Moral Law and strive to cooperate. You love life and all humanity. You have no fear or morbid ideas about yourself, or anything else. Nature and God sing within your heart a song of joy and simple happiness. Is not such thinking and feeling the basis of health -- a sound, disciplined mind in a clean body?

NATURE IS THE ONLY HEALER

I hope the words of this discourse will sink deep into the subjective mind of every reader. Your life may depend upon them. What is your health worth? Those who object and say this is too strenuous will not feel that way when they hang upon the rack of pain, and wish that God would remove them from this plane.

The time to work with nature is NOW, while we have at least reasonably good health, and not when we hang desperately at death's door and are paying severe karmic debts for violations of natural law. The greater part of modern therapy is OFF THE TRACK and will never accomplish anything until Nature is respected and observed. God and nature are no respectors of persons. It is up to us to conform with Cosmic Law, as it is certain this law will never bend to our folly and pleasure.

Nature Healing and pure metaphysics make an ideal combination. They logically belong together. They support one another. The more you fast, cleanse yourself and adopt the mucousless diet of fruits and green vegetables, the more you will reach out for TRUTHS OF GOD. Your whole being will be rejuvenated and uplifted. Your days will be long in the land and good.

AWARENESS SEVEN DAY CLEANSING FAST

PURPOSE: To rid body of collected wastes, mucous and aging, weakness, disease and susceptibility to disease.

FIRST DAY: FRESH FRUIT, ALL YOU WANT.

Preferably non-starchy fruits. Ripe bananas are alright, but avoid other starchy fruits such as squash and pumpkin. Squash, melons, peppers, tomatoes, cucumbers and berries and all vine fruits with seeds in their flesh are actually fruit, though often called vegetables.

SECOND DAY: FRESH VEGETABLES, ALL YOU WANT.

Actual kind of vegetables meant are green, leafy vegetables, such as cabbage, celery, spinach and root or bulbous vegetables such as beets, turnips, carrots which can be eaten uncooked. (Be sure to have at least half of the vegetables uncooked). Green beans are alright if in young stage as the actual bean is a legume rather than a vegetable. Avoid such foods as chili, baked beans, etc. Corn is a grain, but may be used for this diet in whole kernel form as Awareness indicated its roughness scrapes the linings of the intestines and helps clean them. If you use any oil for cooking these, use a small amount of vegetable oil, or margarine. Avoid mucous forming head lettuce.

THIRD DAY: FRESH FRUIT AND VEGETABLE JUICES, ALL YOU WANT.

If you are a coffee or caffeine addict, you may suffer from a strong headache as you give up the habit during this fast. This is only the release of the putrified caffeine poisons coming from the cellular areas of your body back toward the digestive tract, some of which gets picked up by the blood stream. A good enema will help avoid some of this, or drink plenty of liquids to help flush it through. Usually the caffeine problem is over by the second or third day at the latest. It would be better to take one or two aspirin than to give up because of a headache here. Expect to feel some reactions, that is a good sign that it's cleaning itself out.

FOURTH DAY: NUTS, DRIED FRUITS AND AVACADOS.

Dried fruits such as apricots, figs, dates, raisens, peaches, apples, etc. (preferably without preservatives in them), eat all you want. Soybeans and peanuts are legumes are not to be used. Use fresh, raw nuts, avoid salted, roasted and oiled nuts. Seeds, such as pumpkin, sunflower and sesame may be used if desired. If plain avocado is too bland to you, a small amount of onion powder or garlic powder or lemon gives it a nice flavor.

It is highly recommended to take an enema before retiring on the fourth night of the fast. Use the following solution:

Two tablespoons Apple Cider Vinegar and two tablespoons honey to two quarts water (preferably D-cell).

Two tablespoons lemon juice (fresh) and two tablespoons honey to two quarts of water (preferably D-cell).

FIFTH DAY: LEMON JUICE AND HONEY OR APPLE CIDER VINEGAR AND HONEY

Two lemons squeezed into one gallon of water (preferably D-cell) with about two to four tablespoons of honey added, or four tablespoons of Apple Cider Vinegar to one gallon water, with two to four tablespoons honey added.

Eat or drink nothing else, except pure water, during the day.

Upon arising in the morning give yourself an enema using either of the two enema mixtures. If you cannot take an enema use one tablespoon of sodium sulfate in a glass of water for a laxative as it is essential to clean out the poisons in your digestive system at this point. Sodium sulfate can be ordered through your pharmacy. They do not always stock it on their shelves. Other laxatives are not nearly as effective as sodium sulfate as it draws poisons to it like a magnet draws metal. If you use sodium sulfate be sure to drink a gallon of mixture the day as it tends to dehydrate the body.

SIXTH DAY: SAME AS FIFTH.

SEVENTH DAY: SAME AS SIXTH.

You may break the fast on the morning of the eighth day with a "breakfast" of fruit and fruit juices. Go slowly, adding more solid and heavy foods slowly.

Special notice: On the sixth and seventh day if you absolutely reach the point of desperation and fear you will starve (an impossibility in such a short time), don't break the fast. Instead, very slowly eat 12 grapes, (no more) pretending they are your meals, no closer than three hours apart, until the fast time is over. If no grapes are available, use 12 raisens.

Remember, this is only in case of emergency. The fast is much more effective if the lemon or apple cider vinegar mixture is the only thing taken for the last three days.

NOTE: All entities who would be Ministers of Cosmic Awareness will, in the course of taking the Basic Cosmic Awareness Development Classes, partake of the seven-day cleansing fast, before officially being ordained.