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Joachim M Werdin

LIFE STYLE WITHOUT FOOD

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The motto of this book:

I am the Consciousness and everything else is my creation.

Translated from Polish („Styl Życia Bez Jedzenia”) by the author.

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

Use this information for the benefit of yourself and the others.

If you feel the need to reciprocate with money or something else, you can write to me or go to the bottom of <http://breatharian.info>.

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 and no other source of information can give you (real, true) knowledge.

Knowledge is something you build up by experience, using the information you receive. The information itself is not knowledge. To build up 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 did not know.

Belief has an unbreakable connection with doubt (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 questioning and searching until you gain knowledge. When you know, you do not ask, you just know, period.

Therefore do not blindly believe what is written in this book; it is better to find it out yourself. You can take advantage of all the information here in any way. For example, you can test it on yourself in order to build up your own knowledge. If you are going to blindly believe what is written here, you may suffer as a consequence.

When you believe the information you receive to be your knowledge, you become a slave to 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, have been established and continue to prosper.

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. Test it yourself, experience it yourself, because if you do not, you will never know, you can only believe.

And to close, let me ask you: Do you believe in God?

Yes?

No?

Why?

So what?

DEFINITIONS

In English there are the words “breatharian” and “breatharianism”, both derived from the word “breath”. These words do not exactly explain what the matter is about, so their meaning needs to be clarified. Hearing the word “breatharian” for the first time one may think about breathing and not about not-eating. Some people may think that a breatharian is a person who feeds himself / 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.

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

not-eater – a person who does not eat at all but does not 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 not sound 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 and it practically has almost the same meaning.

Inediate is a person who never eats or drinks.

Once two words came to my mind:
“eatfree” for the person free from eating,
and
“eatfreedom” for the state of a person, who does not need to eat and lives in this way.

Do you have any other ideas?

Breatharianism – a concept about ability of (not only) a human 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 in order for the body to function perfectly.

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

Living on prana – a concept about the ability of (not only) a human to live without any need except prana (highly energetic product of Light condensation).

BEFORE WE START WITH THE TOPIC

FAD

In the beginning of 2001 I noticed a fad (which later faded) for breatharianism, not-eating, “pranic feeding”, going for “living on Light” in Poland. I am sure that in a large 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 also be valid for other places.

Everything would be fine had it not looked like the so-called “blind run of flock of sheep”. The “blind run” brought some persons to a dead end and did more harm than good to them (and to the whole issue). It all resulted mostly from misunderstanding of the matter and insufficient knowledge.

Despite what some people and the mass media are promoting, not-eating relates mainly to one of the 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 the path of conscious spiritual self-development. Making not-eating the main goal and trying to adapt the body to living without food, without the necessary spiritual considerations, can cause suffering to a person.

One of the reasons why I have written this book is to deliver proper and practical information on: what the matter is about, which way of doing it is more beneficial, what should not be omitted, what should be considered etc. In doing so I focus your attention on the fact that not-eating can be a jump into the unknown. This can be dangerous because this can cause the person to lose his/her material body.

It is worth remembering that not-eating is related to spiritual self-development, although, theoretically, also a “completely unaware” person (and not interested in this matter) also can acquire the ability to live without inserting 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 for adapting the body for proper functioning without the need of eating;
- ◆ material covering details about adapting oneself to living without food;
- ◆ material covering the ability of the body to live without the need of eating.

I have written this book in order to realize part of the purpose. However, please, do not look upon this information as an instructional manual leading through adapting your body for living without eating. The task I have decided to work out by writing this book is to deliver information only.

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

Furthermore, be aware that each and every person goes differently through this process; which is the reason why every person needs a customized method, personally worked out. It is worth remembering that there are as many methods of adapting the body for not-eating as there are people who have gone through the process.

BE CO-AUTHOR OF THIS BOOK

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

My goal is to have the most comprehensive work up of this topic in one book. I know a lot in this matter myself and I am finding new things, but still it is not everything. 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 yourself, how you prepared your body for living without food, how you went through fasting and why you did it. Also please write about the obstacles you encountered and what solutions you used to overcome them.

If you are not a not-eater, please also write to me. Every comment or suggestion from you may be valuable for me. What is missing in this book, what should be changed, what do you not like etc.? — I would appreciate any comment from you.

ASK YOURSELF

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

1. Why almost everything that human eats is later excreted as faeces, urine, mucus, sebum, 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 not-eating or by fasting, but there are so many diseases caused by eating?
3. Why do so many diseases (often bothering a person for years) completely disappear during long enough fasting?
4. Why do fasting statistics show the highest efficiency rate among physical healing methods available on Earth?
5. When treated for drug addiction (either alcohol or nicotine, narcotics, caffeine, sugar etc.), the body shows some unpleasant reaction (called clinical symptoms). When stopping eating, people show the same clinical symptoms. Why are the symptoms in both cases the same? When a recovered addict returns to his/her addiction, the reactions in his/her body are the same as those appear in a person who restarts eating after a long period of fasting. Again, why are the reactions the same in both cases?
6. Researches show that some people can live without food for months or years, but others die after just a dozen of days. Why?
7. Why do different individuals, having the same weight and height, eating food which differs very much by quantity and composition (every person eats something different) enjoy perfect health?
8. Why are some people eating very healthy food often ill, but other people eating junk food very healthy?
9. When people and animals are ill, they have no appetite. In such cases animals fast until they become healthy. If an ill human fasts, he/she also becomes healthy much faster. Why does the body react like this?

Do you have any other question related to this subject?

THE CONSCIOUSNESS

The Consciousness (written with the capital C).

Imagine something that does not have any space, time or any other limitations. Actually, it is impossible for the intellect to imagine the Consciousness, because any such attempt already creates a limitation. But just for the sake of a visual representation here, imagine something that does not have any limit in its 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 its origin — all these, and even more things, have the Consciousness in its origin of existence. The Consciousness is everything that you are able and unable to imagine, and even more.

Other words used (in the same or similar context) for the Consciousness are, for example: God, The Absolute, The Providence, The Almighty, The Universal Mind, The Cause, The Principle, The Universal Consciousness. Depending on the understanding and explanation of the person, who uses these words, they may have another definition, which may or may not be the same as the above one. So if you are unsure what the person is talking about, ask him/her about the definition.

If I was to describe the Consciousness graphically, 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, until the plus infinity. Of course it is only a graphical representation of something, which is impossible to draw. Let us make a premise that this drawing represents infinity, something that has no limits. Such a representation of the Consciousness makes my explanation easier to understand. So the drawing below represents, for the intellect, the Consciousness.

IAM

What is IAM (one word 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 and perceived differently by the intellect.

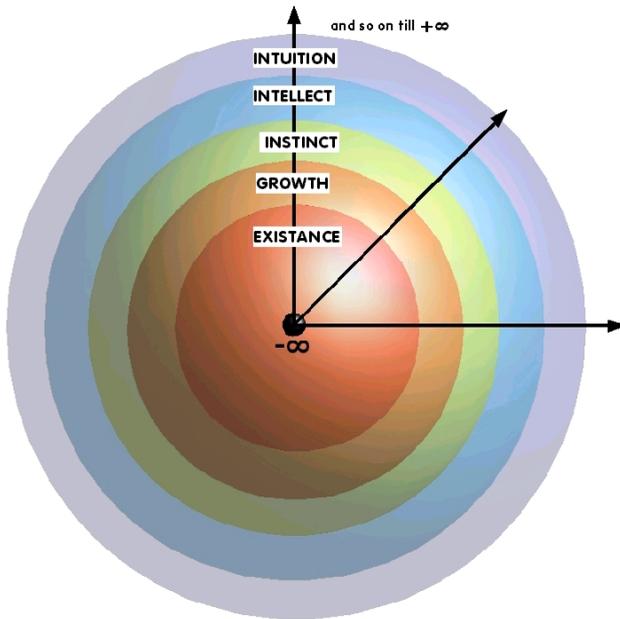
Thus the attributes of IAM are those of the Consciousness. IAM is in the Consciousness, at the same time being an imaginary piece of the Consciousness. IAM would not exist without The Consciousness and The Consciousness would not exist without IAM. In the same manner you can imagine that a drop of water would not exist without the lake and the lake would not exist without drops of water which constitute it.

At the same time IAM is the source, the essence, the primary cause and the 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 does not 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 into the Consciousness so that a limited part of the Consciousness was enveloped to form a sphere. Explaining this in visual terms it can be said that a spherical border was inserted or was created inside of the Consciousness. I call such an area a sphere of the Consciousness. This is what I mean when I say that a being (for example a 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. Visually these spheres of the Consciousness can be shown as in the picture below.



Spheres of the Consciousness

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

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 wider, compared to a being from a smaller sphere.

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

At the same time the above picture shows the process known as evolution (growth). The evolution of a being consists in expansion of the sphere of the Consciousness in which the being lives. A plant is more developed (farther in the evolution) than, for example, a rock crystal. An animal is

more developed (living in larger sphere of the Consciousness) than a plant. A 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 it lives is expanding. The more the sphere of the Consciousness (in which a being lives) expands, the more it is able to do, to imagine, to comprehend, and so on.

The intellectual development of a human, partially estimated as the intelligence quotient (IQ), can be used here as an example. Looking at the human history, one can draw a conclusion that human abilities of comprehension, explanation, imagining, creating, finding solutions etc., were improving with time. So we can say, that the intellect (the sphere of the Consciousness) of an ordinary inhabitant of Earth has been expanding.

On the other hand, at the same time, the ordinary inhabitant of Earth has been active mainly in the intellect, therefore he/she has not been capable of doing 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 does not evolve more (that is he/she does not go beyond, to the intuition), the person is not able to understand things which exist beyond the boundary 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. A human has more sensible and more sophisticated construction of the body compared to an animal. Also a human body contains less minerals and more water. Its energetic structure is more developed. An animal has more sophisticated body which contains less minerals compared to the body of a plant. A stone has the hardest body of the three, because it consists of almost exclusively mineral(s).

The beings living in the (sphere of) intuition own much more subtle bodies than humans. In present time for most people this body is invisible, so it is considered immaterial.

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

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

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

THE INSTINCT

It is one part of the mind. It consists of data and programs. A program is a self-functioning mechanism which is working exactly the way it was created (written). The program does not think, it has no emotions and does not do things which it was not destined (programmed) to do.

The instinct is a big collection of programs and data. The instinct does not think, does not deliberate, does not analyze, does not judge and does not create. The instinct runs programs and collects data thoughtlessly.

The data are:

- everything collected by the senses (knowingly or not) and conserved in the memory (most of it is forgotten);
- all circumstances, for example:
 - situations (e.g. behaviour of other beings);
 - factors (e.g. temperature, colour, sound level, space);
 - a result produced by a program.

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

Here are just a few examples of the programs work:

- human can perceive with the senses and interpret it, so he/she can feel hunger, thirst or repletion;
- the heart beat frequency, the size of the pupil, the amount of the sweat and many others are automatically controlled;

- responses caused by the reflex.

Emotional reactions of humans are programs responses 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 an impact by an external factor (that is data: things seen or heard) on a program serving a particular field of the person.

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

Now something else. In a neutral mood you enter a room, where someone immediately shouts at you and throws insults at you. What emotions are arising in you now?

In the first scenario different emotions arise than in the second scenario unless the person sufficiently controls them. To put it simply: in such a case specific data produces specific response 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 the stages (or attainments) on your path of spiritual growth.

When you control your emotions, you can decide, at any time, to feel happiness. Then you can remain in this state until you decide to elicit something else, for example, sadness.

If you cannot do it yet, different factors (e.g. behaviour of other persons towards you) may be hurling you on the ocean of emotions like the wind hurls a leaf. Any way ... So what?

THE INTELLECT

The intellect is the part of the mind that 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 contain the next question.

The thing which passes, from the moment of having a question until finding the answer, is called time. Time exists only in the intellect. The intellect

cannot exist beyond time. The intellect has been creating time so that it can exist and function. Beyond the intellect there is no time, hence it can be said that time is an illusion of the intellect. The same it is with space.

The intellect perceives and builds the world as bi-polar that is the world in which everything has two opposing sides, there exists something and it is opposite at the same time. 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 hatred.

The intellect creates something by, among others:

- giving answers to questions;
- building, in the imagination, something which did not exist there before ;
- modifying things taken from memory (that is, from the instinct data base) or from senses.

The intellect, contrary to the instinct, does not accumulate data (that is it does not remember); it only thinks (re-arranges and creates the data).

THE INTUITION

It is the part of the mind, which knows “everything” without any question, thinking, creating or searching. There is no question in the intuition. Even if there appeared one, at the same moment the answer would appear too. Actually, there is no such a thing as the “moment” in the intuition either, because the time (together with other illusions) does not exist in the intuition.

Time, space and bi-polar world do not exist in the intuition. They are the creations of the smaller sphere of the Consciousness called the intellect.

The intellect is unable to understand the intuition because the intellect is a smaller sphere of the Consciousness. It follows that the intellect is unable to explain how the intuition works.

The intuition contains the intellect (think about the spheres), so the former understands the latter. Similar relation exists in case of the intellect, which contains and understands the instinct, but not vice versa.

It explains why a human, who is the representative of the intellect on Earth, is able to understand and explain, for example, the functioning of the body or behaviour of an animal. It also explains why the animal is not able to understand the 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 a human (who lives mainly in the intellect) is not able to understand angels and other beings spiritually more developed (who live mainly in the intuition). Indeed, people do not 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 the function of the human intellect to another cow.

So whilst continuing attempts to explain the intuition in this fashion, I will add that it also serves as a kind of a link or gateway to IAM for human.

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

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

In most cases you can mutually substitute the related expressions, for example, superconsciousness = intuition, subconsciousness = instinct, without adversely affecting the understanding of the descriptions.

Talking about humans I also use the expressions: intuition, intellect and instinct, as definitions for parts constituting the mind (as per the above description). So “the intellect” is a sphere of the Consciousness and also is a part of the mind with the description of its function as above mentioned.

Every being, including humans, is in its essence the Consciousness which has limited itself to a determined sphere.

A 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 subsequent description of the human.

I upon a time had a fish. I decided 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 answers to such questions. So I decided to explore it. I was curious and 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 and I learned a lot about the fish. I could even write a book and become an authority in the field of fish life. I had observed everything that was possible to be seen in the life 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 numerous questions such as: How does the fish 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 its moving speed? The observation alone could not give me answers to these questions. Other people told me how it feels, but for me it was only information about their experience of being in a fish body. Well, if I do not do it myself, I will never know, because the way to knowledge is through experience.

So I had decided to experience the life of the fish, and in order to do this I entered its body. So as for the body, I was a fish. I could feel as if on my own skin all the things that I did not know but was curious about. I could experience myself all the things that people tried to explain to me. Now I finally know how it feels to be a fish.

Actually, at that time I shouldn't have said that I fully knew how it was to be a fish. I was in the body of the fish, this is a fact, but the thing is I knew that I was not a fish. I had experienced everything what could be observed and felt on the body, but I had not learned the emotions of a fish. Exactly, the emotions, which is the essence of the fish life. 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 spectrum of the emotional and mental life of a fish? Well, just being in the fish body was not enough, because I knew that I was not a fish, and 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 a fish, but again, to me it was, just information. I decided to experience it all, in order to know, and not just have information. I had a choice to enter the body and mind of the fish and to forget that I am not a fish, and that I am only playing.

I did that and lived through the whole life of a fish, not knowing that I was not a fish. Only after doing that (as it turned out) my experience about the life of the fish became complete. All these things – having done the observation, feeling the physical body and going through the emotions – constitute the complete experience. Only when having completed them all I can say that I know the life of the fish (because I have experienced it).

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

Have you realized that with this fable I have described the human — what he/she is and what he/she does here? Do you know that you are such a fish, a character in a game created by IAM?

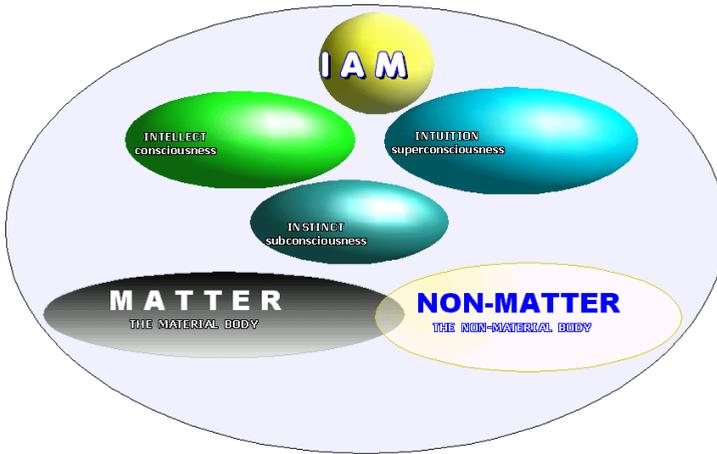
Being a human this time you already got to know to some degree what the human does and what he/she feels. Having defined an experience to go through, a human experiences the life in a chosen form (body) and circumstances (location in the space, life style etc.). The human does not know that he/she is not a fish and that he/she only uses the fish's mind and body in order to experience Life, in other words — to play.



Am I a fish or what?

WHAT THE HUMAN IS

The picture below is a rough visual representation of the elements making up the human. Many other beings living outside Earth look similar in graphic terms.



THE HUMAN

This picture does not contain all the elements and does not show the internal and external connections, because they are not so important in the present topic. Also the interrelating positions of the elements do not correspond to actual ones, whereby one is contained within another, like spheres, because one creates another. I have chosen this simplified arrangement for clarity necessary in the text. The second picture shows better the construction but it is still far from all the details.

IAM is the centre, the root, the first cause, the 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. At the same time IAM contains inside itself all the elements making up the 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, IAM 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 (a limited sphere of the Consciousness) is not able to understand that, it can only philosophize about the matter — like I am doing now.

What does IAM wish? 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 choose to play a game, for instance.

The game is called “the experience” and in order to be the most successful it should look like the real thing. The less things and situations look mock, the better the game is. IAM can produce such circumstances by making limits, that is by creating a sphere of Consciousness which is suitable for the conditions of the game in creation.

In the case of the game called: “experiencing Life as a human being on Earth”, IAM creates (among others) the following tools which are suitable for the experiencing of:

1. the mind, which consists of the intuition, the intellect and the instinct;
2. quite sophisticated structure called “the body”, which actually consists of the material (physical) body and many more elements also called “bodies” (the details are not important in this description);
3. circumstances and conditions for the experience (e.g. living in a small town on Earth).

Having created all necessary elements, IAM is experiencing what can be called: “an evolution from imperfection to perfection” or “spiritual development”. It is quite an interesting game, when a being who in its essence is perfect does not know this and thinks of him/herself as being imperfect and therefore strives for perfection.

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

CONSCIOUSNESSES

I AM

MATTER
THE MATERIAL BODY

NON-MATTER
THE NON-MATERIAL BODY

INTELLECT
consciousness

INTUITION
superconsciousness

INSTINCT
subconsciousness

THE LIGHT

(written 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 the act of even attempting it will limit what is unlimited and unimaginable. This would be like trying to draw the infinity.

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

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

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 the sphere of the Consciousness in which the being lives, the brighter Light is radiated by the being, lighting up the darkness.

Now you can understand that every human and every other being live on Light. The Light creates and sustains Life. When you feel this process, then you say that you feel Love.

The Light and 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 Light, actually, you always have been. If you are aiming to live on Light, just let yourself 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 see Light. Once you see it, turn your attention to your feelings. What do you feel? Love. Tell yourself and deeply FEEL this:

IAM the Consciousness, the source of Light, Love and Life.

SOCIETY SUGGESTION

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

1. When a baby is born in a society of people who eat, he/she demands food from the moment of the birth. The baby has to be fed because if his/her body does not receive any food for too long, it will stop working (die). Not giving the baby any food would be acting against nature.
2. When a baby is born in a society of people who eat, but his/her parents are ineditates (and not persons forcing themselves to be not-eaters), the baby will demand food in less quantity than the one in the above example.
3. When a baby is born in a 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 relation between the human and the matter called food.

From the moment of the conception every human is under the influence of the society suggestion. In the womb the mother has the biggest influence on the baby's instinct, next are the father and the other family members and then the persons with whom the mother spends most of her time. If they all are people eating “normally”, one should not expect that the instinct programs of the baby in the womb would be different from those prevalent in the society. Therefore also the biological nature of the baby born will be alike, resulting from the influence exercised on this person during his/her entire stay in the womb. The eating habits of the human are being created already in the womb (they can be changed later).

Similar processes are taking place during the whole time after the birth. Until the baby becomes an adult his/her diet depends on the society in which the child lives.

A new born baby has the instinct sufficiently programed in a way that allow his/her body and mind to function properly. A set of these programs consti-

tutes his/her nature. Acting against this nature causes disorders or even death in extreme cases.

The conclusion is simple: next time when you decide to be born on Earth as an inmediate, first choose the parents and society suitable for the occasion. ☺

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

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

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

Often the voting people are a good example of this. Also look at the advertisements, wrapping of merchandises, arrangement of shops (the music) or offices, declarations of politicians and journalists, and so on and so forth. Listen and feel what they evoke in you, what emotions? Do you think that it happens by coincidence?

The more you think for yourself, that is the more consciously you do something and the more you pay attention to the society suggestion — the more you discover the underlying suggestion and the more you understand how strong an influence it has on the thinking, talking and acting of people. Then you can say that you think by yourself, not according to the patterns built in your instinct. Then you act more and more independently, you become a 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 does not understand or control their instinct, regarding the programs governing the matter called food, is not able to become an inmediate. Such a person is still a slave of their instinct's programs.

REPROGRAMMING

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

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

Knowing this much about the instinct, you can easily come to the conclusion that in order to become an inmediate (not-eater, breatharian) the main task to be done is to change the functions of programs related to eating.

For the average 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 at proper times — the body works. But if something changes, for example, the quantities decrease too much or the timing is wrong — the body does not work properly, and in extreme cases the vital functions stop.

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

Regardless of whether substances are put into 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 and who hasn't decided yet to become an inmediate, may change the programs so that they produce the results 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 governing the structure and functioning of his/her

body, so that the result is described in this sentence: Only if fruit or vegetable juices are drunk by the body, in proper quantities and appropriate times, the body works properly. Such a person can be called a liquidarian.

How to change the way in which a program works? How to delete a program or data that I have 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.

POWERING THE BODY

Shortly and simply, considering it mechanically, energetically and chemically, it can be said that man's body is being powered simultaneously by at least four systems: digestive, breathing, skin and direct (pineal).

If I was to draw a picture describing percentage quotas of the systems powering the body of a statistical inhabitant of Earth (if it is possible to define this at all), I would write the following amounts:

- about 20% digestive system;
- about 45% breathing system;
- about 35% skin system;
- about 1% direct system.

The sum is 101% because the amounts are approximate. Also this depends on an individual person — the proportions may differ a great deal. You may consider the above quotas as estimates and a graphical presentation of the relation between the body powering systems, rather than scientific data.

Beside this, the proportions are changing, they depend on the life style that a person follows. For example, in case of the not-eaters who also do not drink the digesting system will power the body in 0% and the direct system between 1 to 100%. In case of persons living on a very small amount of food, who regularly do breathing exercises and expose the skin to the sunshine, these proportions will be different, something like: skin 45%, breathing 50%, eating 1% and the rest would be direct transformation of Light (prana) to the matter.

You probably have experienced such changes of the proportions. When you spent more time doing spiritual (mental) exercises, you wanted to eat less. Similar thing happen when you are practising hatha yoga, doing energizing exercises or you spend much time on a sunny beach. During sunny summer human wants to eat less than he/she does during cloudy winter.

It is easy to conclude from this that when the body's direct powering system develops sufficiently, then not only food and drink become needless, also the breathing, the influence of the Sun radiation and the temperature also become less needed.

I'm going to describe in short the human body powering systems.

DIGESTIVE SYSTEM

It seems to be the best known system, which transforms eaten solid and liquid substances, generally called food, nourishment or feeding. It makes man feel a contentment caused by the look, smell and taste of the dishes, and mainly after making the stomach full. Also hunger and thirst disappear after some eating. (It is a typical behaviour for an addict.)

The universal “scientific”(?) understanding and explanation of how the consumed substances build and power the body, is as this. The consumed food is disassociated (by e.g. digestive fluids and enzymes) to simpler substances (mainly chemical compounds e.g. glucose, amino acids). Next, these things are used by the body for synthesizing (building) what it needs and for extraction of the life energy (to be used for e.g. moving, thinking, body heating). The resulting conclusion seems to be simple, that the consumed substances give the body energy and building matter. So considering the energy, the body can be compared to a car or a locomotive in which fuel is burned for energy that moves the whole machine.

Some people wonder if really the eaten bread or drunk fruit juice builds human body and can be burned (like coal or wood) for energy. And why different people, although they consume food which differs a lot by the composition and amount, are quite similar in their stature and weight. This happens even if the daily lives (environment, work and physical activity) of these persons are very similar.

Another real example. A man who weighs 120 kg eats two slices of bread and drinks two cups of coffee a day only, but he does not lose any weight. On the same day his peer eats six loaves of bread, two sausages, half litre of milk, three cups of tea, biscuits, fruits and something else, and he remains slim. They are of the same stature and have similar amount of physical activity.

You probably could give more examples like these, if not then it would be enough to look around and compare people regarding this matter. Such examples make it clear that there is no absolute connection between the amount of eaten food, its composition and the body appearance or how much life energy man has.

Why does it happen like this? If bigger quantity of eaten food would give more life energy, then people who eat more should feel more energized.

There is even so-called “energetic value” of food (efficient tool for manipulating people). An amount of grease has this many calories, of milk has less and of saccharose has more calories, and so on. But why eating bigger amount of sugar with fat causes man to feel worse than when he/she drinks the same quantity of fruit juice or just water? Why after a big and satiating meal man, instead of radiating with energy, feels lazy and weakened? Since our childhood we have been under this suggestion: “Eat more to be stronger.” It is a pity how children are being cheated by the use of the suggestion, which later in their life results in so much suffering: diseases, aging and earlier body death.

By the way, one of the most serious harms that can be done to a child is to force him/her to eat. Carefully watching the child to make sure that he/she finishes eating everything from the dish, harms the body of this person that you do love. This causes, among others, changes in the psychical and physical structures of the child, which are difficult to reverse. Such changes affect the psychical and physical health of this person during his/her whole life, which is shortened in this way. Shortly, forcing a child to eat more than he/she feels like, wounds the child's body.

Let your child decide for him/herself. Don't worry, your child will not starve and will not overeat (unless such a program already has been built in). You only need to protect him/her against poisons like sweets, fries, chips and all fried, fumed or grilled food, and also against animal milk including all its products.

Going back to the above questions — the answer is simple and for many people astonishing. Eaten food does not give any energy to the body. All eaten food cause the opposite reaction, it forces the body to spend energy for decomposing, neutralizing and excreting it all. Exactly, the body uses its own energy for transforming and excreting what man inserted in the digestive track.

The other answer can be also astonishing. Eaten food does not build human body cells. It has an impact on how they are built and how they function but it does not build them. The body does not directly build its cells from eaten food.

What does the body do with eaten food? The body removes the food completely if it works properly. The body removes the superfluous and poisoning substances with faeces, urine, sweat, saliva, sebum, blood, breath, hair, nails and epidermis. But if there is something wrong with the body work (in the present civilization this is normal, in other words, there are almost no

ideally healthy people) then it deals differently with part of the eaten food. Part of it is stored (e.g. as fat or glycogen), other part is put aside for later removal (those substances which need more energy, e.g. heavy metals).

It seems that human body is a machine producing and removing waste polluting the environment. With this action it follows the law of changes in nature. The more man eats, the less life energy man has, the faster man ages and the sooner the body wears out (is killed). Every machine wears out, the human body is no exception of this, unless ...

Continuing, what is happening to the eaten matter. It is decomposed into different chemical compounds. These enter the blood and circulate in the whole body, reaching the cells. Every chemical compound created in this way constitutes information. This information affects the work of the cell. The cells are affected by information originating from the eaten matter. Information is a program which affects the cell. The cell, being affected by the program, can produce what it needs for living, e.g. protein, minerals and water.

In this matter, the chemical compounds (originating from what man eats and drinks) reaching the cells play the role of catalysts that cause specific reactions. This is why the appearance and behaviour of man depends on what he/she eats. A substance reaching a cell is a catalyst causing reactions which are beneficial for the life or are not. The bigger amount of not beneficial information (such as caused by poisons) the earlier the cell dies.

The body of man needs a few thousands of chemical compounds and elements a day in order to work properly, every one in right amount and time. If the body does not receive them in the right time and in the right amount it starts to work improperly — this is called an illness. This makes the body to wear out (death) faster.

Do you think that with food you can deliver all these substances to the body in the right time and the right proportion? This is practically impossible; isn't it? Fortunately the body can synthesize them directly from Light (or other thing), but under the condition that man does not interfere.

BREATHING SYSTEM

This is, of course, about the lungs which provide the body with air and remove gaseous substances, mainly carbon dioxide, that are products of matter transformation. The lungs have another important task, they provide the body with prana. Prana can be defined as the basic block building the

matter, block which is needed to materialize the life of even the smallest atom particles. According to the primeval definition, prana is the same thing as Light, but a more detailed analysis says that prana is a product of Light, it is the first matter produced by self-condensation of Light. The fact is that prana is present everywhere and the lungs breath it into the body so that the body can live. Without prana human cannot survive unless (... well, it is a different story).

There are breathing exercises, mostly known in yoga, where proper breathing is to charge the body with more life energy. These exercises, if properly done, have the power to heal the psyche and the body. Some of them are beneficial during fasting and not-eating.

SKIN SYSTEM

This is about the skin that is the largest organ of human body. The skin, as the lungs, breathes and performs the same tasks as the lungs do (gas exchange and absorbing prana). Besides this, the skin absorbs the radiation coming from the sun, so it is this part of the body where photosynthesis takes place. The skin synthesizes some substances for the body, for example vitamin D. The skin is also a detector of, among others, temperature, humidity, consistency and radiation.

Through this organ many gaseous and liquid substances can enter the body. Performing this function the skin acts in a similar way as the intestines. Thanks to the skin, the body can remove many superfluous substances, so it is also an excreting organ. Gases, perspiration, mucus and sebum, which makes the body smell in specific ways, are substances containing toxins being excreted.

From the above one can conjecture that putting cosmetics (creams, shampoos, lipsticks, powders) on the skin makes them to be absorbed by the body. Then they circulate with the blood and poison the body, giving the cleaning system more work to do. Often they also set in the body which later, after a few, a dozen or more years, results in form of illnesses. So, before you put any cosmetic on your body, think about it. For example, if you can drink a shampoo that you want to use, without suffering any body problems later, then most probably it is suitable for washing the hairs. The same is with a cream, if it is not digestible then it also is not suitable for the skin.

DIRECT SYSTEM (pineal)

The pineal body is an internal secretion (endocrine) gland which is placed approximately in the centre of the head. This gland, fully active since birth, begins to slowly atrophy reaching the dimension of a pea in an adult. The common opinion is that then its role becomes quite limited. Let me add for your curiosity that the pineal is the only human body part which does not become ill.

The natural size of the pineal (which has not atrophied) in case of an adult is comparable to the dimension of a ping-pong ball. In such a state it is fully active thus enabling human to use many abilities commonly thought as fantasy, for example: telepathy, much larger range of sense perception, life without eating, drinking, breathing and regardless of the temperature, moving between dimensions and changing the look and density of the body.

So-called spiritual or psychical exercises make the pineal more active and physically enlarge it. Tests made using computer tomography on some not-eaters proved that their pineal bodies were approximately twice as big as that of a statistical Earth human.

Powering the body with the direct system can be compared with the creating of everything what consists of human body directly from Light (prana). The more active is the pineal, the less powering for the body is needed from other sources.

In the world of the matter the pineal is kind of a picture (reflection) of how large the sphere of the Consciousness that a person lives in is. Also the performance of the so-called extrasensory perception (immaterial senses) depends on the activity of this gland. When the pineal body is sufficiently developed then all physical senses are not needed any more because the perception by the pineal is much vaster. In such a case a person can be physically deaf and blind but he/she will be able to hear and see much, much more.

It is worth to remember not to physically stimulate the growth of the pineal body. Its growth should be associated with the growth of the pituitary. Both glands complete each other in the functionality, so the best is when they develop (grow) together. In the ideal case, that is when the glands are fully developed, the pineal and the pituitary create one body that has the shape of the infinite symbol.

In sum, the appearance and the activity of the pineal body indicates how much the particular person can directly power his/her body creating all its atoms and life energy directly from Light.

BODY CLEANSING

Human body has a sophisticated cleansing system. Removing the redundant and poisoning substances is done with the faeces, urine, exhalation, mucus, sebum, perspiration, blood, lymph, tears, hairs, nails and epidermis (flaking off). The human body can be compared to a machine excreting waste, which is produced mostly from what the human consumes.

The functioning of the machine called the human body depends on efficiency of its cleansing system. If the body is being fully cleansed as it is going and it does not store anything for later time, then the body is working properly. But if the body (this happens most often) is unable to transform and remove substances inserted in its interior in too big amounts, then the body accumulates them. It accumulates them in form of, for example, glycogen in the liver, fat under the skin or between the muscle tissues, gunge of unknown composition in a cyst, heavy metal chemical compounds in the bones, bone marrow or brain.

The body of a person eating a lot of food (especially if it is full of toxins), breathing poisonous gases contained in the air and drinking poisoned water, has a serious trouble because the body is unable to sufficiently cleanse itself. In this case the body is accumulating everything that it isn't able to remove at once, so that the cleansing and excreting system never stops. Then if from time to time you let the body rest, in other words, you breathe clean air and fast long enough, the body removes the harmful toxins.

These accumulated substances (in other words: toxins) are most often one of the causes of diseases. This is why fasting, especially dry, is the most effective human body physical curing method known on Earth. Fasting made in the right way “produces miracles” because it removes “incurable” diseases.

This is such simple information that even elementary school children are able to understand; but why so many doctors do not know about it? When they do not know how to cure an ill person they say it is an incurable disease, but the fact is that incurable diseases do not exist. There are people who do not know how to cure an ill person. If these people form a majority, if they create a strong suggestion group and if instead of admitting their inexperience they talk about incurable disease, then the myth about incurable diseases is created.

One does not have to be a scientist, doctor or philosopher in order to understand a simple fact that a contaminated body needs some resting from eating and from continues contaminating in order to remove from itself the poisoning substances. Giving the contaminated body some chemical compounds called “medicines” is one of most common errors made by humans because of their insufficient knowledge. Eating these chemicals poisons the body even more.

How does it work, the body cleansing system of a statistical inhabitant of the “Western World”, where people do not starve because there is too much food? Let's compare this to a car engine. If the engine's rpm is from two to three thousands, the car will serve you for years without engine problems. But if the engine constantly is forced to work at seven thousand or more rpm, it will break down in a short time.

The body cleansing system of a statistical inhabitant of the “Western World” can be compared to this engine which howls at maximum rpm. It is a real wonder how strong the human body cleansing system is. No machine built by human would be able to stand such a treatment.

The cleansing system consists mainly of the liver, kidneys, skin, lungs and large intestine. These are the organs which are overloaded with work caused by too much eating. This is why large intestine cancer, liver cancer, skin tumors are among the most often occurring diseases these days. An organ being forced to overwork will break down earlier, after a few, a dozen or even after some tens of years. The human organs mentioned above perform the work at 100% but in order to keep the body clean they should not exceed 70% of their performance. The best would be not more than half of the performance.

Results of many researches about the impact of food on humans unequivocally prove the same thing that the more a human eats the worse health he/she has, the more often he/she becomes ill, and the faster he/she ages and the earlier he/she dies. Statistically, decreasing the food intake by half extends the biological life time by at least 20%. If the statistical inhabitant of the “Western World” would decrease the amount of eaten food by four fold (some people would have to eat even ten times less) the body life time of 120 years would be a statistical normality.

“What is in too big quantity, is unhealthy” (a Polish saying) — it is a fact, but “What is in too little quantity, is harmful.” – is also a fact. For every person there is a proper quantity. In this concern you better look with less seriousness at all those charts and tables which present a relation between the body weight, amount and calories of food. It is more beneficial to use

the conscious eating method in order to find for yourself the three factors: what, how much and when the body should eat so that it will function properly. In this concern generalization may bring more harm than benefits.

NOT-EATING and LSWF

I hope that you do not force your body to fast or to starve unless you do it in the right way in order to heal the body. Please, consider it deeply and make yourself aware of the following facts that are not known to many people (even those aspiring to become inediates).

The food and the eating are neither bad nor good. They are material functions of the life on Earth (and many other planets), being an integral part of Life in some dimensions (where also people live in). These functions, performing their roles, let beings experience Life in specific conditions. When the associated experiences become needless for the beings, the functions performing them become redundant and then they are rejected or fall away by themselves. Forcing yourself to discard them creates limitations that do not allow you to fully experience your life.

The life style without food (LSWF) is not about compelling the body to become adapted to living without food. The true state of inedia (natural freedom from the material food) appears by itself as a result of expanding the Consciousness sphere in which a person lives. So we are talking about spiritual bloom of a human on his/her path of growing.

First of all, not-eating gives you the freedom to choose. I can choose to eat or not to, my body does not need any substance called food. If I eat I do this because of other reason, not in order to deliver building material or energy sustaining the body's life. I eat for company or because I wish to savor something or because I have decided to experience a new taste etc. However, if I am an ascetic regarding food, I really have no will to eat or I clearly feel that the food distracts my comfort, then I eat and drink nothing.

Although the skill of non-consuming foods is the main attribute describing beings practising LSWF, this is not the goal by itself. In other words, not-eating is an attribute, not a goal, of this life style. This means that the not-eater is not an ascetic mortifying the flesh by refusing the body what it really needs. The real not-eater is a person who does not need to eat and drink at all in order to maintain the body in a perfect shape. The not-eater has the choice, and can freely profit it, which means that he/she can remain absolutely without food and drink or he/she can eat for a pleasure, for company, not because his/her body needs to. Time and life conditions have nothing to do about this fact. The most important difference between a not-eater and an eater is about the ability to choose.

That is why many not-eaters from time to time drink water, tea, coffee or other drinks. Some of them, once in a while (say, once in a few weeks) eat a piece of chocolate, a biscuit, cheese, hors-radish etc. They know that this is not about ascetic flesh mortifying but about advantages that LSWF can provide.

Besides this, even if you are an inediate there is no guarantee that you will remain one forever without harming the body. It may happen (there are many such individuals mentioned in biographies of saints) that after a few or more than a dozen years, or even longer time an inediate unexpectedly comes back to the “ordinary” eating. It may also happen that within many years of inedia the person may have periods of eating for days, weeks or longer. Like an average person may fast from time to time, an inediate may eat sometimes.

From the point of view of a person aspiring to LSWF, in a certain stage of this path, not-eating can be regarded as freedom from the most powerful terrestrial bonding of a human to the matter. Then the process that follows is very similar to liberating a person from a drug addiction.

LSWF is only a stage, a place that a person passes by, one of very many, when he/she is walking consciously on a path to perfection and the vibrations of his/her body acceleration. Eating is not on every path of conscious self-development, not everyone has to pass through eating and not everyone decides to experience it.

According to the definition, the person who regularly nourish him/herself with liquid foods by drinking e.g. juices, bullions, milk, sweet coffee with cream, because his/her body needs them, is not a not-eater — in such a case we are talking about a liquid diet and we call that person a liquidarian.

Fasting, starving, or refraining from eating in other way for some time in order to achieve a goal, for example, for weight loss, self-healing or religious ritual, are not LSWF. During these activities a person does not consume food for a period of time but later resumes normal eating. An average person feels hunger during this time. In the state of not-eating (inedia) there is no hunger.

Also a person who forces his/her body to fast for too long time (for example, to prove that he/she can live as a breatharian) is not called a not-eater or an inediate. Harming the body in such a way can emaciate it or even cause death from starvation.

It is worth remembering that the way to becoming an inediate leads mainly through personal spiritual growth. For people who decided to realize this goal on their way there are many auxiliary methods. I wrote more about some of the methods later in this book.

HOW THIS IS POSSIBLE

An answer to this question could occupy a whole book written from the philosophic, religious, esoteric and strict scientific points of view. I would like to know when my interest — serious scientific research made on ineditates and fasting persons — will be fulfilled. So-called “scientific” explanation of this, how and why a human can live completely without food, definitely qualifies for the Nobel Prize. When and which scientist will be brave and independent enough to take this task for the good of mankind?

How can a human live without food? What about the law of energy conservation? What new cells are built from to replace the dead ones? These and similar questions are asked by people who want to find out how this happens, or by people who want to prove that living completely without food is impossible.

First of all I am not going to prove anything concerning this matter because I do not see any such need. However I can give some short explanations. The descriptions below are mainly for those persons who feel the intellectual need to build a mental picture about this topic.

FOR THE OPEN-MINDED

The reason why the science exists is because not everything has been discovered and described in theories yet; thanks to this fact, the scientists can research. This also means that there are things that even “the philosophers have not dreamed of”. Regardless of whether we believe it or not, the phenomenon exists and it does not care about our ignorance or beliefs.

In the past people believed that the Earth is flat, that the Sun orbits the Earth, that an object heavier than the air cannot fly etc. People who were saying that it is not true and it works in a different way were believed to be unwise (they also were persecuted). Nevertheless, the phenomena did not care about what people were thinking, they just existed, they were functioning in the way that they were created according to the laws ruling the universe. People did not know these laws so they were saying that such things were impossible.

Exactly the same happens in the present time, people do not believe something that they do not know. Once they get to know something, they

change their thinking. This is neither good nor bad, this is the human attitude to things that deny their beliefs. Inedia or even long fasting is not exception to this.

It is a fact that since the beginning of the human civilization on the Earth there were, are and will be people who did, do and will not need to eat. So this means that since there were, are and will be such people, then potentially every human is able live completely without food. Of course, a potential does not automatically mean a skill, because it has to be drilled if one decides so.

FOR THE ESOTHERICS

The omnipresent Light (known also as e.g. energy, prana, qi, ki, orgon, ether, vril or quantum field) that everything is built from, keeps alive a person who does not consume food. IAM is the source of this Light. Everything that a human needs for his/her body and mind to live is created directly from Light. One of requirements for the human body to work properly without the material food is specific modification of some programs in the instinct. The instinct controls the whole metabolism and it forms the physical body of the human.

The mind and bodies of the human are a set of programs created by a piece of the Consciousness called IAM. The human is not aware of the bigger part of this set, which is controlled by the instinct. According to the functions of the programs of the average Earth inhabitant the body needs to eat “normally” in order to work properly. If it does not receive any food, it will deplete energy and food and in extreme case it will die. If the programs function in this way, living without food is against nature (which is also a set of programs).

In this set of programs modifications can be done, which will enable the body to receive everything that it needs for normal functioning from other sources then the digestive system. According to the program set modified in this way, the human mind and body are created from a matter directly emerging from Light. This is exactly the same process that is called the creation of the world (Genesis) by the Big Bang.

FOR THE SCIENTIFICALLY MINDED

What does an electron eat so that it has lots of energy and it can live forever if nothing destroys it? How about the atoms of the human body?

A person who sufficiently understands physics knows that the matter and energy are derived from a common source and that they can be influenced by the mind and also that the result of an experiment depends on the experimentalist's expectation. So energy and the matter depend on the mind. Therefore the creation and behaviour of energy and the matter depends on the mind (which is a set of programs).

The human body is the most sophisticated integrated and self-controlling program-energetic-electronic-chemical-mechanical system known to man. Just the human body itself remains a largely unknown structure controlled by the mind. Studying physics, sacred geometry, chemistry, electronics and informatics allows a person to better understand the human mind and body. On the other hand, the more an open minded scientist is engaged in this research, the more he/she is willing to acknowledge "I know that I know nothing".

The mechanisms of powering the body, transmutations of elements and energetic processes taking place in the body remain largely incomprehensible. However, concerning this, the modern physics, with its theories and hypothesis often more fantastic than science-fiction stories, brings the researchers to the understanding that the body-mind is an energetic creature controlled by programs or, be it said clearly, it is a very large and sophisticated program.

Once I read an explanation in a popular science magazine with articles about quantum physics that from an informatics point of view it is not possible to prove that our universe is not a program. It is easier to prove that the universe is a program. You see, it is coming out more and more to the masses that a human being is just a program created and controlled by the mind.

One of sources of the construction material and energy for the body are substances produced by the body chemical-physical-electronic plant that is the digesting and breathing systems and the skin. Besides this, the atoms consisting the human body are built by quantum field (Light, ether, prana) transformations which produce the solid matter. To make it simple, this system transforms energy directly in matter.

FOR THE "BELIEVERS"

God is everything, is able to do, knows and can do everything. There is no thing which is able to exist without God. There is no thing which wasn't created by God. Inconceivable and omnipotent God is the only one and the

highest perfection. Since God has created everything, knows everything and can do everything and is the highest inconceivable perfection, God can decide and choose persons who will be able to live without consuming food.

God is inconceivable so the human does not have to know how and why God decides to do something and does it. God can give people the ability to live without food. One can ask God for the grace to be an inmediate, because God grants sincere prayers of the fully devoted children.

WITHOUT PHILOSOPHIZING

For a long time I was going to write this, but how to describe something that cannot be described with words and the intellect does not comprehend it. This can be understood only by feeling it, at least telepathically. Any attempt to describe it would be ... philosophizing (wasn't it supposed to be without philosophizing :) ...).

Nevertheless, as you can see, I have decided to describe this. Let this text to be a contribution which brings the understanding of what is the source of life closer to your mind and body.

When I am asked what I nourish the body with during inedia, my truest answer is that I nourish it with ... nothing. I know, because I clearly see and feel this that during inedia I maintain the body in perfect condition only by being conscious that IAM is the creator of Life. Do you understand? — the creator of Life. By simply being aware that I create Life, I can maintain the mind and the body (which I am using as tools) in any state I wish. I feel this. At the same time as I turn my focus inward myself (my spiritual centre), I feel IAM which creates (gives) Life and maintains its creation.

I know that until you feel IAM, that is what you really are, you will not be able to understand my explanation, although this is the simplest one I can write down. I know what I am, I feel this thing and I can see how I am creating Life by just being aware about this fact.

Once you know what you are, you see and feel what you would describe as “IAM is consciously creating life”, then you need noting more any more. You inner spiritual awareness and feeling of this fact causes that you do not ask any more question, because you know that they will not answer, advise, show or explain better than what shows you the thing that you feel.

Then you also know that when a person says: “I am nourished by prana”, “I live on Light”, “God gives me this grace”, the person either cannot explain better, does not understand this or does not feel what they really are in their essence.

This or that way, why would you want to limit yourself? Why would you want to be dependent on prana, Light or God? Of course, you can nourish yourself with these things if you decide so. You can also leave these things once you feel IAM, which is what you really are in your essence. Then not only food and water but also God, Light and prana will not be needed by you for living. You will not be limited by “living on Light”, “nourishing the body with prana”, “God's love or grace” because you will have the choice. You will have the choice not only: eat or not, breathe or not; you will be also able to choose between: to nourish yourself with prana, Light or not, to live on God's love or not.

What you make yourself dependent on – nourishes you, and what you free yourself from – becomes unnecessary for your life. This or that way, whether you are aware of this or not, you always create the world in which you live according to principles and beliefs created by you.

IAM the creator of Life, Light, Love, prana, breathing and food. I also created and I constantly modify these mind and body which serve me as tools for experiencing (or playing a game). I can enjoy whatever I have created, that is food, water, air, prana, Light, Love, God. I can nourish my mind and body. I can also throw it away as not needed for my further playing and, simply, live just by being aware that IAM is the creator of Life.

So do you now understand more how this is possible that human can live without food? Do you also understand why the real Masters leave and do not teach people? How can they teach about something that the intellect is not able to understand? How to explain something that a person does not feel yet?

The clearer you feel what you are in your essence, the more inedia and other “impossible” things will be something natural for you. At the same time less and less often you will try to find something outside yourself, because you will feel more and more that all things always have been in you, actually, you have been always the source of them all.

“The truth will set you free.”

WHY INEDIA

First of all let me emphasize that the purpose of this chapter is not to discourage anybody to eat, but to give some objective information only. The subject “why to live without eating” is not intended to convince you about superiority of inedia, it is to inform you about the aspects and influence of LSWF on individuals and the society.

If inedia does not interests you, if you feel that eating is a pleasure that you are not going to give up, then for sure this life style is not for you, so you can stop reading here. What you feel is the most important thing for you if you have decided to walk consciously, that is, to choose your path to spiritual perfection.

Sometimes people ask me:“Why should I live without food if eating is a big pleasure?” First of all you should know that you do not have to, because nobody is going to encourage or compel you to do this. However if you would like to know why some people chose LSWF, you can read what they most often say about it.

Probably every not-eater has his/her own answer to this question, however some answers are frequently repeated. Hereby I have listed some facts and most often given answers. The descriptions of individual feelings come from people who do not force their bodies to live without food and whose bodies function properly when this style of living is applied.

PERFECT HEALTH

Imagine your body working perfectly, without a vestige of an illness. No cold, rhinitis, cough, pain, fatigue or lethargy. You body is healthy and clean as if it belonged to a perfectly healthy baby of a few months young.

When reading this you may think that you feel good and are healthy as this text presents. However, if you have not positively experienced not-eating or fasting, you probably do not know and do not feel what I am referring to. Regardless of how much one would try, it is impossible to explain with words this state of perfect health and well-being, compared to what you can deeply feel by experiencing it.

Most “healthy” people do not know what perfect health is because they have not experienced it. As long as you have not experienced it by yourself, you can only imagine that during inedia one feels better than in the time period when he/she was feeling “perfectly” when eating.

The immune system functions so efficiently that even when you stay with a group of people suffering cold, influenza or other contagious diseases, who sneeze, cough or blow their nose around you, it has no effect on your health.

One of reasons of this high immunity to infection, which in fact is a truly natural body state, is the absence of toxins in the body, which are being introduced with food and accumulated in the body for years by people eating “normally”.

Industrially produced food is contaminated with many agricultural toxins and other poisoning substances which are added in order to increase the food production, make it look or taste better, remain fresh longer, etc. The amount of these poisons, which are regularly introduced into the body with food, exceeds the body's ability to remove them. This is why the body is cleansing itself for the first few weeks or even months of not-eating, which can cause different symptoms. This cleansing and health recovering process clearly brings increasing well-being which makes you feel the mind and body becoming lighter.

FREEDOM

Enjoying perfect health, with no need to eat or drink, I am free from the common belief about the constraint of acquiring, preparing and consuming food. This means that hunger, starving and problems related to them do not concern me regardless of my living place.

It does not matter whether he/she is a rich or a poor person without so-called “means for survival”, their body is alive and functions perfectly and they enjoy well-being. Inediate's life does not depend on food and all the troubles associated with acquiring it.

The inediate can choose — he/she does not need food to function properly but they can eat something for pleasure, for company or for other reasons. This is the freedom of choice which other people who eat “normally” do not have.

LSWF is one of the steps on a path to regaining full freedom by the human. When you are aware of this you experience more often that one can be free also from other things, which are commonly believed to be necessities without which the human life is impossible.

Freedom from food automatically means freedom from, among others, buying food and associated articles, most illnesses, kitchen and toilet.

ECONOMY

Think how much time, money and energy an average person spends on the following activities related to food.

1. First he/she works as a slave in order to make money.
2. How many hours a month does he/she spend on buying food with the hard earned money?
3. Next he/she prepares the food for eating, so they cut, peel, cook and fry it, etc.
4. Then he/she eats it with or without appetite, believing that the human has to eat in order to live and there is no other way.
5. Having eaten he/she washes the dishes, cleans up and thinks about what to prepare for the next meal.
6. One is unwilling to work with a full stomach because the body has less energy, which was directed to digesting. This influences the mood disadvantageously. In this state watching TV, reading news papers or sleeping is preferably chosen.
7. A few times a day the body demands from him/her to excrete all the things it has eaten and drunk because otherwise it would be poisoned to death.
8. When the body does not stand overloading it with food and poisons and becomes ill, people spend money and time on doctors and medicines instead healing the body by fasting.

How many times a day, a week, a year and in your entire life do you repeat the same thing? How much money and time are wasted? You would wonder if you have calculated it.

Regarding all these things, inediates save a lot of money, time and energy. It is a big difference to live without food or to eat “normally”, as people who have experienced not-eating feel. It is quite interesting to experience both life styles in order to compare these differences.

For some people it is important that inediates usually need less sleep so they can save time on it. Depending on an individual the time saved on sleeping ranges from one to six hours per night. However there are inediates who almost never sleep or others who sleep ten hours every night.

Beside the above factors, have you already calculated how much money an inediate can save for not buying kitchen equipment and cleansers, plus how much water and energy can be saved? Let me give you my example from time period when I was a not-eater in year 2002, I summed all above factors and got 800 PLN of saved money per month (the average salary was ~ 2000 PLN at that time).

Some people buy books and magazines about cuisine and diets (are they going to become more depended on food?) or self-healing and slimming down. Money spending of this kind is history for inediates.

Talking about these factors of saving money, time and energy it is easy to notice how much the human made him/herself dependent on food as well as on food and pharmaceutical industries. How much the human is enslaved by them. How many people complain of this situation believing that there is no other way of living. Who knows that the freedom lies no farther then in his/her mind? At any time you can decide to change your life style and its circumstances.

ECOLOGY

Practising LSWF I noticed that the amount of my rubbish decreased five-fold. 99% of the things that I continued throwing away were recyclable materials (paper, metal, plastic). Collecting and selling them I could make money, however I usually donate them to people collecting recyclables. Therefore I can say that when I practice LSWF I pollute nature approximately hundredfold less.

Really, is so much rubbish produced by the human at home associated to food? Yes, it roughly looks like this. It is easy to see that most rubbish thrown away by a family consists of food package and meal leftovers.

Also, it would be an error to not calculate the global amount of faeces and urine which enter into the ground and water. Multiply what the statistical Earth inhabitant excretes by six billion and add billions of kilograms of this matter coming from industrial breeding. How big is globally the daily produced mountain of faeces and urine?

One can fantasize in order to imagine paradise on the Earth inhabited by ineditates only. Here are some details that show huge nature saving on this planet compared to our present Earth.

1. Average person throws away many-fold less garbage.
2. The industry uses many times less natural resources. Thanks to this the amounts of burned coal, oil and gas are many times smaller. Consequently smaller pollution of soil, air and water occurs.
3. There is no industrial breeding so nature is not destroyed by pasture, agricultural chemicals, hormones and antibiotics. The Earth is free from billions of tons of animal excretions.
4. There is no industrial production of vegetables so the Earth does not suffer of forest grubbing, soil impoverishment and huge amount of chemical fertilizers.
5. Production of paper, plastic, glass and metals is much smaller, which translates to slower depletion of natural resources, less trees cutting and less rubbish from packing.

Practising LSWF is associated with big nature saving — it is easy to imagine and experience this. So LSWF is highly ecological.

The above picture of the Earth is just a fable for the time being. This fable tells about a paradise to be build in future. It is possible that this paradise will be build much earlier than some people are expecting now. The Consciousness sphere of an average human on the Earth expands faster these days, which also influences eating.

Bigger part of the Earth industry is associated, more or less directly, with eating. One industry branch depends on other, a change in one branch causes changes in others. Along with diminishing of food industry, the entire Earth civilization will be changing, sometimes revolutionary. There are only a few people who can imagine the result of this change, which is caused by freeing the human from food.

LIFE ENERGY

Most ineditates, compared to people eating “normally”, feel much more life energy in themselves. It lets them keep higher physical and psychical activity for many hours a day without even feeling tired, like it happens to an artist under inspiration.

Higher level of life energy in intellectual sphere often manifests by higher creativity. In this state it is much easier for the human to create, invent, teach, learn and work.

Many inediates experience higher level of life energy (which is not used for digestion) as decreased need for sleep and rest. Some inediates sleep a few hours a week only. An inediate who after travelling for a few dozen of hours, takes a shower and without feeling tired starts working, this can be a good example of resistance to tiredness.

In periods of not-eating I experience myself that after ten hours of mental work with a computer (which sucks energy from the person) my thinking power is as good as it is when I start the work. I only feel a little muscle stiffness so I think about doing more physical activity like, for example, swimming or jogging. In periods when I was eating “normally” I was tired and had conjunctivitis at midday, I had headache in the evening and my thinking was so inefficient that I made too many errors while continuing working.

High level of life energy in inediates is not an extraordinary phenomena. The body uses up to 90% of its energy for digesting and eliminating, some people say that it uses up to 99%. Inediate's body does not digest, this is where the surplus of usable energy comes from. Thinking mathematically one could say that an inediate has up to nine times more energy compared to the time when he/se eats “normally”. If a person has not experienced this difference on their own body, it is difficult for him/her to believe and comprehend it. What has happened to the divine being called the human, who has made his/her body a digesting and eliminating machine?

It is easy to experience the fact that the more the human eats, the weaker he/she becomes. Having eaten a large meal, are you willing to work? Do you feel energized or weaker? Many people notice that the more they eat, the weaker and lazier they become. This common saying: “eat to be strong” is actually opposite to what people experience.

It happens like this because the more food falls into the stomach, the more work the body has to do which means the more life energy is used for digestion and elimination. Eating something may take just a few minutes but digesting and eliminating it takes a few dozen of hours. When the body cannot stand the overload, the body starts to function unwell that is, it becomes fat, gets ill, ages and finally dies. This is why fasting is one of the most efficient healing methods widely known on the Earth.

This is a new, true saying: Eat less in order to have more life energy, more creativity and cleaner body, then most of common illnesses making people suffer will not harm you. Of course, limiting food intake below the level of the RBN also is harming because it weakens and deprives the human of energy. Body and mind function best when the RBN is followed.

CREATIVITY

It is a common knowledge that the acts of working, studying or thinking are less efficient with a “full stomach”. Having eaten a heavy dinner one is less willing to think creatively or study. He/she is falls asleep if they are not physically active. Digesting eaten food takes proportionally most energy from body.

When body is not digesting the human can use the spare life energy for other activities. Mind and body are so closely connected that they create a union, thus they affect each other. The cleaner and less loaded with food is the physical body, the easier, clearer, faster and more creative is the thinking. Even fasting people enjoy lightness of thinking after they have gone through initial body and mind cleansing. The majority of ineditates enjoy permanent lightness of their mind.

When the activity of digestive and cleansing systems stops the human has several times more energy, which then naturally flows to higher realms called mental, spiritual or psychical. Pituitary and pineal glands become much more active, the senses widen their perception range and thus the human finds more interesting things in spiritual area of life. This is why more new ideas appear in the mind and the thinking occurs more efficiently. The human feels like a person whose mind was cleared of fog, dark mist or mud which covered it before. The human sees mental world much clearer and lighter.

The above things make the ineditate's creative will bigger. This may manifest as writing, painting, composing, founding an organization, giving seminars or lectures, doing research and so on.

My story can serve as an example. From the beginning of my LSWF I was clearly feeling much increased psychical activity and spiritual sensitiveness. In any moment of the day or night I could start to write or speak about any subject and, what I felt, to do it endlessly. The topics were appearing in my mind, so many that I could compose a brochure containing only the subject titles. Sometimes I wondered that I know so much about subjects in which I previously considered myself a layman. I realized many things of what I

call knowledge, because my perceiving from the intuition was much more effective; it was enough to turn my attention to a subject.

Having returned to “normal eating” (after almost 2 years without food) I noticed that my mind lightness and creative will decreased (the mind became slightly clogged), although they were and still are more intense than before I started the not-eating period.

SPIRITUAL GROWTH

A long time ago the human noticed that there is a dependency between decreasing food intake (e.g. fasting) and so-called spiritual growth. This dependency is so important that it is being emphasized by many teachings, religions, beliefs and schools whose purpose is spiritual growth of the human. Restraining periodically from food is often practised by many people who are on a path of spiritual growth.

This dependency is clearly felt by fasting people. Its mechanism can be easily understood by persons who know that eating is a factor that weighs down the human to earth, I have described it before. Some people decide to practice LSWF so that they can permanently dwell in “high vibrations”.

LSWF is one of many possible stages on the path of conscious spiritual growth. I have mentioned that linked things affect each other and that body and mind are unity. So decreasing activity in the physical area (mainly digesting and elimination) will enable more life energy to be use in the spiritual area. During fasting and LSWF the spiritual activity increases because life energy naturally flows into this area. Thus it can be used for personal spiritual growth.

Neither inedia nor fasting is necessary on the path of spiritual growth, however many people consider experiencing them a significant help. Biography of many so-called “spiritual masters” include fasting (also dry) or long periods of significant decrease in eating performed in order to attain specific goals in the spiritual sphere. Many of them eat just for social reason, not for the need to feed their body.

Food is the strongest material link that connects the human to matter. When this connection is broken (when eating has lost its significance, when food has fulfilled its task), many other material dependencies automatically break. “Earthly concerns” which have been important until now (games, news in the mass media, disputes and many other) become unimportant and daily life becomes simpler, easier, happier and more tranquil. The human

more often and with stronger intensity directs his/her activity into their inner world, to IAM, to God, thus he/she becomes less influenced by the social suggestion. He/she becomes a sun.

During this time doing energizing exercises is easier and gives more pleasure because the person better feels energy. Concentration, contemplation, visualization and other mind exercises are better performed, intended results are achieved sooner and easier. Also silencing the mind is done easier, which brings one closer to the point of entering into meditation. It is easier to see Light and feel Love that originate from you.

If you can see the aura you will notice that it glares around the person living without food. It has symmetric shape, the aura pulsates life and, describing briefly, is beautiful. The energetic centres called chakras look similarly. If before starting LSWF there were any dirty areas or disorders in the aura, caused by e.g. alcohol, meat, cigarettes or drugs (including coffee, tea, sugar), they completely disappear.

REJUVENATION

If mind activity is not considered then it can be said that the main causes of human body biological aging are contamination by toxins, fat excess and low energy level. Many people practising LSWF or sufficiently long fasting feel their bodies rejuvenate. This is the main reason why some people decide to start LSWF.

The process of biological age reversion caused by fasting or inedia is a known phenomenon, which is proven not only by body appearance but also by results of clinical research. Evelyn Levy, who underwent thyroid examination after she started LSWF in 1999, can be an example. The result of the examination suggested that the thyroid belonged to a person 15 years of age while Evelyn was 38 at that time.

To make sure that you understand me well, let me emphasize that long fasting or LSWF do not guarantee the age reversion in every person. Forcing the body to live without food longer than it needs causes the opposite result — the aging process clearly accelerates.

When your RBN corresponds with complete lack of the need to eat, the biological body age reverses to the limit defined by your mind, because in this case toxins, fat excess and low level of life energy do not accelerate the ageing process. In every other case forcing body to fast (called: starving)

results in harm, which visually manifests in body rapidly changing to looking old.

Immortal person, that is one who knows how to keep their body in good condition as long as he/she decides, can live completely without food. Of course, this does not mean that every immortal is an inmediate or the contrary.

CURIOSITY

Among many reasons why people decide to start LSWF there is also curiosity. “How is it to live completely without food for many weeks, months or longer?” — Someone may ask him/herself this. “If I do not try this, I will never know, because only my own experience gives me knowledge. Other people's experiences can give information, not knowledge.” This is what a person can think, who is so interested in this topic that he/she decides to experience LSWF.

For example, for me the curiosity of experiencing something is one of the main reasons why since I was sixteen I have been experiencing with diets, fasting, living without food, obesity, slimming, emaciation, illnesses, (self)healing, aging and rejuvenation. Results of these experiments are side effects of my curiosity. Thanks to this I am building and remembering my knowledge. I am using this knowledge to write this book and advise persons who ask.

It is worth remembering that doing experiments on yourself can harm the body or mind. This can cause illnesses or even death. Some experimenting persons reach a place where harm done to the body or psyche is so serious that reversing it seems impossible. This is why I advise you not to follow me or other people who do similar experiments.

PREPARATION FOR A CHANGE OF YOUR LIFE STYLE

Have you ever noticed how often a man makes a decision while having no idea about what awaits him/her in form of the end result? The person not only does not know the result, he/she also does not know what the **real** reason for their decision is. The person decides something under an influence of emotional stimulus, in other words (comparing) he/she acts as a machine which was made to function by just pressing a button. I am describing here a case of a decision not fully considered and taken under the influence of the society suggestion.

Every change of life style reflects itself on the person. Every change which a person makes in his/her physical or psychical spheres reflects itself in his/her life style. When a person starts LSWF, the changes in his/her life may be felt so strongly that their results become unbearable. The behaviour of the not-eater, his/her relations with people, objects, places and situations as well as their attitude to everything become very different, some are even opposite to the previous ones.

If you are going to start LSWF or experience long fasts, it is worthwhile for you to deeply consider (in order to anticipate any possible disadvantages) and make yourself conscious about what is the real reason of this decision. Consider if you are ready (mainly psychically) for different circumstances awaiting, because they will change your interpersonal relations.

The personal survey and analysis technique called WSW described below may help you to find out what the real reason of your decision is and what may be the outcome. These techniques are useful for making various decisions, not only those related to not-eating or fasting. If you are using the techniques when making decisions, you will notice big favourable changes in your life. One of the things that you may notice is that you become more and more free, because you will be less and less influenced by the society suggestion.

PERSONAL SURVEY

Before you decide to adapt your body to living without food, it is worth asking yourself sincerely the following questions. Before answering any of these questions remain calm in silence in order to better feel the true internal answer.

In this case it is more advantageous to tune to answers coming from the intuition. Answers and the excuses found by the intellect have less importance. Either way it isn't worth cheating or making excuses for yourself, because the true picture of the matter consists of facts only and of what you feel.

Consider doing the personal survey with the WSW analysis so that you will have the fullest picture of yourself in relation to the decisions made. The full analysis may take anywhere between a few hours to a few months.

So sincerely answer to yourself:

1. Why do I want to start LSWF? What is my main and the deepest held goal?
2. Will my hitherto conducted life style be an obstacle?
3. Am I prepared for the big changes which will occur in my relationship with my family members, friends, colleagues and other persons? Can I foresee what kind of changes will take place?
4. Does the state of my psychical health allow me to do this?
5. Does the path of my spiritual growth include LSWF?
6. Do I really know that I can and I know how to do this?
7. If problems arise whom will I ask for advice?
8. Have I talked it through with my close relatives, so that I know their true opinion about my decision?
9. Am I afraid? Of what?
10. Am I fully aware that the adaptation to LSWF is mostly a spiritual rather than physical process?
11. Am I under an influence of the society suggestion and thus somehow forcing myself?
12. Actually, what for do I want this?

WSW (Why? So What?) ANALYSIS

The main purpose of the “Why? So What?” analysis is to realize the true reason of a decision that the person makes. WSW can be called a psychological method of intellectual analysis, during which the person makes themselves more self-aware in relation to the question asked. The final result is that the person realizes the primary true reason of the decision.

This analysis works best when done by and on yourself, because sincerity is the basis of finding the final right answer (success). If somebody is sincere with you as much as with themselves, you can do the analysis for this person (and vice versa).

It is best to make the WSW analysis on paper. You can get yourself a big (e.g. A0 format) piece of paper and write the question in the upper left corner.

Now, answer the question. Write down all the answers that may appear. You can draw arrows, from the question to the answers, so that you can better visually understand the course of your thinking.

Then, for every answer you give, make a question starting with the word “why”. Having answered to one of the why-questions, continue asking “why ...”. Carry on like this until you run out of answers. When you do not find a logical answer to the question “Why ...”, ask yourself: “So what?”.

Having asked yourself “So what?”, do not answer intellectually, instead tune yourself to receiving the answer through your feelings. Be mentally passive, do not do any thinking; then feelings, emotions and/or pictures may appear as the answer.

The instinct and intuition are best perceived when the intellect is passive, that is when it does not create thoughts and is not tuned to receiving stimuli from the senses. When the intuition or instinct answers telepathically through feelings, emotions or pictures, then the answer is the fullest.

The picture you have made with the questions and answers written on the paper may be similar to a tree. Instead of drawing this picture you can use one sheet of paper for a group of answers or one sheet for all answers to only one question.

In Polish the question “So what?” (*No i co z tego?*) contains the truest intellectual answer: nothing (*Nic*). If you do the WSW analysis you will find this answer at the end of it.

Here is an example of the WSW analysis.

I HAVE DECIDED TO LOSE SOME WEIGHT

Why have I decided this?

answer. 1.

- So that people like me more.
- Why do I want people to like me more?
- When people let me know that they like me, I feel better.
 - Why do I expect (need) somebody's favourable opinion about myself?
 - People's judgement of me determines how I feel.
 - Why does my mood depend on somebody's judgement?
 - My self-esteem is not strong enough.
 - Why do I have such a low self-esteem?
 - ... and so on.

answer. 2.

- So that X will see me as more attractive and he will like me.
- Why do I care if X likes me?
- Because I love him.
 - So what?
 - ... and so on.

answer. 3.

- So that my body fitness improves.
- Why do I want my body fitness to improve?
- Because then I feel better and am more attractive.
 - Why do I want to be more attractive?
 - Because then people will like me more.
 - Why do I want others to like me more?
 - Actually I care more about X and if he feels more attracted to me.
 - Why do I care about X?
 - ... and so on.

answer. 4.

- So that I can save money on food.
- Why do I want to save money on food?
- I think I have too little money.
 - Why do I want to have more money?
 - It makes me feel more secure.
 - Why do I feel financially insecure?
 - I am afraid that one day I will have no money for living.

- So what?
 - Then I will live in poverty?
 - So what?
 - ... and so on.
-

FAMILY MEMBERS

Family members that you daily live with in the same house are the people who have the biggest influence on your life (and you on them — reciprocal society suggestion). Their attitude may help you or make it from difficult to impossible for you to proceed with the preparation for LSWF. It is worth to consider their opinion and possible behaviour concerning your decision to change the life style.

At the beginning your main task will be to explain to them what you will be doing and why. Their co-operation will be beneficial for you, hence the better they understand you, the less obstacles will be created by them.

It is worth that you be aware of the fact that becoming an inmediate may cause many changes in your attitude and understanding of the matters of this world. At the beginning, this may worsen your relationship with your kin and friends. In the extreme case, if the desire to understand one another is insufficient, isolation from the family members, or divorce may happen.

The energy and emanation of your bodies will change significantly. This may cause disharmony (dissonance) between you and your spouse, children, parents and other family members. If they do not understand you and do not support you (because they've chosen another path to growth), it is almost certain (as a rule with exceptions) that unpleasant situations will occur among you all. In such situations the disharmony becomes unbearable because fear, irritation, hate, anger and similar unpleasantness occur.

Instead of this, the opposite may happen, the energy of your bodies will make the persons, who live with you, feel that they grow spiritually. This is called “raising the vibrations of other people”. As a result they will become more interested in the non-material side of life. It may change their attitude toward eating.

If however, despite the objections expressed by the family members you will decide to begin the adaptation to LSWF or long fasting, a better solution would be removing yourself from them for a while. You can live in another place for a month or so or you can send the family members on vacation so that you will be at home alone.

It is worthwhile remembering that support or obstructions from family members is often the crucial factor in whether the decision is accomplished or whether the person fails or not. This is why, in case of nonsupporting

attitude from the family members, it is worth to consider deeply whether to begin at all.

COLLEAGUES

Most of the above written about family members is also valid for colleagues. Working in the same place often and for a long time creates special, family-like relationship between people.

Even if you have made them believe your story of why you have given up the lunch break, which you all used to eating together, then for how long are you going to hide the truth? Is cheating them worth it? Your look and behaviour will change so sooner or later they will find out.

Depending on your relationship with the colleagues you may become the focus of their admiration, imitation or envy, jokes, hatred. So before you begin try to imagine how they can react. Anticipating their reactions will allow you to plan in advance how you will respond, or you may decide whether to give up the idea about LSWF, at least for some time.

Your imagination, thanks to which you will be able to foresee possible reactions of the colleagues and superiors in your workplace, may help you avoid undesired situations. An example of such situation may be losing your job because your superiors may suspect that you have become mentally ill or a member of a dangerous sect.

Therefore how things develop will depend on your behaviour, the type and place of your work, reactions of your colleagues. For you these may be favourable, insignificant or devastating. When you can foresee these events and people's reactions, you can prepare yourself for the change, modify the plan or give it up.

FRIENDS

Your acquaintances and friends belong to those people whose behaviour you may want to consider, because the change of the life style will influence the relationship between you. The more food is involved in your meetings, the bigger the changes will be.

If you are used to meeting over a table full of food, then your not-eating state will be noticed soon. Imagine what will be their reaction to your new life style. They may support you, they may also get involved or they may

break the contact with you. So you may lose your friends (which, of course, will prove that they were not really your friends).

ADDICTIONS

If you know that you can live without any food, then you are probably free of addictions to sugar, salt, nicotine, alcohol, drugs, overeating etc. But if they continue to tie you down, it means that you are not ready yet. It does not mean that you cannot try or that you will not be successful.

Addictions do not make fasting or not-eating impossible although they usually become quite an obstacle on the way. It is a fact that thanks to fasting or even attempting to start LSWF the person may succeed to free themselves of addictions. Heal fasting is one of the most efficient methods to free a person from an addiction especially if it concerns food.

In case of not-eating statistics show that the person with an addiction (even if he/she can fast for a long time) hasn't attained the ability for LSWF without damaging the body. The existing addiction proves that the sphere of the Consciousness in which the person lives is not expanded enough. It results in one's inability to make the right changes in the programs of the instinct, which are necessary for LSWF. If despite the existing addiction the person keeps the mind and body working properly during LSWF, this person is an exception to the statistical rule.

A person tied down with an addiction needs to consider freeing themselves from the addiction as the first step towards attaining LSWF. First of all this is about working with emotions. Later the liberation from the need to feed the body comes.

Addictions are a complex topic for a separate book. Here I emphasize just one thing that an addiction is a program (that is automatically functioning mechanism) in the instinct, which enslaves the person for as long as the person allows the program to function.

HABITS

A habit can be distinguished from the addiction by the emotional reaction of the person. When the person gives up the habit (stops the habitual action) no emotions arise in him/her because of this (most often it is about the unpleasant ones, which are based on fear). Self liberating from an addiction

is difficult and often causes unpleasant emotional reactions, but giving up a habit is not felt as something difficult and unpleasant.

During the adaptation for LSWF some of the habits are stopped or changed, especially those related to eating. For example, if every morning you buy food and then eat the breakfast with the family, be aware because you may want to give this habit up. Think how the family members will react and how you will feel about this. Will you first talk to them about this?

Perhaps you have other habits, so it is worth to think whether changing or stopping them will influence your life (consider at least the social relations). Some examples of habits include meeting with friends in a bar, eating dinner with clients, picnicking, fishing, stockpiling, buying food every Friday in a supermarket or baking cakes for holidays. When you give up all these habits, how will this affect your family life, time planning and comfort?

In addition, new habits may arise because, for example, you may find more “free time”, which previously was used for eating matters. Probably you will not want to prepare food, sit at the table with others when they eat and wash dishes like before. How will you use the time? Will a new habit be born?

The fact that your habits will be changed is not usually a sufficient reason for giving up long fasts or initiating LSWF. On the other hand, it is worth considering what changes may occur in your life and whether disappearance of habitual actions from your life will prove advantageous. How far can I go and how much will I move in the direction of these changes?

DIET

This is about the diet the person had just before starting to make him/herself independent from food. Looking at and explaining it from a different angle — the ability of not-eating is a result of the aggregated increase in frequency of human bodies. This is why what you eat just before starting not-eating may either ease or harden the adaptation process.

In general it can be said that the so-called “low-vibration-food” (e.g. fried, smoked, grilled or containing a lot of chemicals) put the starting person in a harder position on the way to high vibrations. On the other hand, the so-called “high-vibration-food” (such as whole raw fruits without toxins) gives much stronger position. So depending on the person, the material side of starting LSWF may be easy, more difficult or turn out impossible.

The human body does not usually like sudden or big changes. When changes are very small, the body does not feel them. This also goes for the diet of a person endeavoring LSWF. For the body it is more advantageous if the change to zero-food-diet is occurring slowly enough, so that the body does not feel the change as unpleasant.

One of the most frequent “problems”, arising particularly at the beginning of LSWF, is the taste. The not-eater is not putting anything into the body and so has no way of tasting any food. For some people this becomes as tiresome as a bad dream. This is why it is worth to first consider the matter and ask yourself this question: How big a problem would it be for me, not to be able to enjoy the taste of food?

VISUALIZATION

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

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

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

Firstly, it is worth to remember that the instinct requires 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 (i.e. data containing stored pictures) and programs of the instinct create the needs of the body and its reactions to situations. Human habits are manifestations of pictures and programs built 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 any outcome of the instinct's action. This also goes for the needs of the body regarding its nourishment.

So when you are spiritually ready to make yourself independent of eating, the final thing to do is to reprogram the instinct in the field of the relation between eating and the body. Depending on your reprogramming skills, it may require from you any amount of time from one second (or even shorter) to several decades (or even longer).

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; if you want to materialize or de-materialize things, develop certain ability in yourself etc., you can use this visualization. If this visualization was compared to programming and you were compared to the programmer, then life is a game which you are writing according to your preferences.

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 conditions, which need to be fulfilled, describe the details:

1. A clear, realistic and vivid picture or film, in which details are perceived by all the senses.
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

First and foremost, know what you want, that is the final result that you have decided to achieve. See all the details of the thing that you have decided and which is going to be produced as the result of the visualization. Create a picture in which the senses also work. The more senses take part in the picture, the more realistic and vivid the picture is — the easier it is to accomplish the visualization.

For example, if the result of the visualization is to have your own house, imagine yourself living in this house with your family. See all of you speaking (the sense of hearing) near the house and how you invite friends to visit it etc. Let the smell of the freshly painted walls, flowers of the garden, be around there (the sense of smell). You can also taste a freshly prepared drink in the kitchen (the sense of taste). Outside the house you feel the nice warmth of the afternoon 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 do not need to care. For example, if the location and the shape of the house are important to you, then clearly create these details in the picture. But if the number of the windows and the colours of the walls are not so important to you, do not create them at all in the picture.

Do not include the way of achieving the final result (unless it is the way that interests you most or even is the final result) in the picture that you are creating. 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 by this way. There are other ways that you are not aware of, which are more efficient, easier and advantageous etc. So you would be better off creating the final result in your imagination and not thinking about the ways of achieving it.

For example, if you have decided to heal your body, then see yourself happy and completely healthy. Do not imagine any method to heal yourself. IAM has much more efficient methods, compared to what the intellect is able to imagine.

Re.2

The result presented in the picture created in your imagination has to exist in the present time. If in the imagination you say, for instance, “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 “will it”, “will be”?

The visualization gives you what you have created. Since you have created “it will” (future happening), you will always have the thing in the future, never “having done” it. In other words, the result of the visualization will

never be attained in the present time. Since you are living in the present, always, you will never receive what you visualize to be realized in the 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 in **the present time**.

The instinct is not very good at dealing with the illusion of the intellect called “time”, it does not know what 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 learned to create time.

This is one of the main reasons why the picture has to present the desired state as already materialized. You are already now seeing and feeling 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 have already mentioned this. Well, when you know something, you do not believe it. When you believe something, you also doubt it, because you just do not 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?

Looking for advices about how 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 also doubt it. But when you know, you have no doubts.

Another example. If somebody now called you and asked what you were 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 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 materialized reality in the present time.

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

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

Re.5

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

Do you recall any past moment, when you were “hair-raising” frightened and your heart almost “jumped out”? Then recall the energy which captured you at 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 exists in the **present time**. You also **know** that the picture represents 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 Love arise. First allow Love to manifest itself through you. Just let this happen by itself. You need to do nothing except allowing, because you are the source of 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 water and Sun would never grow into the plant.

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

In the next article I am explaining more about manifesting Love.

CONTEMPLATION OF PASSIVENESS

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

During the contemplation the intellect maintains:

1. its own focus 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 the human and makes the person feel the growth on the path of his/her spiritual development. As a result problems disappear, body illnesses are eliminated, 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 a very positive way. If a child (as young as two years of age) understands how to do it, it is worth to encour-

age 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 their path to spiritual development. Being a member of a religious or philosophical organization, of a social group or similar formations is not an obstacle to practising the contemplation of passiveness. Thanks to the contemplation the practising person is getting to know more and more about him/herself, so any such membership also receives benefits.

The contemplation of passiveness individualizes itself, that is, it gives the practising person what he/she needs on the path to the spiritual development. As the person grows (his/her sphere of the Consciousness expands), the contemplation modifies itself in order to serve him/her the best. The modification is happening naturally and automatically in a way that produces 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 does not make much sense to compare the course and achievements of your contemplation with those of other persons, unless for learning purpose or curiosity only.

How to make the contemplation of passiveness is described herein.

Sit down in a 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 have mastered it) on the floor with the feet put on the thighs. The important thing is that you should be in a position, which will allow you to contemplate for a few tens of minutes without feeling any discomfort.

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

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

The intellect of an ordinary human, when not sleeping, usually is in the state of activity (thinking, creating, solving etc.). During this state the thinking, perceiving the stimuli and its automatic interpreting happens. The human intellect can also sleep, that is, to be kind of switched off. These two states take almost all of the intellect's waking time.

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 does not think and does not accept any sensory stimuli. Such a state occurs, and lasts for a few seconds, at the border line between the daily consciousness and dream. Maybe you can recall what occurs when you are awaking. On the one hand, you find yourself still dreaming and on the other hand you know that, although it is still a dream, you are awaking because the daily consciousness is appearing. This state of mind is similar to the passiveness of the intellect.

To generate and to maintain the state of total passiveness of the intellect seems to be difficult at first and so it requires exercising. An average human will say that this is impossible because one “either thinks or falls asleep”. It is a fact that for a beginner, an attempt to make the intellect passive will most often causes him/her to fall asleep, especially when the person lies down. But since “practice makes master” a person exercising regularly 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, focus on not thinking (but do not think this). In the intellect be completely passive. Be a 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), leave 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 does not interests you at all.

At the beginning, when you start to do the contemplation of passiveness, you may notice 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 of paying no attention to thoughts and to the perceiving, becomes longer and longer.

At the beginning the intellect is full of thoughts, which appear and disappear chaotically. As you are continuing the practice, the number of thoughts in the intellect is decreasing. The sensory stimuli will be arousing less and less interest in the intellect, so it will become more and more tranquil. You will reach the state of the intellect in which there will be only one last thought left — “do not think and do not pay attention to any sensory stimuli”. (Actually, it is more advantageous, not to use any expressions containing the word “no”, thus better use this: “the intellect is totally passive”).

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

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

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

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

You are doing the same contemplation but not of the same kind as it was in the beginning, because now it is transformed to meditation. When the intellect steps aside, Light and Love appear, then you enter the state of meditation (no thoughts, no illusion). If your brain waves were 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 does not fall asleep. The intellect remains totally passive but is conscious about what happens in the mind. It is impossible to intellectually explain in details what the meditation is, because the meditation happens beyond the boundaries of the intellect.

ENERGIZING EXERCISES

These are the type of exercises (not necessarily physical) which cause sensible increase in one's life energy. After doing an energizing exercise, tiredness, sleepiness, weakness etc. leave the person. Exercises of this kind enhance the correct circulation and exchange of different energies and information between the bodies of the human, and also between the person and the external environment.

When doing an energizing exercise (contrary to a typical gymnastics or power exercise) the person does not diffuse the body energy (to make the muscles work and tire them) but delivers it for him/herself. This is what matters, because this is particularly important in the initial stage of the adaptation to living without food.

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

Energizing exercises, if performed regularly, advantageously influence the person. This makes his/her body become free of illnesses, age much slower and die much later. Being hundreds of years of age, full of energy and high physical and mental capacity, 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 eating. In case of some regularly exercising persons hunger completely vanishes, when the energy level of the person becomes high enough. Among the Chinese exercising *qi-gōng* or *tàj-jí* this phenomenon is called *bì-gǔ*, this means that the person does not feel any hunger and therefore he/she does not eat anything for weeks, months or years. Such a person remains in perfect condition and his/her body almost does not age (the biological age even regresses).

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

Having decided to do energizing exercises, you may choose one of the schools and follow the instructions. Additionally you have another choice — you can work out by yourself the best set of movements that suit you. It is easier than you may think. If you want, start doing it now.

Stand up, close your eyes, relax and concentrate on yourself. First of all focus the attention on the energy flow in your body, not on the movements and not on the muscles. Before proceeding, you better do not be concerned about your observation of other practising persons (forget about it). The most important thing is to become silenced and concentrated on the energy flowing both through you and between you and the outside environment. It is more advantageous 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 make its own movements, as it likes. What kind of movement it will be (e.g. graceful, symmetric etc.) does not matter as long as you remain concentrated on the energy. The body will choose the movements that will allow you to feel the energy better. Simultaneously the energy level will increase. You can think about this as contemplation of feeling energy.

Contemplations, visualizations and energizing exercises are important elements on the way of conscious spiritual development of the human. Practising them regularly makes the human bloom comprehensively. As a result the mind becomes lighter, more creative and peaceful, and the body returns to its perfect state, which is manifested by its recovery and rejuvenation. One of results of such activity is a change in dependencies between the human and the matter called food. This may cause the need to eat to vanish, because the food simply becomes useless.

The exercising person becomes a being of so-called higher vibrations, which makes him/her naturally emanate more and more Love. In the non-material world such human is seen as lighter and lighter being. At that point there is no discussion about eating or not-eating, because it becomes insignificant.

METHODS

There are at least as many methods (on different ways) to adapt a human being to LSWF as the number of people who have tried or achieved this. Below are somewhat simplified method descriptions, which you can consider as frameworks, because they will give you more intellectual knowledge. Each of these methods can be a separate subject for a large book or a seminar.

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

NATURAL

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

The person using this method gradually changes his/her eating habits in order to accomplish LSWF. The goal of this activity is to attain a diet whereby 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. Fried and baked products of cereal (grain), corn, potato, rice etc. (like fries, chips, popcorn, pizza and cakes) belong to the same group.

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

The next step consists of eliminating everything defined as sweets, from the diet. Chocolates (also the bitter ones), candies, 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*) can still be consumed if you cannot 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 that you can eat.

The next step is to eliminate any kind of food processing. At the beginning of the natural method processing food by frying, grilling or smoking was eliminated. Now you are gradually eliminating all the other food processing methods. You no longer boil, steam, pickle, cure your foods with one exception — washing with water and parting (to pieces).

Look at nature on the Earth. In general, washing and parting are the only food processing methods used by almost all known beings on Earth, except the human. If you disagree, tell me, which creature, apart from the human, cooks the food before eating it?

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

Giving up all food processing is a big step towards reunification with nature — human is a part of nature. Being a part, a cell of nature, the human body is not fully adapted to the artificially produced substances in the kitchen. This return or reversal to eating only natural substances (originating directly from nature), brings a person beneficial changes. Thanks to such changes

the person comes back to the bosom of nature, to the mother, home. 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 meat, fish (if you have not given 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 called vegetables and grains are products of genetic experiments made in the past (some of them as far back as tens of thousands years ago). Most vegetables and grains, when they are not cultivated but just left alone, will degenerate, become wild and disappear after some years. This happens because they are not part of nature. This is why at this stage they are eliminated from the diet. After this step only fruits and nuts remain in the diet, the only things produced by nature for human beings.

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

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

In the final stage you dilute juices with water, more and more, so that you end up 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 choose this method required anything from a few months to decades 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 do not fight against the body. Fighting does hurt, so if you fight against the body, you are hurting it. For example, if you are addicted to fries and eat 3 kg of them a week, you do not have to give them up at once. Instead of fighting, you can use discipline. You can still eat fries but with every week eat less by, say, 1%. The body will not notice the 1% change and gradually will become satisfied with the decreasing quantity until finally you will be able to give up eating fries. Instead of linear, you can use gradual logarithmic quantity reductions.

You may think that your body is free of a specific food addiction / craving for, say fries. You will have not eaten them for months, but one day you may be passing by it and notice the smell. Then you may feel saliva coming out, stomach spasm and internal sucking hunger difficult to control. In such a case do not fight against it because it could give your body more benefit if you were to put a small amount of fries into the mouth and chew it thoroughly. If you do not do it, what may happen is that you will dream about fries at night, think about them often and day-dream about eating them, that means you will be suffering unnecessarily.

The body has tremendous ability to adapt its individual functions to changes in diet and other life circumstances. The body is very flexible regarding this if the changes are made gradually and if allocated time is long enough. The combined effect of small gradual changes, despite them being unnoticeable, can be enormous. For example, a change in living environment from tropical to cold temperature or putting on or losing 120 kg of body weight. Such a significant modification of the diet is a great change for the body. If you do it too fast, you suffer unnecessarily. When you love your body, you give it enough time, as much as the body needs for adapting itself to all the changes without any pain.

Second essential comment.

The described sequence of changes does not need to be strictly followed. Every person is a different world. What works and is true in one world, does not have to be so in the other. So you can change the sequence. Your feelings and intuitive guidance are more important than the information contained herein and examples given by other people. I know people, who were following the so-called optimal (Atkins's) diet consisting mostly of animal fat. They used a different way to adapt to living without addiction to eating.

Third essential comment.

Use discipline, not force. What is discipline? It is consciously planned and wisely, systematically realized action leading to achievement of the set objective. With discipline there is no fight because Love is leading the way. It is more beneficial to be able to distinguish between discipline and fight. Discipline leads to success, fight leads to injury.

Following the natural method, pay attention to the body. For some people this method is or may 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 in the process. You can easily recognize them by extremities blue from cold, emaciated body, low level of life energy as well as sadness, depression and fanaticism about eating.

SPIRITUAL

The matter, including the body, is a formation / reflection of the human spiritual side. Whatever was built in the matter was first created in the spiritual sphere. If not-eating starts to exist in the human spiritual side, then his/her body will soon manifest this phenomenon, that is realize this in the life of the person.

When following the spiritual method of adapting to LSWF the main goal of your work is to sufficiently expand the Consciousness sphere in which you live. You know that not-eating is one of expected results of this work. If not-eating becomes real enough in your spirit, the body will manifest it.

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

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

It is less important with whom, where and how, or which path you are following. What is more essential for the follower is that the Consciousness sphere is expanding, giving results which the practising person expects.

This is how the spiritual method of adapting the human for LSWF can be summarized. With the spiritual growth of the person his/her diet and desire to eat are changing. The person is gradually moving to eating foods with higher vibrations which puts less strain on the body. Also the daily requirement / amount of food is diminishing until it ceases. It happens so 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 many other names here, which nonetheless are not understandable by the intellect, because the comprehension is possible only through experiencing it.

Because of that, if you decide to use this method for 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 exercises.

SUDDEN

Actually, I wouldn't insist that this is a method because it is kind of an occurrence which falls on a person. A more precise way to put it is a sudden appearance of not-eating. However, knowing in what circumstances such sudden connection to not-eating appears, one can behave in a way which will invoke such a change. So talking about the 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, which 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 at food and even vomit after trying / forcing him/herself to eat regardless of food type.

The sudden not-eating, as if forced by the body, most often happens among people following the so-called spiritual way of life. The body of a person deeply immersed in praying, contemplation or God worshipping has completely forgotten that one "has to eat".

Studying biographies of saints, regardless of religion, one can find stories describing periods of not-eating which suddenly and unexpectedly happened to those persons. Some of them had not put anything in their mouths for weeks or months, others for several years. There were also "saints" who had not accepted any meals until the end of their life.

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

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

In some cases of the sudden food rejection there is no unpleasant body reaction as described above. Instead, the person simply loses any interest in food. He/she feels no hunger, and has no appetite. Such state extends in time for weeks, months or even years.

There is a conclusion from all of the above. The more you concentrate on your spiritual side, the bigger is the chance to loosen the connection with the matter (food). The more you immerse in spiritual practices, the easier it will be for you to give up eating. However, it is more beneficial if you do not force the body.

After a while (it can be weeks, months or years), it may happen in case of every person whose body has suddenly rejected eating, the hunger may reappear. The appearance of the hunger can be as sudden as its disappearance previously. 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 emaciation of the body. When the sudden rejection of food happens natur-

ally the body continues to function well and does not lose weight if it did not have superfluous fat reserves.

FORCEFUL

As the name of the method suggests in this case a person would pursue the goal of LSWF — with force. Some people are impatient or they just do not like “methods”, they prefer short-cuts in order to have the results immediately. One of the things that characterizes people of such type, is their strong will concerning any task they undertake. Having decided something, they do not pay much attention to circumstances, they just press ahead. Such behaviour can help achieve the desired goal also in case when he/she is pursuing not-eating in life.

The forceful method is quite simple to implement and it does not require any preparation. Even now as you are reading this book, you can decide to give up food “for ever”. “From now I am a not-eater” — having stated it in this way, you only need to implement this decision in you daily life.

The person making such a decision believes that simply by taking such a simple decision and following it, it's enough to become a not-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 symptoms, is called fasting.

This method for achieving LSWF is rarely successful. Having fasted for some time the person starts to eat again or (if he/she is stubborn and fights with the body) dies. If the person starts eating again when it is not too late (“too late” depends, among others, on how much fat the body has), the fast will be very beneficial for his/her body. Such fasting will cure people who are officially (= by majority of doctors) considered incurable.

When fasting the body loses weight (more and more). When it goes beyond the proper level, the person using the forceful method for too long can be discerned easily. The body weight is still decreasing (at the speed of, say, 1kg per week), the person easily becomes exhausted, has little strength most of the time, is not happy and his/her body more and more resembles like a skeleton covered with skin.

Not every person, who without any preparation suddenly decides to give up eating for ever, uses the forceful method. If the Consciousness sphere in which the person lives, is large enough, giving up eating, is simply a confirmation that the person possesses the ability to live without food. In such

case his/her body will adapt itself for living without eating in a relatively short time.

There are also people who know that they can live without eating, though in every-day life they eat “normally”. For them giving up eating at any moment is a matter of 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 have not, you may endanger your life. The description below is not enough to do it safely. I have included it here only for information purpose although Jasmuheen asked me to delete it (for 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 solve world health and hunger issues. Up till now this has been the most widely known method to those interested in the subject. Jasmuheen had been promoting the 21 day process around the end of the 20th century. Later on 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 information about the 21 day process was received as a message from non material beings by a group of friends in Australia. Jasmuheen was a member of the group. The members of the group, all aspiring to spiritual growth, used to meet often in order to practice together. While the received message was meant 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 does not 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. Apart from the fear the main concern is that the body may become too dehydrated, which results in irreversible changes causing death (this had actually 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 per-

son can drink 40% orange juice. The amount of the drunk liquids depends on how thirsty the person is and on other factors, though it is said that 1.5 litre a day is the minimum. People going through the process also drink other juices.

It is advisable to do the process in solitude and far from the civilization. In ideal conditions a friend should visit briefly every day, just in case. During that time physical and psychological cleansing will be occurring. Television, noise, troubles, daily occupation routine, computer etc. should not be available for the person going through 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 (e.g vacation) is advisable.

I have concluded from my observations of people interested in living without food, that most of them consider the 21 day process to be a kind of holy or magical initiation leading a person to becoming a not-eater. None of the individuals known to me, who had undergone the 21 day process, became a not-eater as a result of it. But I know some people who had discovered, thanks to the 21 day process, that they could live without any food.

It is a fact that the 21 day process does not turn a person into a breatharian. Technically speaking, an analysis of the physical side of the process shows that it is dry fasting for 7 days followed by a juice diet of 14 days. It is quite an efficient method of cleansing the body and psyche from toxins. Dedicating this time to spiritual matters, to your own spiritual world, cleanses you more efficiently, as happens in other fasting practices.

Deep emotional involvement of the person undergoing the process, the ethos suggesting the need for initiation, thousands of persons who underwent the process and their accounts — these and more make, what I call “society suggestion”, to influence people so powerfully.

The 21 day process will not make a person an inediate 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 without or almost without food for some or even longer time forcing the body not to eat — my observations confirm this phenomenon.

It can be a very different experience to go through the 21 day process as many individual accounts describe. Some people feel nothing, they go on living 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.

HYPNOTIC

Hypnosis is a tool for making changes in program operation 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 an average Earth inhabitant this function causes the biological need for 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.

Operation of individual parts of the subconsciousness can be changed. A person aspiring to LSWF aims at changes in the subconsciousness which can be described in the following sentence: The body works properly regardless of whether the substances, called food, is ingested by the body or is not.

When working with an experienced hypnotist (or doing 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 sensitive the person is to the hypnotic suggestions.

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

It is worth remembering that not only words of the hypnotist make the suggestion. Also the hypnotist's behaviour, his/her emotions, aspects of the environment, sounds incoming from the outside and other factors may constitute a suggestion causing unintended changes with good or bad consequences — you never know.

For this reason and in order not to cause any undesirable changes in the psyche, I do not recommend this method, especially if you can choose among others. Rapidly introduced changes in the human subconsciousness, using hypnoses, cause some changes in the person's life, which may make the person suffer. Visualization is a much better method for making changes in the subconsciousness.

It is worthwhile to know the hypnotic method for adaption to LSWF and use it in life-threatening situations, which maybe caused by too long period without food. Such situations occur when people are cut off from the food source for a long time; for example a group of people lost in mountains, long period shortage of food during a war, large-scale natural disaster. Then the least harmful approach is chosen; it is better to hypnotize a person, so that he/she does not feel hunger, instead of letting the person think about starving to death.

ALTERNATE

The alternating concerns days when one eats. But before you start eating alternately reduce the number of meals per day. For example, if you eat five times a day, decrease it to four times. Later on, having got used to four meals a day, reduce the number to three. Continuing this procedure the time will come when you have just one meal per day and feel fine with it.

The next thing you introduce is eating only once every 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 no meal again. So the eating formula is: M F M F M F and so on (M - day with one meal, F - day of fasting). After a while this rhythm will become routine which you will not even notice. You will feel hungry only every other day. This will happen automatically without paying attention to it nor counting the days and without any planning.

The next step is to have only one meal (that is to eat only once) in three days. Today you eat, tomorrow and the day after tomorrow you fast. The eating formula is: M F F M F F M F F and so on. When this becomes so routine that you do it automatically, 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 on the eating day you should eat no more than the quantity you regularly consumed when you were eating normally. So once in four days you eat no more than you ate in one day when you were still eating normally (not four times the quantity).

Following this procedure you arrive at eating one meal only once a week, and further on even less often, e.g. twice a month. Then it is better to consume only food lightest for digestion (i.e. fruits or liquids). Do not harm the digestive system by suddenly eating something after many days of fasting. Also, long chewing and mixing with the saliva are extremely important.

When eating only a few times per month, it may happen that you forget about the day on which to have a meal. If you do, you may omit it if you do not feel hunger, which will make for two or more fasts without a break. If from the beginning you call the fasts not-eating, you may say that you are prolonging the not-eating periods.

Beware of the alternate method because it may change to starvation. For the unprepared the extended fasts can cause emaciation and other bad results. It is a clear symptom that the body receives too little food. In such a case shorten the fasting periods, change the method and/or work more on expanding the sphere of Consciousness that you live in.

TRYING

A person decides to start LSWF so he/she puts eating aside. This decision may be, but does not have to be, preceded by preparation. The person observes and feels what is happening in the mind and the body. As long as everything goes fine, the person can consider him/her self a breatharian (inediate or not-eater). But if symptoms indicating inability to live without food appear, the person has one of two choices: continue the not-eating, despite knowing that it is risky, or start to eat again.

The reasonable choice is to go back to eating. Almost everyone who notices that his/her body cannot yet function properly without food, will do so. So the person starts eating again. He/she can call the unsuccessful adaptation attempt just a fast.

Afterwards the person eats “normally” for as long as it takes, in order to rebuild the body. He/she may even be eating for a longer time in order to make the body store a little more fat 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 (it is better no to do it) in order to be able to fast longer with the next attempt. The longer the not-eating period, the bigger the chance of his/her body to adapt itself to LSWF is.

Having rebuilt the body, or having even stored surplus fat, the person gives up eating again (another adaptation try). This time too, after some not-eating / fasting time, the person may go back to food (in order to rebuild the body again). But it is 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 eating again, he/she may repeat the whole procedure again at some point in the future. At the end of every trial either coming

back to eating (to rebuild the body) or becoming a not-eater may happen. The person may do as many attempts as he/she wishes.

But if the person chooses the other way, that is, he/she continues the not-eating (in this case the more correct term would be fasting) while the body becomes more and more emaciated, then the critical moment is being approached. Critical in this context means that it is a state of balancing on the edge between life and death for the body. There are three possible outcomes: the goal achieved, deep emaciation (damage) of the body or physical death. Both, the second and the third outcomes, are much more probable — this will happen to almost every person who will act in this irresponsible manner.

There are exceptions which are extremely rare. The balancing on the edge of death and life of the body creates a unique psychological state which cannot be intellectually explained. In this state the person can be much more conscious regarding decisions to undertake. Persons in the state of clinical death undergo something similar. Some of them come back transformed, some of them stay beyond the border of biological life. That is exactly the moment when “miracle” healing occurs.

I dissuade you from using this method for attaining LSWF. I write about it here only for informational purpose. To take this step one has to be a person spiritually highly developed, a madman or a suicidal person. The former will have a chance to live, whilst the latter will almost certainly not remain here alive.

However, I believe that the spiritually developed human will not use this method because such a person will already know that he/she can live in a perfectly working body that does not need to be fed, should they decide to do so. But if the person does not know and will use this method to find out, it will mean that he/she is not developed enough yet although there may be exceptions.

PHILOSOPHICAL-INTELLECTUAL

This method (it could also be called “scientific”) consists more or less of looking for information and theoretical studies followed by practice. Therefore I would rather consider it 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, on the Internet, from ineditates etc. The seeker analyses the information by think-

ing, philosophical discussions and (scientific) proofs. So the person treats the subject in the same way as scientists and philosophers do.

The main goal of this person is to attain full intellectually supported by evidence that humans can live without eating. The second goal is to compile the most appropriate (that is the best for the person) methods of adapting humans to living without food.

For the person using the philosophical-intellectual method, the analysis of facts and research is more important than the intuitive feeling. According to my observations, fasting and realization of LSWF is very difficult for these people (compared to others). I have noticed that this purely intellectual approach is a serious obstacle for LSWF researchers. It seems to me that realization of this goal is possible only after reaching a certain 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.

SUN-GAZING

This method mainly consists of gazing at the Sun and walking barefoot on the ground - it has been known and practised for thousands of years, mainly in India. They say that this practice heals both the body and mind. After much practice, sun-gazing keeps a person in the 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 as one of the side effects of the high energy level being felt by the person, it happens to almost all sun-gazing adepts, even those who do not believe this. Noticeable decrease in appetite usually appears 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 widely known again in present time is Hira Ratan Manek from India. On his web site (www.solar-healing.com) Hira describes the procedure in details. There is also a number of discussion forums about sun-gazing.

Here is a short description of the HRM sun-gazing method. Every morning at sunrise, or every evening at sunset, you should gaze at the Sun's centre. Stand barefoot on the ground during the gazing. On the first day start with 10 seconds maximum. On each following day gaze for 10 seconds longer than in the previous day. 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, do not gaze any longer.

The second important activity with his method is walking barefoot on the ground for at least 45 minutes daily, every day, even if you do not gaze at the Sun. When walking, do not look at the Sun.

Altogether, if you gaze at the Sun every day, the whole process takes about 9 months to accomplish. After that you do not need to gaze at the Sun every day. It is even recommended that you do not. You can do it from time to time to maintain a sufficiently high level of energy. How long and how often you gaze depends on the individual, the climate he/she lives in and the life style that is conducted. Barefoot walking is still recommended every day.

If you live in a place where sunrise and sunset cannot be seen every day, the whole process may take longer. If you missed sungazing for a few days, do not extend the time at the next session. If you had a long break (say, a few weeks), shorten the next gazing time.

It is very important for eye protection to finish the gazing not later than one hour after sunrise and start the gazing not earlier than one hour before sunset. It also means that one should not gaze at the Sun during the day, especially not in the midday.

I hope that this warning is clear: **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 period of gazing without preceding gradual adaptation may burn this delicate part of the eye. Because of the burns, if the person is able to see, everything may look like an image with holes or spots. Such damage to the retina is considered incurable by the official medicine.

Another person, who promotes information about the beneficial influence of sungazing, is yogi Sunyogi Umasankar 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 his method to people.

According to his teaching, the first sun-gazing is started at the moment of sunrise or sunset. First it should be done for a short time, later the time of gazing is gradually extended. If gazing directly at the Sun dazzles the eyes, one can look a little above it. It is very important to 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. If you have not exercised sungazing such situations would include, among others, electric welding, walking on snow in the mountains when the Sun is shining, or on the beach and long driving periods facing the Sun.

Using sunglasses during sunny days usually increases the deficit of life energy the person has. Getting 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 an ill person stops using sunglasses and allows sun 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 of all known to me that make use of chemical substances effect on humans. In this case the not-eating comes along as one of the side effects caused by strong activation of the body light flow system. Those substances, clean or in mixture, have been used (mainly by the so-called “initiates” or “masters”) for thousands of years and known 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 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 the Internet, you may find much more information about these substances, if you use the words mentioned above.

Descriptions of a mysterious substance that has powers of healing body and restoring life are often done in a symbolic language and can be found, among others, in the Bible, Vedas, Koran, Egyptian scripts and alchemical

books. This substance is given only to those people who are well prepared by a long process of mental/spiritual studies and practices. Apparently, when eaten by an unprepared person, it can cause madness or death.

Here is a description of one of possible procedures. A spiritually prepared person first cleanses his/her body by fasting for nine days. From day ten the person starts to take a powder or liquid of precisely determined composition which will depend 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 does not need any food. If the body still requires food, the amounts are decreasingly small until after a few months nothing at all is required because the person does not feel any hunger.

Some spiritual exercises done during that time intensely activate the light flow system, and consequently, the nerves and the glands too. The powder and the exercises also cause rapid increase in brain activity (its area and radiation) especially of the pineal and the pituitary glands. It all causes a lot of changes in the person including but not limited to their perception of the world, power of understanding and communication, skills and so forth.

For most people, in other words for the non-prepared people, the alchemical method is like a one way journey. Reversing such big activation of the light system is almost impossible. Theoretically, before the reversion is finished, the person would have died because of madness, mental illness and not being understood by the society. This suffering would be caused by too big 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 is the case with a “normal” person. As a consequence images based on his/her fear create situations that are dangerous for the life of the person.

Starting from 1995, David Hudson talked in his public lectures about some powders discovered by him. The attributes of his powders met the definition of the mysterious substances used by alchemists. Research made by him and by others confirmed some extraordinary attributes and effects these substances can produce on the human mind and body.

CONSCIOUS EATING

The conscious eating (CE) method is one of the most efficient ways for people aspiring to not-eating. CE gives your body exactly what it needs (real body needs) in right quantity and at the right time.

Here is how to do it step by step. Let us assume that you feel hungry. Proceed as the following points suggests.

1. Stop for a while, relax the mind and body and ask yourself: “what is it?”. Now, FEEL the answer, do not THINK about the reason, because you need to feel it. The more feeling there is and the less intellectual process happens, the more Consciousness is manifesting itself. The thinking process (intellect, the conscious mind activity) is a smaller, more limited sphere of Consciousness. The 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, in such a case this is the end of CE.

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. If this is the case and you start to eat, they are being covered with food and put back inside your psyche.

2. Do you still feel hungry? Go to the next step. Ask yourself, what it is that you want to eat. Scan through different foods and feel what food is most appealing to you. Having found it, imagine for several seconds, that you eat it. Imagine feeling it in your mouth and stomach. Ask yourself again: “what is it?”, and feel the answer. If the hunger vanishes, you can stop here. Also at this moment some pictures or significant thoughts may emerge to help 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 are all about. After they are gone, they will never make you hungry again.
3. If the body really needs some substance called food, the hunger you feel will not vanish at this stage, 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 are taking it, cutting it, cooking it, preparing it etc. Use your feelings to carefully observe yourself (deeply feel yourself). Continue to concentrate on the same question: “what is it?”, and wait for an answer with your feelings (it is the feeling to answer, not the mind). At this stage the hunger may vanish and pictures or unusual thoughts may appear. If nothing happens, proceed to the next step.
4. You are now sitting in front of the food that you feel hungry for. Slowly take a piece, all the time observing yourself by feeling your every slightest movement and body reactions. Bring a piece of the food to your nose

and smell it. Delight yourself in the smell and keep your feelings open for the answer to the question: “what is it?”. You need to feel it, not to find the answer by thinking. Again, the same may happen: either 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 into feeling it. Feel the whole intellect, psyche and body reactions. FEEL, FEEL and FEEL, observe and do not think.
6. Next, very important, chew it for a long time, 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 taste once or more. Never swallow it before the taste has changed, else it will not be conscious eating procedure. FEEL, FEEL and FEEL, observe and do not 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. By doing so you are making sure that you satisfy the so-called “real body need” (for specific substances, regardless of what the body uses it for).

With CE you are all the time making yourself conscious of the process that you are going through. The process starts by feeling hunger or thirst. As 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 does not need. The best care for the body is to give it what it needs, when it needs and in the right amount.

With CE you are becoming a not-eater consciously, without fighting or misunderstanding, without making many mistakes. You are discovering the real relation between your body, the Earth and your psyche. When food finally stops playing its role in this relation, it will naturally becomes useless and will drop off you an unnecessary part of this game called life on Earth.

CE is one of those actions which make us more conscious about IAM. The more IAM manifests itself through our mind and body, the more solutions we know, the better we see, feel and understand, the fewer 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 circumstances 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 to the always existing voice of the intuition. Since the intuition (supercon-

sciousness) is the direct link to IAM, it knows everything, it has solutions for everything, and it gives you whatever you need.

Conscious eating, conscious sleeping, conscious talking, conscious ... whatever it is, makes you ... more conscious and allows you to expand the sphere of Consciousness that you are living in. When you expand it sufficiently, you will have no more questions, because you will really know. In such a state to become a breatharian, a lightarian, to live without breathing or without influence of temperature etc. will only be a matter of a decision.

YOUR OWN

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

For you the most important method is your own. It may or may not contain the elements from all the above methods and may even include some others. You work out your own method using all the information you have collected and everything you have 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 still others 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 to living without food, you may produce your own method. As an example, this method may contain diet refinement (natural). At the same time you spend more time on spiritual exercises (spiritual). By chance you notice that you can easily get by with eating every second day or even less frequent (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 research, 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 barefoot on the ground (sun-gazing). When fasting, you take white powder of gold (alchemical).

Practising more and more you may start to feel at any moment that not everything in your own method works as it should, as planned. In such case

you just change the method. Make a different one, also your own. The method you have created does not need to be unchangeable. What is the most important in this is that you, while experiencing, move on the way to the goal.

SYMPTOMS

When referring to a symptom here I mean a usually unpleasant reaction of the body or psyche caused by the changes in nourishment. When you are changing the diet, fasting or adapting the body to living without food, symptoms may appear, especially if this is done quickly.

Writing about symptoms herewith, by mentioning the word “fast”, I refer to either or all of the following situations: diet change, heal fasting or adapting the body to living without food. So when you read “fast(ing)”, you will understand that it can also apply to a diet change or adapting to living without food.

The following descriptions are quite general and they have exceptions, because every person is a different world. General description, recommendations and procedures are not completely suited for most people, thus it is advisable to consider them as frames only. 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 you cannot yet, then judgement is your best adviser. Descriptions below may have a bunch of valuable information.

First of all, do not fight against the body. Fighting results in casualties. When you fight against the body, who is the casualty? Instead, Love your body and keep it in discipline.

I will not describe all the symptoms here, only those experienced most often. 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 conducted fasting never causes 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 in healing by fasting. It results from my observation that no more than one percent of doctors have sufficient knowledge about heal fasting. Even among those doctors who prescribe fasting for healing there are some who sometimes give harmful recommendations. Of course, it is better to find such a doctor instead of falling into hands of another one who would know

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 a few weeks maximum; they may manifest constantly or in bouts, changing intensity. Some people almost do not notice them, so they have no related problems. However there are persons who feel so overwhelmed that it seems to them they may be dying. But with most people, who are generally regarded as having “normal health”, only some symptoms appear for a short time. The observed regularity makes for a general rule that the more ill the person is, the more symptoms may appear, they will last longer and be more ailing. It so happens because the symptoms are direct results of cleansing and healing of the body and mind, which takes place during the fast.

1. fear
2. weakness
3. dehydration
4. dizziness and fainting
5. nausea and vomiting
6. weight loss
7. emaciation
8. pain
9. psychical instability
10. different reality
11. changes on skin
12. feeling cold
13. fever
14. loose teeth
15. loss of hair
16. swelling joints
17. others

FEAR

Fear may be the biggest problem for a fasting person. 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 do not do it (in order not to harm yourself) or do it with a person whom you trust so much that you lose your fear. There are so many people who having been suddenly deprived of food, died just after a few days, when the real fasting process had not even started. Forcing a person to fast, when he/she is afraid of fasting, is dangerous for the body life, not because of the lack of food, but solely because of their fear.

If you start to feel fear during your fast, then the more you fear for your health and life because of the fast, the sooner you should stop fasting. Fear about other things also has the power to damage. The human is more sensitive when fasting, so any fear may cause more damage.

Fear is the state of complete absence of Love (the power creating Life — as described earlier). This state causes Life to vanish. Therefore, the less Love manifests itself through a being, the more the being feels the lack of energy creating Life, thus the being feels more fear. So if you feel fear, it means that you inhibiting / suppressing Love, the only source of life for your mind and body. If you allow Love, of which precisely you are the source, to manifest itself more, then 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 lie down in a relaxed position and become silent. Breathing freely and calmly, focus on feeling Love, of which you are the source and which naturally emanates from you. Feel that in the centre of the being that you are, the source of your life is present. This source always emanates as intensively as your mind allows it. So now let it manifest itself fully. Let it shine like a sun, warming the whole of you and the surrounding. Allow completely, and feel Love. Feel, feel ... how Love overwhelms you and everything around you. Do not create Love, do not create something of which you are the source — Love manifests itself if you just allow it.

WEAKNESS

A feeling of physical weakness is one of the most common symptoms. One can even say that to feel weak is normal. Some people strongly bound to eating (the addicts) feel weakness after just a few hours of fasting. This feeling of weakness indicates that the body begins to feel the difference in delivery of nourishment in form of food. The rhythm is disturbed, therefore the body starts to react.

In one group of people the weakness may never happen (this is rare), in another 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 life energy of the person in question.

How to deal with this? Well, it depends on the situation and the person. If somebody is too active physically, it is better for him/her to rest or even to lie down. Also the opposite may happen, that somebody is resting, sitting, not moving all day — then he/she should go for a walk, cycle a little or swim, exercise.

During fasting, time mild physical and energizing exercises are highly recommended. The movement and better energy flow allows the body to clean itself deeper and faster. Doing energetic and exhausting exercises is not recommended. Moderate gymnastics and exercises, during which the mind is concentrated on feeling the energy instead of making the muscles tired, have much better influence on the body. Isometric exercises, yoga, qì-gōng and tàj-jí influence humans very beneficially and are even salutary. It is worthwhile to do them everyday except the times when the body clearly needs rest through sleeping.

During fasting there may be hours or even entire days when the body feels so weak that the person does not have the strength to walk and he/she feels like doing nothing but resting. These are the times when the body requires rest, preferably sleep. It may be caused by a toxin induced disease.

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

Judgement and ability to distinguish are valuable qualities of a fasting person. When the real need for resting arises, it is worth to go to bed and sleep. However if this state lasts for too long (say, for over three days) and you do

not find any illness in you, it is worth to discipline yourself and do some energizing exercises.

Too much of lying down and sleeping makes the body weaker instead of giving it energy which the person needs so much at this time. The blood pressure goes down, the blood circulates slower and the metabolism slows down. This 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 feel better.

If the weakness lasts too long, especially after the first three weeks of fasting are passed (for a person with normal weight), this indicates that the time to resume eating is approaching. But not always, because there may be other reasons, for example, serious illness, lack of 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 not-eating. Statistically the human body can live without water for over a dozen days. For how long you can stay without water, depends on several factors, the main one being reaction of the instinct, but also air humidity, temperature, physical activity, the amount of minerals (that is salt and other substances to be washed out) and fat reserve. The safe period in optimal conditions is about four days.

During dry fasting in optimal conditions the body uses between 0.1 and 1 kg of fat daily to produce water. This is the approximate daily loss of weight. An overweight person can survive longer without any drinks than a thin person, assuming that their bodies are in roughly similar condition, have similar quantities of minerals to be removed and the persons have the same amount of life energy. The body of an overweight person has more fat tissue, which is used to produce water during dry fasting.

If a person is not prepared for dry fasting or does it for too long, he/she may dehydrate the body too much. Excessive dehydration causes many abnormalities in the body functions, which may result in its death.

Therefore, when dry fasting, one needs to check often whether the body shows signs of too much dehydration. Dehydration level of as little as 2% is clearly felt as strong thirst. When dehydration exceeds 10%, it becomes life

threatening and should therefore be warded off. Visions, hallucinations or faltering caused by dehydration clearly indicate that the person is balancing on the edge of life. In such case one immediately needs to thoroughly hydrate the body as soon as possible.

If life threatening occurs, one must immediately drink water, take a bath, pour water into the large intestine and consult a doctor.

Dehydration that went beyond a critical point is irreversible. This means that attempt to hydrate the body does not rectify the situation and the body is incapable of absorbing enough water. This leads to the arrest of bodily functions.

If you do not have enough experience to ascertain the level of body hydration, you won't know when dehydration becomes dangerous. In this case it is more secure to stay in touch with an expert in this area during your dry fast.

DIZZINESS AND FAINTING

These are frequently experienced symptoms; only a few of those fasting for a long time can say that they had not experienced them. Especially persons with low blood pressure may experience unpleasant situations. These persons need to take special care not to allow the blood pressure to fall too much, because it may be hazardous for the proper work of the body. If you are one of these people, you would better start with some fasting training consisting of a series of gradually extended fasts. In this way the body will partly cleanse itself and learn to react with lesser drop in blood pressure.

Another solution (not really a good one) is to drink herbs during the fast — in much smaller doses and only when the real need arises. A lot better solution is doing energizing exercises, acupressure, acupuncture, massage and similar treatments that increase the blood pressure.

Many people give up fasting because of dizziness and fainting. These symptoms look grave enough to shake even a self-confident faster and make him/her apprehensive about the state of their body. Dizziness or fainting is not as dangerous as the consequences they entail, so this is where attention must be directed. The most important is to make sure that the person suffering dizziness or fainting does not fall down because they may wound themselves.

Dizziness, ranging from slight to loss of consciousness, is most often caused by too low blood pressure and/or too low blood sugar level. When fasting the body undergoes many truly revolutionary changes. One of the symptoms of these changes is fluctuation of the blood pressure (especially dropping).

The lowered blood pressure is mostly felt between the first and the fifth weeks of fasting, with changing intensity. Later, with self-cleaning of the body and its adaptation to living without food, the blood pressure stabilizes at the optimal level for the fasting person. Fluctuating blood pressure episodes may also come later. For each individual it will happen differently and will depend, among others, on the amount and type of consumed liquids, temperature, atmospheric pressure.

Changes in blood pressure per se are not as dangerous as the movements done by the person. For the sake of personal safety, it is very important that the person avoids sudden position changes from lying or sitting to standing. When rising, lean against something or support yourself by placing your hands on chair, table, etc. and slowly erect the body to the standing position. When you feel dizziness coming, stop rising or sit back. Do not move too fast to avoid blackouts.

It is a good idea to learn how to behave at the times of experiencing dizziness with blackouts. Blackout is a symptom of a sudden blood outflow from the brain, causing fainting. In this case adopt the low bending position, that is, the head lower than the trunk and the hands put down in front of the head. If you feel worse, squatting will help in most cases, so put your hands firmly on the floor (lean on them) and lower the head down freely between the shoulders.

If the dizziness persists, rest for a while. Lie down and raise the legs leaning against the wall or a chair.

If the fluctuations of the blood pressure persist, cause frequent fainting or last for too long, consider carefully whether you want to continue the fast and consult a competent doctor. It is also very advisable to check your blood sugar level.

NAUSEA AND VOMITING

These are common symptoms of the body undergoing self-cleansing process. The body of a fasting person does not use energy for digesting, therefore it can use the energy for self-cleansing. In the process of dissolving and

eliminating old concretions, accumulated toxins and excess fat, the body releases different substances into the blood. The blood, circulating through the whole body, passes also through the brain centre, which controls nausea and vomiting reactions. So the toxins circulating in the blood cause the unpleasant symptoms, like pain, nausea or even vomiting.

Other reasons of such acute reactions may include ulcer, abscess, cyst, improperly healed wound, accumulated and crusted (glued with mucus) substance, tumour — about which the fasting person might even have no knowledge. The body opens all such things and tries 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 cleansing and hence the healing.

As an example let me tell you of the case of a man, about 40 years of age, who in his childhood was treated with “medicines” containing mercury compounds. On his 9th day of fasting he suddenly felt so bad, that he fell down and started vomiting. Immediately after this he felt much better. In the vomit he collected a quarter of glass of mercury. The conclusion from this story is that the body accumulated and stored the mercury in his childhood and decades later, during the fast, the body opened the box in order to throw the contents out.

Usually there is no big need to be concerned about nausea and vomiting, because waiting from a few hours to a few days (in rare cases) solves the problem. It is helpful to walk in the woods, near a lake or to do some energizing exercises, because movement helps the body to detoxify faster.

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

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

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

WEIGHT LOSS

The process of weight loss, being one of the symptoms, should also be considered individually. When an obese person is losing weight, it is a very beneficial process of getting rid of the excess and restoring the proper weight to the body. However, when a person who is already thin is still slimming down, emaciation may occur. In the former case, to continue the fast is more beneficial for the person. For the latter, it is better to start eating again.

The rate at which weight loss is occurring, is an individual matter. It usually stabilizes after the first few days of fasting. The decreasing weight, occurring in the first fasting days, is primarily caused by the body emptying the intestine and removing the excess water, which is even more noticeable during dry fasting. If, for example, the body loses two pounds a day in the first week of 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 of two persons whose bodies responded in this way. There are also people whose bodies lost only a few pounds during the whole long fast. So, as you can conclude, there are no strict rules about how and how much body weight has to change during fasting.

During dry fasting the daily weight loss of an obese person may amount to two pounds (or more) because excess fat is used faster by the body to produce water. Such rapid loss of weight in a slim or underweight person maybe hazardous for the body.

Experiencing weight loss as well as other symptoms accompanying fasting, first of all one should be guided by reason. Typically a person of normal constitution is able to keep the power of life in the body for up to two months without any food. If the body weight is constantly going down during this time, it clearly shows that the instinct is not yet able to run the body properly without food.

A person who constantly sees his/her body as too fat despite it being too thin already, is considered anorexic. Fasting or adapting the body to not-eating is not for anorexics. These people should first address and cure their mental disorders (which are main disease factors causing anorexia).

EMACIATION

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

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

Statistically, in case of a “normally” nourished, not too thin and not too overweight person, fasting for the period of up to seven weeks does not cause damage to the body. But after this period the deficiency of the building material may become too big for the body to continue to function well. The process, which can be described as the body-eating-itself, begins. This means that cells die, they get removed but are not replaced by new ones. When the building material for nerve cells (including the brain) is in shortage, body life functions begin to switch off.

So, if more than a month has passed and your body is still very weak, you have “no strength” for physical activity, you cannot get up from the bed in the morning, you are not emanating happiness and optimism — this is a clear indication that you should end the fast. The instinct has not yet learned to power the body from non-material sources. In this case do not fight against your body, do not harm it. A more advantageous and wiser act is to gradually resume “normal” eating. In the future, when you have more experience and the instinct programmed better, you can try again.

PAIN

You may feel pain in any area of the body, although it usually does not happen all at the same time. Headache is most frequent, usually appears first. Other aches, in the region of the heart, stomach, liver, kidneys joints, spine, intestine and muscle, may occur at any time and may last from a second to a few days (longer lasting pain is quite rare).

Pain during fasting indicates that the body is eliminating the cause of disease in the organ concerned, that is, it repairs it (restores the organ's perfect state and function). So, this is a reason to be happy rather than to be afraid. The bigger the organ's problem, the more it can ache and the longer the repair lasts. It happens quite often that an organ aches although the fasting

person considered it healthy. Until the pain appeared the person was unaware of the organ's disease.

The longer the person is fasting, the fewer aches appear — this is the result of the self-cleansing and self-repairing processes in the body. But it may also happen, that after a few months of happy life without any food, a piercing heartache suddenly appears. In this instance most often it is an indication of an energetic change taking place (for example, increasing activity of the chakra), reaction to higher perception in non-material dimension, self-cleaning of the aura. This pain is not caused by a physical change in material body organ.

Other causes of frequent pain which happen during fast are physical movements of body organs. During fasting some organs shrink and fat tissues are eliminated. This causes changes in the muscle tone and the relative position of the body organs. This may be clearly felt especially in the abdomen.

I recall having 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 more than just a few minutes. Only when I bent the body, the pain stopped. The cause was the increase of space under the diaphragm. This was caused by factors such as complete emptying of the intestine, shrinking of the intestine, liver and kidneys, eliminating of fat tissues from this area. Thus the diaphragm was forced to work harder, because it was not supported from below as much as before.

Apart from the pain occurring due to energetic changes or those caused by the movement of internal body organs, another strong pain may suddenly appear. In such case you may need to consult a doctor. As an example let me relate to you another experience of mine.

In the fourth month of not-eating I suddenly started to feel a strong pain, piercing to the point of fainting, in the right part of the abdomen and the dorsum (which I could only compare to the type of pain felt by a woman giving birth). I went to a hospital begging for an immediate strong painkiller. Later, after a few hours of examination, the doctor said that it was caused by something which clogged the ureter. My conclusion was that only after four months of not-eating, the stone that I had in my kidney had fallen into the ureter. Because it was larger in size, it caused so much pain when moving down.

As you can see, this or other kind of surprising pains are quite possible. In some rare situations an unexpected thing may happen that may be danger-

ous for the health of the body, to which the body will react with a strong pain. In this case it is advisable to consult a doctor. But most often it is not a reason to resume eating.

PSYCHICAL INSTABILITY

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

Other fasting people feel psychical reactions manifesting itself through sadness, resignation or lack of interest in anything. To these people the feeling of “meaninglessness of everything” becomes familiar. On the 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 meaninglessness of life”. Some of these people say that they have had enough of this life, they see it without purpose and they do not want to live any longer or they prefer not to exist at all.

The described reactions come to pass because the psyche is being cleansed. Fasting cleanses not only the physical body, it does the same to all other human bodies. Therefore also the mind is cleansed, its toxins come to the surface and blockages get released.

By the way, this mind cleansing makes the person perceive things as they truly are. That's why the person can realize the true sense of life, that is ... that it is just a game, that it has no sense unless you create it in your mind. What can be the feeling of a person who just discovered the true sense of life?

Another cause of psychical instability may be non-material (also known as astral or mental) parasites attached to the person. Such a parasite is a non-material being who feeds on emotions and thoughts of the person. Most inhabitants of Earth feed such kind of creatures on themselves.

Most often these parasites attach themselves to people full of fear, anger, hatred and other destructive emotions. Such a parasite nourishes itself pre-

cisely with this kind of emotions. The more often and the stronger one reacts emotionally, the better the parasites feel and the more parasites this individual can feed. When the person stabilizes him/herself emotionally so that he/she does not emanate any bad emotions and thoughts, his/her parasites are starving and feeling unwell. Fasting leads to softening of emotional outbursts. The parasite then will push the person to manifest bad emotions, because it is hungry for them. If the fasting person will not give in for a 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 for different emotional reactions is increasing sensitivity to stimuli. The fasting person will gradually cleanse his/her bodies and their senses. When the purity of the physical and non-physical senses increases, the level of stimulus required for perception to happen, decreases. Clearer senses are more sensitive for stimuli and they function in a larger spectrum of perception.

The person may not be prepared for this, so the usual intensity of stimuli may be too strong. Too strong stimuli may irritate the person. For example, what was perceived as conversation of ordinary/normal loudness until now, may be perceived as clamour or even shouting during fasting; this may be irritating.

Besides these emotions, the fasting person may experience also the opposite e.g. sudden appearance (i. e. as if without any reason) of happiness, feeling of ease (no-problem-ness) of life, Love emanating from within.

During fasting different pleasant and unpleasant emotions, accompanied by certain reactions, may appear. It happens differently with each individual. In every case it is a beneficial cleansing process, so it is one more reason to be happy rather than to be worried.

Some people may exhibit so-called paranormal abilities during the fast. In this case the person perceives information from dimensions other than just this material one. If the person is unprepared, he/she may think that something is wrong with their psyche. Depending on his/her behaviour, others may consider the person mentally ill, and even use their case to prove "how harmful" fasting is.

Psychiatric hospitals are full of extra sensitive people. Doctors do not understand what is happening to those people and prescribe chemicals reducing activity of the brain (they are mudding it). Additionally doctors make

those persons believe that they are mentally ill (the family joins this hypnosis), creating suggestion which influences these persons so badly. These “ill people” need instructions about the worlds (dimensions) other than this material one, not chemical and mental poison. Many of these persons are extraordinarily 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 help the person to control the mind and senses better.

If during fasting you experience emotions accompanied by reactions, which you want to get rid of, you can practice the contemplation of Light and Love. It is, in fact, the contemplation of passiveness, in which you prepare yourself for feeling and manifesting Light and Love (of which you are the source in your essence). The more you allow Light and Love to manifest itself through your mind and body, the earlier so-called negative emotions will stop tormenting you and the sooner immaterial 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 have changed. Some matters, objects and actions have changed their values (in your opinion, of course).

There are many possible ways of experiencing this new perception. You look at 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 partaking in the existence of this world.

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

Other things, which used to require concentration, you can now do more easily, they become more natural. You take notice of and pay attention to sights, sounds and odours which did not draw your attention before. You

can notice many more psychical changes. You may get the impression that this state is similar to being under drug influence.

Generally speaking, the perception and understanding of the reality of the world have changed. You may even suspect that something is wrong with your psyche. Your family members and friends may also notice your other “strange” reactions.

So what has happened? Many changes have occurred. The parts making up your mind have 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, the length of which depends on an individual. It is a good time for observing yourself and learning from it. There is no reason to worry, if the body is not in the state of emaciation or exhaustion. So you can enjoy the new experience.

CHANGES ON SKIN

The skin is the place where the cleansing and eliminative functions of the body can be observed. The sebum and sweat contain substances unwanted by the body, which are harmful to it and are therefore eliminated (this is where different odors come from).

To put it simply, the skin is linked with the intestine through the liver. There is even a saying that the skin of a person reflects the state of the large intestine and the liver. Of course, the full picture of skin condition consists of more factors.

When the body expels a poison, it can do so through the skin, which then reacts with reddening, rash, eczema etc. If a person has skin problems, it is quite likely that they will re-appear when the person is fasting, because the body is getting rid of the toxins which cause the problem.

Changes on the skin during fasting may also be caused by an activation of an old disease. However a new disease coinciding in time with the fast may also cause skin changes. In the majority of such cases, the best solution will be to continue the fast, so that the disease will leave sooner.

In extreme cases, when a person continues to fast despite emaciation of their body, skin changes may indicate a disease, which the person will not

be able to get rid of. In this case the body and its immunology system are too weak, so the better solution would be to begin eating again.

Summing up, allergy, rash or other skin problems appearing during the fast are not reasons to stop, but rather to continue fasting (except in the case just mentioned).

FEELING COLD

If you or your relatives have ever 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. All this happens despite the person being warmly dressed.

I have seen with my own eyes and have been told about “not-eaters” who were dressed so warmly as if it was winter, although the temperature was 25 degrees Celsius. Their hands were blue with cold, their face was suffering and their body was covered up because of the cold they were feeling. One of my acquaintances have even said: “It is difficult but quite usual to feel cold when fasting.”

The human feels cold not because of insufficient clothes or low temperature. Of course, the society suggestion has formed some human reactions 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 energy in the human body. To put it simply, if there is enough energy the person does not feel cold even if it is frosty outside and, similarly, he/she does not feel hot in the heat. The person will feel well in a much larger range of temperatures. But if energy is lacking, or the person does not know how to use it to control temperature perception, then he/she feels too cold or too 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 below) are useful. Doing them regularly will make the person free from susceptibility to cold.

Drinking a lot of hot drinks, is not a good solution. At the time of drinking and shortly afterwards you feel warm, but at the same time the body is loaded with too much water, which overloads the eliminative system.

The flow of energy (and resulting susceptibility to temperature) causes what we call feeling cold or warm. You can easily learn that feeling cold or warm is subjective and depends on managing your internal energy. If you concentrate on releasing warmth, after a while you can feel a difference. So when you practice the contemplation of the warmth, this will allow you to reprogram the instinct in the way that will enable you to always feel comfortable regardless of the temperature.

The physical factors most affecting your feeling of external temperature are mainly the functions of the intestine, liver and spleen. So if these organs do not function perfectly, they block the circulation of energy. By simply cleaning the large intestine, which will clean the liver automatically, makes the person feel the energy better, not feel so cold in the winter and perspire less in hot summer.

FEVER

The body increases its temperature when it is coping (killing, removing) with parasites – this is one of its self defensive functions. As happens during fasting, the body eliminates disease causing loci by opening a concentration of, for example, bacteria. They consequently circulate in the bloodstream through the entire body, causing 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 until it is gone. Drink more warm water (no tea, no coffee, no juice), go to bed, rest, sleep more. Usually the body will get well within between a few hours and a few days.

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

LOOSE TEETH

After a few to more than a dozen days of fasting you may start to feel that the teeth are fixed much looser. It is easier to move them with fingers and, as it seems, to pull out. Furthermore, you feel that something is oozing (pus) from between your teeth (particularly the upper ones) and it has very unpleasant odor.

This is also a result of body's self-cleansing function. Usually sinuses cleanses themselves in this way. Many people do not even know that their sinuses are clogged with mucus, because it only shows up when they start clean themselves out.

After a few to more than a dozen days the loose teeth get back to the previous state and are fixed in the jaw even stronger than before. However, secretion of mucus and pus stops earlier and so does the unpleasant odor associated with it. So there is no need to be afraid that your teeth will fall out.

If the gum or a tooth are diseased with caries or broken filling, they can cause loose teeth with blood trickling from the gum or from inside of a broken tooth. For teeth in this case the assistance of a dentist is advisable. For the gum it is better to wait a little longer, because it will most probably heal itself after full cleaning is completed.

HAIR FALLING OUT

This happens more often to women than to men. The concern is about losing more than 50 to 100 individual hairs a day (depending on person). If in the first 40 days of fasting hair falls out more than "normally", there is no need to worry unless the body is emaciated. Even if a lot of hair falls out, later you may notice that they have grown back stronger and maybe even thicker.

If body is thin and hair starts to fall out after the sixth week of fasting, it can very well mean that the body is in the process of emaciation. If a gaunt person is fasting and notices losing a lot of hair, it may be a clear indication that the fast does not well benefit the person.

For an obese body, there is no danger of emaciation until the perfect body weight is restored. During this time, losing a lot of hair is a temporary phenomenon. Later new hair will grow in place of the lost one.

SWELLING JOINTS

This occurs during the first or second month of fasting. Joints are swelling up but there is no pain. This mainly happens to the knees and tarsal joints. You can also feel pain if the joint was ill before, because now it is being cleaned and repaired as much as the body can do it.

Swelling of joints may also be caused by drinking water containing salt (e.g. pickled cucumber or sauerkraut brine) or even by drinking too much water during fasting.

When joints are swelling even though the person drinks very little or is dry fasting, it means that the body is cleansing the joints from accumulated salt deposits. So there is nothing that needs to be done, just wait, because the swelling will dissipate after a few to over a dozen days. To take in chemicals (called medicines) against swelling in such a situation most often is a mistake.

OTHER

Every person goes through fasting in different ways. There are many possible symptoms in the spheres of psyche and body which may manifest during fasting.

It is more important and beneficial for the fasting person to keep in mind a favourable picture, in which perfect well-being and health dominates (right visualization). Concentrating thoughts on a symptom may exaggerate it in the mind, that is, create visualization damaging the person.

In case of most symptoms you may just wait until they pass, because they are caused by the self-cleansing of the body. The body needs time to eliminate the toxic material that had been retained in it. But all the time you should "keep your eyes open", act with reason and do not allow any fear to prevail.

WHAT TO PAY MOST ATTENTION TO

I have met many people who have tried to forcefully adapt the body to living without food. I often see that bodies of these people are suffering. This happens when one does not possess enough knowledge about reactions of the body and its organs. They do not know what forceful adaptation of the body to living without food may lead to. not-eating is not a fast, hungry days or starvation because it differs in the intention, conduct and result.

FIRST OF ALL, COMMON SENSE

To reason means to consider all “pros” and “contras”, to anticipate all possible results and to consequently make decisions which bring benefits, not harm.

Attempting to start life style without food, behave with reason especially in respect of the body. Watch it objectively and carefully. When you see that not-eating causes more damages than advantages, stop trying.

Life gives many opportunities to try, you can try many times, so there is no need to force yourself on the first attempt. Every attempt gives more experience; the more experiences your have the bigger is your knowledge to usefully help yourself and others. If one acts with reason, one has smaller probability to make mistakes.

Life never ends — I often say it to people — so if you cannot accomplish something now, you can do it later, because you always have the time. Yes, you always have the time, you have all the time and you can decide what to utilize it for. Life never ends, so what you have not succeeded to accomplish this time, second, third or more times, you can still do it later. Every try gives a new experience, and this is why you are here.

You have decided to become an inediate? You have made up the plan, started with it, tried but it did not work? Any problem with this? Maybe yes, maybe no. So what?

Besides, you have a new experience, you know more about yourself and about not-eating. The path is still open, the world still exists and you are still living and creating your life.

SECLUSION

Seclusion (being away from people) proves to be very advisable, in case of many people even necessary, during first few months of not-eating or fasting. Seclusion concerns not only people but also things and daily activities (e.g. work, contact with mass media, household). It is better to find a place which is not connected to home. It is good to go into the open nature, to a place far from towns, roads, people, and not to contact family or friends (except in emergency situations).

If you decide to stay in partial seclusion, that is close to or in another part of the house (so that you are there to act “in case”), you will probably want to make a break every day in order to meet a person who can advise you if needed. This person can be your link to the “external” world if you are in need of something (a book, clothes), that is, be there to take care of you. If you both decide to do this, first establish the rules about the details of the contacts and help etc. It is more advantageous if this person has experience in the area of not-eating and fasting, so that he/she can advise you when you feel such a need, because different situations, doubts, questions, needs may arise.

Many people decide to stay in complete seclusion, without meeting anybody and not receiving any help. From safety perspective this is less advantageous. Seek advice and consider it carefully before you decide to do so. If you are thinking of what to do, feel the answer from within you. If you still have doubts, first go for the adviser option.

Why seclusion is important? It is mainly about silencing yourself and turning the attention of the intellect to your inner part, to the spiritual side of life. Apart from being in silence, the person in seclusion, far from unnecessarily absorbing occupations (mass media, noise of the street, chatter etc.), has more chances and time to concentrate on processes occurring in his/her psyche.

During the seclusion performing exercises beneficial for humans, like contemplation, meditation, visualization and also energizing exercises, becomes easier. It is worth to use this time to do the exercises because of all the benefits they provide.

WITHOUT FORCING

It is better not to fight against the body because it is “the temple of the spirit” (in fact, the body is inside the spirit). The body is an integral part of the being called a human. The spirit (soul) without the body is no longer a human.

Fighting causes wounds, psychical harms and even casualties. If you fight against your body, who will be harmed?

How does the body of a person develop who often forces it to do something, fights against it and harms it? Alternatively, how does the body of a person who surrounds it with Love develop?

The body is administered by the instinct, which needs educating in the same way in which a wise loving parent educates his/her child. So if you do not successfully adapt the body to living without food in the time frame that you have set, you may need to do more spiritual work, not to starve longer.

The body informs you about its needs if you are tuned to feeling it. To be tuned to feeling what is the best for the body is more important than just thinking about this. Each body is different and communicates best with its owner through the feeling.

How many times I have seen a person who convinced him/herself that eating something (e.g. potato, ice cream, honey, fish) is bad because it harms the body, is killing it etc. The person was doing this despite the feeling that the body needs food.

Such behaviour was damaging to the body, which was manifested by the person being sad, dissatisfied with his/her life, feeling pain and so forth.

Only afterwards, when those persons gave the body what it needed, they were in a better mood and health. So when they stopped fighting against the body and dealt with it as would a wise loving parent, the body responded properly.

Advices concerning nourishing, proceeding principles, methods of adaptation, and so on are less important than the needs that you feel coming from your body. When you perceive them well and allow the body to feel your love, it develops in the best way possible. Applying discipline to the body, you make sure that it will give you most of what it can do.

What is discipline? It is systematic activity full of reason and love, with the aim of achieving something. The discipline does not know forcing because it only has good in mind. Applying discipline, one can adapt the body to many things which are considered impossible.

It is an important skill to be able to distinguish between discipline and forcing, because the line between them is not clear. When you rely on feeling the body and you have the right knowledge, you know what still an act of the discipline is and what already is forcing. This skill is very useful when you are keeping the body in discipline, especially when you are eliminating addictions (eating too much is one of them).

LIMITED BELIEF IN INFORMATION

In a subject area that you have not explored enough and where information is not readily available, misunderstandings can arise. This is also true for inedia and adaptation methods to LSWF. Some information becomes so popular that most people interested in the subject get to know this information as something compulsory for progression on the path to inedia.

One example. Information suggesting that one has to go through the “21 day process” in order to become an inediate, has been rooted quite deeply in public consciousness. This information is an example of misunderstanding of what this life style is about as well as lack of knowledge about methods assisting in realization of the intention.

For your own security, if information is unproven by you, it is worth to consider whether and how you will use it? In this case, a good solution is to be in touch with a person having enough knowledge about the matter.

Also it pays to remember what I have emphasized before, that any information has one of the attributes, it is partially or wholly true or false. What is written in books (even those considered great or holy) and what other persons say (even those considered authoritative or holy) still has one of these attributes. This is why, when you do not have proven information, you would better rely more on you feeling of the intuition than on things said or written by others.

Even if something is true for one person, it does not have to be so for other people. In other words, what is true in the world of one person, that does not have to work in the same way in the world of another person. Every person is different, the world of every person is different, thus same data

may have different attributes. Something can be true and false at the same time.

If you act based on false or insufficient data, you are going to make mistakes. In case of the adaptation to life without food it can be risky for your health or (in extreme cases) life.

Let me give you an example. I have met people who tried to do what they believed will make them not-eaters (the 21 day process). Even after having failed a few times they were still questioning themselves on what went wrong, instead of realizing that the way was wrong. They believed in information, which was false for them, that the process makes a person not-eater.

ALONE OR NOT

Consider, whether during the time of the most intensive adaptation of the body to LSWF or during long fasting (if you are planning to do this) you will be in touch with a protector (caregiver). A protector is a person whom you trust, who has rich experience, who can visit and advice you even when you are in a seclusion. If you do not meet the protector, you can speak with him/her on the phone.

Such meetings with the protector are done in order to check if everything (with you) is right or if you need something (help, advice, object or passing a message).

Also consider whether you belong to those people, who do not benefit when meeting any person (even a close friend) during the seclusion. Some people need a complete seclusion. Meeting anybody, even for a short time, causes them more stress than gladness. If you feel the need to be in a full seclusion, at least tell your relatives and intimates where you will stay, for how long and what you will be doing.

Even if you have decided to be completely alone, make sure that, just in case, you will be able to contact an experienced person, because you may suddenly feel that somehow you need this.

HALLUCINATIONS OR VISIONS

The sensitivity of a fasting person or one becoming an inediate is increasing, which can cause hallucinations. If this happens occasionally, it is no

problem, but if the frequency of the hallucinations increases, you would better go to see a specialist. The reason may be temporary harmless disorders of the brain — this is no problem. It would be worse if the disorders (defects) were permanent and needed to be cured. Too long (that is harming the body) fasting causes hallucinations. So this is an indication for ending the fasting.

It is worth to learn to distinguish between a hallucination and a vision that is seeing what exists in the non-material world (non-perceptible for most people) or not in this time. Self-cleaning body allows the brain and the senses to work better, which may cause the so-called paranormal abilities to appear more intensively. One of these abilities is to see other beings, dimensions and times.

Hallucinations are evidence of disorders happening in the body and they may be an indication that the adaptation process is too intensive. They also may be a temporary mind states caused by toxins being eliminated from the body.

However, if the visions are caused by the para-senses becoming active and waking of the paranormal abilities, they are not hallucinations and are not a subject for a cure. They need you to learn, how to rightly use them and how to interpret them. People knowledgeable in the matter may help, so it is a good idea to stay in touch with them.

GOOD HEALTH

There are people who mistakenly think that inedia is heal fasting. They think LSWF is a method to heal the body. Inedia essentially differs from fasting. Inedia may be a life style, which a healthy person begins with. Heal fasting is a way to bring back good health to the person.

It is advisable not to start the intensive adaptation of the body for living without food if the health is not good enough. Propitious sequence is that a person first makes him/herself fully healthy (for example via fasting) and then the person can start the adaptation for living without food. It is more difficult to adapt yourself if the body isn't healthy enough, because the process becomes longer and unpleasant.

Many people, even if they feel well and do not notice any symptoms, are not conscious about the fact that some of their organs are ill. Most often this concerns the large intestine, liver, kidneys and spleen. For example, most of people of the so-called western society have mycosis of the large intestine

(at the same time one may have a few mycosis), parasites in the alimentary canal or other illnesses, which do not cause directly perceptible suffering, e.g. pain. Using simple cure methods one can get rid of these health problems.

One of cases that starting LSWF should be dissuaded is a mental illness. It is better never to mention about inedia to a mentally ill person, so that he/she will not harm self. But if such a person decides to pursue inedia, he or she should be carefully watched.

BODY TEMPERATURE

Living in a not tropical climate, while intensively adapting the body for living without food, it is worth to pay more attention to a common symptom — feeling cold. Most often the hands and feet are cold, almost icy, even when the air temperature is comparatively high, say 25°C. At this or higher temperature the person feels cold.

If feeling cold bothers you too much, better turn your attention to the body temperature, because it is one of the indicators of a person's life energy. When the body temperature falls below 35°C, it is sufficient reason for taking an action, because forcing the body to work at too low body temperature is dangerous.

If you feel cold and you do not want to start eating, wear warmer clothes and perform frequently energizing exercising. Also add proper visualization in which, for example, you see and feel yourself as a source of warmth, the body is emanating warmth as a fire does.

If too much cold is felt for too long (comparing to other fasting people) it is worth to check the liver and spleen, because there is a high chance that they do not work efficiently enough.

If the extremities remain too cold and blue, you can warm them somehow. It is worth to make the extremities warm during sleep even if it means to put thick gloves and socks on when going to bed.

However, wearing thicker cloths and warming the extremities are not the proper solutions for a longer time, because such actions do not stimulate a human to free sufficient amount of life energy for the body. The most proper solution is the one which causes enough energy to be released from self. An inedia does not feel cold in situations when a “normally eating”,

healthy person does; on the contrary, he/she feels good in a large scale of temperatures.

The body, especially the one going through revolutionary changes, temporarily may need more warmth from outside. This helps the body to keep itself warm and use the energy for other things (e.g. spiritual exercising). That's why the adapting for living without food, if performed intensively, goes easier in summer, if one lives in other than tropical climate.

The most important thing is, when talking about feeling cold, to know what the cause is — insufficient amount or inefficient circulation of life energy in the person. Until the person gave up eating, he/she had been releasing energy under the effect of the eaten food. Now, when the person does not eat any more, his/her task consists in teaching the instinct to release energy in sufficient amount even when the body does not receive any food.

DRINKING WHEN NOT EATING

A mistake often done by fasting persons is that they force themselves to drink too much or too little water. Drink water or other liquids in quantity which is demanded by your body. If you drink more or less than your body really needs, you are harming it. When you drink too much, you force the digestive system, especially the kidneys, to deal with the overload.

The excess of water in body may cause leg or face swelling. It also may cause excessive mucus which the body removes through a rash, catarrh or cough. Water is the best solvent and energy source but in excess it increases body energy requirement.

People who drink a lot during fasting think that by doing this they can better flush out toxins from the body. The body is not a toilet so one cannot clean it by flushing it with more water; on the contrary, it may result in less toxins being removed.

The best solution is to drink the amount of water that the body demands for. Drink when you are thirsty, not when hungry. Drink slowly, sipping and mixing with the saliva before swallowing it.

WASHING LARGE INTESTINE

Enema, about which many scientific papers and books were written, about which many people think with disgust, though they've never made it, is very

beneficial for the human body. I won't tell everything about this topic here, but if I was to summarize it in just one short sentence, I would say: The deeper and the oftener (within the limits of the reason, of course), the better.

The large intestine is the place, from which different substances are being absorbed into the body, including all toxins oozed by putrefying mixtures. Everything is directly absorbed by the blood and then circulates through the whole body.

The internal side of the large intestine is covered with villi, thanks to which the absorbing process can run smoothly enough. During the passing years of life mucus-and-gum like substance precipitates on the villi. Other substances of difficult-to-assay composition stick to it. Gradually something looking like gum insulation is formed, which makes the proper absorbing of the nutrients into the blood difficult or impossible.

Besides, this layer is a friendly environment for many bad bacteria, fungus, mould and other parasites. Proliferating colonies of these parasites and their excrements damage the bacterial flora (necessary for the intestine's proper work), poison the blood and, as a result, the whole body. This is how a favourable basis for many illnesses originates, of which more and more representatives of the terrestrial civilization suffer, and which grows like an epidemic (e.g. cancer, allergy, diabetes).

The doctors applying hydrocolonotherapy say that a matter can be washed out from the large intestine, which is a residue from what the person ate years ago. This happens because the layer of mucus and fecalith grows thicker with the course of time, if the diet is not right. This layer constricts the diameter of the large intestine and gradually makes it impossible for the body to absorb anything except products of the putrefying matter.

Then the liver becomes intoxicated so much that it is unable to neutralize all of toxins. Such a person is under the influence of poisons all the time. This can be clearly seen on the face and the whole skin. Illnesses happening often, feeling of tiredness, headaches, faster aging of the skin, dim or even yellow eyes are all symptoms clearly indicating a poisoned body, with the origin coming from the large intestine. Cleaning the internal side of the intestine brings back its proper functions, which in turn makes the body healthy.

When one stops eating, the intestine first slows down and then stops working. Remains of the digested food remain in the intestine, it also is the case with the mucus-and-gum like substance on the side and the fecalith. New

matter does not flow into the intestine, so the old one is not moved out. The matter remaining in the large intestine changes into hard lumps, which isn't beneficial for the body, for sure. It may be a nest of parasites.

The remaining matter and the mucus gluing the villi in the large intestine can be washed out with water — a simple and efficient method. This in many cases brings back health or even saves the life of a person (whose body had toxins, tumour and parasites). That's why flushing the intestine with water may be so important. For sure it can be said, enema is life saving. In case of many illnesses deep, well done washing of the large intestine is enough to remove the cause of the illness and heal the person.

I usually frankly tell people (especially those who consider enema to be a disgusting thing) this truth: “You have the choice – you do not have to wash the intestine. However, if you wash out its contents, you throw out rot from your body. If you leave it in there, you are putrefying from the inside.”

From the day that you stop eating, wash the large intestine at least once a week. Every person decides for him/herself about the frequency of the enemas, which suits him/her. A good procedure is to rinse the intestine once a day in the first week of fasting, once in two days in the second week, and twice a week later.

The intestine is washed with water until it is completely clean inside. This may take from a week to a few months, depending on the skill of the particular person. Especially the gum-like mucus needs a lot of work because it tears slowly and resistantly. Usually many rinses are needed in order to fully clean the internal side of the large intestine.

Of course, efficiency of the intestine purification mostly depends on the skill of the particular person. Complete purity of the intestine, from the anus until the point where the large intestine connects with the appendix, needs exercising and enemas repeated many times.

People constructed apparatuses which help wash the whole large intestine. There are efficient and usable ones among them. However, if you want to be independent from any apparatuses, you can learn to do ordinary enemas.

Doing frequent washing of the intestine will work out the best method for you. You can modify and apply the advices written here in any way that suits you.

At the beginning you can imagine that the large intestine is a pleated and very curved tube, like the one of a vacuum cleaner, and has the form of the U letter put upside-down. So ask yourself: What should I do to wash out the contents of this tube? What to do with water and the body? What kind of movements and positions of the body to perform in order to wash out, with water, the whole tube from the beginning to the end?

The large intestine is washed with water at the temperature from about 15°C to 45°C, although some specialists advise even warmer. Try first hot and then cold enema in one sitting, do it alternatively. The water is poured in from a few to more than a dozen times. Pour in as much water as you can hold, but do not exaggerate. The slower you pour in the water, with breaks, the more you can hold inside. More water poured in washes better and deeper. Of course, do not exaggerate because the intestine is not a balloon. From a half to two litres of water can go in (some people can hold more) in one enema.

When the water is inside, do some movements. When you keep in mind that the large intestine is like a U-tube put upside-down, you can easily work out helpful positions and movements. For example, you can pull the belly in and out, shake it to the sides or down and up, massage it. You can also raise your heels and immediately let them down hitting the floor (shaking the belly).

After the time from a few seconds to a few minutes of these movements and positions, push all the contents out. Your imagination can help also in case of this activity. For example, in order to pull out all the water from the ascending part of the intestine (on the right), you can put the feet on the wall and then raise the belly up, even up to the vertical position. In this position pull the belly in and out a few times. Then turn on the left side and move the feet down. From this lying position (on the left), at the same time raise the buttocks and pull in the belly, but keep the head down. Then squat and throw out the intestine contents as much as possible. Repeat the procedure as many times as needed, so that all the water will flow out (2 to 5 times). Then you can, again, pour in water and repeat it all.

To master the described method of intestine flushing, one needs to exercise. This is an efficient method for cleaning the intestine's sides, removing the fecalith and bringing back the right functions of the intestine.

Some people wash the intestine with urine, herbal infusions, coffee, water with lemon juice or other liquids. This may be a good idea in some cases, especially when you want to give the body a painkiller (caffeine), a medi-

cine (herbs), a substance softening the gum-like mucus. In the past, a soap solution was used, but this is not a good idea as it irritates the intestine and poisons the body. According to the principle, that the simplest solutions are the most efficient ones, most often the ordinary water is enough.

If you intend to make a dry fast, first carefully wash the intestine. Start the washing at least a week before you stop drinking — this period is a fast on water only. Before you stop drinking, the large intestine must be clean inside. Thanks to this, it is much easier to live without water, because the body needs it much less, compared with the time when the body is removing toxins (which entered the body from the intestine).

On the second or third day of fasting, you may want to cause diarrhea. For this purpose one eats herbal or non-toxic chemical laxative. One of them is magnesium sulphate (Epsom salts, about 25 grams). Also 100% pear juice (about 1 litre bought in a store or produced by yourself) works well.

It is worth to remember that many people have abdominal pain after drinking large amount of pear juice. This can be quite painful, depends on how long the person has been fasting before drinking the juice and what is remaining in the intestine. After drinking the juice, strong spasms and peristaltic movements occur in the intestine. If the intestine was not clogged too much, the diarrhoea will come within several minutes.

You can warm up about one litre of pear juice. Then drink it all within or less than five minutes, but not too fast so as not to cause vomiting.

Pear juice used in this way is effective for a few hours. This may be unpleasant, the person may feel bad all the afternoon, because of abdominal pain, headache, “hits of energy”, etc, depending how sensitive he/she is. Pear juice works quite suddenly, therefore one to three days before using it, you would better wash the intestine with water (so that it is not clogged, because if it is, the pain and the spasms are stronger).

Of course, this does not happen in such a way in case of every person. There are people who, with full intestine, if they drink one litre of pear juice, feel not more than just a little rumble in the belly (which indicates that the intestine is so large). There are also people who have nausea and feel strong pain after drinking only two glasses of the juice — this method is not for them.

I have described this method for those who would like to try it and experience how it works in their case. If you are not sure how it will work on you, you may start from just one glass of the juice and see what will happen. In the next try, you may increase the amount of the juice if one glass has too weak effect.

There are other methods for cleaning the intestine, not only the large one, but also the small one. Simultaneously the whole digestive track and the gall bladder are cleaned. The most known and efficient method originated from yoga. Describing it very briefly – here it is how to perform it.

Make about 1% solution of salt in warm water. Drink one glass of it and make proper exercises, which push the solution until the anus. Then you drink a second glass and repeat the exercises. You repeat this procedure until the solution begins to flow from the anus. First it looks like a diarrhea, then brown water, and at the end it will be clear. Then, to finish, you drink two glasses of clean water only.

This works better if it is done not earlier than in the third day of fasting. In case of most people, this works well even if the proper exercises are not done. Instead of the exercises, you can make some abdomen movements and pressing. Think that you are moving the solution from the stomach, through the intestines, until the anus.

MUSCLE MOVEMENTS

Many people, who are fasting or adapting the body for living without food, complain about considerable weakness of the body, which may be accompanied by muscle pain. In case of some people the muscles begin to atrophy.

These people feel very weak, therefore doing any physical work tires them more than before (when they were eating). Doing such a simple act as moving a heavy object, becomes a big effort, causing a short breath and leg trembling to these people.

Such weakness of the muscles requires exercising. When the muscles have too little movement, they atrophy. When a person is fasting or forcible adapting the body for living without food, the atrophy is much faster, if the person do not exercise the muscles regularly. The body, considering the muscles less needed, “eats” them as a source of protein.

Therefore, if you want the muscle mass to remain, know that this needs regular exercising. It is more advantageous when the exercises do not tire the body too much, so no forcing. Let the muscle exercises to be moderate and regular in time. Instead of bending the knees a hundred times and pressing-up thirty times at once, stagger them to five sessions in one day. Jogging and moderate swimming are also very beneficial for the muscles.

Energizing exercises mentioned earlier are very beneficial for the muscles and the whole body, especially the energetic field. I have mentioned that the energizing exercises do not tire the body, they just make the muscles to work gently, and this clearly makes them stronger.

It is worth to know some techniques and even try them, but you do not have to become a student of yoga or any school. You can exercise alone (even with a manual) or rely on your feeling of the body and the energy flow, which induce the muscles to move (I mentioned it earlier). In this case the most important is the movement of the muscles, which will not allow them to atrophy, which will strengthen them and give the body more energy. To do the exercises esthetically perfect is much less important in this concern.

RESUMING EATING

When the body shows the signs of emaciation, that is:

- it is weak most of the time;
- it is getting thinner;
- it is losing weight (even if only 0,5 kg a week);
- your mood is getting worse or is bad most of the time;

this means about the time to resume eating. To continue the starving (wrongly called inedia) can bring the body to a state, in which it will not be usable for living any more. Then it will be left, what is known by the expression: starved to death.

Instead of keeping the state of starving, it is worth to look at it and think differently, wiser, as if it was another valuable experience in this life. In such situations I say: "The life never ends, so what you have not experienced till now, you can experience later; what you have not achieved till now, you can do in the future."

so it is not worth worrying, because if one does, one makes the life difficult and suffers, therefore the amount of Love naturally manifested from human is limited. Next time, with yet bigger experience, with more expanded sphere of the Consciousness, it will go better. Maybe then the stage will be achieved in which eating will naturally, without any force, fall out of you.

On the other hand, it is not worth to fight with the body, because such action will not give anything good. Fighting causes wounds and suffering. If you fight with your body; who will be wounded and suffering? So when going back to eating is a wiser solution, it is worth to choose it. Your world will not stop, even if people will not consider you an enlightened master any more.

Resumption of eating again is quite a risky process, because (if wrongly done) it may make the health worse than before you gave up eating. The process of rebuilding the body after starving can be compared to accelerated growth of a baby body. First of all this means that the body builds itself mainly on what it eats. So if the person eats other substances than the body needs, his/her body material structure will be weaker (worse) than the ideal one. A body build in this way is weaker, gets ill easier, wears and ages faster.

The most advantageous solution, when resuming eating “normally” after fasting, is to use the conscious eating method. Conscious eating gives the body the food, the amount and time, which, how much and when it needs. Thanks to this method, having starved or fasted, one can build a strong and immune body. The resumption of eating again is even more important than the heal fasting itself.

If you do not have the patience for conscious eating, it is worth that you follow the principles of the proper eating, described later. Here are the three most important ones:

1. Limit the amount of eaten food, even if you have a limosis — the less time has past from the end of the fasting, the less food is eaten. Increase the amount slowly and gradually. Limosis may occur very fast, if you follow it, you may seriously hurt your body. There was a person who died in a pain, because he finished his fasting for a few weeks with a big meal in a restaurant.
2. First fruit juice pretty much diluted with water, drink it very slowly, a drop after a drop, mixing well with the saliva as if it was a mouthwash. Also other liquids are introduced slowly and gradually, e.g. non-salted vegetable juices. Next, fruits come in small quantities and small bites, chewed long enough to change them to a liquid before you swallow it. Next the vegetables, chewed in the same way, even longer than the fruits.

3. The nearer to nature and the less processed is the food, the better material is delivered to the body, from which it builds itself. So the less processing of what nature is giving man for eating, the more advantages for the body.

There are people who, when resuming eating, remain on the stage of eating only the fruits and vegetables. They eat only this regardless of whether they are going to start LSWF again or not.

ALTERNATE SHOWER

The alternate shower is started with warm water. After a moment the temperature of the water is gradually raised to the hottest that you can stand (of course, do not exaggerate). Then quickly decrease the water temperature to the coldest you can stand — let it fall on all your body for more than ten second. Next, quickly change the water temperature again, to hottest that you can easily stand, and let it flow on the body for a few tens of seconds. And again, quickly make the water coldest you can easily stand.

Repeat a few times the quick change of the water temperature. The last one is the cold water which should fall on the body, in order to close the skin pores and activate the energy flow from the inside to the outside (it makes you feel warm).

The alternate shower cleans (unstop) the capillary blood veins and the skin. Because of the big and quick changes in water temperature the capillary blood veins alternately expand and shrink quickly. This causes the excess minerals and other substances, covering the internal side of the blood veins, to peel.

The same quick water temperature changes make the skin pores expand and shrink alternately. Such movements eject the excess of the sebum with the dirt. Thanks to this there is no need to use soap or other skin washing substances (you do not poison the body and nature). Ending the alternate shower with hot water is practised in cases, when the person goes to bed (even without drying the skin) directly from the shower, in order to make the body perspire a lot.

A person feels cold when exiting from a shower finished with cold water. But very soon the cold causes higher energetic activity in the body. Just a few moments after drying the skin one can feel the energy warming the body. This can be felt especially well if after the shower you do energizing

exercising or just some gymnastic. In this case it is even better if you do not dry the skin but start the exercising right after finishing the shower.

Instead of a shower one can use two bath tubs. One contains cold and the other hot water. You enter the tubes alternately, submerge once in the cold and once in the hot water, for a few tens of seconds. Finish this in the cold water.

If hot water is not available, have the courage sometimes to take a cold shower or a bath in ice-cold water. It may very favourably influence the body especially when you are tired or have a cold. This is a good method for strengthening the immune system. However, for some people, who almost always feel cold, this may be not the best idea.

The life energy of man, its amount and how it flows, influences how the person feels the temperature. Two persons of the same body size, in the same place, covered with the some amount of clothes may feel the temperature differently. One of them may feel hot and the other may feel just right or even cold. This mostly depends on the level and direction of the energy flow in the body.

When the flow is directed inwards, the external factors (e.g. suggestion, light, temperature) more influence the person than when the flow happens in the opposite direction. When the energy flows outwards, the person less submits to the external factors and he/she more powerfully influences the environment.

Some people let the Internal Power (IAM) to manifest itself so much that they become, in their activities, similar to the Sun. It is clearly sensible from them, how they emanate Love, warm, safeness etc. Around the body (especially the head) of such a person kind of light can be seen (aureole). Such people do not feel cold and warm more or less than they desire (set) it.

FAILURES

Obtained, the experience and the knowledge about errors done during the process of realizing something, give you potentially bigger possibilities. Thanks to this, next time you can enter the realization of a goal with bigger knowledge, trust and certainty. This is true also when applying to LSWF. So-called “the unsuccessful try to adapt the body for inedia” makes a valuable part of the experience on this way, and concerning the achievement of the goal this helps more than disturbs.

Before beginning another try for life without food, it is worth to make sure that the body is healthy and nourished well and the instinct is sufficiently educated for this task. So it is worth to use some time to nourish the body well and to do some mental, spiritual exercises. Therefore, concentrate less on just not-eating but rather use more time and energy for expansion of the Consciousness sphere and programming of the instinct, because inedia is more the skill of the spirit than of the body. The contemplation exercise, described earlier, may bring you a lot of benefits.

Anyway, it is not worth (in such a situation) to make the basic error — to acknowledge that you have failed. If, in addition, you feel guilty or you make the body guilty, you put yourself in much worse situation. Such an approach does not help, it becomes another barrier created by you on the way to perfection.

If the goal pursued has not been achieved it does not necessarily mean that you have failed. If you think, that you have not succeeded, you may be wrong because in fact it may be something else. Then, if you look for the true answer deep inside you, you may find out that your true goal was not giving up food but the experience, which you just went through in the best possible way.

In case that you have not succeeded to live without food, the best thing that you can do is to regard the eating again as coming back home after a very interesting journey full of valuable experiences. It is worth mentioning the health benefits which the not-eating time gave your body.

During the try of adapting the body for living without food, and also later, feeling Love flowing from you is very important for the body. Love is the energy creating Life. The body needs it especially in moments regarded as difficult.

REASONS OF EATING

Why does man eat, or, what is the reason that a person decides to put inside his/her body a piece of matter defined as food? This question may seem strange because a simple answer can be given: because the person feels hunger. Therefore let's ask: when and in which circumstances man feels hunger?

There are many reasons why man eats. They may be cataloged in different lists — here is one of them:

1. Real body needs (RBN).
2. Emotions.
3. Habit.
4. Addiction.
5. Belief and fear.
6. Boredom.
7. Decision to change.
8. Company.
9. Taste, smell, appearance.
10. Poverty, thrift.
11. Compelling.
12. Reward.
13. Grounding.

Other reasons, making people to eat something, most often are contained in one of the above reasons.

For a person striving LSWF to know the reasons of eating is one of the most advantageous steps on the way. This makes the person to understand better his/her psyche and body.

RBN

or, the **real needs** of the **body**. Human body (besides exceptions) sometimes needs specific substances from outside. There are hundreds of these substances. Some of them are known, named and cataloged, for example: carbohydrates, fats, proteins, minerals, trace elements, enzymes. The body works best if it receives them all (not at the same time, of course) exactly in the right moment and exactly in the right amount.

BTW, let me ask. Who knows, what substance, in what amount and at what time the body needs? Every body is different and lives in different conditions; so how about the general dietetic recommendations?

You simply will answer that you rather do not know any person, who would know what, how much and when the body needs. As for the second question, you also know the answer: there is no diet good for all people.

Let me add that the ideal diet is a matter, which constantly is changing. What today is the perfect diet for a person, tomorrow may be a harming diet. Man is constantly changing, as the circumstances of his/her life do, so his/her needs (e.g. the diet) undergo changes too.

RBN is the only circumstance, in which eating something gives advantages for the work of the body. Eating for any other reason harms the body, although this can give an advantage in other matters (e.g. socially, pleasure, calming) to the person.

When RBN occurs the best solution is to give the body what it asks for. If RBN is not gratified, the body is harmed and suffers.

Alenara suggested a method to determine, whether feeling hunger is caused by RBN or by an emerging emotion. In order to determine this, the person imagines that he/she will not eat the thing he/she feels hunger for. When imaging this the person gives attention to the emotional reaction of the body. If there is no reaction, it shows rather for RBN. If there was an emotional reaction, particularly one grounded on fear, it indicates other cause. Most often it is about fear or an emotion being released.

The conscious method of eating (described earlier) develops (in person who practices it) the skill of telling the difference whether it is about RBN or an emotion. Conscious eating makes establishing and keeping the most proper diet much easier.

Emotions are the factor most often making man to take food, if the person lives in a society of people who have plenty of food. In the instinct there are blocked emotional reactions, feelings, pictures and thoughts. They are being accumulated in there since the conception, some of them have the origin in previous lives. The intellect does not know about their existence. The sub-consciousness, which cannot cope with processing the data, try to send them to the intellect, because this is its specialization. The instinct work is

storing data and running programs (processes functioning without any attention from the intellect) — I have already written about it.

so when the subconsciousness is trying to send data to the intellect, with which it cannot cope with, the person first may feel hunger. If in this moment the person turns sufficient attention only to the feeling of hunger, and the person asks him/herself if he/she really feels hunger, then the answer most probably will be no, it is not a hunger. However, most people, when they feel hunger, do not stop on the thought, they immediately go to start inserting things into the body. Then the body suffers because it receives something which must be fully removed in order to restore its proper work.

The method of conscious eating, even if it is done only partially in the moment of feeling hunger, helps to learn how to distinguish the RBN from an emotional reaction. If the person does not stop mentally in the moment when he/she start to feel hunger, does not go deep into its reason, then the person “pushes in back” what the subconsciousness offers to the intellect for solving. It may be a blocked emotional reaction from the childhood.

What happens when a person, instead concentrating on the appearing hunger, concentrates on eating? The blocked emotions, feelings, pictures and thoughts are pushed back deeper inside the subconsciousness. The problem remains unsolved because the person hasn't thought about it and hasn't reached deeper. This not removed problem still is gnawing the person inside.

The emotions being released during fasting, if there are many of them, may make the person feel quite unpleasant. Then the person, does not fully understand what is happening to him/her, that he/she becomes so sensitive, nervous, impatience. In that time the person still associates such situation with the hunger and when the person starts eating again, he/she feels relief because all this disappears. But if in that time the person (instead of eating) would concentrate on feeling what the heart communicates, the hunger would decrease or vanish and the psyche would have a chance to be cleared from the problem. The process of clearing the psyche goes in such a way that it is related to hunger.

Clearing the psyche during fasting is more unpleasant and difficult to bear by overweight people. Exactly they are the people who made themselves fat because their psyche wanted to solve blocked data, what was felt as hunger. As you can conjecture exactly they are the people who most need fasting and who go through fasting with biggest difficulties. In extreme cases

people die during fasting; not because the body does not receive food, but because of emotions being released, which they cannot cope with.

Here another role can be seen, which food plays for human on earth — it is a drug which lets people not to think about, which lets people to forget what is unpleasant. How many people overuse this drug, it is visible mainly by the fatness.

Hunger can be caused also by parasites living in the body (e.g. mold in intestine). Parasites can influence the brain centres of feeling hunger or taste in a way that this makes people to deliver them what they need to live and grow well. Many people addicted to sweets have the body full of parasites, in which colonies of fungus grow well in the intestines.

HABIT

is the activity usually performed in specified circumstances. Habits concerning eating are one of main reasons why people eat when there is no RBN. As similarly to other habits, the person does not think whether the body needs what in this moment he/she is consuming. The person just eats because he/she is used to do this.

One of the most often habits is to sit at the eating table because of so-called eat-time (meal-time). The division of the eating-times: breakfast, lunch, dinner, or any other division, makes the person to eat frequently, but this does not consider RBN.

Other habit concerns the type of food. Tea without sugar with a biscuit for the teatime, instant coffee with milk and sugar in the morning after getting up, dumpling with sauerkraut and sauce, beer with fries when watching TV, ice cream when walking in the city — these are some examples of habits. You probably could mention here also yours. Man chooses, prefers one food and does not like others, depending on the circumstances. This depends on some factors of which the most important is the society suggestion.

A habit produces automatic reaction of the body, this is why in a specific circumstance (e.g. time, environment) man feels hunger for a specific food. This is a good example how the society suggestion is programming the instinct.

A habit can be removed much easier than an addiction. How to distinguish between a habit and an addiction? Look at the emotional reaction. In general, if giving up a specific action does not trigger emotional reaction, the action was a habit. If you try to give up an addiction, unpleasant emotional reactions occur (which may be accompanied by unpleasant body reactions), for example: irritability, anger, explosions of hatred. In other words, the less intensive emotional reaction, the weaker addiction. There is no sharp line between a habit and an addiction.

ADDICITON

to eating is one of the most often occurring addictions on Earth. Yes, one may become dependent on eating or drinking; addicted to eating generally or to eating something specific. An addiction looks like a habit but when you try to give it up, you feel that the body and the psyche are revolting.

Man most often becomes addicted to sugar, coffee, soft drinks, salt, dairy, bread, meat. When an addict suddenly decides to give up the addicting product, he/she feels that the body craves it. For example, a body addicted to meat, and deprived of it, will crave it with the taste and even will influence the mood. The person will be feeling, for weeks, that he/she has unbearable craving for, let's say, a steak. The person may even dream about eating it.

In case of an addiction it is easy to mistakenly determine if craving for a specific food is caused by the addiction, RBN or parasites. That's why a person who is not an expert in the method of conscious eating may not in every case faultlessly determine what, how much and when the body needs. However, exercising the method of conscious eating regularly leads to the skill to be able to distinguish quickly between RBN, addiction or other factors.

A strong craving for a particular food may be cause also by parasites. There are many more parasites, willing to live in the human body, than an ordinary terrestrial may expect. Many of them can strongly influence taste preferences of a person. Practically, it can be said, some parasites can enslave a person so much that he/she will eat mostly what supports them to grow well. Fungus may be a good example. If their colony has grown enough in the intestine, the person becomes an addicted glutton of sweets (chocolate, ice-cream, cookies).

The more addicted to eating man is, the more difficult he/she finds fasting to be and the fasting process alone is also more unpleasant. In case of a per-

son addicted to eating the body symptoms are the same as those occurring in case of a person addicted to alcohol, cigarettes or drugs. This is one of the clinical proves confirming that eating is kind of an addiction of man. Man lives in this addiction from the birth.

Eating as an addict (living with the addiction to food) is one of the main factors, why the body of an ordinary terrestrial withstands less than a hundred years, often being ill and aging during the whole life.

BELIEF OR FEAR

often are important factors considered by a person creating a diet for him/herself. In this case the belief is build on the fear that the body lacks some substance, so it has to be given by eating specific food. Beside the fear that the body lacks something, man can believe that eating something gives advantages to the body.

Here are some examples (I chose only the false ones).

- Drinking milk makes the bones and teeth harder because it contains a lot of calcium.
- Man needs (to eat) everything.
- One has to eat a lot of fruits and vegetables.
- Meat is necessary for the body to grow properly and because it gives the body vitamins B.
- One has to drink at least 2 litres of water daily.
- One has to eat often but small quantities.
- One who works heavily, has to eat a lot.
- Eat a lot so that you will grow big and strong.

These and many other beliefs, passed on from generation to generation, and often blindly followed, influence man's diet. People with such or other beliefs about eating, eat some food only because they believe about its specific influence on the body. This kind of beliefs are applied when a diet (e.g. to lose weight, to cleaning the body, to heal it) is created and promoted.

In fact the body is self-sufficient and it needs only a mind which operates it properly. The stronger man believes that the body needs something from outside, the more he/she makes the working of the body dependent on it.

Another fact is that every person is a different world, creates and adopts different needs, beliefs — among others this is why there is no such thing as a proper diet for everyone. The proper diet for a person is the one which fully meets the RBN of this person.

Especially often found belief is the conviction that man has to eat a lot in order to have enough energy and thus also strength. A person who believes that food is an essential fuel, which gives energy to the body (as gas does to an engine), will be more predisposed to overeating. Observation shows that partly this is a fact, because limiting too much what the RBN indicates for clearly makes the body weaker. Most people have the instinct build (programmed) in this way — I have explained it already.

False beliefs make a person to eat food that the body does not need, that overloads it, that damages it. For example, the belief that “man should eat a lot of fruits”, is misleading. The thing is that one should not increase the amount of eaten food by adding fruits, but that for many people to change the diet into one which proportionally contains more fruits, gives advantages to the body.

As you can easily conjecture, fear and beliefs concerning eating and food cause to man more harm than give advantages. Especially defenseless children suffer more because of this, when they are forced by the parents to eat.

I also met a belief that if a person does not eat all of the received serving, he/she is tempting the destiny, which in the future may punish the person by lack of food.

One more essential matter concerning beliefs. If a food contains high amount of a substance (vitamin, mineral, element) it does not mean that “it has to be consumed” in order to give the body the substance. Cow milk, containing a lot of calcium, can be a good example. People may believe that drinking lots of milk frequently prevents deficiency of calcium in the body. However the result of such behaviour is reverse. Drinking a lot of cow milk (especially if it is boiled) causes deficiency of this element in the body. Explaining, why this happens, would require penetrating of another topic concerning influence of specific foods on human body.

Eating because of fear or belief does not satisfy RBN, in other words, this harms the body.

BOREDOM

and eating also are related in some ways. Did you ever start to eat just because it was less boring activity in that moment or it let you forget about boredom? “Why do you eat?” — “Because there is nothing else for me to do.” or “To kill the time.” Do you know these or similar expressions?

The activities related with preparing the food, eating it and afterwards cleaning are attractive enough to make a person to start performing them, when he/she finds no other occupation.

When you are bored then, instead of eating, you can contemplate or do other, so-called, spiritual exercises. You probably already know that eating because of boredom creates unnecessary overload for the body, waists the time, money and energy.

Man who decided to eat, because he/she is bored, often do this also because he/she likes the taste. In this way the relationship is created: boredom -> the will to get rid of it -> (temporary) upswing of the mood. This kind of relationship, as you can easily conjecture, is quite self-destructive for man. This most often manifests by obesity and related with it diseases of the body. It is easy to get addicted then.

DECISION TO CHANGE

which usually is based on beliefs, becomes a reason for changing the diet. Such a decision may concern the appearance of the body, the way it works, the mood or psyche.

One of the most frequently taken decisions is to slim down an obese body. Most people know that the excess of eaten food causes obesity. Some of them decide to change the diet in order to lose the excess body fat.

Having made the decision the person selects the food, amount, time and way of eating. When creating such a diet, crucial influence have the knowledge and beliefs of the person.

The decisions concerning the diet are met often among people interested in conscious self-growth. Such a person decides to consume selected, and give up the other, foods. He/she also changes the time of eating. If this develops in accordance with RBN than the realized decisions advantageously influence the person, if not then probably they hurt the body.

One of special decisions (concerning the theme of this book) is to give up food for ever. Also in this case, if we talk about the influence on the particular person, the rule of RBN is still valid. When the decision supports RBN, it is advantageous, if not then it is harming the person.

When making any decision concerning the diet, it is worth to know that most advantageous is considering RBN. If you aspire not-eating and RBN indicates the need to take food, then the right way goes through working on changing RBN (via visualization, for example).

COMPANY

and it is customs may make a person willing to eat. Social gathering usually include eating food — it is one of customs harming health. During that time most often food not needed by the body is eaten. Additional harm causes overeating because, for example, the hosts are encouraging to try everything. Also the conditions are not favourable for consuming food because people are talking when eating.

Changing habits may be difficult but in case of eating during social gathering, considering your health, it is worth to do this. Of course, it is possible to eat healthy when in company although it is more difficult to be focused on yourself instead on the conversation.

Can you imagine a social meeting without any food? It is possible and it may be quite successful if all the participants are informed in advance, why without eating. At most, people who do not like the idea, will not come.

TASTE, SMELL, APPEARANCE

may be so tempting that a person decides to eat (drink) something although he/she does not feel any hunger (thirst). So-called cooking art is a large branch of human life on Earth. A fact is that what often looks (for it is shape, arrangement, colour) tasteful, is not such at all.

One of the biggest harms that man has done to self is using condiments. Salt, sugar, spices, taste intensifiers, substances improving the smell and look belong to condiments. Why using them harms the body? Mainly because this cheats and makes the natural body function, which is finding the nutritional substances with the sense of taste, to work improperly.

“This is without taste.” “It tastes like sawdust.” — If a person thinks so about a dish, this clearly indicates that the body does not need this food. It is better for the body if the person does not eat the dish instead of flavoring it and in this way cheating the natural body function. The sense of taste, directly dependent on RBN, works perfectly. When the body needs something, the taste sense lets the person eat it with a pleasure, even if it does not contain any flavoring. It may even happen that adding a flavoring will spoil the taste of the dish.

Potatoes without salt taste “wonderful” if the body needs them, but they are “insipid” or “without any taste” when eating them harms the body. Strawberry, berry, raspberry, have “amazing” taste by themselves, when the body needs them. But when eating them causes overloading the body, the senses inform the person that they are “too sour”, “not sweet enough” etc. This is why some people say that this fruits “taste better with whipped cream and sugar”.

Using substances which change the taste or appearance of food, cheats the body and makes the person to eat more for taste instead because of RBN. Having made the body used to the taste (appearance) caused by the condiments, man more often crave for the taste than feels hunger for the food specified by RBN.

Condiments make man addicted. Sugar, salt, pepper, chili are the most often used food drugs and substances cheating the taste sense, the natural body function which controls the eating according to RBN.

Giving up the condiments, especially for the taste, is very advantages for man. Then the taste sense informs more precisely what and how much the body needs. This function is simple — if something is tasteless without any condiments, this means, the body does not need it.

There are people who thanks to their knowledge about how condiments work, mainly the tasty ones, have built well profiting companies. Big, international companies, selling fast food (“tasting good”) are a good example for this. Their big money profits, in addition to the big health damage caused to millions of people (tumors and death), is the sum of their operation and universal ignorance concerning the taste sense.

POVERTY, THRIFT

make some people to feel that “it's a pity” not to finish and later to throw away a part of a meal. They say it is “a waste”, “throwing money away”. It

seems that such behaviour of the person is caused mainly by his/her thrift. It is a fact, throwing food away is a waste, whereas conserving it for later use saves money and time. However psychic analysis more often show that there is a fear in the basis of such behaviour of the person.

Even if here we forget the RBN; eating food, which was left before (especially if it was heated up), more harms the body. Many prepared meals go bad much faster than the raw material used for preparing them. Heating up produces more substances harming the body.

People, especially those who have experienced hunger caused by poverty, natural disaster or war, may have a strong conviction that food should not be wasted. If they consider the hunger wide spread among millions of people on Earth, they feel guilty or even as if they were sharing responsibility for this.

My grandfather (a man of great heart) was like that. He chose to eat boiled potatoes, which were in fridge for a few days, instead of throwing them out, even if he wasn't hungry. This is why he was breeding a pig, so that no food would be wasted.

COMPELLING

concerning eating is associated with one of most serious harms that parents can do to their children — to force them to eat more than they want to or what they do not feel hunger for. Concerning food and it is quantity the children should be left free to choose. But it is better for their health to protect them (so that they will not get addicted) against toxins like chips, fries, pizza and also products made of milk or baked flour.

Some children are deceived in order to make them eat. They are told that all what is on the dish has to be eaten, because if not, something bad may happen; for example, the child will have freckles or somebody/something will take him/her away. Also this kind of suggestions are kind of compelling. They harm child's psyche, which may manifest with harm in the food sphere later in his/her life.

Compelling in eating concerns also mealtime. Somebody does not allow other person (say, her child) or him/herself to eat when he/she is hungry but asks to wait till a meal will be prepared — “Don't eat now, wait, dinner will be ready soon!” Or even worse, he/she dictates to eat because it is mealtime — “It is dinner time now, eat everything nicely!”

Compelling yourself or other persons to eat at fixed times of the day introduces rhythm to the day order, makes the person dependent and almost always does not accord to RBN.

To forbid something also is a kind of forcing (not to do it) and is used in eating. If man forbids him/herself or other person to eat something that RBN indicates for, he/she harms the body.

Compelling, forbidding to eat something may be temporarily used in order to protect yourself of other people, especially children) against eating toxic substances, to which belong (among others) candy, fried, baked or fumed food and products made from animal milk. However, in this case it pays better to give more attention and work to the psyche and education. Eating these foods is discordant with RBN, it is caused by an addiction. The addiction may be psychological, for the taste or caused by parasites.

REWARD

(in the form of food) as consolation for yourself or another person may be a sufficient reason for eating. Did it happen to you to eat something in order to console yourself when being sad, discontent or to reward yourself for something?

Examples. "It was a day full of nervousness, so now I will at least eat something good." "I have not passed the exam, so why not to buy an ice cream as the consolation." "We shall be happy, so let's go to a restaurant for a good dinner."

In this case eating may be considered to be kind of recoil or even refuge from a problem, difficulties, unpleasant situation. The act of eating and the food taste the person considers as something giving a pleasure. This program often originates from the childhood. Many parents commit this mistake, they reward children with candy, ice cream for doing something "good". In this way they build in the child's instinct a suggestion that eating something "tasteful" may be a reward or consolation.

Rewards are also all food products, most often sweets, which are given to, for example, winners of a contest, pupils at the graduation, children for good behaviour. Acting in this way strongly suggests that eating specific food is a price which is worth to work for or even fight for.

Eating only for reward or consolation is discordant with RBN, so it harms the body. This also makes a person more addicted to taste and does not let blocked psychical reactions manifest outside. It is worth to examine yourself to find out if you have this program, so that, if need be, you can consciously remove it. This liberates you from one of addictions.

GROUNDING

is one of special reasons of eating, which often concerns people trying to adapt the body to LSWF. This helps them to be “grounded” in order not to be “flying” too much in the clouds of the spirituality (which they may never have experienced). Also ineluctable need to be in balance between the matter and the spirit.

One of functions of eating is to keep the connection between man and the physical matter, particularly Earth. It can be said, explaining in a graphical way, that eating food makes man heavy enough so that he/she will not break off the ground like a balloon. On the other hand, too much food can weigh down man to Earth so much that he/she won't be able to “rise in the spirit”.

In case of some not-eaters who still have not learned to keep the balance between the matter and the spirit, eating becomes a helping factor, thanks to which they can ground themselves. This is the reason why a not-eater sometimes may want to eat something heavy (silty for the mind). The lower the vibrations of the food, the better and longer it grounds man. For example, a glass of carrot juice grounds man less and for a shorter time than an oily hamburger of the same weight.

A not-eater may interpret differently his/her wish for eating something. He/she may, for example, feel and say that it is the taste sense, trained for the whole life, demands sensations. Beside this, quite often the need for grounding parallels with RBN. Then eating is more advantageous.

Also other people, not only not-eaters, may feel the need to ground themselves. Usually these are people focused on the spiritual side of the life. In the respect of their subtle nature and the way I feel these people, I use to call them angels. They, in order not to “fly” too high, sometimes need to eat something heavy, which makes them feel better and improves health.

When the contact with Earth (the matter) loosens too much, the person may be losing so-called “feeling of the reality”. One of results of such loosening can be a body illness.

I know persons who are in weak contact with Earth. They suffer because of this, for example, it is difficult for them to find a good job, they are in constant debt, they are chronically ill. In some case physical examination do not show any illness but the person may feel pain. When the diet is changed for a heavier one, the mood may improve because the illness leaves or the symptoms significantly decrease, and the person can see clearer solutions of his/her financial problem.

What is called death because of starving, not always is so although it was caused by not eating for too long. Many, among people left without food, died, but not because of the organic hunger, the reason was excess bond loosening between them and the matter. A being who is insufficiently bonded to the matter is not able to live in human body on Earth and he/she may decide to go to another dimension, where the matter is not so dense.

INEDIATES, not-eatERS

How many inediates, breatharians or not-eaters live on Earth — who knows? I do not know any statistic data of this type. I heard, read numbers given by others, ranging from a few to more than ten thousand. According to my present feeling, there are hundreds of thousands of people who do not need food for living on Earth.

It is a fact that many not-eaters are people seen as spiritually highly developed. Most of them are not interested in being famous. They remain unpopular because the mass media do not talk about them.

The other (the largest) part of not-eaters are people who have never heard about the hypotheses, philosophy and movement concerning not-eating. They do not eat because they just do not feel like eating. Also it often happens, the society, that they live in, thinks that they are ill, not normal or extraordinary. This makes them feel to be such.

Particular case are people called anorectics. One fact is that anorexia is an illness cause by disturbances in the psyche. Another fact is that only a small percentage of these people are real anorectics. Some of them are people who do not know about their inborn or developed not-eating ability and they succumb to the society suggestion. This strong suggestion has the power to make them psychically ill or even die.

Some not-eaters are not obviously recognizable as such because they let you invite them for a coffee, for a dinner or they even take part in a banquet. Then they eat, just for society reasons, because they do not want to become a subject of an interest for the others. This is the only reason why they eat, because they do not need food.

I listed below, in alphabetical order, only those very few, who were made famous by the mass media or who are / were actively promoting this life style. These persons were or are inedics / not-eaters, but I do not guarantee this. I found this information mainly in 2001 but most of it I have not investigated.

Alenara

From Sweden. When she was a teenager she discovered how bad food influences her body. Since then she was moving in direction of breatharianism, especially when she does not feel to be compelled to eat. Alenara, although she does not call herself a breatharian, has a lot of knowledge about living without food. She is one of a few persons on Earth, who can explain breatharianism so well. Her web site contains a lot of information http://www.angelfire.com/stars3/breathe_light.

Balayogini Sarasvati

Amma, India, for 3 years was consuming only water as reported by „Rosicrucian Digest“ June 1959.

Barbara Moore

"A heroic figure is Barbara Moore, M.D. of London" - a news release by the London Sunday Chronicle dated 17 June 1951 reads:

A woman of 50, who looks like she was only 30, claimed yesterday that she hates food, has beaten old age, and expects to live at least 150 years. She has set out to do it by giving up food. Twenty years ago she ate three normal meals a day. Slowly for 12 years she reduced her eating until she was keeping fit on one meal a day of grass, chickweed, clover, dandelion and an occasional glass of fruit juice. Five years ago she switched entirely to juices and raw tomatoes, oranges, grasses and herbs. Now she drinks nothing but a glass of water flavored with a few drops of lemon juice. She says, "There is much more in sunlight and air than can be seen by the naked eye or with scientific instruments. The secret is to find the way to absorb that extra - that cosmic radiation - and turn it into food".

Each year she goes to Switzerland for the better air and climbs mountains on a diet of water from the streams. "You see - she explains - my body cells and blood have changed considerably in composition. I'm impervious to heat or hunger or fatigue".

Barbara died in a car accident, during her travels across United States.

Christopher Schneider

He was born on 20.01.1962 in Germany. He says about himself: "I have been not-eating since August 1998 (...) it gives me a lot of experiences and events. I eat some chocolate, sweets, cheese, sometimes every day, and sometimes once a week. I eat for fulfill my tastes, touching ground, not for necessity of eating. Nearly every day I drink Cappuccino (this is something

like a ritual) or watered juices".

In Germany (Bad Reichenhaller region) since 1999, Chris runs courses dedicated to the 21-day procedure. People determined to accommodate to live on light; he helps in passing on this process. He is also a nature therapist, rebirthing therapist, kinesiology, reiki and spiritual healing. He runs courses and helps others sharing this knowledge. As he says "all this work is dedicated to find power and connection with internal unity and Divine One Within". Christopher's web site is <http://www.chi-production.de>.

Evelyn Levy

Brazilian, lives with her husband Steve in USA. After coming back from personal journey to Peru, where she did not eat for five days, she got interested in immortality and living on light. During this time she began a natural process of accommodation to high vibrations, which resulted in lack of being hungry. Later, when in 1999 her husband decided to stop eating, she decided to do the same. Evelyn's web site is <http://vivendodaluz.com>.

Giri Bala

Indian woman, born in 1868, has not taken food or drink since 1880. The whole life she was living in Bengal village of Biur. Her not-eating state has been rigorously investigated by the Maharaja of Burdwan. She used a certain yoga technique to recharge her body with cosmic energy from the ether, sun, and air.

The story of Giri Bala was told to Yagananda when he met with her when she was 68. At that time she had not eaten nor taken fluids for over 56 years. Still living the life of a humble and simple villager, she had in her early years as rumor spread, been taken to the palace of the leader of her province. There she was kept under strict observation and eventually 'released' with the sanction that yes she did exist purely on Light.

As a child she enjoyed a voracious appetite for which she was often chided and teased. At age nine she was betrothed and was soon ensconced in her husband's family abode. One day Giri suffered so greatly at her mother-in-law's tongue and teasing at her gluttony that she exclaimed "I shall soon prove to you that I shall never touch food again as long as I live".

She ran out of the village crying, and prayed for guru, who could teach her how to live on God Light only. Then, the guru appeared and showed her Kirija Yoga technique, which made her body free from material feeding. Since that time, Giri practised yoga to power the body energy from the sun and the air, and she took neither food nor liquids.

Hira Ratan Manek

Born and living in India. Seven doctors started examining him a few days before he began a long fast. He is one of the best-examined cases from medical and scientific points of view. First he lived only on water for 211 days, and then for 411 days. HRM's official web site:
<http://www.solarhealing.com>.

Jack Davis

Living in Hawaii. After he attended a seminar conducted by Wiley Brooks. Then "During those years I drastically reduced and altered the types of food consumed. [...] By 1982 I was ready for the lessons of Wiley Brooks." His story in details is on breatharian.info.

Jasmuheen

An Australian, who after completing the 21 day procedure in 1993, did not eat for two years. Then she started, as she said, some experiments with small amount of delicacies, coffee, tea. She claims to be free from eating, but is lenient with her taste senses, thus drinks coffee, eats sweets and even potatoes during long flights in order to reduce her energy to be able to sleep. According to her statement, the average amount of daily food is less than 300 calories per day. Jasmuheen's web site contains a lot of interesting data <http://www.jasmuheen.com>.

Joachim M Werdin

It is me :) You have probably read my story written in this book. More details are on my web site: breatharian.info.

Kamilla

A Polish woman who lives in London, interested in secrets of life, esotericism from the philosophical point of view. She began the lifestyle without eating in August 11th, 1999, when being in a monastery, in complete seclusion, she obtained the initiation. Her decision resulted from participating in Jasmuheen's lecture, a few weeks earlier. From the very first moment of that meeting, Kamilla "knows immediately, that she passed through the process". Then she admitted: "This is like the operation without scalpel, and you feel it very deeply".

She also does not practice asceticism and as she said: "I take sometimes one or two teaspoonfuls of horseradish, mushroom in vinegar and eat it with a

pleasure". The spiritual change of Kamilla, which resulted in live without addiction to so-called food, was beneficial for her health. Previous examinations showed that she suffered from blood cancer, diabetes and paralyze of the right leg. All these things disappeared and Kamila bursts with health.

Kazimierz Karwot

A Polish. Before starting "living on light", during the years 1999 and 2000, he was living in nature, where he was working on his spiritual growth. As in case of other not-eating people, his transformations resulted after more than a dozen of years on a spiritual path. Kazimierz did this in very modest conditions, living on the outskirts of a village. He did the initiation, the 21 days process, in seclusion, in February 2001. Now he says: "I am living on light.

Martha Robin

A French, born in 1902 (Chateauneuf-de-Galaure), never left her home village. From March 1928 on, she was unable to eat any food, when she tried, the body vomited everything. She could neither swallow, nor digest, nor could she drink, not even pure water. She was also unable to sleep. Physicians were helpless. She lived solely on the Eucharist. She spent a lot of time praying and contemplating.

Prahlad Jani

An article published in "India Times" on 2003 11 21, "BBC News" and other mass media informed about a man who claimed that he had been living 68 years without any food and drink. Medical tests made by many doctors in a hospital proved that after ten days of strict observation, without any food or water, he was in perfect health state and his body did not change the weight.

Steve Torrence

An American, Evelyn's husband. At the beginning of 1999, he was impressed by the book "Life and Teaching of Far East Masters". As he said, he came to a conclusion that "our bodies do not need physical food and have been accommodated to it because we forced them. Eating is not only unnecessary, but also harmful for our health and good temper".

Sunyogi Umasankar

Umasankar-ji has discovered a method of absorbing energy directly from the sun, which is called sungazing, which can remove the need to eat, drink or sleep. In "India Monitor" he said: "From 17th August 1996 to 7th December 1996, I stopped having food altogether, but after continued requests by a relative, I resumed my normal intake."

Surya Jewel

Involved in The Suryayogi Foundation, more information can be found on his web site: www.suryayog.org.

Theresa Neumann

She was born in 1898 in Northern Bavaria. At the age of 20 she had an accident and became blind and paralyzed. Then in 1923 she was miraculously healed. Since then Theresa had not consumed any foods or liquids except for one small consecrated wafer a day.

Stigmata, or sacred wounds of Christ, began to appear on her head, breast, hands and feet every Friday while she was experiencing the passion of Christ. Yogananda later said that in her past life she was Mary Magdalene. She is here to show (like Giri Bala) that it is possible to live on God's Light".

Throughout the 36 years that Theresa bore the stigmata, thousands of tourists visited her small cottage to witness the miracle. Theresa died in 1962. Paola Giovetti's book "Theresa Neumann" presents her life.

Vasanta Ejma

For many years Vasanta was praying: "I ask you my Lord for being in You, only in your energies for 24 hours a day. I am asking for grace of serving You, please, be my employer." For 10 years Vasanta was often fasting, praying, meditating and visiting secluded places to find God in herself. "I did not know how God carries out my request, but on August 13th 2001 I felt that I began 21-day process of living on light. This is unbelievable grace of God - making the mind free from the third dimension. I have experienced passing on to divine freedom. Then I have understood what is the difference between getting know the way and passing it on, when during 21-day of transformation I experienced freedom states. It is impossible to describe this, the world of freedom, without rules and limitations, where everything is possible? I experience this, being in God's world." Vasanta's web site has more www.vasanta.prv.pl.

Vona Tansey

A quote from her web site: www.vonatansey.com : “Vona has lived on Universal Soul Light since September 2001. She no longer needs food to fuel or sustain her body yet sustains body weight and maintains optimal physical energy. As her body spiritualizes, it vibrates as a faster frequency of energy and comes into resonance with God-conscious soul frequency of unconditional love.”

Wiley Brooks

An American, one of the longest known breatharians. As he claims, he hasn't eaten for over 30 years. He says that eating is an acquired habit. To know more, you can visit his web site www.breatharian.com for more details.

Will van der Meer

A Dutch man living in Montana, USA. When he was giving a seminar in Poland, November 2003, he claimed to be free of food since March 2001.

Xu Fan

A Chinese woman. The December 1996 issue of the Japanese magazine “Borderland”, based on a report by Pung Chung, published an article (in Japanese) about her mysterious ability to stay healthy without food for nine years (at the time of publication). More info is in the book “Control for Life Extension” Valery Mamonov, www.longevitywatch.com .

Zinaida Baranova

A Russian woman, age 67, teacher, living without food and drink since year March 2000, as described by an article “Guest from Krasnodar Taught Rostov Citizens to Give Up Meals” in “Pravda” 20030718.

thousands of others

How many people all over the world live without eating and often also without drinking? People who belong to different categories, different life styles, various beliefs and behaviours - each of them is a unique story, why and how to free oneself from food. The majority of them never confess that they do not eat, to avoid possible negative reactions from the others.

Are you one of them? Please, contact me, tell me your story, share with me your experience and visit the breatharian forum.

HEALING FAST

Statistically, fasting is the most effective physical method to heal man. It is the cheapest and fastest way to:

- get rid of the most serious illnesses (cancer, diabetes, coronary diseases, high blood pressure, eczema, asthma, and so on);
- permanently better the health;
- rejuvenate the body;
- slim the body;
- get rid of the collected toxins and parasites;
- rise body's life energy level;
- better the psyche mood.

In case of most people suffering because of so-called civilization diseases, which are commonly considered incurable, healing fast is a way to restore full health.

Individually, depending on the person, the fasting can take from a single day till ... sometimes even a few months or even over a year. But in case of an ordinary, not overweight person, an inhabitant of, so-called, western civilization the maximum fasting time is about 6 weeks. Most often fasting takes from 7 to 28 days. Almost every psychically healthy person can fast if he/she is not afraid and not forced to do it. Emotions (not lack of food) awakened by the fear during fasting can kill the body.

There are a few main methods of healing man via fasting:

1. Dry fasting — nothing is taken into the mouth, even not a drop of a liquid.
2. Ordinary or water fasting — only water is consumed.
3. With herbs — the only consumed thing are liquid herb infusions (usually for a short time).
4. With juices — (the proper name for this is: juice diet or liquidarian diet) fruit or vegetable juices are drunk.

DRY FASTING

According to the principle: “the simplest solutions are the most efficient ones”, dry fasting, during which nothing is taken into the mouth, even not a

drop of water, produces the deepest cleanup and cure of the body. Actually, to make it most efficient, one does not even (literally) touch any water. The body should remain without any liquid during the whole fasting period.

It can be said, that a week of dry fasting is as efficient as two to three weeks of fasting on just water. During the ideal dry fasting the person not that just does not drink water, he/she also does not even touch water, which means no body wash.

Fasting without any water can last from 1 to 14 days. It depends on some factors. The drier and the hotter the air, the shorter time a person can stay without drinking. The more physical activity causing perspiring is involved, the shorter the body can stand without water. When the conditions (temperature, air humidity, physical activity of the person) are normal, an ordinary inhabitant of the mild climate region can dry fast for 7 days.

The body can slightly dehydrate during dry fasting. It is allowed to let the body to dehydrate a little, but it is important, during the whole time of dry fasting, to regularly check the body. When the dehydration of the body crosses a critical level, this process cannot be normally reversed (restore the proper hydration of the body) and then the body stops working (dies).

Ordinarily the first 4 days without drinking (and eating) do not require any special care, but later the hydration level of the body should be monitored, for example, by observing the skin.

Another important factor, which determine the period of time the body can dry fast without any harm, is the amount of substances to be excreted from the body. For example; if a person have eaten a lot of salty food, what caused more salt to be accumulated in the body, it wouldn't be wise to start dry fasting without first removing the excess salt. You can draw a conclusion from this, that before starting a dry fast it is worth to do water fasting for a few days.

A good procedure can be this one. You start with water fasting. From the day eight do not take water any more. In this way you start dry fasting when the body has get rid of the excess salt and other substances, which need water in order to be removed.

Usually after only two, three days of fasting the body's thirst for water becomes quite small, so giving up water after a week of fasting is not a real challenge.

WATER FASTING

Water is the only substance allowed to be consumed. The water should be clean, the best is rain or snow water (collected far from polluted air) or distilled water. If you use distilled water, first cool it till ice starts to appear, then put it back as ready for drinking. Drink room temperature water or warm it.

Nothing is added to the water, no sugar, not even a drop of lemon juice, no honey, no coffee or tea. Drinking water with added substances disturbs the digesting process and does not allow the body to switch on the internal nourishing (and to switch off the digestive tract). Fasting, when the internal nourishing is not working, wears the body away faster. This manifests, among others, via faster weight losing and worse mood, and may cause accelerated depletion of minerals. This process is called starvation; if it is being extended, it brings death to the body.

Water fast can take from one day to a few (in extreme cases even more than a dozen) months. The length depends on, among others, the total weight of the accumulated excess matter (mainly fat) and the physical activity of the fasting person. In average, it can be assumed, to “burn” 1 kg of body fat, 2 to 4 days are needed. For example, a person having 20 kg of excess fat can add 40 to 80 days to the main fasting time. The main fasting usually takes from 1 to 40 days; in most cases the longer the more advantages for the body. Every short fasting is good for the body, but more advantageous is a fast lasting for at least 14 days — the minimum time needed by the body to manifest lasting health changes.

If you have never fasted, it is worth to first exercise it. The first fast can last for only 1 day. After a few days you can fast for 2 days and nights. Make a break for a week and then fast for 3 days. You can repeat such 3 days fasting for a few times, till you will feel that they are nothing extraordinary for you and you can easily fast longer.

Then try 4 or even 5 days fasting. Extend the next fasts, e.g. 7, 9, 10, 12 days and nights or differently, according to your own feeling, till you reach 14 days. Once you reach 2 weeks (or earlier) most probably you will feel that you are able fast for a few weeks.

Fasting for 7 weeks (also shorter) may cause “miracles” for health. Biologically rejuvenates the body — a fact experienced clinically, visually and via the mood. It removes almost all illnesses (some, for example, neglected cancer may need more than one fast), smooths out wrinkled skin, restores

the natural colour and strength to the hair and stops hair losing (hair may start to grow anew), beautifies the body (not only via removing the fat).

People who fasted for health talk with conviction to the others about many advantageous mental and psychical health changes they've experienced. "I never imagined that I could feel so good." "If you have not experienced this, you do not know, what the true good health is, even if you have been feeling very well." — These and similar opinions may be heard.

There is one serious danger, which may make the body to stop working (die) — fear. The social suggestion (in which most people on Earth live) inculcated in the mind a belief (program) that man has to eat and that fasting harms the body. Well, if you believe this, do not start 40 days fasting right away, because if you do, the body may stop working earlier, just because of the belief. You better first exercise fasting in order to see (experience) for yourself that such beliefs result from insufficient basic knowledge about how human body works.

SYMPTOMS

During fasting the body cleans itself, removes toxins and parasites — this may cause unpleasant reactions. Every persons feels this differently. One feels nothing extraordinary during the whole fasting time and has no unpleasant reactions, while another fasting person feels so bad that he/she may compare this to the state of dying.

so if during fasting you feel well, you may enjoy the coming benefits for the body and mind and you can continue your daily life (except for the eating, of course) as usually. If you belong to those people, whose body manifest the unpleasant reactions, know that they are beneficial symptoms of your biological and mental self cleaning and rejuvenation — you can calmly wait for them to be passed. In very few cases the symptoms may require you to stop the fasting.

Here are some, of many unpleasant reactions, which may appear during fasting (they all are temporary):

- headache, pain of any internal organ, pain of a bone, joint, eyes or anything else in the body;
- more hair falling;
- body weakness;
- dehydration of the body;
- dizziness and fainting;

- weight lost;
- joint (or other places) swelling;
- psychic (mental) instability;
- sudden or acute illness (strong activation old or chronic disease);
- rash, allergy intensification;
- kidney, liver, gall bladder stone movements or elimination resulting in severe pain;
- fever;
- drop of blood pressure;
- heart palpitations;
- nausea, vomiting.

If some of the above symptoms appear, just wait till they are passed after a few hours, days or (in extreme cases) weeks. These symptoms do not harm the body by themselves, however it is worth to pay attention to them, because, for example, the dizziness and fainting may cause you to fall and wound the body.

If your blood pressure is low, pay even more attention, because it may go even lower, reaching a dangerous level for the proper work of the body. You better control and plan your activity having in consideration this matter.

If there are big stones in your kidneys, it may happen that a bigger piece will block the ureter causing extreme pain, which may need a doctor intervention (do not stop fasting but unblock the ureter).

Shortly it can be described that every of the unpleasant reactions appearing during fasting indicates undergoing processes of removing excesses (accumulated for years) like toxins, dead cells, fat, and also of undergoing self-reparation and -regulation (e.g. the endocrine glands). The body, a perfect biological self-controlling machine, restores the state of the most efficient functions for itself, if it is allowed to do this, if given the time and if not overloaded with the digesting.

Fasting is a time period, when the body is not disturbed and is allowed to do all the necessary reparations, cleanings, renovations etc. So that it can work better and longer. Fasting regularly is one of the most important secrets of long life.

INTESTINE WASHING (enema)

It is really worth to wash with water the large intestine during fasting. Also during dry fasting the intestine can be washed, although this makes the fasting less efficient, because water is delivered to the body.

Some people think with disgust about the enema. If you belong to them, you do not have to clean the intestine, but know that when it is not washed it contains putrefying matter. The poisoning toxins produced by the putrefying intestine content are entering the blood. Then they circulate throughout the whole body, causing unpleasant reactions and additionally overloading the excreting system.

Not excreted matter of the large intestine remains in it as fecalith, which may be the cause of diseases including intestine cancer (one of the most often death reasons in Europe and America). So it is up to you to decide, what you prefer, to see the dirt flowing out of your body or you prefer to putrefy inside.

The large intestine is a tube 60 to 80 cm long, with many nooks, so it needs many deep washings in order to be well cleaned. It is enough to use clean water for washing the large intestine. On the internal side of the large intestine something similar to gum like mucus is being accumulated for years. It may be difficult to wholly remove it. In some case fasting for a few weeks, with enemas, is needed. Then it gradually tears off and flows out.

Wash the intestine once a day during the first week of fasting, every second day during the second week of fasting and later twice a week. When only clean water will be flowing from the intestine even thou you wash it deeply, you can decrease the incidence to only one enema a week.

If you are planing complete dry fasting, wash the intestine well before starting. During complete dry fasting no enema is done in order not to give any water to the body. Therefore, in order not to suffer, it is worth to do water fasting for a week (doing deep enema every day) and then start the dry fasting.

The large intestine washing by itself (even without any fasting) is an efficient cure, which in many cases removes the cause of illnesses. Most people have no idea what can be accumulated in the intestine. Remains of eaten food may stay in the intestine for tens of years, in form of fecalith and gum like mucus glued to the sides. These remains are one of main causes forming intestine tumors.

PHYSICAL ACTIVITY

It is worth to move the body also during fasting, move it even more than usually if you lead so-called “seating life style”. Strolling, jogging, swimming and even cycling are recommended. The movement helps the body to faster remove toxins.

Being physically active is particularly recommended when you are not feeling very well. However, when the body is really (very) weak and it requires a rest, never force it, let it rest. Be reasonable in this concern.

So-called energizing exercising are worth of special attention during fasting. Among others *Qi-Gong*, *Tai-Ji*, *Hatha Yoga* and isometric gymnastic belong to them. You do not need to care if you know non of these. The most important thing, when doing an energizing exercise, is to focus on the flow of energy through the body. So concentrate on feeling the energy flowing through you and do not think about movements of the body. The body, when feeling the flowing energy, will start moving the muscles. Let it do this.

NOT-EATING or FASTING

The human body can function without eating very long time. It depends on many factors, mainly: Conscience sphere of the person, fat and muscle reserves, psyche state, environment temperature, physical activity. Longest fasts (not inedia) documented by medical research lasted over fifteen months. The fasting person drunk up to two glasses of water per day and felt very well during the whole time. Fasts lasting up to three months are nothing extraordinary or dangerous for the body of overweight person.

Inedia differs from fasting mainly by:

- body weight changes;
- disposition;
- way of building the body.

BODY WEIGHT CHANGES

When the human stops inserting food and drink into their body, the body first removes (during the period of initial few days to few weeks) substances constituting the biggest obstacles in its functioning. Water, as a solvent, is needed by the body so that it can remove redundant and toxic substances. This is why the body needs water during initial few days to few weeks of fasting. How much? Usually not much, one litre or one glass per day; it depends, among others, on the individual, climate and physical activity. Having sufficiently cleansed itself the body decreases its water requirement to the level of a few to a dozen cubic centimeters per day. Drinking may become unnecessary in favourable environmental conditions when the body needs no water.

Drinking impacts body weight. If a fasting person drinks only as much as their body demands, his/her body weight goes down until the best level for this person is reached. Right body weight for a given person may considerably differ from what is defined by so-called common sense and (dependences between height and weight) data published in tables.

The right body weight is when the body has no excess and no deficiency, not when its shape most appeals to other people. Most people do not believe that body of the proper weight looks almost like a skeleton covered with skin.

The human feels best when he/she has body of proper weight because then their body functions properly. Difference in body weight between two persons of same height may be as much as 15%, even if each person has body of proper weight.

During fasting body of non-emaciated person is going in direction of the proper weight. The body will reach the proper weight after fasting for a period which depends on e.g. initial excess of fat, water and muscles, person's Consciousness sphere, spiritual and physical activity. In case of a very fat person this may take a few months (for this person fasting is very salutary).

What happens next, that is, what happens to the body when it has reached the proper weight?

If the person can live without food, that is, can be an inediate, his/her body maintains the proper weight. However if the person cannot live without food, his/her body weight will continue to go down. This happens because the body is constantly using and removing cells and it does not receive any material to build them. This person does not fully live on Light. If this process, called also self-eating, continues, the body becomes emaciated and eventually stops functioning, it starves to death.

DISPOSITION

During initial two to three weeks of fasting your disposition can be quite changing. There is no need to be concerned (within limits of reason, of course) about your body weakness, pain, dizziness, nausea or other symptoms occurring during this time. These are body cleansing or self-healing signs. However, later, when the body approaches its natural state, which usually takes two to three weeks (can be much longer in case of obese person), your disposition becomes perfect. Only then (maybe for the first time in life) you understand what it means to feel well and to be truly healthy. You have so much energy, will to live, work and to be physically active and also big creativity manifests.

What happens next with flow of time?

If you can live without food or be an inediate the good disposition will remain and everything associated with it. Good mood, happiness, self-satisfaction, optimistic lovely attitude towards others indicate good state of the body. "In healthy body healthy spirit dwells." — a Polish saying.

However if you are unable to live without food, you will be weak, unwilling to do anything or even feel sad. The more your body will need food, the worse you may feel psychically. This indicates that you should go back to eating.

BUILDING THE BODY

Building material for inmediate's body cells is created from Light, which source is IAM (Consciousness' piece) of the person. Therefore an inmediate needs nothing to insert into the digesting track.

Building material for non-inmediate is delivered from the outside in form of food, drink, air and radiation. If the amount of the building material is too little, the body will show deficiencies which manifests as defects and dysfunctions.

Summary.

If you have not eaten for several weeks and you still feel well and the body weight does not go below the proper value, this looks like you can live without food. However if after several weeks (let's assume that for a statistical, not overweight individual it is forty days) your body's weight goes under the proper value and (which is even worse) you feel bad, this should make you conclude that the body is being harmed. So if you do not give food to the body, you can make it fail.

BEINGS and NOT-EATING

Humans living on the Earth consider food something necessary. In other words, an average human is kind of a being for whom eating is an inherent and indispensable part of life. Eating is an essential experience of human life on the Earth.

Among purposes why many beings come to live on the Earth there is one to experience eating. Experiencing things associated with eating (food preparation, its taste, structure, smell, resulting disease, pain and so on) is enough attractive to make a being to live here. This is why for most people on the Earth forced not-eating means being deprived from going through the expected experience. This, of course, bring them to leaving the material body.

On other planets, in other universes dimensions the relation to what people call food or eating is much different. There is a big diversity, from beings who “eat” nothing (they even do not have the organs) on one end of line to beings who eat constantly and create a unity with food on the opposite end of the line.

Beings living in this universe can be divided into three groups:

1. Material beings.
2. Partly material beings.
3. Non-material beings.

NON-MATERIAL BEINGS

as people on the Earth understand it, usually have the body invisible for human eyes and impalpable though more sensitive persons can see and/or feel them. Their bodies do not have what we would call internal organs. These beings can take any shape depending on their will.

One can easily guess that the non-material beings have nothing common with what people call food. An average inhabitant of their world may even not know what food is. Eating is an unattainable experience for them, so some of these beings dream about experiencing life in hard matter in order to be able to eat. Then they come to live on planets like the Earth. Life here is hard for them, no wonder they have suddenly changed their life circum-

stances. They have problems with eating. Many anorexics, bulimics, people frequently overeating or striving to inedia originate from these beings.

Non-material beings, having entered into human body, find themselves not completely adapted to living in this environment. This is caused mostly by difficulty with adaptation to matter. Eating constitutes a strong link between matter and the being. This is where the striving to freedom of eating originates from, which previously was their natural state. Self-grounding providing more stable relation with matter helps them to easier dwell in the body.

Many of these beings are unable to remain without eating in the human body because the link with the body (which is matter) may become too loose which results in breaking it permanently. Eating is not only a necessity for them, it is also a part of intended experience with matter. Thus giving up food may mean for them the lost of meaning of life.

I sometimes meet these persons on the Earth. Majority of them do not know what causes their “problem” with (non-)eating. I explain it so that they have information useful for understanding the “problem”. With this information they can more consciously choose to experience matter or to be an inedia.

So if you meet a person, most often he/she will be fat or thin, who emanates Love, warmth like a sun, has sensible “angelic nature” and problems with (non)eating, you can presume that he/she came from less dense world (dimension) where food was not known. Statistically, the bigger the “problem” with (non-)eating, the shorter experience with matter they have, most often acquired on the Earth.

PARTLY MATERIAL BEINGS

The density of their body varies in the range between almost invisible and impalpable (similar to fog) to almost as dense as would be the human body without bones. The being can be a foggy ghost constantly changing the shape, something liquid, jelly-like substance or something like plasticine. It is an interesting experience to insert your hand into or even throughout the body of this being, if they allow you to.

As you may easily guess the food eaten by these beings also is of loose consistence. They eat jelly-like substances, liquids, gases, fire, temperature, radiation, emotion of other beings. There are many born “not-eaters” among these beings. Adapting the body to LSWF is relatively (compared to humans) ease for them.

Partly material beings choose rather other planets than the Earth for living. Living here, even though possible, is not very favourable for them because here they quickly lose energy. And, of course, it is more difficult for them to find here large variety of “food”.

If an average human would decide to be fed as partly material beings, he/she might quickly become thin, weak and feel bad. To compare, this would be like in case of a person, who normally eats heavy food, but suddenly switches to only drinking juices.

MATERIAL BEINGS

like people, can easily understand what means to be bound by food to matter. Material beings are so fixed in dense matter that attempting to break this bond may cause death to them. It is really difficult for them to do without inserting food into the body. The deeper they are in matter, the more difficult the “process” of adaptation to living without food is for them.

This is important information which means that striving to live without food causes transformation of a material being into a less material being. Like other changes if this one is forced or too quick, it may fail.

CO-OPERATION FOR DEVELOPMENT

One of growth characteristics of the human civilization on the Earth is that the human is discovering more and more of their abilities, which proves how big and largely unknown power they possess in themselves. This growth is being caused by expansion of the Consciousness sphere that the human lives in.

One of this abilities is to maintain the body in proper functioning without inserting into it substances commonly recognized as food. This ability, although still very little known on the Earth, becomes a part of life style of more and more people.

One of reasons why people choose worse solutions for themselves is insufficient amount of information they have. False beliefs, superstitions, falsehood, misunderstandings are caused by lack of true information. Nowadays an average person has almost no knowledge about the ability to live completely without food. This is why I feel that it is worth to give people more true and scientifically researched information so that they can decide with more certainty about making advantages changes in their life.

I am open for cooperation especially with scientists, doctors, journalists, editors and institutions interested in serious research about inedia, not-eating and fasting. The goal of this cooperation is to create a comprehensive documentation, which can be beneficially used by people. Furthermore inedia is an interesting subject for master, doctorate or other dissertation.

Please, do not fear the establishment, have the spirit to explore this subject with open mind. I will readily cooperate with you for good of people, so do not hesitate to contact me.

OPEN LETTER TO SCIENTISTS AND DOCTORS

Please, let us cooperate in order to produce results which will help people to learn more about growth possibilities, get rid of illnesses, lead healthier life style and which will contribute in removing the famine problem on the Earth.

Scientifically researched data about not-eating or fasting people is a valuable material for researches you do in medical field. Doing researches on fasting people and on those whose bodies do not need food to properly function brings valuable information. This information constitutes valuable base which is useful for learning more about the human. This is one of most important stages to efficient healing, developing methods of disease preventing and remaining in good health.

I believe that besides me there are many people willing to submit themselves to research which can result in producing scientific material concerning body and psyche functions of inediates and fasting people.

It is a fact that the majority of people do not believe in high efficiency of heal fasting and the human ability to live completely without food. However there are many open-minded scientists who are not afraid to take a challenge of this kind. They are those who, thanks to their open-mind attitude concerning “impossible” things, have refuted the formerly prevailing beliefs that people cannot fly, the Earth is flat, the Sun orbits the Earth and many other.

I hope to cooperate with this kind of scientists and doctors. I am waiting for your contact.

OPEN LETTER TO THE MASS MEDIA

It is useful to possess true and valuable information which brings more abilities for personal growth, getting rid of diseases, leading healthier life style, eliminating famine and freeing oneself from being manipulated.

Some people starve when protesting against something. They do it in a way which brings society attention through the mass media. They create sensation in order to realize their political or populist goals.

There are many persons who start life style without food for themselves (that is quietly and, anonymously). Thanks to their skill to maintain the body functioning properly without any food, they enjoy many benefits. One of reasons why people start life style without food is the will to experience freedom from sufferings caused by illnesses and starvation. For the sake of benefiting us all it is worth to publicize information received from inediates and people fasting for health.

The most important tasks of the mass media is to publicize true information and destroy common widespread false beliefs which limit people. In this way the mass media contribute to freeing people from being manipulated.

Many not-eaters, who let others know about their life style, are ready to cooperate with the mass media. The main goal of this cooperation is to inform people about bigger potential of the human, about his/her power to create and rule their life.

Waiting for your contact I invite you to and observe and document.

F. A. Q.

These are the questions I am asked most often personally or on the breatharian forum. If you have other questions, that you think may be worth including here, please write them on forum.breatharian.info.

Why do we have digestive track?

The answer is obvious — in order to process and excrete everything that is thrown into the body. The human body is a machine controlled mainly by instinct and is the subject of so-called “laws of nature” (set of programs constituting the material world).

The human being has “free will”, which is manifested by creativity of the intellect, so that he/she can experience life in a way that IAM decides. The human body is a tool through which the human experiences matter.

Instinct, which creates and maintains the body, falls under the influence of social suggestion, therefore many products created by mind of a given person are same as those created by other people's minds. If a body is born in society of people who eat, it has systems and organs properly adapted to digesting and excreting. If the body is born in society of not-eaters, it has these systems inactive or do not have them. The program set of a society that a person is born in decides about his/her body.

The human body is very flexible in adapting itself to defined life conditions so that it can broadly experience matter. It is the most sophisticated, self-controlled machine known in nature. Its all senses and organs are needed so that the human can experience life. They all can broadly adapt themselves to specific requirements.

The digestive and excreting systems are tools which make it possible for you to experience the program set called material food. As long as the human remains in experiencing matter in form of food (taste, consistency, temperature, illnesses caused by eating, alcoholic stupor and many other) these systems are indispensable for him/her. When this experience is finished, the digestive track becomes useless to the body and therefore it disappears (atrophies), as show researches made on inediates, or becomes transformed into something else.

In other words. As long as the human stays in the field of experiencing mater by inserting it into the body (the tool to experience this), his/her body will posses, develop and transform systems which make this experience possible. When the human finishes this experience, his body will be adapted to new circumstances and the digestive track will be removed, transformed or replaced by other system.

Why do people die from starvation?

The hunger itself does not cause death from starvation, but the human body can die if it is given insufficient food. This is how programs in the human instinct work.

Potentially every person on the Earth can live without food. But a potential does not automatically mean the associated skill. A potential only means that a given ability can be developed and realized. If the skill to maintain body in perfect working is insufficiently developed, the body will die if it does not receive food for too long.

Life completely without food is possible only for those people who have properly changed functions of those programs in the instinct which deal with food and eating. Only those people can live without food from the moment of their birth, who are born in inmediate's society. In their instinct the programs, responsible for the relation between food and the body, function differently compared to people eating “normally”.

The instinct does not think, it just functions exactly along the way its programs perform and regardless of the results. If specific programs are not modified, then those programs are run which cause death to the body if it lacks food. So if a person believes that he/she will die without food, this certainly will happen. The inmediate knows that food is not needed by their body to function perfectly.

Why not-eaters do not go to places where people starve and do not teach them?

You can ask this question to every met not-eater. I suppose that everyone sees this differently. If you ask me — here is the answer.

The task I have undertaken is answering questions, so I am a source of information. I do not look for people seeking help and I do not offer it. I do help if I am asked, I can and I want to. This is why I go to places where

people invite me. I do not have any invitation from places, where people are starving. If I had one, I would consider whether to go there.

Beside this, here is additional information.

There are persons on the Earth who have profitable interests in keeping people in starvation, “incurable” illnesses, illitreacy and having nature polluted and so on. These persons, with very big money and power, are ready to do a lot in order to keep others in poverty, ignorance and feebleness, because such people are unconscious and easily manipulable slaves.

Persons teaching about inedia in places where people are starving, may easily endanger their life. It is easier to manipulate the behaviour of desperate people who are ready “to do anything” in order to receive “a slice of bread” or “a bowl of rice”.

Another method, which often is more efficient, is to educate people “with a full stomach”, because they may be an example for others. This happens because people living in so-called (industrially) “undeveloped” countries follow solutions or taken examples from “developed” countries.

By the way, we could ask: Why powerful and influential organizations which take care of feeding the starving are much less (or are not) interested in educating these people? Why simple solutions, which provide sufficient food productivity and which could have solved the global starvation problem long ago, are not allowed to be used in regions where people suffer starvation? You may find very interesting and shocking answers to these questions if you dig deep enough.

Why your seminars are payable?

Because I am still living in this illusion where we believe that pieces of paper and metal rings have the power of exchange and even the value of human life. Money is our Lord and we are his slaves out of choice because nobody else has made us so.

During a seminar the lecturer passes information he/she has collected. Information was, is and will be free; those who seek it, will find it. If you do not want to search, you can take a shortcut and buy what other person has worked out, collected, discovered, learned etc.

A teacher is a person who has found and ordered information and possible experienced on themselves, so that he/she can pass them on. Information and knowledge are free, but time and work of the teacher, correspondence, traveling, renting seminar room and other organizing matters cost.

Money is a mean of exchange. Nobody has to use them. One can live without money. If you have them, you choose what to exchange them for. For example, you can exchange them to participate in a seminar in order to receive information. If you do not have money, you can propose other things in exchange.

There are also teachers who give information away for free. They have different reasons to do this. Examples. Some are so free that money and material life associated with them lies beside their striving. Others feel they do not deserve any payment. Others have decided to scarify themselves and serve people while living in poverty. They believe that “spiritual knowledge” should be given out for free.

There are also teachers who are building karmic relations with their students by giving out for free. They do it consciously or not. They do not take money so they make their students dependent on them. This means that their present students will have to repay them back in future by e.g. money, service, teaching, advice.

If you think that other person's work result or information which you are looking for, should be given to you for free, you can tell the person about this and explain why. You can propose the exchange of a product, service or something else. You do not have to pay because you have a choice.

What to do in order to become a not-eater? Can I also live without food?

There is no such thing as a universal method for every body, because every one has his/her own way, every person is a different world. There are as many ways leading to inedia / not-eating as there are inediates / not-eaters.

If you know that LSWF is for you, you are already walking the right way. You probably have put on your way the activity aiming expansion of Consciousness sphere in which you live.

If you ask somebody whether you are able to live without food, the answer is ... no, you are not. As long as you do not know this, you are not able to

do this, although you possess the potential. Information alone is not enough, but as soon as you start to feel the knowledge and power associated with it in you, you will stand at the gate giving choice of this life style. Then you will know what and how to do this.

If you already feel that LSWF is for you, you are already walking the way on which not-eating exists. There are many possibilities in front of you, so you can realize them according to your plan.

What to do? Do what you feel that is best for you. First of all, do not consider food bad for you (many people do this mistake) and take it easy. Life never ends and is not a race so you always have time. What you are unable to do now, you will be able to do later.

It is a nonsense that people can live without food. How are you going to prove it to me?

Hereby I declare that I do not feel any need to prove that living without food is possible or that me or any other person is a not-eater. I do not intend to prove this, however I am open to experiments (I write about it in this book) which outcome may be considered prove to some people.

The human living on the Earth walks his/her own unique way, experiencing and building his/her own knowledge. The human builds his/her own world. Every human is a different world. All these worlds are different although they contain similar or even common elements.

To prove or not, you can only to yourself. Regarding other things or what others say, you can only believe it or not, because they will not prove anything to you. You can also define a belief level which will mean a proof for you. So if you believe that this is a nonsense — yes, you are right, this is true for you.

The human builds his/her world by his/her own beliefs, experiences and knowledge. Therefore what is true to one person (in his/her world), may not exist or be false to another person (in his/her world). This means that the truth is relative to people's worlds.

When for one person (in his/her world) the possibility of living without food is true, it does not mean automatically that this happen to every person. The possibility to live without food is true for some people, and they may even practice it, however at the same time this is false and impossible

thing for other persons. Therefore when one person lives happily without any food, another person may die if he/she tries this.

This is only one example of a thing which simultaneously can be possible and impossible, true and false. Of course, this does not make a person unable to collect information, change beliefs, experience life and build own knowledge.

A person characterized by natural tolerance allow other people to experience whatever they choose (built their own world), because he/she knows that this is a manifestation of human free will.

Where the not-eaters take energy for living from?

When a person thinks about not-eating, he/she most often first thinks about delivering energy. The person anticipates that the energy needed for living (that is e.g. to build body cells, function its organs, think, emotions) comes from outside.

Scientists researching material and energetic functioning of the body are biased on this belief. How energy is drawn by the body for its functioning, and what is the influence of specific compounds, called carbohydrates, proteins, minerals etc., on bodily functions. Scientists first try to find out how it happens that the human body functions, then they formulate hypothesizes and create theories. Then other people accept these theories as the only truth.

Without going deep into the matter, it is a fact that a human lives on what he/she believes that it gives him/her energy. If a person believes that bread, potatoes, apples give energy to his/her body, then this really does happen. If a person believes that the Sun is the source of energy for his/her bodily functions, then this indeed is the case. Similarly — when a person believes that breath, prana or Light is the source of energy needed by his/her body to function — this happens.

A human lives on what he/she believes that powers him/her. This is also true in case of the not-eaters. One not-eater can live on energy drawn from the Sun and another not-eater will power his/her body with prana from the air breathed in.

However, when you know that yourself you are the energy source of your body/mind's life, then this does happen. But if you believe only, it will not suffice. Your knowledge and clear feeling of it are indispensable. In this case you need nothing from outside. IAM, being the representative of the Consciousness, creates everything. This is the motto of this book: IAM the Consciousness and everything else is my creation. Thus I know that IAM the source of my life.

This is it, more or less complicated, how much I am able to explain with the intellect. But the intellect does not feel, it is only able to think (analyze, solve, create), so it cannot comprehend the above explanation.

Not until a person experiences this, not until a person knows this by deep experience, his/her intellect is able to understand how a human can live completely without eating, drinking and without breathing. Not until this happens the intellect will not know and probably it will deny it. It depends on how much the intellect of a given person already knows, how much experience the person has gone through and how large is the Consciousness sphere that the person lives in.

Physicists are trying to discover the material world and explain it to the intellect. This makes them to create more fantastic hypothesizes than science-fiction stories written just a few decades ago. If you are interested in present-day physics describing elementary particles, waves, energy, quantum and information, you probably will find intellectual explanation to this question. Why does a human can live without eating, drinking, breathing and regardless of environment temperature?

SEMINAR

“ADAPTING FOR LIVING WITHOUT FOOD”
theoretical information and practical advices

The seminars that I give on this topic are prepared for persons who decided to adapt the body for living without any food, for people interested in fasting and proper nourishing, and also for those who just want to receive more of concrete information about these subjects.

Based, among others, on the material from this book, scientific theories and hypothesis, experiences from people living without food and my personal ones, I give practical advices which are useful for persons interested in the seminar subjects.

I pass these information in the simplest way I can, sincerely, without ambiguity, without creating an atmosphere of secrecy. I approach the subject clearly, scientifically and spiritually (from intuition), but without too much mysticism, philosophizing or trying to convince about the need of initiation. My goal of the seminar is to make the participants to benefit as much as possible.

Having participated in the seminar you have enough information to be able to start your adventure towards making the body free of the need to eat. Beside this you will have a lot of info about proper fasting and proper nourishing.

Some of the things that I talk about may make you feel like being set free or may cause a psychic pain, because they uncover facts that most people are unaware of. I disseminate this information because when it is used in daily life then it makes a slave a free man and gives him/her more possibilities to control the life.

If you organize seminars, workshops, talks etc. and you think about inviting me, please, do not hesitate to contact me about the details. I can talk in Polish, Esperanto and English. In most countries I can arrange translation to the local language if the organizer needs it.

INDIVIDUAL CONSULTATIONS

Many persons write or call me asking for information, advices, help, which they need in order to properly fast, heal or adapt the body for living without food. I answer the emails willingly and I speak with the person in order to provide information which the particular person needs (I receive it from the intuition):

Sometimes the telephone conversation or an e-mail answer takes a few minutes, but sometimes I need a few hours daily for a few days to fully answer. It depends individually.

Concluding from the feedback that I receive later, I can see how it is important what I have given the person, because, for example, it solved the problem, helped the person to understand the most important factor or it helped him/her to get rid of an “ineurable” illness.

If you FEEL that I can give you the help, advice or information you were looking for, that I can be useful somehow, then you may decide to have an individual consultation with me in person, by phone or e-mail.

In this case, please understand that my work for you takes time and energy from me. In return for it I do NOT demand anything from you. However I hope that yourself you will propose to pay me in form of money, work or something else.

Let me state it clearly here that despite my very positive attitude toward a person who contacts me for help, I do NOT guarantee that I will always be able to help every person, to fulfill his/her needs or to behave the way the others expect me to.

BTW, keep in your mind that at any time you can freely ask me a question, for an advice etc. at forum.breatharian.info. I often answer if I feel that I have the right information for the person who asks. Also other persons may answer and give you even more than I do.

ADAPTATION PROCESS

Since 2001 many persons have contacted me and asked (sometimes even requesting) me whether I lead individual or group processes adapting for LSWF. For 5 years I was avoiding this, I did not agree to lead anybody in this matter. My answer was:

“If you are asking me, you are looking for the answer, it means that you do not know. If you do not know it means that you cannot keep your body completely without eating yet. You can decide to go in this direction, in order to experience, doing this with reason. I can provide you with information but I will not push you because I know I do not have the power to change anything in you. When you get to know the thing by yourself, start to feel your inner power, start to be conscious about what you are, then you will need nothing but just to make a simple decision.”

Finally I have decided to help persons who are sure and have deeply decided to start the process of adaptation to LSWF or heal fasting. My “guidance” consist of giving information and accompanying. I accompany only you or a group during the whole or part of the adaptation process. But first I ask every person who wants me to “guide” him/her to understand and agree that:

1. I do not have the power to change anything in a person and I do not use suggestion. Even if I had the fullness of such a power over a man, I would not use it. Human builds his/her world by him/herself, more or less succumbing to the suggestion of the others and the environment.
2. The final result of the process depends only on you. Every even the smallest decision and action made by you in this matter, influences the result. It is you who creates your mind and body. So feel your power.
3. Treat me as a source of information, as a tool, NOTHING more, not as someone who can solve problems for you. When being together we can talk and I can give you advices. Then you can consider the things that I told you. But, please, do not believe everything that I say, do not think that I am unerring. You better ground yourself on what you feel is most beneficial for you. Feel what you are.

When you agree with me concerning this three points, then we can discuss the organizing matters.

ABOUT THE AUTHOR OF THIS BOOK

SHORT STORY

I came to this material world on June 2nd 1963. When I was a teenager I started to be more interested in the so-called paranormal phenomena. After starting with radiesthesia, the circle of my interests expanded to include yoga, bioenergotherapy, spiritual development and related practices. As a consequence of this kind of activities I became interested also in healthy dieting, (self)healing and healing by 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 paranormal matters. In order to learn and experience more I participated in them whenever possible.

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

Since 1989 I was traveling for over 3 years in Asian countries as a teacher and promoter for the international, auxiliary language Esperanto. During that time I was able to find much more literature about esoteric topics. Whenever I had the opportunity, I read and practised what I learned. I also visited, whenever it happened to be on my way, some spiritual development centres. But despite reading valuable books, speaking with “enlightened” people, visiting centres 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 myself, the better I saw that all knowledge I needed, everything that I was looking for, and much more was there, in me; it had always been in me from the beginning. The only thing I needed to do was to allow myself to let it manifest itself in me. All the great renown “spiritual masters” are not capable of giving me what I have always had. They can only, themselves being a source of information, turn my attention to it.

CAREER

After my graduation in 1983, I worked as a chemist 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 than 30 countries (1986 – 1992) I had the opportunity 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 a 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 was importing computer parts called CPU upgrades, mostly from Taiwan. CPU upgrades enable inexpensive, efficient and ecological upgrading of old computers. It is a good solution for those who need more powerful computers but have limited finances.

I closed ROSPEROS in May 2005, it was the end of my business activity. I finally decided to set me free in order to give as much energy as I can to the purpose of my life (see below).

EXPERIMENTATION

Since 1979, when I was 16, I have been taking steps and doing experiments on myself on my path toward a conscious spiritual development. My decision to start the living without food (from July 1st, 2001) was one of those steps and experiments.

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

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

Having decided to experience life without food, I just put the food aside. However, I later realized 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 first research and then describe methods of adapting the human body to living without food. This is why I started this book.

Having considered the matter I came to the conclusion that the experimental path would provide me with the best data and experiences. As a natural progression of this idea, my next step was to revert to the "normal" material body feeding and to make the body dependent on food again. So now I can say that by dint of the knowledge I have built about the subject I can provide more information to people who are interested in it.

At the time the first edition of this book was out I hadn't yet decided when to begin the next experiment. I was putting off my final decision, trying to get some co-operation from qualified professionals like scientists, doctors, biotherapists, clairvoyants et al. who might be interested in the subject. There were some interested individuals but they either expressed formal interest or they were stopped by the establishment.

For me the life style without food was the one most convenient. It was giving me many benefits. That was the main reason for not giving it up for over six months despite feeling increased pressure from the outside. However, I was feeling that there are things more important, according to the tasks undertaken by me for this life, but the not-eating would prevent me from accomplishing some of them. Finally I decided to stop the not-eating phase in March 2003.

PURPOSE

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

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

QUESTIONS

Life style without food made it considerably more difficult and in some cases impossible to accomplish things related to the topics which I was receiving questions about. They was mainly about:

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

I started to experiment with my body when I was still a teenager. The purpose of the experiments that I have been doing is to test theories and hypothesis on myself, because I want to work out methods. Later, when I am preparing information, I consider the outcome of the experiments. By dint of such procedure I am in a better position to answer questions.

FAT AND SICK

I have practised not-eating from July 2001 to March 2003. That experience gave me enough knowledge required by my needs. It is through the gained knowledge that I can inform individuals about details regarding life without food. Continuing not-eating beyond March 2003, although convenient for me, would not have allowed me to fulfil my tasks. So at that time, I felt like a person going down a road and having other people along the way telling me: “You can go this way but you would be able to do much more, if you were walking down that one because that would be more in accordance with your original intentions.”

Since September 2002 I was trying to stop the not-eating phase in order to start my tasks (described above). However, living without food was so beneficial to me that I kept delaying that end. Finally, in March 2003, I came back on track — I stopped the not-eating phase and proceeded with my tasks.

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

- ◆ to fatten the body to the maximum of 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 did not want to force myself to suffer more. I was feeling worse than I could have imagined 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 experiment with not-eating. In that day I moved food away from me one again. As I was 30 kg (66 lb) overweight, I could feel significant differences between the two beginnings of the not-eating life style (the first in July 2001 and the current one in March 2004). I have published descriptions of this and some other experiments on my web site <http://inedia.info>.

From my experiment with fattening up, although I reached only 100 kg, I learned many things about how an obese person feels. It concerns not only the every day activities (e.g. limits in movements, addictive appetite, feeling of hypertension) but also how fasting works (is done) in the case of such a person.

Now I can understand why for obese persons, those who most need it (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 an 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 of a drug addict, because the person is suffering more.

I discovered 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 this way.

By the way, please remember, that this is my experience. I mean, what I was feeling does not have to be the same as 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 should they ask me.

THE 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 information on. For this purpose I recall, collect, elaborate on and pass information on which is related to:

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

For example, this book is contained within the second point.

THANK YOU

First let me thank YOU, the reader. Since you have read this book so far, you can be sure that it has been written for you. Thank you for making me to put on paper my information about this subject.

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If I have not mentioned (unconsciously committed) your contribution, and you feel that you merit to be mentioned here, please do not hesitate to tell me about it.