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INTERNAL TITLE PAGE

LIFE STYLE WITHOUT FOOD – ADDENDUM

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Knowledge that I have built for myself and from which I have drawn information to place here is timeless. Everybody can read it and write it down. I have done it for those who still prefer to use material sources like books. I have written this book because I Love people.

First read with understanding of the first part “Life Style Without Food”. The text of this book is an extension of the first part, an addendum that I wrote in order to better explain.

IAM the Consciousness – everything else is my creation.

WHY THIS ADDENDUM?

Nine years have passed since “Life Style Without Food” was published. During that time, when giving seminars, talking with or meeting friends, I was talking and writing to many people about topics described in the book that is inedia, not-eating, fasting, Consciousness, Life.

Many people that I have met were asking me similar questions. That gradually made me finally decide to write more details, to better explain and to add more materials.

I have written this book in order to give you more information if you are interested in inedia, not-eating, fasting, proper eating, Consciousness, Life, etc.

In summer, 2014 when in China, I was talking with people about topics mentioned above, I understood how important it is to publish new materials forthwith. I saw and felt how seriously local people are interested in those topics and how sincerely they are looking for information that I know.

During those past nine years I noticed how many false beliefs about those topics prevailed among people. Beliefs are limitations. When enslaving the man they constitute barriers against manifestation of the Inner Power. Getting rid of beliefs is a process to freedom of the man. A free man does not have beliefs.

I hope that information included in this book will help you in getting rid of beliefs. Such a process will be happening if you use that information for benefiting yourself and others.

It is worth knowing that for yourself, you are the most important being in the universe, therefore, take care of yourself, that means giving yourself the highest regard, seeing yourself as an admirable man and Love yourself.

At the same time do not compare yourself to other people, so that you do not suffer and do not feel superior to them. Every man is a different universe, therefore comparing yourself to others is useless.

Remove fears and awes and let Joy manifest itself through you, because this is how you are creating Life and that is Love is emanating from you.

From then on, you do not need or seek any help. That is how you are becoming a happy man who naturally share joy and Love with others. The more you give, the more you receive. Others will be following such a life style, thus the world becomes paradise, because people become free.

It is difficult to beguile or stultify free people in order to enslave them, therefore free people do not have rulers, lords or guides. They know and utilize their natural Inner Power, they consciously create their own life.

I am dreaming about such man and mankind. I see in future, mankind is like that. This is why I am sharing my knowledge in form of information contained in this book.

Texts contained here are extensions of the content from the first part “Life Style Without Food” (LSWF). **It is indispensable to read the first part in order to understand the content here**, because chapters written in the first part are extended here only, not repeated.

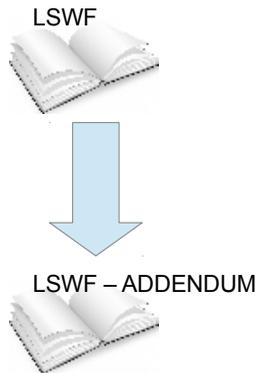
Pay attention that titles of this book line up with titles of the first part LSWF. When reading this book, have the other book open on the same chapter title at the same time.

First read the given chapter from the first part, then read the chapter with the same title here. When you proceed in this manner with both books, they become as one book. Consequently you will get the deepest understanding.

Thus, if you are continuing now, first read “THIS IS ONLY INFORMATION” from the first book and then read the following

chapter here “« THIS IS ONLY INFORMATION”, before you start reading “DEFINITIONS”.

« This character indicates that the text having the same title in LSWF has to be read first.



« THIS IS ONLY INFORMATION

Let me say it again – pay heed to the fact that this is only information and nothing more.

All information is:
↑ entirely true
or
↓ entirely false
or
↑↓ partly true and partly false.

Every bit of information is exactly that, regardless of its origin. Whether it comes from me or from a president or from an alcoholic or from the highest authority or from a hopeless villain or from a king or from a henchman or from evil or from angel or from extraterrestrial entity – it is still only information and it has one of the three above mentioned characteristics.

Always be aware of that. For when you are aware, it is much more difficult to mislead you.

Information is not your knowledge. Knowledge cannot be put across intellectually. By listening, reading or watching you can receive information only, nothing more.

You are building your knowledge, inter alia, through experience. You can also remember it or receive it from intuition, but not intellectually.

Information can be easily passed to others. Knowledge is built by man for themselves.

Therefore this book is just information for you, it is not your knowledge. What is written here can be true or false.

In addition, truth and falsehood are relative, because they depend on the circumstances. For example, $2+2$ may equal 4, $2+2$ may equal 11, or a different result is possible depending on the number system.

What is true in one system may be false in another. Truth and

falsehood are relative.

That is why I repeat, do not believe what is written in this book. Also, be wary of believing other sources. Listen, read and watch with the awareness that what comes to you, is just information which can be true and false at the same time. What that is for you, you will find out for yourself.

You can build your knowledge based on true and false information. When you harness information to serve you, then you experience and acquire – this is how you build your knowledge. However, that will be your knowledge. For other people, your knowledge will be just information because you are not able to transfer your knowledge to them intellectually.

« DEFINITIONS

Proper comprehension of what someone is saying or writing to you is the base of understandable communication. People may use identical words but intend different meanings. The word “god” is an example that evokes the largest number of images in respect to meaning. If you ask a thousand people to define the meaning of the word “god”, you will receive hundreds of definitions, among them some dozens will be very different. Imagine how much misunderstanding can arise when those people talk about god. Therefore, it is possible that in a group of a few dozen people everyone will be speaking about different things.

I do not use the word “god” unless I have first made the meaning clear to my interlocutor or the definition is not important for the sense of a given sentence.

Please note the meanings of the words that I have defined below and have used in my writings.

The following are my definitions:

emotion – a perceptible rise of energy activity in the body caused by imagination or by external stimuli. Emotion is a program in the instinct and as such, can be built in, modified or removed. Emotions are adopted from the society in which man lives, as a result of automatic programming which begins from the moment of conception.

feeling – a perceptible attitude towards a subject (for example, a man towards an animal) that can cause emotions. A feeling is the opposite of indifference.

Someone can be indifferent for you or you can feel something towards them, for example, you can love them. Because of that feeling, you can evoke emotions in yourself, which can manifest, e.g. as laughter.

Love – (written with a capital L) is neither emotion nor feeling or affection. However, Love can be felt. Love is something that appears

when Life is created. When one is under the influence of Love, one can trigger ecstatic emotions within and trigger feelings like love and joy.

In other words, when you are creating Life, you and those around you feel Love, something that is unexplainable and incomprehensible on an intellectual level.



The sun is the symbol of Love, because the sun is the creator of Life. Realize this – the sun does not care about you, does not know what you do and does not bother whether you blaspheme it or pray to it. The sun does not even know that you exist. Nevertheless the sun gives you warmth, light, soil, food, energy – everything necessary for your life. Without the sun there would be no life on Earth and your body would not exist.

In exchange for all of that, the sun wants nothing from you. The sun Loves unconditionally everything around regardless of how any being behaves.

The same happens when you Love – you are creating Life. It can be felt that you emanate Love – this is how you are becoming the sun.

love – (written with a small l) is affection that can be felt or expressed as liking, attraction, passion, warmth, arousal or lust. This love is a program (automatic mechanism) built into the instinct. Most people are familiar with love because they have loved and they were loved.



A red heart is the symbol of love.

You can Love someone without loving them. This is precisely what is happening in the case of the sun. It Loves you although you are not attractive to the sun. The sun does not yearn for you, it has no emotions associated with you.

man – a being who consists of an humanoid physical body, a spirit and a soul.

spirit – a being consisting of an immaterial body, a mind and a soul.

soul – a spark of the Consciousness emanating (being imagined) by IAM, existing beyond time, space and mind. The soul can be compared to a star, IAM can be compared to universe and the Consciousness to infinity. IAM can create many souls simultaneously.

person – legal fiction, a description created in imagination and existing only in a media, for example, stone, wood, paper, plastic or disc. Examples include a description on an ID card or characteristics written in a passport.

In LSWF, I was using the word “person” as a universally accepted substitute for “man”. Here I distinguish between those two meanings. Man is not a person, and a person is not a man.

« BEFORE WE START WITH THE TOPIC

« VOGUE

From data that has come to me I conclude that the vogue of become an inediate and the race for living without food, appear in some places on Earth while disappearing in others. However, one trait is common – many people, like sheep, follow what others are doing due to herd instinct. They do not know the subject deeply enough, they just read or hear something from someone and then they jump into the abyss. That method can be good for a worrier but it can cause physical injury and suffering.

From my observations, I have come to the conclusion that people cause the most damage to themselves by so called “21 day process”. They believe that this method is an efficient means for becoming inediate. I have never met any man nor heard of anyone who became an inediate as the result of following “the 21 day process”.

On the other hand, many people who have followed that “process”, came to me asking for advice due to the resultant physical pain and mental suffering they endured.

Other activities bringing adverse effects to people, that I have observed, are group gatherings lasting from a few days to a few weeks, organised by some people who were promoted on the internet as non-eaters.

I see that their main purpose to organize such activities is to make money. Knowledge of those leaders is insufficient for efficiently helping those who were aspiring to not-eating.

The people seeking help, turned to those leaders with hope, gave them a lot of money, but after the meetings those people still had unresolved problems and hopes unfulfilled.

I felt that it was dishonest for these leaders to prey on the hopes of others.

« WARNING

COMMON SENSE – please, pay close attention to this title. If you follow common sense, you will not experience the danger of degrading the health of your body.

In case of people living on Earth, inedia should not to be achieved by force. Inedia usually appears as a by-product of expanding sphere of the Consciousness in which man lives.

When you discover that something bad is happening to your body, go back. It is time to learn more, not to continue in the field that may hold unknown dangers for you. I know, you see inedia across the field – so what? – Even if you see it from far distance, you may not reach that place. Even if you are a natural warrior, still, you can perish. Therefore, let common sense guide you.

« TERMS

When communicating with people speaking different languages, I found that when translating a text from one language to another, there can be difficulty in finding the precise word with the specific intended meaning.

There may also be a variety of words or lack of words with shades of the meaning.

My hope is that these definitions are properly understood by readers of different languages.

I have decided to define key words used in this book as follows.

inedia – the natural state of man, now rare on the Earth.

Such man is called an

inediate – one who does not need food or drink to function properly;

not-eating – a state in which man does not need food to function properly;

not-eater – man who needs only water and sometimes other drink to

functioning properly.

If man consumes only drinks that constitute food for the body, e.g. juices, sweet brews, or milk, then a more adequate term is: man of a liquid diet or a **liquidarian**.

fast / fasting – refraining temporarily from eating or from eating and drinking (dry fasting) due to religious or tradition requirement or for healing the body. Fasting is one of the most efficient methods on Earth for getting rid of illnesses and diseases.

diet – established and observed set of consumed foods. People follow a diet due to a belief system or a desire to keep the body in good shape.

There are thousands of diets. No diet is perfect. Every diet helps some people while harming others.

« BE A CO-AUTHOR OF THIS BOOK

Even this addendum, that was written due to lack of information in LSWF, is imperfect.

Please continue sending corrections, hints, proposals, etc. related to the theme of this book.

Thank you.

INTRODUCTION

Man in their natural state is a being of unlimited abilities. To say it properly, man can be limited by their own beliefs. Beliefs constitute barriers that cannot be overcome. The way to freedom of man, the being of unlimited abilities, requires removing these barriers.

Those who rule others know, since the beginning of life on the Earth, that man in their nature is unlimited. If someone wants to rule people, that is to enslave them, he can achieve that by convincing people to follow beliefs. Man is ready to do a lot in order to protect and realize their beliefs, even fight to death for them. There are many examples proving how people on the Earth are blinded because of beliefs. Can you mention some of them?

Beliefs are programs built in the man's instinct, usually deeply. Intellectual explanation may create doubts, but rarely removes beliefs. Man often can explain to themselves why a given behaviour is senseless, but they still find it difficult to free themselves of such a conduct.

Explanation aiming to deeply intellectually understand why man living in natural state can make “miracles” (e.g. they need no food, drink and air), requires complete understanding of what man is and how individual constituents interact.

Since man is not an isolated object, you need to know the basics of what constitutes man when learning about them. So, to have a complete picture, let us start from the beginning, that is from the Consciousness.

« THE CONSCIOUSNESS

I have already written that it is impossible to comprehend the Consciousness intellectually. Let's do a comparison. A machine wants to comprehend the engineer who built it. This machine does not even have a tool (mind) which is necessary for thinking. The intellect is the machine and the engineer is the Consciousness. The intellect does not have a tool capable to comprehend what the Consciousness is.

Nevertheless, it is possible and worthwhile to bring the intellect closer to comprehending the Consciousness. As a result, the intellect has a deeper grasp. Using the intellect you are making decisions and thus creating your life.

Then, what is the Consciousness?

It can be depicted in various ways. Every description of the Consciousness is untrue, it is only a depiction of an image in our imagination. When you leave the intellect and enter the intuition or even beyond, you can "see" or "perceive" the Consciousness. However, upon returning, you will know that you are not able to grasp and describe the Consciousness.

Imagine that you are moving at the speed of light through the dark space of the perfectly empty cosmos without the smallest particle of light. You have been travelling for 15 billion years and still you see nothing. You have been moving endlessly and still there is only perfect darkness and nothingness. You cannot define space or time. If you were asked about space and time in the cosmos, you would answer that they do not exist or that they are limitless.

Now be aware, that limitless space and limitless nothingness is only a picture, just an image in the Consciousness. How much space and time does a picture in the imagination occupy? None. Completely nil. A picture in the imagination has nothing to do with time or space, because it is just a picture, which is an illusion.

Therefore, the cosmos which is limitless in space and time, is just an image or an illusion created by the Consciousness. It exists exclusively in the imagination, so it occupies zero space and zero time.

Interesting – isn't it? On the one hand, it is huge and infinite; on the other, it is ... nothing.

This is, in big approximation, how the Consciousness can be described intellectually: It is limitless and does not occupy any space. It is everything and nothing simultaneously.

The Consciousness can be described as simultaneously both:

- all boundless universes with all matter, light, energy, Life and time, and every thing else and
- nothingness.



Thinking about the Consciousness for the purpose of understanding It, is untrue and therefore creates falsehood. The Consciousness transcends thoughts because It contains everything. Truly, if something exists, it must be only the Consciousness, because everything else is just Its image.

If I was talking to you about the Consciousness, describing It intellectually and conveying by the intuition, I would have no way to make you comprehend what the Consciousness is. My explanations and I are just an infinitely small piece of what the Consciousness imagines. How can an image or micro thought describe its creator?

Let us continue. Imagine that you are still moving in that limitless cosmos. Now you notice flashes of lights, that is, you see result of Life creation. The Consciousness creates Life and entire galaxies made up of billions of stars which are suns. Whenever a star is created, you see light – that is the manifestation of Life creation. This is how the Consciousness creates beings in Its imagination.

Each of these beings, that is every star / sun, is a part of the Consciousness in Its imagination. Every of these parts lives and creates cosmic matter, like planets, moons, comets, star dust, water and elements. All of existence and Life are only images of the Consciousness.

It can be simply said that a galaxy, sun, black hole, and planet are pieces of the Consciousness; or to put it even more simply – they also are the Consciousness. Whatever exists is only the Consciousness.

In comparison, it is a somewhat similar to state that every hydrogen atom in the universe can say that it is hydrogen, and every droplet of water in the ocean can say that it is ocean water. Each of these atoms and droplets has qualities of the whole, if you forget about the illusion of space and size.

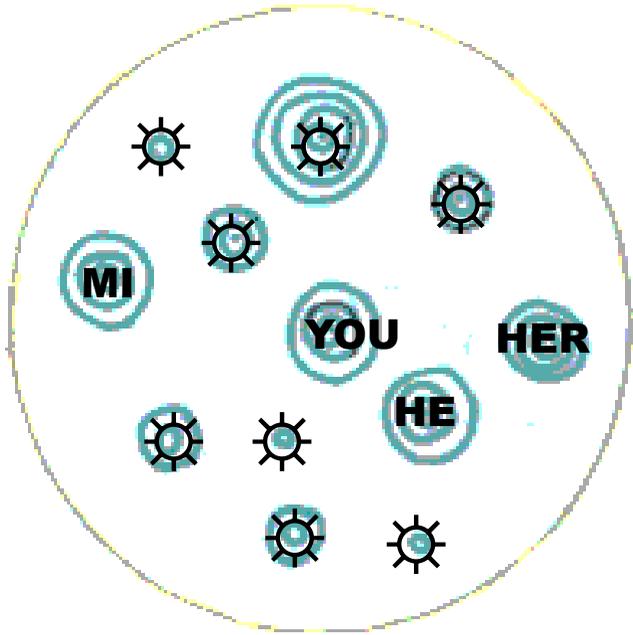
At this point, can you guess why I wrote: “I AM the Consciousness and everything else is my creature.” as the motto of this book? Now it is obvious that man is also a piece of the Consciousness, similar to those suns and atoms. Man is also the Consciousness because nothing else exists.

Do you understand?

No?

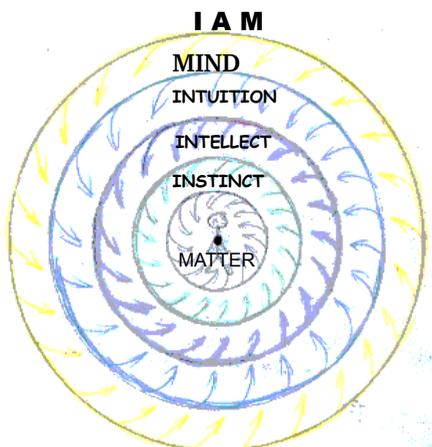
Good, for that is normal. I also do not understand.

This is called philosophy – things can be considered and imagined endlessly when they are not comprehended intellectually.



There are many IAM in the Consciousness.

« IAM



Matter – including the body of man – is a picture in the mind.
The mind – consist of intuition, intellect, instinct – is a picture in IAM.

IAM is a particle of the Consciousness that has the same traits as the Consciousness Itself – it is worth to well remember this definition.

IAM is written in capitals “I”, “A” and “M” in order to differentiate between “IAM” and “I am” which consists of the personal pronoun “I” and the verb “am”. Therefore “IAM” is not the same as “I am”.

For example, one can imagine that IAM is related to the Consciousness just like a hydrogen atom is related to the entire gas hydrogen found in the universe, or like a water droplet is related to the water in the ocean, or like a grain of sand is related to the entire matter of the Earth.

Every hydrogen atom in the universe can say that it is hydrogen of the universe, and every water droplet can say that it is water of the oceans.

Now you may think that there is a difference in size between IAM, which is a particle of the Consciousness, and an atom or droplet. After all, an atom occupies much less space than the entire hydrogen of the universe. Similarly, a droplet is many, many times smaller

than the ocean.

Recall what I wrote about the Consciousness above, that It is not limited by dimensions, space, size or time. This means that the Consciousness can at the same time be as boundlessly huge as all the universes and as infinitely small as a point or nothingness.

IAM is the same as and has the same traits as the Consciousness, thus both IAM and the Consciousness are the same matter. In order to imagine and later understand / explain this more easily, I have defined IAM as a particle of the Consciousness having the same traits as the Consciousness Itself.

In simpler terms, you can imagine that IAM is like a water droplet from an ocean, or a molecule of air from the atmosphere, or a grain of sand from the Earth.

You may wonder why I insist on the understanding of IAM. It is because IAM is the essence of every being. IAM is the creator of everything that comprises a being.

IAM creates the mind, energy, matter (universes), Life and beings. Man is also a being that is created by IAM.

CONTEMPLATION OF IAM

Sit or lie down in a relaxed position. Stop thinking and move your attention away from the stimuli coming from your senses. If a thought appears, do not follow it, just leave it alone.

Focus on IAM – that is what you are in the essence of you. Move your attention away from thoughts, mind, body or anything else. Only focus on IAM – whatever you imagine that is. Do not think about IAM, because IAM is beyond the creating power of mind, and also beyond any place and time. On the contrary, the mind is in IAM, so IAM cannot be created by thinking.

However, mind – and the body through it – can feel the presence of IAM. Focus on this feeling. Tune yourself in for the appearance of IAM. Remain sitting or lying down in a fully relaxed state, but stay

focused on IAM.

When IAM begins to manifest, you will feel that in form of indescribable joy and Love. At this point you will feel that your Inner Power originates from IAM.



“I woke up contemplating my 'selves' (ego, personality, mind, thoughts, witness) when spontaneously they were seen for what they are – constructs, or vehicles for the IAM to function/experience on this level of existence ... It was so clear! Suddenly, all shattered and collapsed into the IAM that IAM and then stillness ... nothing ... for a moment/eternity ... So I KNOW ... all is created and sustained by and IS Life/IAM. And deeper still, everything/IAM unfolds from nothing.”

Amara

« SPHERES OF THE CONSCIOUSNESS

Since you have already grasped the meaning of the Consciousness, let us now move to the concept of the sphere of the Consciousness. Understanding this term makes comprehension of the Consciousness easier.

The Consciousness is not limited in any way; however, the Consciousness, being omnipotent, can limit Itself in any way. In this case, the limited Consciousness is a sphere of the Consciousness.

Commonly known spheres of the Consciousness are shown on the diagram in LSWF. In reality, there are an infinite number of these spheres as the Consciousness is not limited by any boundaries.

Every sphere of the Consciousness represents a limitation. Every being is limited to a given sphere of the Consciousness. Man, while using instinct, intellect and intuition, is also limited, usually to the sphere of intuition. Potentially, man can grow in development much more.

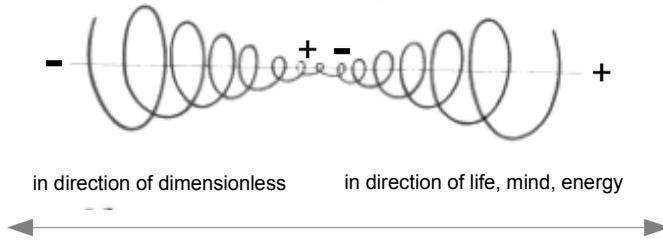
This so called “spiritual development” consists in expanding the sphere of the Consciousness. The more a being expands the sphere of the Consciousness in which he lives, the more “spiritually developed” the being becomes.

The expansion of the sphere of the Consciousness can be considered a development of one of the following two directions which are in opposition to each other:

- Life – that is the coming into existence and the growing in forms, movement, energy, expansion of space, and time; or
- return to the Consciousness – that is the disappearance into the nothingness.

Both directions of the expanding of the sphere of the Consciousness are represented on the following drawings.

expanding spheres of the Consciousness



In LSWF, where I explained the diagram “Spheres of the Consciousness”, I wrote, “At the same time the above picture shows the process known as evolution (growth).” What I meant by “evolution” was the development in creating Life which is one of the two directions. Life is associated with the development of forms, movement, energy and the expansion of space and time. In other words, the larger Life is creating the sphere of the Consciousness, the more intensive movement that occurs in it, the higher the vibrations are, the bigger the radiated energy is and the brighter it becomes.

Here are some examples:

Plants, which are bodies of higher vibration than minerals, have more movement.

Animals are clearly more busy, more alive than plants.

People have more energy and are higher vibrating than animals. As a result they usually live longer. If man does not degrade their body, man can live as long as the planet that they was born on.

Spirits are beings of higher vibrations than people. The spirits' vibrations are so high that their bodies usually are non-material and invisible. They have more energy and can move more quickly.

Therefore the progression: minerals > plants > animals > people > angels > and so on, shows beings of increasingly higher vibrations that are more and more “developed” and “wiser”.

Here I explain the direction of the expansion of the sphere of the Consciousness described by the term “development of Life”, which is the mechanism of the evolution of beings. This direction can also be called enlargement or expansion. It creates matter, beginning with

ether and elementary particles, continuing to atoms, planets, galaxies and universes. The Big Bang hypothesis is thus supported and it aligns with reality.

The other direction of expansion of the sphere of the Consciousness is the opposite of the first one; it can be described by the term “shrinking”. In this case the spheres of the Consciousness are expanding in the direction of the full, unlimited Consciousness that is understood as dimensionless, infinitely small, non-existing, and perfect nothingness.

In this process, the evolution regresses, galaxies lapse into black holes, vibrations decelerate to a full stop, energy decreases to absolute zero, darkness falls and everything disappears, lapsing into nothingness.

Initially, it is difficult to understand that both processes of returning to the Consciousness (also called explosion and implosion) are expanding the sphere of the Consciousness which is heading toward the disappearance of the limits. But when you realize that the Consciousness can be visually imagined as infinity and nothingness simultaneously, you will understand more easily that expanding the sphere of the Consciousness leads to the fullness of the Consciousness without spheres and limits.

These two opposite directions can be seen in activities of man. On the one hand, man studies and develops technology, creating new fields of life, and even travelling into the cosmos. On the other hand, man sits in silence and darkness in order to enter meditation and return to IAM, the Consciousness.

« INSTINCT

I suggest that you become well aware of what instinct is. The most important thing is to remember that instinct is a collection of programs and data. It contains all the emotions and feelings. Instinct can be compared to the software of the computer. You

switch a computer on and it starts to function precisely according to instructions given by the software to the hardware. The hardware, that is the machine itself and called a computer, does not function without software and stays dead. You can compare it to human – the body is a machine, the instinct is software. The human body cannot function without instinct.

The software of a computer does not think; it merely gives instructions, precisely following the programs and data. When the software gives harmful instructions, it causes improper functioning of the computer and can even hang it up. A program that harms the functioning of the computer is called a virus.

Man's instinct works in exactly the same way. It follows the built-in instructions (programs + data), even thou this harms the body or leads to death. The harmful function is called an illness. The harmful set of instructions is called a virus.

Regardless of whether the activity of instinct is harmful or not, it functions just as in a computer, even if this activity leads to destruction of the machine, which is the body.

A SECRET

You may wonder why I wrote so much about the instinct instead of focusing on inedia, not-eating, etc. Let me reveal a secret. If you fully comprehend this, it will suffice for you to become an inedia or not-eater. Knowing this secret, you can create 'miracles' with your body.

The instinct holds the programs and data responsible for processes of eating, digestion and excretion. Normally, according to these programs, the human body must receive the proper substances in the correct quantity and at the right time, in order to function properly – that is to say, to be healthy.

Your body cannot function properly in inedia if you have not modified your programs. You must eat so that you do not to harm

your body. If you force your body to not-eating, you may harm it. If you push it too much, you will kill it.

The full secret of inedia and not-eating is the proper modification of these programs so that they function differently. For example, you can modify the programs responsible for the processes of eating, digestion and excretion in such a way that the body will not require food for proper functioning. Then, according to these modified programs of instinct, the body will always function properly, regardless of whether you give it any food or not.

Inedia and not-eating are not possible without the modification of programs and data in instinct.

How is the program modification achieved? I will discuss that topic later in this book. However, in order to grasp the concept, one needs to fully comprehend the information given here, about the Consciousness, IAM, mind, instinct, intellect, intuition and man.

« INTELLECT

Intellect is a part of mind, a tool used for conscious programming of instinct, for finding solutions and for creating. Your life is being created in your intellect. Your decisions are created there, you bring to life problems and get rid of them also there. Using the intellect you think logically or not, communicate with beings, explore, learn, solve tasks and answer questions.

If you were not using intellect, you would behave as a thoughtless animal, for example, as a hare or even less thoughtlessly. Your body would not behave under decisions of intellect; it would merely follow programs of instinct. This happens to man, especially to one with weakly developed intellect, whose body is more ruled by instinct than by intellect. You probably have seen such cases, and how such man behaves. The less intellect is ruling over body, and the more instinct does, the behaviour of man is more reduced to providing basic needs and satisfying cravings, according to functions

of instinct.

Intellect is a very useful tool of man. Without intellect people would still be living like animals in nature. The technology would be on the level of muscle strength and speed of movement, or it would be developed up to usage of wood blocks, stone and sand.

On the other hand, the usage of intellect causes sufferings of man. An example can be the use of the intellect power for destroying nature and constructing tools to kill people. Some people use their intellect to manipulate other people in order to enslave and reign over them.

Man can use false information that they believe in to build their own world in intellect. Such man creates problems and thus unconsciously programs their instinct, which brings sufferings caused by their own wish. So, if you do not wish to suffer, do not believe in information. What is written, spoken and shown, is only information. It can be true or false. If you believe thoughtlessly, you are asking for suffering.

Take advantages of intellect that you rule over. It must serve you, because it is your tool. It has to serve you in solving problems, so that you will understand and learn efficiently. It has to serve you in making efficient visualizations, so that you can modify program of instincts for your own good.
Intellect has to obey you.

Sometimes you need to switch intellect off – this is a very useful ability. Thanks to that you can, for example, fall asleep at will, cut off attention from stimuli of the environment, fall into meditation. You can also hear intuition or use an almost perfect method of communication and information receiving, which is called telepathy.

« INTUITION

Intuition is a part of mind and also your tool. It is a powerful tool for communication and receiving information. When you can fully use intuition, you do not need look for information through intellect. Then schools become redundant, nothing can be hidden from you, because you know what and when anything was thought about. You just need to turn your attention to anyone or anything and you immediately know everything about them. You learn so fast that there is no chance for a question to be formed. If you used intuition to learn how your body can live without food, this book would be useless for you. In one second, you would get to know everything about this theme, in fact, much more.

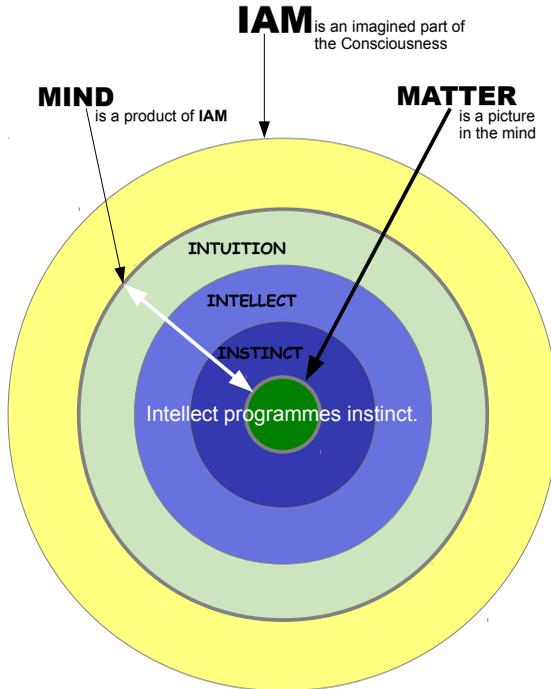
When you intuitively contact another being, this type of communication is called telepathy. Then the communication technology becomes completely useless. The most sophisticated and fastest telephone or internet connections become for your primitive tools which you even do not want to see. Instead of talking for hours with the other man, telepathically you need just a second for saying everything and listening to all. Even more, you will feel everything that your interlocutor does and you will go through the same emotions.

Man uses intuition when they want to know something immediately, things that are not available for intellect or would require too much time and energy, like, e.g. travelling, exploration, asking, or researching.

On the other hand, using intuition makes man see life less interesting. See, what is the fun when you know everything about a topic or about someone just at your wish? Then there is no secret for you, there is nothing to look for, to research.

How can you play a lottery when you know what will be drawn? How to enjoy presents when you know in advance, who is to and what is going to be given to you? How to participate in a conversation when you know who is to speak and what is going to be

said , because you read their thoughts?
Would you like to live like that? That would be unpleasant on the Earth, that is why we people here have intuition developed so little.

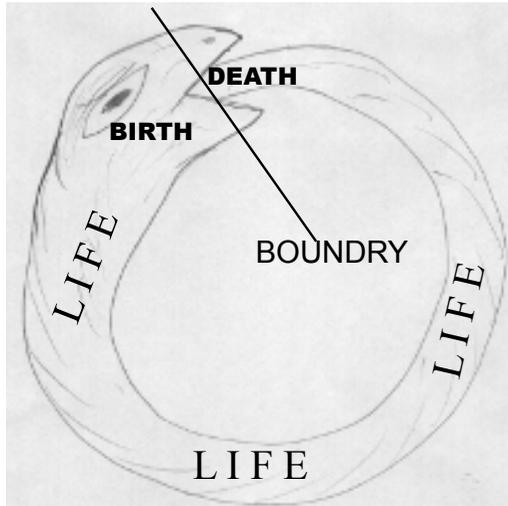


MIND and BRAIN

By the way, do not confuse mind with brain, because they are two completely difference things. You already know that mind is not material and is not in the body. Your body is an image in your mind.

Brain is a physical organ in the head, the central controlling device for electrical and light signals in man's nervous system.

WHAT IS LIFE?



Life is a transformation occurring in movement, lasting from birth to death.

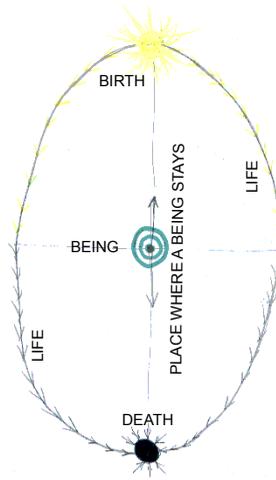
The beginning of Life is called the birth, and the end – the death.

Birth exists because of death and death exists because of birth. Birth and death are the same thing, but it is seen from the opposite sides, from different dimensions, and from different worlds.

For something to be born, something else must die. For something to be able to die, it must first be born.

The boundary between death and birth is the transformation of one thing into another, but this does not stop Life, although one thing must die so that the other can be born.

A snake eating its own tail – thanks to this the snake lives – can symbolically present Life. If the snake stopped eating (killing or creating death), its body could not be built (reborn or create life) – it would die of starvation.

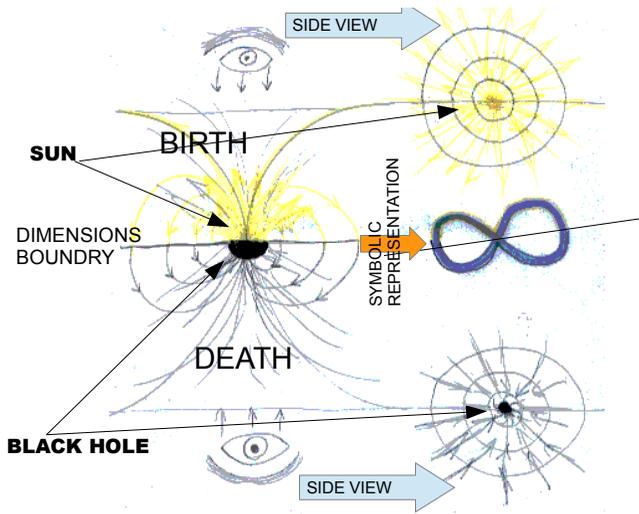


Birth is presented as sun, because it emanates and gives life to matter. Death is presented as a black hole, because it devours and kills matter.

In the universe matter is created by suns (stars) and it is annihilated by black holes. Matter lives between sun and black hole.

The beings choose where they stay – this defines the direction of their activity. They move to the sun (light) and creation of matter or to the black hole (darkness) and killing of matter.

Light forces create, give birth, and emanate. Dark forces annihilate, kill, and devour. The former is as much needed as the latter. When they are in equilibrium, Life exists. When one of the forces outweighs the other, Life makes its way towards the end.



Sun / black hole connects two dimensions / worlds.

From one world the sun is seen (birth), from the other – the black hole (death). The same thing – which simultaneously kills and creates – is the black hole in one dimension (world) and the sun (star) in the other.

The black hole must annihilate, that is kill, matter, so that the sun can give birth, that is create, matter.

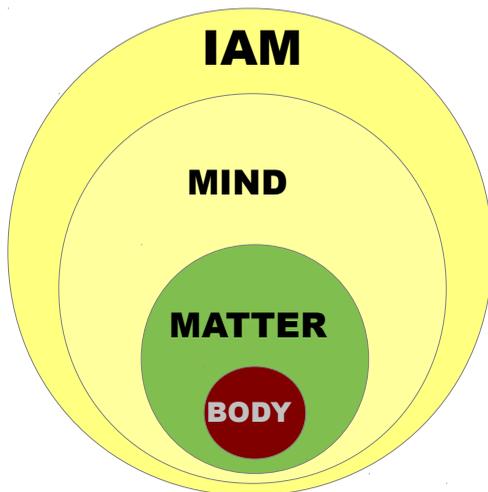
The killing creates a substance (food) for the birth, and the birth creates a body for the death.

The infinity symbol presents this ever-lasting occurring process.

« WHAT THE HUMAN IS MAN?

Having read the story about a fish from LSWF, you have an image of what man is, what they consist of, how they function and what they do. Instead of a fish, you can imagine other animal or even a plant or a mineral, although in this case you may have less to experience.

To be more specific, I am describing here, using other words, what man is, because this is important information for you. Having known deeper what man is, what they consists of and how they function, you have more possibility to create life consciously.



The entire matter, including the body, is in the mind.
The mind is in **IAM**.
IAM is in the Consciousness.

This drawing presents man differently, compared to the picture in LSWF. Here I show man as construction of spheres. We still have the same elements: IAM, mind and matter. Man can be illustrated still with other drawings.

You already know that there exists nothing but the Consciousness. Everything, everywhere and always are in the Consciousness. On the drawing, I started with IAM, which I have explained earlier, IAM is an imagined piece of the Consciousness that has the same traits.

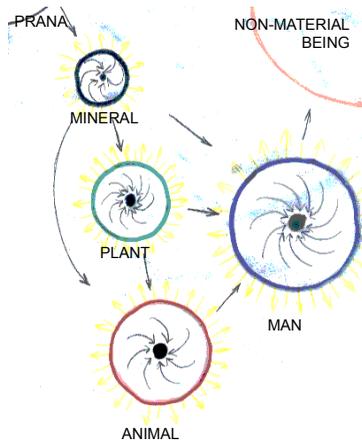
IAM creates everything else in the imagination. To make it simpler, let us accept that all is created inside IAM, thus whatever exists, is in IAM.

IAM creates mind. Mind consists of intuition, intellect, and instinct. In the mind, there is the entire matter, entire universe, because they are just an image, as everything else, kind of an illusion created by mind. Part of this matter is man's body.

This is what man looks like when illustrated. You can draw a conclusion from this drawing that man's body is an image in their mind. Man's mind is a picture in IAM.

The picture is an image only, which is something that has no solid base, thus it is an illusion. The conclusion is that everything material, what we universally call “reality”, including man's body, is just an image, just an illusion.

Then, what is man? Man is a creature of mind imagined by IAM, by the Consciousness. Man is nothing = is the Consciousness. IAM the Consciousness and everything else is my creature.



Looking from energetic side – man simultaneously creates and kills, according to the process shown on the drawings in the chapter “what is life”.

Eating and excreting are processes supporting Life. Man, in order to live, eats and excretes – kills and creates.

The following picture shows, how man is situated in the food chain. Every being on the drawing – mineral, plant, animal, man – simultaneously takes and creates / kills and gives birth / absorbs and emanates.

As the drawing shows, man can absorb (eat) animals, plants, minerals and prana.

Black hole and sun can be found in every being.

« LIGHT (written with capital “L”)

This is another complementary explanation.

Light is the thing that is seen when Life is being created. When the Consciousness is creating something – for example, an atom, sun, or universe – light is seen. The “Big Bang” is a huge flash of Light, which is visible, when universe arises – the Consciousness is creating energy and matter.

When you close your eyes, withdrawing reception from the senses, deepening yourself in a state without thinking, when your intellect becomes passive and you are entering meditation, then the first thing that you see is Light. Your eyes are closed, darkness surrounds you, but you see bright Light. That is from you in your essence, the creator of life of your mind and body – you are creating them all the time, that is why Light is there all the time.

Man and every other creature have this Light inside themselves. It is a manifestation of Life. Life of a creature is being created all the time, that is why every being shines with light.

« REPROGRAMMING

It is worth to be aware that a large part of instincts consists of beliefs. Man is a powerful being with potentially limitless abilities, but they are limited by beliefs. Beliefs are barriers or limits that man does not cross. The more beliefs man has, the more limited they are, the more they have to remove in order to become free.

If you believe that the body has to eat to live, all will happen to you like that. Then you have to eat, because if you do not, you will destroy the body. Then you also can give up aspiring to inedia or not-eating.

Those who believe that the body functions because it is built and energised by eaten matter will not be able to keep the body functioning properly.

The belief that body has to eat in order to live is a limit that cannot be crossed by man aspiring to inedia. Such man needs to remove the limit. Then reprogramming in this field is required. I have written about it above in “secret”.

The same is with other beliefs. Every belief is a limit. You cannot cross a limit, because if you do, you are suffering somehow. But you can remove limits – this gives you more and more freedom to act. Reprogramming is a process of removing beliefs from instinct that is its limits, and opening a way to freedom.

When you are removing beliefs, then you are also leaving those who manipulate you. Master, guru, spiritual guardian, adviser, pastor, priest, teacher and so on – they all are your barriers not to be crossed. They also are sources of your beliefs. When you decide to become more free, you will leave them, that is, you will remove these barriers, you will stop believing them. This is also reprogramming that removes beliefs in manipulators.

Be aware that also the author of this book is such a manipulator. You should leave him, stop believing in what is written here, so that you can develop yourself and move farther.

Beliefs concern also religion, philosophy, system and different -isms. They contain useful information which you can use in your life. However, when you blindly believe them, again you fall under barriers not to be crossed. Only by having removed these barriers can you feel relief. When the burden is removed, your mind becomes lighter and you can move farther, and develop yourself, that is, expand sphere of the Consciousness that you live in.

Reprogramming, that is, removing of beliefs, may not be easy. When you decide only: “I do not believe this any more” or “I am leaving this church” or “I abandon this master”, etc. – this is not enough. Instinct requires complete decision, image, and energy, in order to be reprogrammed. I wrote about that in visualization.

« POWERING THE BODY

You already know what man is. From that you can conclude easily that what is also powering man's body is one of the actions occurring in imagination. Since man's body is just a picture in imagination, and all matters are also just a picture, thus powering man's body is a picture – the same kind of illusion.

In “reality” this looks different – you think – man eats material food so that their body has building material and energy for living. Sure, in that “reality”, which is only an image of mind, which is an illusion, such a thing really is occurring.

When you shrink to the intellect sphere of the Consciousness that you live in, you do not see other possibility. However, when you go outside the intellect sphere, you start to see how matter and energy function and what they are, you see the illusion.

Knowing what man is and how they function, you also know that man's body is powered in such a way, in which this is pictured in their mind. Knowing already what instinct is, you probably guess that man's body needs powering = food in accordance to man's belief. I have written about this earlier.

« DIGESTIVE SYSTEM

Man in their natural state does not need to eat anything. In the far past, when people on the Earth were developed much more than they are now and were living thousands of years, they did not need to eat. They could do that for fun of experiencing matter. This is similar to case now when people do not need stimulants, but they use them for pleasure.

Then, why does man have teeth, stomach, intestines – all that sophisticated digestive-excreting system? Well, the reason is to deeply experience matter. As much as 90% of experiencing life on

the Earth is somehow related to eating. Think about it, if man did not have a digestive system, they would have lost the possibility to play in matter.

Many ineditates and not-eaters come back to eating after some time. For some of them the reason is that they cannot keep the body in proper functioning any longer. The reason for the others is boredom. They feel that to live like that is just senseless, since the 90% has been removed. They still desire to experience matter and all associated things – after all there is enormity of it.

« BREATHING SYSTEM

This is a secret of efficient prana drawing by using breathing. I spontaneously showed this exercise during one social meeting. People were bursting with energy after performing it.

You can use this method to power your body, if you wish so. This may be useful during fasting or transition to not-eating, when you feel low level of body energy and you do not know how to increase it with simple act of the will.

Comfortably stand astride, the best is barefoot directly on soil. Hands hang down freely. Move hands a few cm to front of thighs. Feel how energy is freely flowing through the entire body, from ground to cosmos and inversely, depending on what you imagine.

Next, partially close the eyes and inhale, deeper than usual but do not exaggerate. Stop inhaling at its top (when the lungs are filled with air), but do not block the larynx or nose. Simply, when the lungs are filled, stop breathing in freely and without effort.

Now imagine that invisible and imperceptible inhalation still is occurring. This is actually the prana inhalation. Prana is not air, it has no mass and does not occupy space. Prana follows mind's will, that is why it is enough to think that prana flows into your body in order to make this happen.



Keep this state of stopped inhalation while imagining that prana is flowing into your body. After a while, you will notice that you want to yawn. Do yawn, but do not inhale; continue drawing in prana when imagining that you direct it into the body.

When you feel saturated – probably also feel creeps on the body and tears in the eyes – you can freely let the air out from the lungs. Do the same after next inhalation.

Repeat all of this effortlessly, but do not force the body to withstand without breathing. This must be pleasant, giving you feelings of energy arousing and deep energizing of the body.

It is worth to know that prana can be drawn from the sky or ground. Your imagination decides that, because you are directing the drawing of prana. When you decide to draw prana from the sky, you will feel it flowing through the middle of your head. When you decide to draw prana from the ground, you will feel it flowing through your feet and legs.

You can also draw prana simultaneously from the sky and the Earth – this is the most efficient saturation of the body with energy. In this case you are directing the prana flow simultaneously from above through the middle of your head and from below through your feet. You have to clearly feel it. Both streams of prana, the upper and the lower, meet in the region of your heart or in any other place – you decide where they meet.

Before you start drawing prana into the body, first decide, to which place to direct it and in which part of the body you want to accumulate it. You can decide that, when drawing prana in, you will direct it to the region of the heart.

When you feel energetically weak, you may want to accumulate prana in solar plexus. On other occasions, when you feel a sore throat, direct prana just to that spot and imagine how prana heals it. You can direct prana to any body region in order to energize that place. You can also draw prana in and distribute it through the entire body, without focusing it in one region.

If you heal others by touching, you can draw prana and concentrate it in your entire body or only in your hands. Then you can transfer it to another man through your hands (but that is a different topic).

This prana drawing exercise is especially efficient if you are doing it in a place saturated with energy – seashore, mountain peak, forest, desert at sunrise, and power spot are examples of such places. When you are taking prana from the environment, in the rays of the rising sun, you are receiving additional energy.

Drawing prana in at the peak of the inhalation is an efficient method of nourishing the body in the breathing system. Some people use this

method to fully power the body. Just by drawing prana they give the body enough energy to live without any food and keep the body functioning properly. Those people can be called breatharians, to emphasize the way they live without material food; or pranarians.

This exercise can be modified in many different ways in order to stronger feel prana energy in the body. For example, when drawing prana in, you can be slowly rising your hands – the hands move up in a semicircle way. When exhaling, you are moving hands in the same semicircle way down.

Pay attention that in this energizing exercise the imagining of how prana flows into the body is much more important than the breathing itself. Prana is not breathing and not air, but the holding up of breathing can be used for drawing prana into the body.

« SKIN SYSTEM

Do you know what is the most important for the skin? – this is related to the surface of this organ.

Answer: Sunshine.

Sunshine falling on the skin is one of the most important foods for man. Lack of this food weakens the body self-defence system so much that the body is not able to protect itself against illnesses and destruction.

The viable sun light and invisible cosmic radiation fall on the skin – both of these factors are essentially important for proper functioning of the body. For this reason man should stay without clothes outside of buildings so that the skin can see the sun and sky as much as it is practical.

Let the entire skin “see” the sun. Walk barefoot and naked whenever you can, necessarily in “the bosom of nature”. Let the sunshine freely fall on the skin. Do not cover the skin, especially do not use sunscreen creams, because they harm the body with poisons absorbed through the skin. Sunblock ultra violet filter creams are

especially a bad idea.

Walk barefoot and naked in forests, mountains and by the seashore. Swim in natural waters if they are clean. When getting out of the water, do not wipe the skin, let it dry in the wind – in this way the skin adsorbs energy from the moving air.

However, do that moderately. If you have not exposed the skin to sunshine for a long time, now do this gradually. If the sun shines strongly, first let it fall on your skin for no longer than a few minutes. On the next day you can extend this time by a few more minutes, and so on., Without harming the skin, you will be able to stay in the sunshine as long as you like.

When you feel that it is too hot for you or the sun burns your skin or it becomes red, this is a sign that you are exposing the skin to the sun for too long. In this case stay longer in the shadow. The Polish say: “What is too much is not healthy.” (“Enough is enough”).

Emanations from the sun and cosmos plus wind and water in the air are food for the body which the skin adsorbs. If the skin of your body is insufficiently exposed to sunshine, do not wonder that the body is unwell – it simply lacks food.

You need to move when staying in nature and exposing the skin to sunshine, wind and water. To merely lie down may not be enough. The body needs movement of all muscles. Through movement the muscles produce electricity which is necessary for proper functioning of the tissues. All starts to slow down and decay without this electricity in the body. So, move yourself, but do not exaggerate, do not force the body to excessive exertion.

You can consider heartbeat, as the determinant of sufficiency of movement for the body. When physically exercising in nature, you should keep the heartbeat at around 130 at least 3 times a week for 30 minutes, thus you meet the statistical minimum. Depending on how advanced you are in exercising, this may be too much or too little for your body. So, adjust the dose of exercises.

It is exceptionally important for man who is fasting or aspiring to inedia or not-eating to regularly expose the body to sunshine, wind and water and to exercise in nature. Thanks to this, the process of cleansing and repairing the body progresses more efficiently and man suffers less from symptoms.

Stay in nature not only during warm and sunny days. The skin needs radiations from the sky and the wind every day. If it is cold outside, windy, rainy, etc. do not stay there too long. Even if you run barefoot and naked on the snow only for one minute, at the temperature -20°C, that will give health advantages to the body.

Sun and cosmic radiations, wind, water, and vapour contain life energy, that is why they are food for the body. When you are thinking slowly or tired due to long sitting at a desk or watching TV, then take off your clothes and run at a trot a mile or so outside. Then come back home, take an alternate shower and feel vigour. You will have so much energy again. Thanks to this, you can intellectually work efficiently again, because your thinking is fast and sharp. The body will be stronger, more resistant and persevere. The ageing process will slow down, so life will be extended.

Mark Adams has written in his health internet portal:

„Vitamin D is a powerful immune booster as well as a natural pathogen destroyer. It increases the body's production of a class of proteins called antimicrobial peptides, approximately 200 have been identified thus far. They are known to directly and rapidly destroy the cell walls of bacteria, fungi, and viruses and play a key role in keeping lungs free of infection. The best form, by far, of Vitamin D is naturally occurring Vitamin D3, which is produced by sun exposure on the skin. A single, twenty-minute, full body exposure to summer sun will trigger the delivery of 20,000 units of vitamin D3 into the circulation of most people within 48 hours.”

http://www.naturalnews.com/046638_ebola_immunity_antivirals.html

« PINEAL MENTAL SYSTEM

In LSWF I used the term “pineal”. Later I found that this term causes misunderstandings, so I decided to change it to “mental” system of body powering.

We are talking here about food of the highest quality. This food is used by these inediates who still believe that man's body must be fed by something, so that it can live. Inediates who rid themselves of this belief know that their simple will is enough to keep the body in a perfect state.

This method of “body powering” is so simple that most people have difficulties to get it intellectually. Anyway, let me explain more.

You see in your imagination that according to your will, the body is automatically self-powered. This means that you have decided that energy necessary for proper functioning of your body is being automatically created.

You have decides so, thus, according to your will, all energy required by the body is provided to it. This is happening because energy follows your will.

In this case, you do not have to focus on any source of life energy, you just imagine that it is in your body. You are clearly feeling this. You feel its flow, if you focus on it. You can also freely regulate and direct it, if you noticed such a need.

Having sufficiently expanded sphere of the Consciousness that you live in, you already know that everything is a picture in the mind, an image that is an illusion – so is energy . In this illusion, the matter of your body is created from energy.

The mental system works also in case of people of “strong/deep faith”. Such man deeply believes that God ordered them to live without food, and thus God provides their body with everything that it needs.

In this case, the unshaken belief and emotions of man constitutes efficient visualization. Visualization is a technique used for materializing a picture from imagination into the reality. This is a purely mental technique. It is efficient even when/if it is done unintentionally. You will read later about visualization.

« BODY CLEANSING, PURIFYING

Man can efficiently purify their body with proper diet or fasting. Primary requirement for purifying the body is breathing with clean air, drinking clean water and eating food free of poisons.

When travelling in different countries, I noticed that people living in cities do not have clean air, water, and food. Especially water available in cities is dead and poisonous except rare exceptions. If man does not reign sufficiently over matter with their mind, they will not purify the body when drinking such water and bathing in it. Then efficient body purifying is difficult to be performed in a city. Having decided to efficiently purify and rejuvenate the body, man ought to go from the city to nature, that is to a forest, mountains, or seaside – a place where air and water are clean. Cleanness of water is particularly important.

Lack of proper water for drinking and bathing is presently one of the biggest health problems for people living in cities. I am going to go into this matter later (in another book), in order to help people to protect their body against constant poisoning.

Please, if you have information about this, let me know, so that I can share with other people. This is a large theme – where to take clean water from, how poisoned tap water can be purified for drinking, how to produce properly structured water for man, and so on.

Be aware that your body, particularly the brain, consists mostly of water. Water drunk by you has a direct impact on your body. This is constantly happening, even when you do not feel this any more.

For now, provide yourself with efficient filters, which remove fluoride, chloride, bromide, lead, platinum, cadmium, copper, aluminium, iron and many other substances that harms the body when accumulated too much. Particularly fluoride and chloride, when added to water, are dangerous. Fluoride, besides harming bones and teeth, badly affects the pineal gland, what stultifies man and thus makes it much more difficult to develop mentally

(spiritually) – man becomes more and more like a machine in their thinking and acting.

Keep drinking water in containers made of silver of purity at least 999.

Learn how to treat water by using magnets and by electrolysis with semi-permeable membrane (alkaline water).

Study works of *Masaru Emoto*, in order to learn, how shapes, sounds, words and thoughts affect water – thanks to this you can bring back proper structure to water. In this way, you can program any drink, while holding it in your hands, before consuming it.

Your body is mostly water. Your words and thoughts are programming this body water and water which you intend to drink. Being aware of this fact, talk and think about yourself only in positive way.

Apart from that, I suggest, get rid of any water container, which is not glass, silver, enamelled or stainless steel, stone or wood. Never use plastic or rubber bottles unless you really have no choice.

« NOT-EATING and LSWF

I often repeat that inedia is a by-product, which happens when man has sufficiently expanded the sphere of the Consciousness that they live in. There are exceptions, such as a “primitive” man becomes an inediate. I have written very little about these exceptions, because this book is dedicated to those people who are on a way of conscious self-development.

I suggest that you focus on expanding the sphere of the Consciousness that you live in instead of on inedia. When you sufficiently expand that sphere, that is, you develop yourself spiritually enough, then things like inedia will come along just as an act of your will. Simply, you decide and you receive it.

When you force your body to not-eating, you harm yourself. If your goal is harming yourself, I do not support this, but I do not criticize your choice to experience life on the Earth. You have free will, so you can choose suffering.

You can recognize full power of inedia only after you really achieve that state. Then you can truly say that you conduct a life style without eating. But when you force inedia on yourself, you are far from reality created by an inediate. Forcing inedia causes deeper sinking into illusion.

When the common sense guides you, you can try many times to start life style without food without doing any harm to your health. Every try can be a valuable lesson for you. But when you forget about the common sense, then experimenting on the field of inedia may bring damages to your body. This is why I often repeat, let the common sense guide you.

The fact that you do not eat, or even are a not-eater or inediate, does not make you better, so you do not have any reason to be proud and feel superior. You are still neither better nor worse than others. The same is with eating. The fact that you eat less or more, heavier

or lighter, following this or that diet, does not make you better or worse.

States of the body, fasting, diets, eating, not-eating, inedia and so on – these are your choices to experience life on the Earth. You do not become better or worse just because of these choices; simply, you walk on a different way than most people do.

If people judge you because of your choices – that is their problem, not yours, so you do not have any reason to worry.

« HOW THIS IS POSSIBLE

Many times people asked me to prove that I was living without food or that man really can live without swallowing matter. Some people asked just out of curiosity, others because they did not believe it, but many people asked because they wanted to make sure that inedia is reachable for them.

Let me answer frankly, I never had any intention to prove this fact. First of all, the only man who can prove anything to you is yourself. What does it mean to prove something to you? It means to make you believe that something is true. This means, you have to believe it. But who can decide about your faith, if not you?

How many times you met people who were provided with “absolute proof” about some facts but they still did not believe it? Those people who decided to prove something were sure about their proof, but they still did not succeed in convincing others, even though all was clear as “black and white”.

If you want to prove to yourself that inedia or not-eating exists, you are free to go ahead. You can explore and experience. I have done this. The fact is, I believed that man can live without food, but I did not know that. That is why I decided to check it out on myself and to conduct the two-year experiment. It turned out that I could live without food. Thanks to that experiment, I now know, I have built my knowledge concerning inedia.

In more than ten years after that, I met many people who were fasting, trying to live without food and those who really did that.

In LSWF I gave explanation to people having different approaches about proving, this is why chapters were titled:

FOR THE OPEN-MINDED

FOR THE ESOTHERICS

FOR THE “BELIEVERS”

FOR THE SCIENTIFICALLY MINDED

Here, as an addendum, you can find descriptions or research made by Nobel Prize winner Alexis Carrel who was experimenting with chicken heart tissues that he kept alive for 34 years. Alexis had concluded that a cell is immortal, if it is kept in proper conditions.

Presently I would not like to make the effort to explain more. You can find a proof, if this is so important for you. I have told you what I knew, with no intention to convince you.

However, I would be interested in scientific research. Take somebody, for example myself – let me give up food and research the body in order to see what will be happening during, say, one year. How the body is adjusting itself, what changes are taking place in it – that would be interesting. Perfect theme to do a PhD degree – isn't it?

« WITHOUT PHILOSOPHIZING

People ask me about “my method” for living without food. How do I do that so that I can keep the body in perfect state without eating anything? How did I do that for the first time between 2001 and 2003?

Well, let me repeat it again. I can explain this, delivering tons of information, but how much will I help you, if it is not the intellect that decides about our possibilities? To describe something clearly enough for intellectual understanding, even good understanding, is something different from the experience. And in this case it is about feeling.

I do not have any method; I – simply – know that I could. When I decided to give up eating, I knew, that I could live like that. At that time there was no fear in me that something bad could happen to my body because of not eating.

How can I explain to you what I felt at that time? What do I feel when quitting food, since I know that this is simply a matter of

decision made by my will? The body is to follow the mind, because it is just a picture in the mind – this is how I see this.

Imagine that you are asking me what I felt and what I saw on a top of a mountain that is difficult and dangerous to reach, on which I was living for two years. I can tell you what I saw and felt on that top. I can also tell you what was on the way when I was climbing the mountain and later on my way back. I will be talking and you will be listening carefully.

Even if you intellectually understand my story, you will still not know, because it is not your experience. You will have some information only, received from somebody who went the way, was on the top and returned.

Only after you start on the way to the top, reach there, watch everything around, feel it, absorb emotions and go all the way back, will you know. Then your knowledge will be based on experience, it will not be just some information from somebody.

Inedia is like such a top of a mountain difficult to reach. Only after having experienced the way to inedia, lived in it and returned, you will know what that is. Then you will be able to talk and explain about all of that. People will be listening to and remembering your information, but they will not know, because it will not be their experience.

When I focus on what I am in my essence, which I call IAM manifesting Inner Power, then I feel that power, that energy, that source of my mind and body. THAT is sufficient for keeping my tools in proper condition.

Therefore, to make it simple, I can say that my method consists of focusing on IAM, which let me feel the manifestation of the Inner Power, which creates everything in accordance to images in my mind.

« WHY INEDIA

NATURAL STATE OF MAN

Millions of years ago, people on the Earth were living in a natural state. For people presently living on the Earth, it is difficult to imagine what characteristics of man in a natural state are. Here are some of these characteristics.

The body of such a man never needed any material food. People did not eat, though they could, because they had a digestive-excreting system (it was quite different compared to the present one), but they played by tasting different things.

Those people did not need electronics to communicate and machines to move from place to place, because intuition was commonly used and flying was as normal as running is today.

Creating matter from thoughts by usage of visualization was something normal – this is why industry, as known today, did not exist at that time. Recall this: when you think about something during night dreams, that happens – man in their natural state can do something like this in the “reality”.

During the times of people in their natural state, there was no job as known to us today, which is slavery, because it was completely useless. Everybody could do what they wished to. People created and modified matter according to their needs and pleasure.

Illnesses did not exist unless somebody desired to create one out of curiosity, just to experience it for fun. Later they got rid of it instantly just by an act of the will.

Man in their natural state was full of joy and thus emanated Love. If you saw such man you would see light aura around them. These days the aura of man is invisible unless you practice enough the ability to see it.

Such man lived as long as they decided to. The body did not degenerate – these days we call it ageing. Men of a thousand years old looked like children of a hundred years young.

Presently there are a few people living in their natural state on the Earth. They, for sure, do not advertise themselves. If you do not ask such man about their age, you may not feel it. The biggest spiritual masters sometimes learn from people in natural state.

Potentially every man can regain the natural state. Inedia is one of the by-product of such transformation. The process of regaining the natural state is commonly called “spiritual development”, because it is happening from the spirit to matter, that is from above to below. Aspiring to inedia may be a manifestation of returning to the natural state.

« PREPARATION FOR A CHANGE OF YOUR LIFE STYLE

Approximately 90% of life of man on the Earth is about eating. Of course, this is not only about sitting at a table and chewing food – what I mean is all things related to eating. In LSWF I wrote about this in detail, so I will not repeat it here.

Now, imagine that when you give up food and become an inediate, you immediately lose the 90% of life related to eating. Do you know what this means? If you are living alone far from people, this may be a small change for you. But if you actively operate in the system, in the society, this may be a revolution for you. You suddenly face situations which you never expected.

This is what may happen – some examples taken from life of those who gave up eating, depending on the society in which they were living. There are some differences between the western world and eastern cultures.

Death.

Illnesses.

Loss of job.

Rejected by children.

Doctors assisted by policemen came and took them to a hospital.

Family members, especially hopeless parents, accused and attacked them.

Acquaintances and friends considered them mentally ill, thus they left and sometimes became enemies.

Strangers, who got false information from the mass media, attacked them.

They met new, “wonderful” people.

They changed their professional carrier, which was judged by people as scarifying for others.

They were considered “masters”, “gurus”, “sages” etc.

The mass media become interested.

They fell in love with humans and animals – a diametrical change in perceiving the world.

Of course, if that happened to others, it does not mean that this will happen to you. However, it is worth to be aware of possible changes. Are you ready for such possible changes? Do you know how to find a remedy if you do not want to accept them?

« VISUALIZATION

The efficiency of visualization mainly depends on two factors: picture and energy. The picture in your imagination has to be as alive as if you really saw it in front of your eyes. The picture has to show the final result which you have decided to materialize from the imagination into the reality. Better imagine the final result as already achieved rather than imagining methods of the picture realization. In this way you do not limit yourself about methods of achieving the final goal.

Positive emotions have to accompany the picture, because thanks to them, you emanate energy, which is so important for the realization of the picture.

The picture has to be powered by energy so that it can be realised, this is as important as water for a seed thrown into the soil, so that a plant can grow. Sowed seeds must be regularly watered, the same is with the decided picture, it has to be powered with energy regularly. Create positive emotions when you are imagining a picture being the goal of your visualization. Emanate joy and Love. Emotionally go deeply through it and see it as achieved already.

Visualization is a powerful means to realize goals. If you are using it properly, according to the above description, matters will be turning out in direction of the goal. How far and when the picture will be realized is defined by energy which you emanate into the picture in your imagination, that is, the result depends on your emotional engagement.

Man is constantly visualizing, even when asleep. You see in dreams that visualization is realized much faster, almost instantly. Often it is enough to start thinking only. Dreams occur in the world which is much less dense than our daily material life, therefore much less energy is needed over there to realize a picture.

Man almost always visualizes unintentionally. Man visualizes without being aware of it, and they also do not see that their life is a result of their visualization.

I sometimes meet people who are complaining about their life. I see a lot of fear and negative emotions in their perception of the world. Those people suffer due to their own desire, although they are not aware of it. Most often unpleasant situations are happening to them, thus causing suffering.

Those people have used visualization technique very well. Some of them are real masters in this, but they do this unintentionally. Having negative picture in the imagination, they evoke emotions associated with fear, anger and hatred. Therefore, what can be the result of their visualization?

It is worth to be aware that instinct has no idea about what is a joke and what is seriousness. So, when you are talking jokingly about yourself in a negative way and you emanate emotions at the same time, you are doing visualization, which is going to be realized.

You probably met people, who jokingly were saying sentences like: “I am old”, “stupid me”, “I am blind”, “I cannot afford it”, “I am too poor for this” and other negative expressions. When you look at life of those people, you see that they are judging it as not happy. They encounter many “bad lucks”. By now you probably know that all of this is happening according to their own desire – after all, they are visualizing this all for themselves.

Therefore, it is worth to talk about yourself positively even when joking. Instinct, which brings pictures from the imagination into the daily material reality, does not distinguish between a joke and seriousness. It always realizes your visualization, whether it is done consciously or not.

Those, who really stand behind education systems and mass media, know about this. They know very well the power of suggestion and visualization. They use this knowledge to manipulate people. They instil in people the notion that people are something less than perfect beings. They promote violence, anger, hatred, and death in TV or computer games. This all arouses negative emotions in people. Negative pictures connected with negative emotions direct people to field of suffering and make them see themselves as less worth beings.

You are already a perfect being, regardless of what you do. Every being is perfect, although they may see and experience the world differently. Do not allow anybody to instil in you the notion that you are something less than a perfect being. You can freely reject those suggestions contained in education and mass media, which suggest negativism or that you are small, poor, or that you have to serve and work. If you follow such education, you will still be a slave.

Knowing that man is constantly visualizing, you can use this to your advantage. You can see yourself as a perfect being, because in your essence you are one. Even if you consider yourself as an imperfect being, and others instil in you such a picture, the fact is that you are already perfect regardless of any opinion.

I suggest, imagine and feel yourself naturally emanating joy. Keep this picture in your imagination. This is the most advantageous picture that one can imagine and keep in mind, unless they choose suffering.

Here is a description of an example picture – you can create another.

I ..(your name).. feel joy naturally and without a reason. I am joyful. Joy.
I ..(your name).. am always filled with joy. Joy is in me.
Joy is emanating from me, so everybody around me feels Love.

Of course, this description of a picture is just one of five elements of visualization, which you have read about. So, combine the picture with the remaining elements so that the visualization will be

efficient. Thanks to this, you will become a joyous man. The other things will follow in order to support your joyfulness. The entire universe, everything will be arranging itself so that your picture will be realized.

Scientific confirmation of visualization is found in results of observations of structures which creates frozen water. Water is known to be able to create many structures depending on factors imposing on it. Molecules of water are arranged in specific structures depending on, e.g. words, thoughts, feelings and emotions of people.

Search for “*Masaru Emoto*” and his “Messages from Water” on the Internet – see, what big influence on water everything that man says, write, thinks and feels has. See, how beautifully, brightly and orderly water looks when somebody says words like “love”, “thank you”, etc. in its presence; and how disgusting water looks when words like “I hate you”, “I will kill you”, etc. are said.

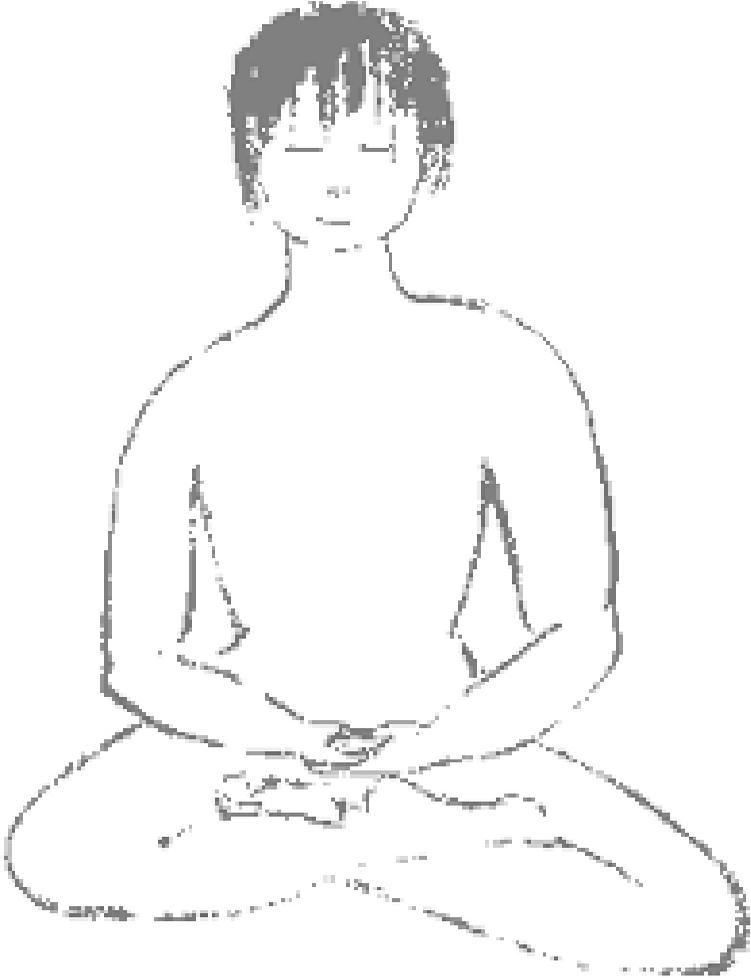
Human body consists mostly of water, especially in the brain. Then, what you think, say and feel creates immediate and direct physical reflection in the body, especially in the nerve system, which programs your body. What do you want it to look like?

« CONTEMPLATION OF PASSIVNESS

Even if initially you may see this exercise not much worth, I still suggest that you do it regularly. The longer you practise it, the bigger changes you will notice and the more you will be reigning over yourself.

Calm intellect can be easily focused, this gives you power to control life, which not many people possess. Visualizing becomes much easier on this stage of intellect calmness. Then man also attains ability to enter meditation – something that many mystics are exercising for decades and cannot achieve.

The goal of contemplation of passiveness is to get the jumping intellect under control, since it is not able to focus enough because of its restlessness. Getting the jumping intellect under control is the key achievement on the way of conscious development. When man acquires this key on the way of conscious spiritual development, they can cross the gate, behind which meditation, intuition, telepathy and other abilities, commonly regarded as paranormal or miracle, reside.



“Then I experienced such kind of vertigo, that tears involuntarily came out.

I was overwhelmed by happiness, joy and inexpressible love, and integrated with all the existence.

I was feeling such big joy and light heart as if I was living in another reality. Let me say this: to love, it is much less compared to what was flowing from my heart.”

Jarek

CONTEMPLATION OF JOY

This exercise really evokes blissful experience. Feelings gained by this simple exercise bring you closer to the mighty being, that man is in their natural state. When you are reaching the state of natural joy, you emanate Love and Light – this is important for entering inedia and keeping in such a state.

People usually feel joy when they are under an impact of external factor, for example, when they rejoice at happiness. The power of joy initiated by external factor can be compared to barely a particle of natural joy.

Think about it – you probably experienced such moments – when you felt big joy absolutely without any reason. Just like that, it occurred, you rejoiced, but you did not know why. Do you recall it? Close your eyes, relax and go back to your early childhood, when you were not thinking yet, you probably will recall from that time. When you recall such a state of rejoice or you experience it again, imagine, then the natural joy is felt much stronger.

One way or another, joy that you have recalled is merely a particle of natural joy emanating from man of a natural state.

Man in their natural state emanates joy. It can be seen from far away that they emanate a kind of invisible light, pleasant attraction – people feel Love from them. They even do not need to smile or laugh, they can talk normally, and still you will feel pleasure and joy arousing in you, seemingly for no reason.

Can you imagine that? Have you ever met such man? Probably yes.

So, can you imagine what is the natural joy existing in man? Either way, here is an example of exercise, which can help one to return to natural joy.

Sit or lie down and loosen up the entire body – enter the state of total relax. Move away all thinking – at the beginning of this exercise, proceed as in contemplation of passiveness.

Having soothed the entire body and intellect, focus on feeling joy, which is deeply in you and rests with IAM.

Remember not to create joy. This true inner joy is a basic feature of your natural state, that is what you feel when you do not cover IAM with restless activity of the intellect.

That is why it is so important for you to make the intellect passive and focus on feeling, which is beyond thoughts, pictures and senses. That is all – focus on feeling. Turn your attention to IAM, feel IAM, and then joy will manifest itself. The manifestation of joy is the first sign of the manifestation of IAM through the mind and body.

This cannot be successfully explained and comprehended intellectually, this has to be felt. Even if you read a fat book about feeling natural joy, which accompanies the manifestation of IAM, you will still not comprehend it. This state has to be felt.

When the first flashes of the natural joy appear, you will immediately feel them, and then you will get the point of what this is about. You will feel this power manifesting itself in joy without any reason. At the same time, you will feel Love. Quite possible that tears will well up in your eyes, because you will feel IAM again – That you are in your essence.

Remember, do not create, but feel. The natural joy is always there, always was and will be – you only need to focus on feeling it. So, feel, do not create, do not think about it and do not imagine it. Focus – you will feel it, for sure.

FOCUSSING ON INNER SUN



First, fully loosen your body, bring it to full relaxation. Silence the intellect, and remove all thoughts from it. Focus on feeling Sun, which is in the region of your heart. Feel, as if this Sun grows, extends to the entire chest, and then the entire body. You are feeling this, because wonderful feeling of warmth, joy and Love spreads in you and saturates every cell of the body. You see this Light under the closed eyelids, and you feel growing joy and Love.

You see and feel how this Sun still expands, you sink into it and then you become Sun yourself.

Now, being Sun, feeling your Inner Power, you emanate joy, Light and Love.

Remain in this state, keep it effortlessly – this is a perfect food for your body, which cures and strengthens it.

These joy and Love remain, even when the Sun shrinks back into the centre of your chest, in the region of the heart.

CONTEMPLATION or VISUALIZATION

These two exercises require opposite actions. Learn well the differences between them. In general – contemplation requires passiveness but visualization requires activeness of the intellect.

You should make the intellect passive during contemplation, so that only one idea (not a thought) is left in it. This idea should fill the entire non-thinking / passive intellect. It should be only a passive observer. The intellect, thanks to being so silent and non-creating, can notice information and flashes from the intuition.

An entirely opposite action is performed during visualization. The intellect should fully engage all its thoughts, entire imagination, and all senses around the picture. It must create such perfectly living picture, that if somebody was watching it, they would believe it is real. Also, the intellect has to rouse the instinct with emotions, which emanate energy.

« ENERGIZING EXERCISES

If you have decided to keep your body in a perfect shape, possibly even without food, do energizing exercises regularly. Thanks to this, you will learn to move energy consciously.

Sensible energy and power given to man by this type of exercises is

difficult to explain with words – this has to be felt. One who feels it just once will always long for this energy and body power. Masters can use this energy for killing, resurrecting, healing, nourishing, or materialization.

Once a sparrow hit the window glass of the balcony door of our house. Probably it wanted to fly into the lighted room but did not notice the glass. Having hit the door, the sparrow was lying on the floor without any movement, just like dead.

I picked the sparrow up, enclosed it with my palms and focussed on transferring life energy to the small body. I felt Love naturally emanating from me.

After a while, I sensed that the sparrow moved. I opened my hands and let the sparrow sit on one palm. I then felt that the bird is filled with energy and quite healthy. I extended the hand from me and told the sparrow: “You can fly already, you are healthy.” The bird did not want to, it was sitting there looking at me. It slanted the head left and then right, and was looking into my eyes. Only after I fully extended my hand and shook it a little, suggesting the sparrow to leave, it finally understood and flew away, full of energy and strength.

If I was a master in controlling energy, I would not have to take the sparrow in my hands. It would be enough if I just look at it – the result would be the same.

Well-being is important for man who is fasting or aspiring to inedia, or not-eating. One of the symptoms occurring most often, after giving up food, is weakness of the body. In this case, energizing exercises are efficient means. Remember this and exercise for health of the body and psycho-physical efficiency.

« METHODS

I have described methods, which one can use, when intending to prepare the body for life without food. Let me emphasize again, that every man is a different universe and has their own way. Your way to inedia is different, compared to other people. Instead of following somebody, you can work out your own method using, among others:

- information available in publications of mine and other people;
- descriptions of people sharing on internet forums about their experiences;
- biography texts of “saints” and “immortals”;
- advice given in films, interviews by inediates, not-eaters and fasting people, published on the internet;
- modifying the seven-weeks-preparation described below.

ADAPTATION IN SEVEN WEEKS

The term *bì-gǔ* is commonly known in China – literally: *bì* – avoid, *gǔ* – grain or food. In these days *bì-gǔ* is understood as inedia, not-eating, fasting or rare eating of minimal amounts.

In China, when I was talking with people interested in *bì-gǔ*, I noticed that the idea itself is well known over there and people do not find it extraordinary that someone is fasting. The interest in this theme is big, but the knowledge is small among people interested in the theme of adaptation to living without food.

When speaking with people interested in *bì-gǔ*, I was asked to describe “my method” of achieving inedia in details. My interlocutors had read “Life Style Without Food”, in which I described different possible methods for preparing the body to live without food. In that book I emphasised that there is no universal method, because every man has their own way. Nevertheless, they still encouraged me to describe a method which

may guide man to inedia or not-eating.

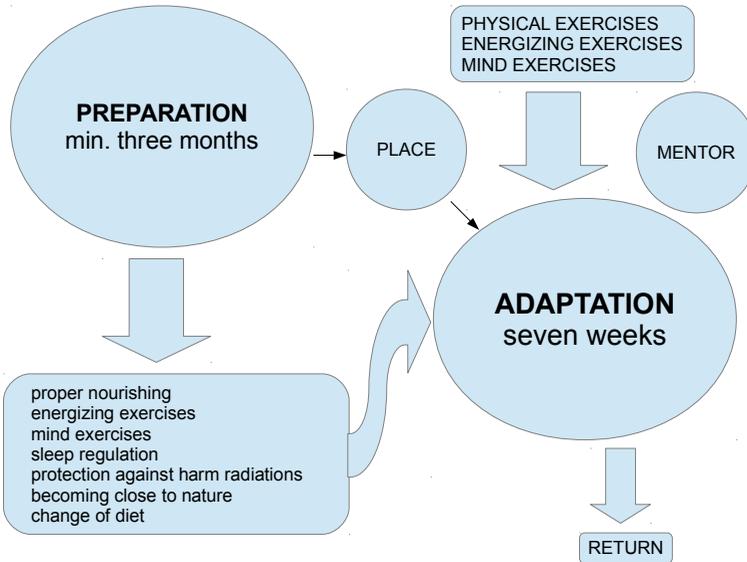
On the one hand, I still know and emphasise that every man is different, hence one efficient method of adaptation to inedia that is good for all people does not exist. On the other hand, I see sincere efforts made by people aspiring to inedia or not-eating and their looking for methods resulting from that.

Below I described a method for adapting the body to not-eating or even inedia. You can modify this method, because: first – it is not perfect, second – your living circumstances are changing, third – you feel what suits you and what does not.

It is possible that fulfilling all the requirements and conditions described below, concerning adapting the body for not-eating, will not be possible for you. You do not need to worry about it. Fulfil all requirements, which you practically can. Provide yourself the best conditions for the adaptation that you are able to arrange. Go through the preparation as efficiently as you can. In other words – do what you can, in the best way you can – do not worry about the rest.

Either way, the most important thing ought to happen in your mind. Talking theoretically, you can become an inediate through your decision only, without any preparation or adaptation. Practically, you never can tell, because every man is a different world, thus everyone has their own way which differs from all the other ways.

The more conscious you are of what you truly are, the less you need from the material world and the less you are searching in matter, because you know that matter is a picture in your mind. If you feel that you do not know enough yet, read farther about the seven-weeks-preparation. However, be aware of the fact that this is information only.



SEVEN-WEEK ADAPTATION

I have decided to describe in details about a complex of activities which can be performed by man aspiring to adapt the body for living without food.

Let me point out that this is a way for those people who are sensible enough to stop eating in order not to harm the body, when they conclude that this way is too difficult. If you decide to follow this adaptation – you are doing this on your own responsibility.

I advise, do not undertake this adaptation if you do not have sufficient practise in fasting. In my opinion, sufficient practise means at least fasting three times for three weeks, with minimum three months of pause between every fasting.

Have you gone through such fasting with ease, and after the three weeks, were you feeling well? Then, did you feel that you could go longer with advantages for the body and mind?

If your answers are surely positive, you may have the potential for longer periods of not-eating.

Necessary conditions to meet relate to health. It is not allowed to start the adaptation or fasting in the following conditions of the body or mind:

- implanted pacemaker or other device that assists functioning of important organs or substitute them;
- body with transplanted organ;
- cases when one has to take a medicine for lowering the immunological resistance;
- obesity;
- emaciation;
- mental illnesses;
- serious illnesses resulting in very low level of life energy of the patient;
- illnesses requiring constant care, dialyse, operation or other treatment, or taking medicine, without which serious worsening of health would occur;
- drug addiction or addiction to electronic devices like phone, computer, TV set, a player;
- uncertainty or doubts concerning full success in realization of this adaptation.

Besides that, the following people should not fast:

- miners;
- pregnant women;
- breastfeeding women;
- people physically working heavily;
- prisoners
- soldiers on duty.

I suggest, before you make up your mind, go to a wise dietician who has sufficient knowledge about healing people with fasting. Ask this doctor to fully examine you and issue their consent allowing you to fast for a long time.

PREPARATION

Before you start the seven-week adaptation, you ought to prepare the body and mind. Starting without any preparation significantly lowers the chance to achieve the expected result.

The preparation itself should last not shorter than three months. When it lasts longer, for example, half a year or even a year, it gives more advantages. There is no reason to haste. A lot of changes have to be done in the body, in its nerve system and in the flow of energy.

During the preparation you focus mainly on:

1. Proper nourishing.
2. Energizing exercises.
3. Mind exercises.
4. Sleep regulation.
5. Protection against harm radiations.
6. Becoming close to nature.
7. Change of diet.

1. PROPER NOURISHING

An entire large chapter is written about this topic, later in this book. The reason to introduce proper nourishing is to bring the body to function in accordance with rules of nature. Man's body is a part of nature, therefore it is fully subject to nature's rules. When you conduct the body according to nature's rules, you maintain it in a perfect shape.

Acquire information contained in the chapter “principles of proper nourishing”, even if you do not intend to adapt your body for living without food. Nourishing in accordance to these principles has advantageous impact on health and extends body life.

2. ENERGIZING EXERCISES.

I suggest, learn well this type of exercises – I have described some of them. It is worth to perform them at least once a day, the most favourable time is early morning. Make it your habit. Later, during the seven-week adaptation, energizing exercises will be one of the most necessary tools. Without energizing exercises the continuation of the adaptation may become impossible.

3. MIND EXERCISES

I think mainly about contemplation of passiveness, contemplation of joy and visualization – you have read about them. Precisely these three exercises constitute the most important tool of the entire seven-week adaptation. They are the kernel, while all the rest are supplements facilitating the adaptation. That is why I suggest that you focus on developing the habit of properly and regularly doing these mind exercises.

You probably remember what I am often saying that inedia and not-eating are by-products of expanding the sphere of the Consciousness that man lives in. Therefore, the goal is the expansion of the sphere, that is why the mind exercises constitute the kernel for the adaptation to inedia or not-eating.

LOOSENING EXERCISES

It is worth to learn total physical body loosening, because the level of physical body looseness can have significant impact on the efficiency of mind exercises.

Also, it is worth to make this type of exercises just prior to falling asleep, so that the body sleeps with loosen muscles. Thanks to this, the physical rest of the body will be maximal. Sleeping with unconsciously stretched muscles causes illnesses, which man can get rid of by loosening the muscles.

Many people do not sense that they have stretched muscles. Let us

see, check it on yourself now and later, for a few times during the day – are the muscles of your jaws, neck, and shoulders fully loosen or you may be stretching them unintentionally?

There are many descriptions of relaxation exercises written in the literature. A quite popular one is *sawasana* (it can be written differently, e.g. *shaw... shav... sav...*) derived from yoga. You can easily find explanations about how to perform it. Let me describe it in short.

Lie on your back on an even surface, with the extremities straighten along the body. The feet are 30 to 60 cm apart. The hands are 10 to 30 cm apart from the body.

Loosen the entire body. Freely but deeper breathe a few times in order to even more loosen the body.

Next, subsequently scan your body in order to notice tensions and remove them. You can start from the top of the head. Feel the top of your head and loosen possible tension in that place. Next move your attention to sides of the head, ears, and the back of the head – remove all the tensions subsequently. Proceed like that on your face, from the forehead to chin. Notice stretched muscles of the eye globes, tightened jaws or other muscles of the face – subsequently consciously loosen them.

Then focus on the neck and its back – when you feel tensions, loosen the muscles.

Continue in this manner, from the shoulders to the fingers, then from the shoulders, through the chest, abdomen, and the same for the muscles of the back, from the top going down to buttock.

Move like that, loosening the muscles, removing even the slightest tensions, until you reach the toes.

Next, do the same, starting from the toes, going upwards till you reach the top of the head.

After this or other exercise of loosening muscles of the entire body, you should feel comfortable, heavy and pleasant. Now imagine that warmth is freely spreading all over in the body, relaxing it even more.

When you are performing muscle loosening exercise, it may take twenty or more minutes before our body is fully relaxed. Regularly exercise every day, so that later you can easily enter the fully relaxed state. After many times, you will achieve the ability to enter the total body loosening in a few minutes, later, even in a few dozens of seconds.

If you fall asleep when performing a relaxation exercise, that is all right. Thanks to this the body is resting very well, so, you sleep soundly. Usually, when you go to bed tired and perform this exercise, you fall asleep.

Another solution is to do the exercise when sitting. When sitting, loosen all the muscles, as described above. You let only those muscles to be stretched, which are keeping the sitting position, of course.

It is easy to do mind exercises straight after waking up, the best would be before sunrise. People usually wake up with the body relaxed. It is a pleasure to stay in warm bed at that time. It is worth to use that time to do mind exercises, because they succeed well just then.

If you are planning to do a mind exercise in the state of full relaxation, do it immediately after waking up, the best would be still before sunrise.

Usually mind exercises are done in sitting position in order not to fall asleep. Also, at that time, the flow of energy through the exercising man is better.

If you are tired when performing a relaxation exercise, you can fall asleep even in sitting position. Before starting, make sure that in case you fall, no harm would happen to your body.

4. SLEEP REGULATION

It is best for man to live in accordance with rhythms of nature. Biological rhythms of human body are closely connected with nature

rhythms. Sleep, its time and phases also are subject to these rhythms. There are processes taking place in the organs, nerve system, and the psyche of man, which cannot be performed outside the sleep time. Then, if sleep is disturbed, these processes will suffer. When the sleep is too short or takes place in time other than that biological rhythms require, it is disturbed.

From a practical point of view, one has to remember, go to sleep early and get up early, the best would be always with the sunrise and sunset.

When you live far from the equator, you are experiencing big changes in relation of the length of day and night, depending on the season. In this case, you probably will not want to adjust your sleep time to the length of the night that would be too long. However, you can decide to go to bed before 10 pm and get up no later than 7 am.

If 10 pm is too early for you, you can decide to go to bed between 10 and 11 pm, but not later. Going to bed later than 11 pm disturbs the biological process of body self-cleaning, in which the liver plays a significant part. After the body self-cleaning, the liver still has to take some rest. If you go to sleep after 11 pm, you are taking the valuable time from the liver. As a result of treating the body like this, the ageing process accelerates and the immunological system weakens.

When preparing for inedia or not-eating, one ought to bring the body and psyche to the best possible state. To become an inediate, one ought to be healthy. The sleep plays an essential role in this.

The other extraordinarily important factor is darkness. The body ought to be in complete darkness during sleep. The deeper is the darkness, the fuller the body rests. If the body sleeps in semi-darkness, or even worse – in the presence of light, this causes backwardness. This concerns mainly the pineal pituitary glands, the functions of which are essential on the way of spiritual self-development.

The pineal gland especially needs total darkness during the sleep,

because then it can function well. When the eyes are deprived of darkness during sleep, the pineal gland develops less and even degenerates. This makes spiritual development difficult or impossible.

The pineal gland plays a key role during mind exercises, which are also called psychic or spiritual. Results achieved using this exercises depends on pineal gland health.

Silence is the third important factor to observe during sleep. The more quiet in the room where you sleep, the better nerve system rest. The noisier in the room, the bigger problem there is for the nerve system and the psyche. The instinct uses energy unnecessarily thus the sleep phases are disturbed.

By the way, let me point out that some parents let small children go to sleep late. Sometimes I see how parents carelessly do not worry that their child is still up after 10 pm. Such a child will not be fully healthy. Going to sleep late will affect the child's development, thus later, when the child becomes a grown man, they will not be fully mentally developed compared to their original potential when they were children. That will be the fault of the parents.

That is why I suggest, care about your child's health and long life. Let them sleep in silence and darkness. Before they are seven, let them go to bed before 7 and 8 pm. Before they reach fourteen, let them fall asleep no later than 9 pm. Only when they are matured, at the age of eighteen to twenty one, they can allow themselves to go to bed at 10 pm. Thanks to caring like this, you will put your child in the direction to becoming a strong psycho-physical man.

To summarize, during the preparation for the seven-week adaptation, you ought to adjust the body to sleeping in the **right time**, in total **darkness and silence**.

5. PROTECTION AGAINST HARM RADIATION

I advise you to avoid living in places with, and protect your living environment against:

1. electromagnetic waves and fields;
2. magnetic fields;
3. electrostatic fields;
4. ionizing and radioactive radiations;
5. geopathic stress.

re: 1. Frequencies of microwave ovens, transmitters of wireless telephone, radar, radio, television and wireless networks are especially harmful. The health of children these days are worse compared to the health of their parents (when they were at the same age), and the life expectancy of these children is going to be shorter than that of their parents – all this is because of wireless internet networks (popular WiFi), cell phones and other wireless devices in common use.

Such density of high frequency waves is one of a few strongest factors causing degeneration of biological bodies, mainly for people in cities. This results in weakening of the body self-defence system, severe increase in number of sick people and shortening of lifespan .



I hope that you do not belong to those electronic zombies that can be seen around more and more often. They are walking with their eyes fixed on screens of devices held in their hands in front of the head. They sleep with telephone, still switched on, close to bed. For this reason their energy is being sucked by vampires. They live like in a trance, having forgotten that they are part of nature, which has no electronics.

Electronics kill the intuition, weakens the intellect and reprograms the instinct in the way that makes man a less and less conscious slave. Look into the eyes of that man – how much consciousness and how much life is left there?

If you want to have a healthy and resistant body, efficient nerve system, and if you want to develop your abilities to use intuition, especially telepathy, do protect your home, work place, and especially bedroom. Use only wired electronic devices, which have good shielding and grounding. Shield rooms in which you stay most of the time, especially bedroom, against electromagnetic waves of high frequencies.

You can use an electromagnetic field meter to check the wave intensity before and after the shielding.

If you are living in a house that is far from transmitter aerials, maybe in nature, it is quite possible, that the intensity of the electromagnetic waves is sufficiently low and you do not need to use shielding. Just remember not to use wireless electronics unless there is extraordinary need.

Microwave oven is not suitable for cooking or even warming food. It destroys the structure of food so severely that it becomes totally dead. I suggest not to eating anything that was in microwave oven – it is not only dead, it also weakens living organisms.

If you do not believe this, water your flowers with cool water that was first boiled in microwave oven, and see how fast they degenerate and die.

Do you remember what I have written about water structure? Microwave ovens can destroy any water structure that supports biological life.

re: 2. If you happen to live in the proximity of industrial devices emanating strong magnetic fields, e.g. generators, transformers, motors – the solution is to leave that place; the earlier, the better.

re: 3. Strong electrostatic fields can be formed around devices and cables of high voltages. Then you can install a metallic shield and ground it. Still, it is better to leave such a place.

If you have a plastic carpet in your home, concerning your health, the best would be to get rid of it. If you do not want to, at least spray it with electrostatic agent.

re: 4. Ionizing and radioactive radiations can be found around devices emitting high voltages, containing radioactive elements and around X ray apparatuses – in these cases you have to remove the devices or leave that place.

Radioactive and ionizing radiations can also be found in nature. They are emitted by some rare minerals and the gas radon. Radon is found

in nature quite often. Its concentration can be high in places like basements, tunnels, caves, etc. If your room is underground, better check the concentration of radon in the air. Radon is heavier than air, because of that one ought to sleep at least 20 cm above the floor.

It rarely happens that a building has walls with higher radioactive emanation. Most people feel bad and even sick in such a building. These symptoms disappear after a few days outside. If you have any doubts, especially if it is a new building, measure the level of wall radiations.

re: 5. There are many places in nature negatively influencing the human body, which are called geopathic stress or radiation. This harmful radiation is found over many underground streams, underground rock formations, tectonic faults, hollows, etc. Also so-called crossings of the geopathic lines network do harm to the human body. This kind of radiations can be found by an experienced radiesthete (radiesthesia specialist) – it is worth to invite one home to check if there is any harming geopathic stress.

It often happens that people are sick because they live above a water stream or their bed / desk is situated in crossing geopathic lines. Moving away from such a place brings back health to those people.

It is worth to remember that human body is a very sensitive receiver of waves and radiations which often are called energies. Commonly known sciences like radiesthesia and *fēng shuǐ*, are engaged in researching this type of radiations in the environment. Use their findings and solutions for protecting your health.

6. BECOMING CLOSE TO NATURE

Man is an inseparable part of nature. Man who is totally separated from nature, dies. The farther man lives from nature, the faster they degenerate, because life energy is in nature.

How do you feel in a city and how in a forest, by a lake, in

mountains or at seaside?

Can you feel how much energy is in you after hours spent in an office, in a building with artificial lighting, and how much after a day spent by a lake, in mountains, in a forest or at seaside?

The difference is big – isn't it? You clearly feel that an artificially illuminated office, situated in a concrete building, sucks life energy from you. On the other hand, the completely opposite thing is happening in nature – you naturally are receiving life energy.

This kind of energy that is contained in nature is natural food for all people, animals and plants. The Earth and the sun are emanating this energy and move it properly. The movement of this energy is disturbed and weakened in the cities, especially in buildings.

If you are moving in the direction of life without food, staying in nature all the time would be the best. This significantly facilitates the adaptation of the body for a new type of powering. Increasing the powering of the body by food in form of energy from nature is a transition stage on the way to not-eating.

7. CHANGE OF DIET

The change of diet during the preparation for the seven-week adaptation is an extraordinary process, because it differs from other diet changes performed by people for health, religion, belief or philosophy reasons.

In this case, instead of saying “change of diet”, we can say “sublimation of diet”. Sublimation is a process of transforming something into a purer or more delicate form. The process of diet change is exactly about this, that eaten foods be more and more subtle concerning the density of matter, and be more and more energetic concerning the vibrations.

This is about energy cloud or invisible radiation around food, which is its aura. When you look at the aura of different substances eaten by people, you will notice that they differ in colours and brightness-- from foods having dark, almost black aura, till foods looking like

shining source of light with white-silver-golden aura colours. You may probably guess that the first ones are foods of the highest vibration and the others – of the lowest.

During the preparation, when gradually giving up “normal” food, you are drawing more and more food in form of energy from the cosmos and Earth.

During the seven-week adaptation, gradually giving up the drawing of energy from the outside, you are increasing the powering / creating of the body from the mind.

A conclusion results from this is that in order to start the seven-week adaptation, your body should be powered by energy from the outside, that is from the cosmos and Earth. That is why the elements of the preparation, which are mentioned above, are so important.

The change of diet can be performed along the lines of diet sublimation described in LSWF, in the chapter “natural”, section “methods”. Shortly, it consists of gradually removing foods of the lowest vibrations and replacing them with food of the highest vibrations.

Let me add an essential comment.

When sublimating your diet, when you are moving to fruit juices, the most advantageous action is to suck juice from fruits when chewing them. Bite a fruit, chew it sufficiently long to suck the juice, mix it with the saliva and swallow, and spit out the rest of the fruit.

However, if you must squeeze the juice, do it in a hand squeezer instead of an electric one. Do this directly prior to drinking, and do chew the juice in the mouth as if you were eating fruits. This is important for proper digestion. If you chew too little, then more purifying, instead of digestion, occurs in the intestine.

Also, I suggest, do not use electric juice extractors or blender. First: the aura of juice made by such machines looks much worse

than that of the fruit. This is understandable – the fruit suffers agony in the electric machine. Imagine, what would you feel if you were the fruit? Fruits are living organisms, which have the sphere of the Consciousness more expanded than man has.

Second: for the digestion process to occur properly, food must be first well mixed with the saliva. If you are drinking a juice or scrambled fruit, you do not chew. The chewing itself is not only about mixing with the saliva, it is also an important teeth piezoelectric function, which is a part of the digestion process concerning the nerve and energetic factor.

Here is a simplified list of foods, in the order from the most subtle, which are those of the highest vibrations, energy, and shining most brightly. This is not an absolute list, that is, the order can be different depending on place on the Earth. I have assumed that the air, water, and soil are perfectly clean, as they should be in unpolluted nature.

1. water gushing from rocks in a mountain
2. ripe fruits on a tree or shrub
3. ripe nuts and seeds on a plant
4. living and healthy plants
5. naturally grown vegetables
6. young living fishes and birds
7. freshly squeezed juices
8. eggs
9. young, living animals
10. cooked plants, vegetables, fruits, and beans
11. naturally preserved foods (according to above order)
12. honey, glucose, and sucrose
13. animal's milk and its products made of it
14. smoked meat and fish
15. cooked or steamed flours of grains
16. fried or baked flours of grains, wheat is especially harmful
17. fried, baked or grilled meat, fish or egg
18. everything that was treated in microwave oven

Pay attention to the fact that this simplified list of foods does not define your best or recommended diet. What, when, and how much

your body should eat, depends on many factors. The above list is merely a general indication of food value of things eaten by people. It is not dietary advice.

Follow the “conscious eating” method, because it satisfies your body with the best of the nutritional needs.

One more significant thing – chemically poisoned and genetically spoiled food. You probably know that it is more and more difficult to get food produced according to nature's laws. Nature does not know degrading soil cultivation, where chemicals poisoning plants are used to “protect” them against insects and to increase the crop yield.

If you are to eat something produced with the usage of chemicals, you'd better think twice if you want to eat it at all. Many chemicals used in food production processes causes pathological changes in human body, sometimes they are almost irreversible. Such kind of food is a poison. Do you want to eat poisons regularly?

For dozens of years, genetic changes have been made on plants and animals. GMO (genetically modified organisms) are known since the beginning of life on the Earth. People experimenting in this field almost always degenerated food. Introducing more and more GMOs into plants and animals are one of the most significant causes of catastrophic degeneration of food and nature in the 20th and 21st centuries.

The extent of this destruction is little known by those who do not look for information. The destruction is seen in people's health, plants' resistance and yield, animals' fertility and devastation of huge areas of arable land.

Full repairing of the damage caused by GMO is almost impossible to be done by people. However, nature can manage this problem, if people immediately stop making changes in genes of plants and animals.

I advise you to do whatever you can in order to eat food free of poison and GMO. This is one of the basic principles for returning to nature. Without returning to living in accordance to natural laws, the body adaptation to living without food may become too difficult.

THE ADAPTATION

From the name itself you can guess that the main part of the adaptation for living without food takes seven weeks. Of course, this is a hypothetical number of days, because you can shorten or extend the adaptation itself. The extending can be required more often than shortening.

I remember that I needed about four months to adjust the body for living without food. The difference is that I started the not-eating on a fixed date, as if by force. Also, I did this without any preparation of the body.

I am reminding you – the common sense ought to guide you. Sometimes it is more advantageous to go back instead of going on, where a danger is waiting. This way of life will not escape from you, nobody urges you, and you have as much time as you wish. You can start and return as many times as you decide to. You define your limits yourself.

The way to inedia is not a competition, not a fight, not a must and not a prestige. The adaptation to inedia is like a way to an unknown mountain top, where you are going by yourself and for yourself, to learn abilities unexplored till now. The higher you climb, the more you will see, that is, get to know.



Be aware that the adaptation is mainly a mind / spiritual process. Your mind is a horse that is pulling a cart (the body). The cart is inertly following the horse, it does not decide for itself. The cart moves ahead when the horse is walking, it stands when the horse is standing and it moves back when the animal cannot manage. The cart is constantly pulling the horse back – this is normal, unless the horse turns back, then the horse has to brake the cart, so that it will not run over the horse.
Do you understand this comparison?

You know that the horse has limited capabilities. Also the cart can break down. So, do not overload the horse, nor the cart. Drive them with common sense on the way to the top.

MENTOR

I recommend that you should keep in close touch with a specialist in the field of fasting, not-eating or inedia. Most advantageously would be in touch with a doctor specializing in healing people by fasting.

Let this man be your mentor. They do not have to be with you all the time, you even do not need to see each other regularly, but it is important that you can contact them when in need and that they can immediately arrive to you.

It is recommended that you can meet the mentor and talk with them whenever you need, because you may have different needs, apart from medical help possibly.

PLACE

Before you choose a proper place for you to go through the adaptation, spend a few days and nights over there first, to feel it. Make sure that the air, water, and soil are clean over there and that there is no harmful radiation.

This proper place is in nature, of course – the less it is changed by man, the more advantageous it is for you.

It is possible that you will need a few places. For example, the first three weeks you will feel better in a mountain forest with a sunny clearing and waterfall. Later you feel that it will be more advantageous for you to go down to the lake in the valley. In the last week you may feel like staying by the seaside, on a warm, sandy, sunny beach.

Ideally would be to provide yourself with possibility to stay in such places during the adaptation.

Check if that is possible. If not, choose a place that meets these requirements:

- where you feel nicely warm, that is, not too cold and not hot or stifling;

- there is a forest in not very high mountains or on a hill;
- where you can watch sunrises and sunsets and admire the landscape;

or

- close to a sandy seashore in vicinity of wooded hills and rocks;
- where you can watch sunrise over the sea;
- you have free access to a spring, river, lake or sea;
- most of the day is sunny;
- far from people, roads, constructions, power plants, airports, commentaries, and aerals;
- where there are sounds from nature only.

Simple cottage or hut built with natural materials like stone, wood, sand, clay. It should include a bathroom and a comfortable room without luxuries and electronic devices. Avoid plastics, gum and poisonous building materials. Also your clothes should be made only from natural materials.

The bed should be without plastics and metals. The bathroom should be clean with water without chlorine, fluorine and other poisons. Drinking and bathing water ought not to touch plastics.

THE FIRST DAY

Yesterday you ate your last material meal – leave thoughts related to it, because that is already a history. Since that time you are free from the strongest addiction on the Earth – you probably have decided so.

Today you do not eat any more, but you still power the body, so that it can function properly. You are powering it with energies drawn from the environment and produced by the mind.

For this purpose you perform energizing and mind exercises, which you have learnt to perform properly during the preparation. Feel yourself which exercises are advantageous for you and in what time.

Just as an example, your day may look like this:

You get up in the morning before sunrise. You wash your face, neck, ears and hands. You go outside still before sunrise and go to a place, from which you can watch the rising sun.

You are drawing prana by breathing (previously described) over there. Sun-rising starts just a moment after your finish this exercise.

You move all the thoughts away, stand relaxed and gaze at the sun. If this is your first day of this energizing exercise, the gazing can last for maximum 20 seconds – for sure, not longer than the emerging of the entire sun disk from the horizon lasts.

Next, you close your eyes and cover them with your palms (do not press the eye globes), to shield them from the light. You still see the sun, as if it was inside your head now, in the region of the pineal gland. You feel the energy flowing from this inner sun in all directions. You are focussing on this inner picture for a few minutes until it fades away.

If you are standing a few meters from the cottage, you can go back to your room, which should be darkened, then you do not need to cover your eyes with your palms.

You feel good and pleasant. You are strolling in nature enjoying the nice morning. You listen to the sounds of nature, feel energy emanating from the Earth and sun.

Before you went out for the stroll, you drank warm water with baking soda. This helps raise pH of the urine and stimulate it to better excrete. After coming back, you wash your intestine with water, to remove rotting remains of food from past days.

Later you sit down in a relaxed position and perform visualization, in which you see yourself as a happy inmediate. You have been visualizing for several months since you started the preparation for the present seven-week adaptation.

What is in your picture – you decided earlier, now you are just

continuing. I, or anybody else, will not create this picture for you, because it would be disadvantageous for you, since you are to consciously create your life. I am just merely suggesting that you see yourself in the picture as a man emanating joy. If you have decided to put yourself in the picture as an inmediate or not-eater, you are visualizing it from the first preparation day.

You are passing the rest of the day according to your needs. What is important is that you do the energizing and mind exercises previously described, so that you keep the body in good physical and energetic forms.

Energizing exercises alone may not be enough. The human body needs some amount of physical activity to normally function. One of the most important factors that determines the efficiency of adaptation to not-eating or inedia is body's physical fitness, that is why keeping the body in the best form is so important.

You decide the amount of physical activity that your body needs, because you feel it. For some people, long strolls are enough, others feel the need to jog or cycle, still others like to tire muscles in a gym or swimming.

Do not exaggerate with the physical activity. If you tire the body too much, it will lose too much energy, which will make the adaptation more difficult. "Enough is enough."

In the evening, you perform contemplation of joy. Then you go outside and look into the stars and listen to nature. Before you finish the day, you read soulful literature, because you have taken a lot of books with you. By the time you go to bed, you perform contemplation of passiveness. In the bed you lie on the back and loosen the entire body, as in *sawasana* exercise. You fall asleep like that.

THE SECOND DAY

Its course is similar to the first day.

THE THIRD DAY

Its course is similar to the previous days.

If you care about maximum removal of all the food remnants from the small and large intestines, then you wash the entire alimentary canal. You can use methods described in the chapter “alimentary canal washing”.

It is worth to be near your mentor taking care of you, so that they can help you if a need arises.

THE SEVENTH AND EIGHT DAYS

These days look similar to previous ones. In the seventh day, you perform washing of the large intestine to check if something putrefying is still there. If you see remnants of putrefying matter flowing out, you can repeat the alimentary canal washing.

THE FOLLOWING DAYS

From the ninth day, do not wash the intestines. Even if there is still something, it should not constitute any problem. You can deal with it after a few weeks, unless you clearly feel that something is putrefying in the intestines. If you have flatulence, something is rumbling in the intestines or you feel that there is too much gas, then you can perform the alimentary canal washing in the third week. Later, if you still have the same problem, repeat the washing in the fifth week.

It may happen even later, even after, say, two months, that the same problem appears – too much gases in the intestines. This may indicate the presence of putrefying matter in the intestine, e.g.

remnants of rotting tapeworm which was not removed by the body yet. Then one can wash the alimentary canal again. However, one has to be very careful, because the body is now very sensitive and reacts to much smaller amount of liquids. Also, this is not a neutral procedure for the body during that time, this may even harm the body. For that reason, have your mentor close to you.

The closer to the end of the seven-week adaptation, the proportionally more mind exercises, in relation to the energizing ones, you ought to perform.

Energizing exercises do power the body, but they are just a bridge to get the body fully across to liberation from food, even in the form of sucking energy from outside.

The body can function perfectly just because of its owner's will. In other words, when you see in your imagination that the body functions perfectly, because this is your will, then this is materialising itself in the reality. In this case we talk about inedia.

The body can function properly because of:

- proper diet, that is, individually selected proper material food, when using Conscious Eating;
or
- energy drawn from the environment by energizing exercises, e.g. prana drawing by breathing, sun gazing, *tài-jǐ, qì-gōng*;
or
- energy created by the mind, by mind exercises, e.g. contemplating of joy, visualization;
or
- the will of the body owner, thanks to modifications made in the instinct by, e.g. visualization, hypnoses.

During the preparation, you introduced proper diet and gradually sublimated it, in order to achieve the powering of the body only by

energy, starting from the first day of the seven-week adaptation. Then, during the seven weeks, you are adapting the body to be powered only from the drawn energy.

Then you gradually increase the share of the powering received by mind exercises, mainly by contemplation of joy, contemplation of IAM and visualization.

Then the final result is reprogramming done in the instinct, thanks to which, programs of body powering do not need anything from the outside. The body functions properly just because this is in accordance with your will. You are based on the Inner Power manifested by IAM. Joy naturally emanates from you. You feel Love – the indication that Life is being created.

ALL DAYS OF THE ADAPTATION

During the seven-week adaptation you conduct your life according to your likes and plans. You do not have to be completely isolated from the life conducted up to now during this time.

So, if you have office work to do, you can do that with joy. However, long seating with electronic devices and tiring work are not recommended.

If you have to work at the desk for several hours, take breaks often.

Go outside to do physical and energizing exercises. Also, take breaks for mind exercises. Remember not to allow weariness or tiredness of the body to happen due to office work.

The same is in case of any work – you can do that, as you have been doing up to now, but make sure that you treat it as a pleasure, not as a pressure. Take breaks for energizing and mind exercises.

During these seven weeks, if you find your body weaker and weaker, and you feel hungry all the time, your dizziness does not pass, your heart beats faster, or even more unpleasant resisting symptoms occur – it would be more reasonable to go back to normal eating.

Every man reacts differently to giving up food. The body and mind of every man behaves in different ways during the seven-week

adaptation – this is why individual approach is important. Out of concern for your body, consult your mentor and decide what to do next, so that the body is not harmed and so as to provide the body with all that it really needs.

THE LAST DAY

The forty ninth day or any other day that you decided to set as the end of the adaptation time, is a symbolic limit. From this place you keep your body functioning properly entirely without food.

You have programmed the instinct to the degree that the body functions perfectly without you paying attention to it.

or

You have achieved full powering of the body by performing mind exercises.

or

Your body is in a perfect shape without eating, if you power it with energy drawn from the environment, by performing energizing exercises.

When one of the above happens, your body is healthy and you feel very well, then you can consider the adaptation finished.

RETURN

You are going back to your “normal” life, which differs a lot from the seven-week adaptation. It is worth to still pay attention to the condition of your mind and body. The most advantageous condition is when you are naturally emanating joy and the healthy body is full of energy.

There are many factors that can make the body weaker. Some examples include too intensive work, insufficient physical activity, polluted air, harmful radiation, loss of energy through emotions,

staying away from nature, lack of sunshine, too few energizing exercises, or unconsciously made negative visualization.

Take care of your body and feel what it needs. If you are unable to keep it in a perfect shape, even when exercising, then the only sensible decision will be to go back to “normal” nourishing of the body.

First of all Love your body. Love yourself. Let joy naturally emanate from you – then you will feel Love all the time. Commonly speaking, this is called living “in high vibrations”.

Either way, I suggest, do not force your body to living without food, because that harms it. Do not fight with the body. Fighting produces wounds and victims – who becomes the victim, when you are fighting with the body?

It is much more advantageous to go back to normal eating instead of fighting – this solution is chosen by man following common sense.

You know that living without food makes you neither worse, nor better, nor extraordinary. Although you differ from most people on the Earth, because you have chosen a way that is rarely walked on, still you are one of many people.

Someone may ask you:

“You are not eating – so what?”

Well, nothing, just playing like that. ☺

« WHAT TO PAY MOST ATTENTION TO

PROPER BODY WEIGHT

Environmental suggestion has impact on people so that they believe even wrong things. The appearance and weight of the body can be taken as an example. In a society in which the majority of people are overweight, an overweight man is regarded as looking well and healthy. Obesity results from improper functioning of the body, it means that the body is ill (there are exceptions).

In the same society, man of proper body weight is regarded as skinny.

Proper body weight is one of the characteristics of a perfectly healthy body.

When the body is not treated with too much or too little eating, and when everything functions properly in it, the body has the right weight, regardless of how it looks and how people judge it.

Judgement of man's appearance is often contrary to the proper body weight – it is worth to be aware of this.

When your body is in full health, you feel perfect and this is a normal state for you, lasting for months and years – you have a body of proper weight. And whether people judge you as fat or skinny, it has no significance – that is only their opinion. If you started to modify the diet in order to lose weight or to get fatter, you would probably harm the body.

Focus on health of your body, not on its appearance or on people's opinion.

Provide the body with everything that it needs for proper functioning. Right diet and physical activity for your body are necessary for good health. Focus on this – not on judgement of people about your appearance. If you act in direction of adjusting the appearance of your body to opinions of people, you may probably harm it.

« WASHING LARGE INTESTINE

COFFEE ENEMA

The large intestine absorbs directly into the blood – medical doctors have been using this method for centuries to efficiently apply medication or food. Often this is more efficient than swallowing the medication or food.

When you put water and coffee solution into the large intestine, everything that water has dissolved, will enter the blood circulation. Besides caffeine, there are many harmful compounds in the coffee that were produced as the result of burning the coffee beans and the following industrial processing. Drinking coffee is less harmful for the body than putting it into the large intestine.

Coffee enema is popular among people applying enemas, however, it is worth to think twice whether or not and what for to contaminate the entire body with these harmful compounds. Washing it out with just water results in the same mechanical efficiency.

If you prefer to add something to increase the efficiency, just add cabbage, lemon or grapefruit juice to the water. If you insist on an even harder cleaning, you can prepare a solution of water with baking soda and table salt: 1 tablespoon of baking soda + 1 tablespoon of salt + 1 litre of warm water.

ALIMENTARY CANAL WASHING

I tend to use here an exaggerated term “pipe”, for the alimentary canal, in order to provoke an image that we are dealing with a pipe of a few meters long, or a rolled hose with enlargements. So, something

like that is to be cleaned from remaining rotting food remnants.

First read the chapter “washing large intestine”.

Below I am writing more about cleaning of the entire alimentary canal, from the oesophagus till the anus.

Look for the expression *shankh prakshalan* on the internet.

You will find many detailed information, with photos and films describing the procedure of this ancient effective method of cleaning stomach, duodenum and intestines, which constitute the alimentary canal.

The descriptions mention about water solution of table salt (NaCl) – approximately 1%, that is approximately 1 table spoon of salt for 1 litre of water. Rinsing the alimentary canal out can be done also without salt, but it is not recommended.

I successfully washed my alimentary canal using this composition:

1 litre of warm water + 1 tablespoon of table salt + 1 teaspoon of baking soda (NaHCO₃).

Instead of NaHCO₃, one can use Na₂CO₃ as well.

Adding baking soda increases pH of the solution and causes diarrhoea. Increasing the pH is advantageous, because it de-acidify the blood, urine and kills fungi. Fungi and many bacteria cannot live in alkaline environment (pH over 7).

On the other hand, the diarrhoea is also advantageous, because it helps rinse the intestine content out.

Usually it is more advantageous for the body to use K₂CO₃ or KHCO₃ instead of NaHCO₃ or Na₂CO₃, because sodium (Na) is in almost every food product, thus additional consumption of sodium may disturb the sodium-potassium balance. It usually does not happen that the body lacks sodium, but insufficiency of potassium is not rare – in such a case it is even better to use K₂CO₃ or KHCO₃.

Important reminder: make sure about the purity of these carbonates – they must be food grade, never use industrial grade ones.

I also washed my alimentary canal with this composition:
1 litre of warm water + 1 tablespoon of table salt + 1 tablespoon of Epsom salt ($\text{MgSO}_4 \cdot 7\text{H}_2\text{O}$). This solution additionally cleans the gall bladder and its canals. However, I do not recommend it, because not everybody will be able to stand such intensive cleaning. The cleaning procedure is quite unpleasant.

If you want to have strong cleaning, and with your doctor's approval, you can prepare this solution:

1 litre of warm water + 1 tablespoon of table salt + 1 teaspoon of baking soda + 1 tablespoon of Epsom salt.

One litre of such a solution is usually too little, unless you have a small body. I, for example (body weight 80 kg, height 186 cm), need to drink 2.5 litre of the solution. Later I drink just clean water until my diarrhoea becomes like water without any colour. Sometimes I finish earlier, if this procedure makes me too tired.

Be aware that such a cleaning is sometimes very unpleasant. One ought to be healthy enough to apply it to oneself. This is why you should seek advice from a doctor who has experience in this field.

To wash the alimentary track, you can use solutions made with herbs instead of the three solutions mentioned above. This may be a better remedy for you. Find out which herbs clean intestines (cause diarrhoea) and are available in your surroundings. Consult with a competent herbalist.

« INEDIATES, NOT-EATERS

Nine years have passed since the publication of LSWF. During that time many people, who claimed that they do not need to eat to keep the body in the proper state, appeared in the mass media.

Describing the not-eating stories of these people would occupy a dozen pages here. Since you can easily find information about them on the internet – there are many articles, photos and films – I decided not to develop this chapter here.

I merely want you to pay attention to the fact that much information on the internet is not entirely true. Therefore you do not have to believe what the not-eaters say and what others write about them. You can consider it as a possibility but not as something sure. Acting like this, you do not create new beliefs due to suggestion of other people, but you remain free, while having more information.

On the internet you will find, among others, those people described as not-eaters, in alphabetic order:

Akahi
Anne-Dominique Bindschedler
Anne Catherine Emmerich
Elizabeth the Good
Helen of Enselmini
Camila Castillos
Dirk Schröde
Edith Ubuntu
Elitom ben Yisrael
Erika Witthun
Genesis Sunfire
Henri Monfort
Isabelle Hercelin
Louise Lateau
Maria Domenica Lazzeri
Mary J. Fancher

Master Fu Hui
Master Guang Qin
Master Jue Tong
Master Liao Fong-Sheng
Mony Vital
Nun Shi Hongqing
Oberom C. Silva Kirby
Oleg Maslow
Olga Podorovskaya
Peter Sorcher
Peter Straubinger
Phan Tấn Lộc
Reine-Claire Lussier
runforlove
Victor Truviano
ViSaBi

PRINCIPLES OF PROPER NOURISHING

1. CONSCIOUS EATING

Every man is a different universe, that is why such a thing like universal diet does not exist.

When you follow a diet – you harm the body. When you follow the body's real needs – you strengthen the body.

I suggest that you recall Conscious Eating method described in LSWF, and apply it for your benefits. Conscious eating is the most important principle of proper nourishing.

2. CHEWING

From the moment when man puts something into their mouth in order to eat it, chewing becomes the most important thing. Proper food chewing is the basic condition to fulfil so that the body can treat food properly. Insufficiently chewed food, falling into the stomach, has no chance to be treated properly by the digestive system, thus it becomes a burden – such food harms the digestive system.

The stomach is an organ which constitutes the second link in the digestive system chain of the body. The stomach is to accept matter which is already properly prepared, that is, sufficiently crumbled, mixed with saliva and initially digested. If any of these processes is not performed, the stomach is unable to fulfil its work completely. Then this improperly prepared matter goes from the stomach into the duodenum. This process continues till the excretion. Due to this reason, the body excretes matter which is not fully processed. The body would not assimilate all that it could do from the eaten food, if it was not properly chewed and mixed with saliva. This is one of the causes of body diseases and ageing.

This simple action of chewing has a huge impact on the entire body. If you want to compare, you can easily do it. On one day, swallow your food without chewing (to the extent possible). After a few days' break (for body recovering), eat with the proper chewing. Now, when you compare your health, feeling, and appearance of the body excretions, you will have no doubts.

What is the proper chewing?

Before something is swallowed, first it has to be chewed in order to bring it to a maximum liquid consistency possible, and it has to change the taste. For example, when you are eating bread, before you swallow it, you need at least three minutes of continuous chewing, so that the bread bite changes into a liquid (liquid mash, heterogeneous suspension in the saliva), that has a different taste from the initial bread bite.

If the taste becomes unpleasant, it is an indication that the body does not want it. Then, without hesitation, spit the mouth content out. The body already has taken everything that it needs from the chewed food. If you swallow it, you unnecessarily change the body's self-cleaning system.

It is worth to chew also liquids, that is, mix them well with saliva by seeping them through the teeth. Liquids need shorter chewing time before they are swallowed.

It is important to mix cold drinks with saliva, because the additional advantage is warming them before they are swallowed to enter the stomach.

Man following the principle of proper chewing notices soon that their body can be sufficiently nourished only by chewing food. The body seldom needs swallowing food that was chewed for a long time.

In this way, it is easy to notice that the body rejects most of the processed foods by telling you with the taste. A good example is deeply processed (far from nature) food, e.g. cake, pizza, chips, sausage, and dairy – when they are chewed for a long time, they

change to disgusting taste. Hardly anyone feels like swallowing it.

Fruits and some other not processed foods, after longer chewing, change the taste to even nicer than the initial bite. In such cases, of course, one ought to swallow, not spite out, the food longer chewed.

Thanks to long chewing, one can feel when and which food is advantageous for the body. Also, one can feel what the right amount to be eaten is.

Besides that, experience achieved from proper chewing helps create essential knowledge on the way to not-eating.

Chewing, as described above, is a component of Conscious Eating method. Without proper chewing CE cannot be performed.

3. WITHOUT DRINKING

Drinking while chewing makes it more difficult for the digestive system to process food in a proper way. People usually sip a drink, when chewing something, in order to faster soften and crumble solid food. As you can guess, when solid food is faster made into a mash, it makes one to feel like to swallow it earlier, before it is well mixed with saliva, thus the stomach receives improperly processed matter.

Drinking while eating solid matter also disturbs the digestion process, because it dilutes the saliva and digestive juices. Then the diluted digestive juices digest the food more slowly, which creates conditions for earlier rotting of it in the intestine.

Abstain from drinking directly prior to eating, so that the digestive juices are not diluted and you do not fill the stomach with a liquid directly prior to eating of the proper food. If you feel thirsty, drink to quench it, but wait a dozen of minutes before starting to eat.

Washing down directly after eating is even worse. This practise worsens the digestive process, as just described. It is better to drink after the digested food leaves the stomach.

If you feel that you have not enough saliva when eating something, you can change your food to something wetter, instead of drinking to assist chewing. However, remember that long enough chewing mashes any food and changes it into a liquid form.

4. WITHOUT MIXING

One of the most important principles of proper nourishing is to have only one type of food in one meal. For example, when you eat rice (carbohydrates), do not add to it, in the same meal, eggs or meat (protein). Eat only rice, and eat the eggs later when the rice is moved farther from the stomach.

Every food needs defined digestive juices. The chemical composition of digestive juice for a given food can differ from the composition required for processing another food efficiently. This difference in the composition can cause mutual disadvantageous reaction between both digestive juices.

Thus, when two different types of foods are mixed in one meal, the secreted digestive juice cannot process the mixture properly. This manifests itself by putrefying process in the intestine, flatulence, constipation and other digestive disorders.

Proper mixing of foods is especially important in case of unnatural foodstuff, which is everything that was processed (cooking, frying, backing, smoking, etc.) prior to eating. When man eats food directly from nature, which is not processed, the body manages it much better in case of mixing different foods in one meal. The difference is made by the enzymes contained in the food (more about that later).

Here are examples of errors most often made in mixing foods:

- Food containing much protein (e.g. meat, egg, soya, bean) eaten in the same meal with food containing much carbohydrates (e.g. potatoes, bread, rice, pasta).
- Fruits mixed with dairy – yoghurt, cocktails.
- Salads or juices made by mixing together fruits with

vegetables.

- Rice, potatoes or bread mixed with butter, margarine, lard or other oil.

I suggest that you find more information about (im)proper mixing of foods.

Usually eating only one type of food in a meal is most advantageous for the human body. For example, you can make a breakfast consisting of mainly carbohydrates (e.g. rice + sweet potato), lunch consisting of only vegetables and dinner consisting of mainly proteins (e.g. bean + egg).

If you feel this to be too difficult to follow, or that your meals are too poor, you can do your own research about mixing foods properly.

5. DIRECTLY FROM NATURE

Nature is an integral whole consisting of elements perfectly adjusted to each other. When observing nature, you see how everything is functioning perfectly. Sometimes it may seem to you that some programs of nature can be perfected. However, when you learn about these functions, you can see that they are already perfect. Elements constituting nature are already ideally fitted to each other and working in such a way that any man's "correction" can only harm this order.

Some of nature elements are programs of transformation. In this transformation, some bodies are changing on the basis of the others. A typical example is eating. For example, a plant is eating (absorbing) water, air, minerals and sun light. Man eats fruits of plants or entire plants. The Earth and air are eating (absorbing) products of man or entire man.

The transformations happening in every of these stages do not need any intervention – materials, energy, products of metabolism are found in nature in proper form. If man intervenes in nature's functions, for instance, products of nature are modified or changed

by others, the transformation is disturbed. Disturbing nature brings about results incompatible with programs of nature, thus causing harm to people.

A typical example of intervention in nature's transformation is food processing. Cooking, frying, baking, smoking and other processing produces something artificial that is not found in nature (with some exceptions).

The human body is a product of nature and it is subject to nature's mechanisms. Feeding man with artificial substances that are not found in nature, causes perturbation to the natural transformations concerning man in nature. So what follows is intervention in laws of nature. As experience and observation of nature show, the interventions in its programs disturbs life of people, animals, plants, water, soil, and air.

Which beings in nature, except man, cook, bake, etc. their food? Which beings on the Earth, except man, genetically modify their food? As a result of man's such activity, the appearance, health and life expectancy of their bodies are worsening.

Food prepared for man by nature is ready for eating. Every food prepared for man by nature has a perfect composition, for the body to deal with it properly. Any processing of this food leads to production of substances which are not known to nature, thus human body does not accept it.

Thermal processing of food naturally found in nature destroys enzymes. Enzymes contained by nature's food are necessary for proper digestion. Destroying the enzymes (temp. 48°C and higher does it) renders the food indigestible and turns it into poison for the body. Such food forces the body to use its own provision of enzymes. This provision is normally non-renewable. When it is fully consumed, the body dies. This provision is enough for a few dozens of years. This is why, among others, people eating raw food have healthier body and live longer.

The body of a statistical Earth inhabitant is forced to eat processed

food almost from birth. This is one of the reasons why sudden change to eating only raw food can cause unpleasant reactions – symptoms of drug rehab. So, it is worth doing the transition gradually, because the body does not like sudden changes, although it is very flexible in terms of adaptation.

By the way, think about the resulting savings for you, society and environment, when people eat only raw food. Another book can be written about this theme.

A big part of humanity lives in regions which are not inhabitable for human all year round. People live there because they have learned to warm their houses and store food for times when the soil does not yield crops (food), mainly in winter.

The Earth has assigned for man the subtropical and tropical zones for living around the year, where food is always available and does not have to be preserved.

If you live in cold a climate, it will be difficult for you to eat raw food around the year. For the time of winter, better go to a warmer region where you have fresh food at arm's length.

6. WITHOUT FLAVOURINGS

Have you heard comments similar to these ones? “Without salt it is tasteless.” “Without sugar it is too bitter.” “Meal without flavourings tastes bad.” “I have to be spiced well.”

When the body does not need something, man, not being hungry for it, does not feel like eating any given dish. But if this dish is treated with flavouring (sugar, salt, herbs, vinegar, etc.), most people would eat the dish with pleasure. This proves that people often eat dishes not because they are really needed by the body, but because of the taste.

When something not needed enters the body – poisoning occurs, thus the body is forced to remove or store the excess matter. This is one of the reasons of accelerated ageing and earlier body death.

All the flavourings are substances that deceive the senses of taste and

smell, which in nature serves as indications of real body needs. Look into nature, which being, except man, puts flavours in food?

When the body demands food, man clearly notice what they feel like eating, they are hungry specifically for this. The taste of food indicates to man what their body needs, then it tastes good even without any flavouring.

You can verify this theory on yourself. When you are satiated, you do not feel like eating any given meal, which is without any flavouring. Later you will feel like eating it, but if it was sufficiently tasteful, that is with flavouring and in beautiful shape. You do not feel like eating it raw.

Do not eat it but wait longer. After, say, a few hours or days, you will clearly feel like eating this (hunger) with pleasure, without any flavouring and even raw. This happens only when your body really needs this food.

Another example. Most people, who like to eat meat, would never eat it when it is raw. This is because they like to eat a product made from meat that is duly prepared and spiced. If their body would need meat, they would eat it raw with appetite. Some people, in fact, having fasted sufficiently long time, feel like eating meat even raw. Nature does not cook, so it provides only raw meat for eating, but if you do not feel like eating raw meat, this means, your body does not really need it. Then, if you force it to eat meat, you harm the body.

You probably have heard about using “herbs assists in digesting”. This is a fact, herbs and other substances affect digesting, taste, and appetite. Another fact is that the human body does not need these things. What man needs is to eat right substances in right quantity and at the right time. Being close to nature and observing body taste indications are helpful for right nourishing.

Following the taste choice of the body, one has to be aware that indications of the taste sense can be wrong in case of addiction. Addiction caused due to often and regular consumption of a given food makes the sense, in this case, to indicate wrong body need. Pay

attention to this and do not follow this indication of the taste sense. Willingness of the taste sense for eating things like, e.g. candy, chips, fries, doughnut, cake, wheat bun, chocolate bar, ice cream, hot-dog, pizza, cornflake, popcorn, soda, and colourful yoghurt almost always means wrong indication, many times due to addiction.

7. ONLY WHEN HUNGRY OR THIRSTY

This results from preceding principles of proper nourishing, because it is about real body needs, which body manifests by hunger or thirst. Let me emphasize here that commonly practised eating of meals at fixed times and, associated with this, cooking the same meal “for all”, causes more harm than benefit.

On the one hand, the body of man eating meals at fixed times (breakfast, lunch, dinner) – after all we cook “for the entire family” – is forced to accept food when it does not ask for nourishment. On the other hand, the body is more often given substances which it does not need.

Using the CE method lets one feel that fixed times for eating is something that does not serve human body well. The body is served best by what it demands, and it has to be consumed exactly when the body needs it. The amount is also defined by the body.

Let me mention this again, about forcing children to eat. Parents complain that their children do not want to eat at meal times, but they cry out for food in other times. Well, they behave rightly, because the body of a child knows well when and what it needs. So, a parent caring about their child follows the child in this concern. They give the child freedom to choose the time to eat and the food type. At the same time, the parent protects the child against poisons like those mentioned above.

Forcing a child to eat, even to finish everything that was prepared for them, causes wounds, which are inflicted on the defenceless child

during the development of their body and psyche. In this way germs of future mental illnesses that will reflect on eating, are created, e.g. anorexia or bulimia.

8. DRINKING AND WATER

Only things that nature gives man to drink are suitable for them. The main drink that nature gives man is the water naturally flowing in a spring or river, and lake water.

When you open a fruit (e.g. coconut), cut a plant (e.g. cactus, birch), a fluid flows out – sometimes you can drink it. Note that this liquid is not pasteurized, with preservatives and in a plastic bottle – which you will never find in nature.

Man already has lost the ability to check the quality of water by smelling or tasting, the way animals easily do. Let us take a simple experiment.

Take water and divide it to two parts. For the duration of one night, keep one part in a glass bottle, and the other part in a plastic bottle, such as those bottles that water is sold in. Next, in the middle of a room put two identical glass or metal bowls side by side. Pour the water from the glass bottle into the bowl on the left, and pour the water from the plastic bottle into the bowl on the right.

Call a dog, cat, rabbit, or other animal – let the animal choose the water. What do you suppose, from which bowl the animal will drink? You probably guess that if the animal smells both waters, it will choose the one that was kept during the night in the glass bottle.

Now you go and smell both waters. Do you smell the difference?
No?

Then drink both of them.

Do you also not feel the difference in taste?

Oh dear!

You see, the basic ability – checking the quality of water. How does

it function in you?

Well, not many people living outside of nature still are able to do that.

Man's body is composed in a vast majority of water. The quality of consumed water has a direct impact on human body, even if one does not feel that. For example, chlorine or fluorine added to water harms the nerve system, bones, teeth, and eyes. Bathing in such water harms the skin and hair.

If you are living in a city, probably your tap water is poisoned. For the sake of your health, do whatever you can in order to treat the water before you drink it, or buy good water.

Water in a plastic bottle also is not drinking water. Water solves poisoning chemical components contained in the plastic, even if it has food grade certificate. When you buy / keep water, do it only in containers made of glass, wood, stainless steel, silver, porcelain, or other material that does not poison water.

How to treat water for drinking – it is a different large theme for a separate book, so I am not going to develop it here. However, there is much available true information about this theme – just look for it. It is worth, because what is more important than health?

How much water to drink a day? Well, exactly as much as the body needs. More is harmful and less is also harmful. Advertised recommendations saying to drink, say, two litres of water, may be not good for your body. So, follow your body's real need.

9. NOT AFTER 4 PM

Here 4 o'clock pm is agreed upon, although for most people it is the right time. Considering statistically, taking the functioning of the human organs into consideration, this is about the time between 2 pm and 6 pm. The most important is to finish eating the last meal on a

given day 4 to 8 hours (depending on food type) before going to bed. The later last meal is eaten, the lighter it should be for digestion.

Too late eating makes, among others, the body unable to finish digesting everything before starting the night rest. This means that the digesting organs are forced to work beyond measure, and the content of the alimentary canal is poorly processed. Food staying there for too long putrefies and poisons the body.

Forcing the organs to work during the time destined for rest, regeneration, and removing toxins from the body, contributes to feeling weakness in the morning. One does not feel like getting up and feels weak. Also bones, head and stomach can ache.

Eating just before going to bed is not only a sign of addiction; it is also the action comparable with slow suicide. The body of man behaving like this attracts illnesses and has little chance for full cure.

10. IN SILENCE

There is a Polish saying: “One should not gab during eating, because things lay badly in the belly.” (*„Przy jedzeniu się nie gada, bo się w brzuchu źle układa.”*) The actions of eating and talking are incompatible, that is, they badly influence each other – one who chokes can easily notice this.

When one talks during eating, food is chewed worse. It happens sometimes that during eating one is under a stress because of discussion, this later may manifest in stomach ache or diarrhoea.

People meet at a table in order to talk – parties are examples of this. Some people cannot imagine a social meeting without snacks. However, an unusual party, when people exercise eating in total silence, can be organized. Eating in total silence lets one focus on eating only. Thanks to this, the life energy is directed to the digestive system more consciously.

Man, when eating in silence, can better focus on the chewing, swallowing, and feeling the impact of the given food on the body.

Eating in silence is practised by people occupying themselves with spiritual development – this is a well-known practice in yoga and in many monasteries. The main purpose of this practise is the recognition and enjoyment of what is being eaten, and also the focusing on the presently performed action.

Besides this, there is the method of Conscious Eating, previously described – it can be properly performed when in silence.

« ABOUT THE AUTHOR OF THIS BOOK

« EXPERIMENTATION

Many people have asked me to write more about my experiment with not-eating, which I performed between years 2001 and 2003. I had not written about this, because I believe that:

- first – as every man is a different universe, information about my experience with inedia and not-eating should not be indications for other people;
- second – every man, as an unique different world, has their own way and ought to rely on their own Inner Power, not on suggestion from another man;
- third – I do not like to talk about myself, especially about things which are in my immaterial sphere.

However, many people were persuading me, saying that all of this is important information, thus I ought to share it with them . I am satisfying their wish.

I had decided to give up food in order to experience freedom from this strongest material addiction on the Earth. On June the 30th, I had a dinner with my wife –my last meal before the not-eating – that was pizza which I ate till too much satiation, so I got stomach ache. From July the 1st, I did not take anything into my mouth.

At that time, I was running a company, working for 14 hours a day in the office and store room. I made no changes in the type of work and its rhythm – I was still doing everything in the same way as I had been doing before starting not-eating.

The first few weeks were not different with anything special, compared to longer fasts which I had done before in my life. Typical symptoms of body self-cleaning were occurring, e.g. headache and dizziness when I got up too fast, passing aches in different parts of the body, and heart pain. The dizziness lasted for approximately five

weeks, before it finally ceased.

The longest lasting symptom was pain in the region of diaphragm. For about three weeks, the pain was increasing with each passing day. Later, it gradually weakened and completely ceased after approximately two months. The diaphragm, muscles of the back and chest had some hard work to do to adapt to changing dimensions of the organs.

At the end of the fourth month, I suddenly felt extraordinary strong pain in the region of the kidneys. X photo revealed that the ureter was blocked by “jelly like” substance (according to the doctor). Fortunately, after receiving anti-spasm and analgesic injection, the ureter cleaned itself, and the pain disappeared for ever.

For the first four months, I was also feeling changes in the psyche. Psyche sensitivity was increasing, that is why in the beginning I often felt irritation for insignificant reasons, which manifested itself in the form of nervousness and impatience. Later, I stabilized the psyche by performing mind / psyche / spiritual exercises.

Noticeable changes were occurring in my psyche for about half a year, before I stabilized everything. Quietude prevailed later on. I could feel that the mind served me better than before the not-eating. I could evoke the state of intellect passiveness more easily and keep it longer. This led to noticeable development of the intuition and telepathy – I could more often perceive what people were thinking and feeling.

My intellect was functioning much more efficiently. From the morning till late night, I could be occupied with tasks that required activeness of the intellect, for example, office work. At the end of my work, at night, I felt that the intellect was as much efficient as it was in the morning. Besides that, I could think faster and focus better on one task.

I also noticed changes in the instinct. For example, the boundary between the night dreams and the daily reality become less sharp. The transition from the night dream to the day awareness became

smoother. The dream contents were more related with daily activities, as if one was continuation of the other.

I allocated 5 to 8, usually 7 hours, for sleeping. Though 6 hours of sleep was enough for my body, I stayed in bed longer, in order to perform spiritual exercising while lying.

One trait of mind state accompanying me in those days was not so pleasant – I saw the illusion of Life much clearer, deeper and with more details. I saw how the mind was creating all of this, the entire matter and beings acting in it.

The bodies of people, animals, plants, and minerals are programs only, which function according to other programs, and in the true reality there exists nothing.

There is IAM only and nothing else. My body, even my mind, are only pictures / programs / thoughts – effort must be made in order to create all of this. I saw that all of this is just a game without sense. Life and its sense has to be created by creating the illusion of the existence, perfection, changes, opposite, development, spirituality and matter, so that the game can go on. Then, having started this mechanism of constant creation, everything has to be forgotten, about myself and about the creating, so that the game can go on in this senseless illusion.

Then I also saw what food is; it is just a drug, an addiction formed during the babyhood, out of which man can lose themselves in the matter more deeply and play better.

I saw that and more, I still see it and I would like to forget, so that I could play again as a primitive man does.

One of things that I liked most during the not-eating was physical fitness. I could work longer physically and yet remain much less tired, compared to the days of normal eating. On a hot day, my colleague and I carried altogether 300 monitors, each one weighed 10 kg, in 50 m distance – it took us approximately one and a half hours. I did not rest even for a moment, because I did not feel any fatigue. Having finished it, I just went back to office work without feeling any tiredness. I sweated so little that I even did not need to take a shower.

During those almost two years of not-eating, I drank mainly water in small quantities, sometimes juices, tea, coffee, or herbs. Sometimes it was not more than half a glass a day. For one week I did not take any drink into the mouth.

One evening, I did an experiment – I drank 0.7 L of red dry wine. As I was surprised, there was no reaction, it was just same as I drank water.

During those two years, I sometimes ate something, for example, when I was a guest of my acquaintances abroad (I did not want to look like a crank), because of family ceremony (I did not want to sadden the family members and create feeling of isolation) or in order to test the effect of a given food for the body of a not-eater. Usually, having eaten something, my body threw it out in the form of diarrhoea in one to several dozens of minutes after eating. The body reacted in the same manner after drinking more than a half glass of a denser juice.

During those almost two years, there were days when my body was feeling weak, as if without any energy, and hunger returned. At that time, I performed energizing exercises – absorbing energy from nature, especially in sunshine, with clothes taken off.

However, what was more important is that I was regularly doing the contemplation of passiveness, thanks to this exercise I could better feel the Inner Power manifested by IAM. Then any hunger disappeared – it turned out to be illusion – the energy and power returned.

When I started the not-eating, my body weight was 78 kg. The body weight decreased to and was staying between 68 and 71 kg. When I was very active emotionally and mentally, for example, when conducting a seminar, the body weight dropped by even 2 kg a day. Later, when I calmed myself down through spiritual exercising, the weight increased.

To summarize my experiment with not-eating, I know that I do not need to eat to keep the body in a proper shape. It is enough for me to

decide to give up food without any preparation. However, gradual transition and preparation is more advantageous for the body and psyche. I know that the body is just an image in the mind, and this image is a subject of my mind.

« F. A. Q.

People often ask me the same questions. I have heard some of these questions so many times that I decided to answer here those most often asked ones.

1. Why did you come back to eating?

This results from my experience that not-eating and inedia are convenient factors in human life. Perfect health, fast, clear and creative thinking, much energy, extraordinary abilities – man slowly transforms themselves into superman, that is, they go back to their natural state. I, in my past, experienced that and even more, that is why I am now sharing this knowledge. However, presently this is not a way for me, because this disturbs me in realizing activities undertaken on the Earth. I am choosing the normal, “primitive” life of an ordinary man. This helps me to learn life on the Earth more efficiently.

Approximately 90% of human life is related to food. As a scientist experimenting on his own body and mind, I still am to experience this 90%, so that I can learn and understand more, and do not become detached from the reality on the Earth. This is the main reason why I have returned to “normal” eating.

I am aiming for better understanding of the Earthians, to know what information they need and are able to use on their way to the natural state of man.

The more man returns to the natural state, the more they will restore the natural life, that is, life according to the laws of nature, on the Earth.

Full understanding of enslaved man, who has lost their basic knowledge, is possible only when one becomes the same, ordinary man.

This functions with the same principle for a journalist who wants to write a good report about the homeless, so he lives among them for some time: on the street, without money and home conveniences.

This is why I need to live “normally”, as the others do, and experience the same – simply, to be an “ordinary” man, who is learning and developing himself all the time. This is also the reason why I now eat normally.

2. What do you eat now?

At random, whatever is in the reach of my hands. I pay little attention to it. I usually eat the remnants which are left after my wife and son finish eating. So, in short, my diet is not good, it is mostly harmful for the body; this is the diet of the ordinary man.

When I am a guest, I eat and drink whatever I am given. When they ask me what I want to eat, I answer, whatever they intend to give me. In this way I do not cause problems to people who invited me.

I am not a fanatic of any of the -isms – what I see is that they more often bring problems than help. I already have written about it, that man limits themselves with beliefs.

Once or twice a year I let my body rest – usually in early spring and autumn – I am fasting on water, from a few days to a few weeks. Sometimes I follow a diet on herbs or juices – depending on needs to heal the body.

3. Can an inediate, not-eater, or fasting man be sexually active?

Of course they can, according to their will and likes, as people who are eating can.

The body – electro-biological machine – uses energy for the functioning. The sexual activity of man results from a basic program, the goal of which is to reproduce – a pair of bodies produce another body. This is one of the most important programs composing the instinct.

“Normally”, during the intercourse, man discharges energy with the semen, and the woman receives it. Generally this is in accordance with the biology of nature, because the body of the male creates a

dose of energy in order to place it in the body of the female, where new life is supposed to be created and develop.

Man can change this process, but this is a separate topic.

The energy in the body follows thoughts and stimuli. Man, who is aware of the energy flow in the body, can control it, for example: to direct, focus, take, and give.

Due to leaving nature and because of environmental stimuli, usually the ordinary man poorly controls the energy in the body, thus their energy accumulates in the region associated with reproduction. The younger man is, usually the weaker they control their emotions and energy.

In the case of the ineditates, usually the energy accumulates in the upper regions of the body; this is why their sexual activity decreases. They can do that, but they feel less need.

If an ineditate, not-eater, or fasting man can use techniques of energy control during the arousal so that the semen is not lost, then he can be much more sexually active. If he cannot do that, he loses life energy with every loss of the semen. How to control that, why, etc. – is a large theme that is described in many books.

In the case of fasting woman, ineditate, or not-eater, although she does not lose any energy during the intercourse, she usually is also less willing, because the energy is accumulated more in the higher region.

4. Does woman lose her period during not-eating or fasting?

When woman lives without food long enough, and she has a totally healthy body, then there is no bleeding during the period. This means good health, that is, the body has come back to proper functioning.

As almost all women lose blood during the period, this fact is considered normal, while the loss of blood is a reaction of the sensitive indicator of health, which the uterus is. The woman body loses blood during the period only when her body is insufficiently healthy, regardless of how she nourishes herself.

In the case of a totally healthy woman body, the absence of bleeding during the period does not mean infertility; on the contrary, it indicates full readiness to be impregnated. Fasting can help cure infertile women, being exceptionally effective for those who are obese and suffer due to excessive bleeding. Experience is required in this case, so it is worth to follow a doctor having sufficient knowledge in this field.

However, when woman is not able to normally live without food, that is, her body is starving, menstruation disorders can happen, which will cause lack of the bleeding. In this case, woman also can become infertile. Do not force your body to fast, when you want to get pregnant.

5. Who ought not to fast?

Those who do not want to.

Those who are afraid.

One must not be forced to fast.

Besides this, read the list in the chapter “seven-week adaptation”.

6. Can one take medicine and herbs during *bì-gǔ* ?

Concerning this, seek advice from a doctor who is experienced in healing with fasting. To make the complicated story simple – chemical components known as medicine are consumed in order to remove or avoid illnesses. During fasting, causes of illnesses are removed, then, what for to continue consuming chemicals? The same is with herbs, because they also contain chemical components. During fasting, the body is much more sensitive to substances inserted into it, that is why medicine is removed or the dose is significantly reduced.

Sometimes, during fasting, chemicals are introduced for a specific reason, for example, to cause diarrhoea. This all depends on specific and individual case, which is why you’d better consult a proper doctor.

FORUM

If you have questions or want to share your experience, advices, etc.

– I invite you to take part in internet forums:

<http://forum.niejedzenie.info> (in Polish)

<http://forum.breatharian.info> (in English).

After opening <http://inedia.info> , you can find forums in other languages. From the main page enter into the language division, which interests you.