

Heal Thyself

for Health and Longevity

Queen Afua



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Preface

THE HEALER DIFFERS from the medical doctor in that the medical doctor is a learned and trained technician in methods for alleviating symptoms of illness that may or may not be part of his/her personal experience. The healer is someone who has through his/her personal experience learned to utilize life's obstacles for growth and development. When, through understanding trial and error, an obstacle, problem or illness is overcome and a new experience of benefit is born—out of an old problem, true healing has taken place.

When such an individual extends his/her healing experience to others to help guide them through what has been experienced, a healer is created. The process is continual. As the healer helps to guide others, he/she, too, is guided from within on the path of evolution.

In 1979, I had the pleasure to meet such an individual in the person of Queen Afua. A year later, I was to witness the opening of the Heal Thyself Natural Living and Education Center.

Since that time, she has been my mentor and inspiration on the journey to health. Through the years, I have been irrigated, steamed, bathed, 'herbed,' fasted and clay-packed by Queen Afua.

Presently, I can testify that the most powerful healing agent of this 'extra' ordinary person is Queen Afua herself.

At the time of this writing, I have had the pleasure of being worked on by Queen Afua. She was about to apply a healing agent to my body when right before application the congestion in my chest began to break up and disperse. This was quite an extraordinary experience, I might add.

Prepare yourself, for this is no ordinary book. You have in your hand excerpts from a journey to "holiness." The light that channels through the author onto the following pages is a love offering to your health. Read and Be Well.

Dianna Pharr

Foreword



I'VE DEVELOPED the Heal Thyself wellness freedom plan and I've fine-tuned this wholistic freedom plan for over 30 years, day in and day out, season through season, in my waking hours and in my sleep.

This Wellness plan proves that we can indeed heal ourselves from our afflictions and, thus, attain body, mind and spiritual balance. The plan is contained in this text, *Heal Thyself for Health and Longevity*.

The solution to our healing crisis lies in the fundamental question: Are we willing to challenge our appetites, desires and wants? The extent of our change determines whether we are serious about healing ourselves. My years of observation and practice convince me that soul-searching consciousness is the mechanism the Creator has blessed us with to overcome our addictions and our afflictions. We, thus, welcome you to *Heal Thyself for Health and Longevity*, a Path to Purification and Wellness.

Queen Afua

Acknowledgments

MOST HUMBLY, I GIVE THANKS to the Creator for giving me the desire, determination and support to heal myself and for the following people in my life: My mother, Ida, for being my best friend and confidante, and for helping me, along with my two brothers (James and Albert), to raise my children to be whole beings. Ah, my nine aunts, when I see them I get strength. They taught me the power of womanhood.

To my beloved friend and mentor Bob Law, of "Night Talk" (WWRL RADIO), who consistently promotes healing throughout the land, and to his beautiful wife, Muntu, who lovingly propelled me to finish this book.

My most profound love and gratitude to Hru Ankh Ra Semahj Se Ptah, a present-day "King of Kings," for teaching me and so many others the ancient ways of our Khamitic ancestors, and for all those of the Shrine of Ptah, who live and breathe our great and powerful legacy.

Elder Micah, the Godfather of Purification/Natural Healing, inspired me to create my formulas. Many thanks! Love to my sacred editors and literary midwives for diligently assisting in the birth of this work: Carol's faith, Gerianne's unrelenting push, Naikyemi's patience, and Shirley's love.

Love to Queen Esther, for sharing so much of my joy and some of my tears. I'm eternally grateful.

To Lady Prema, sacred songbird and spiritual "auntie," who walked with me faithfully on the Heal Thyself Path of Purification from the early days on and who always makes me mindful of the Creator's presence in my life.

To Cantor Cohen Nabyim Deborah Yahbah for her divine prophecy about the expansion of my healing work.

To my spiritual reader and long-time friend, Dianna, whose readings have revealed my progress and life's lessons to me in a gentle way.

Much gratitude to my spiritual mother, Empress Akweke, for being

the first to inspire me through her extraordinary lifestyle, which led me to be about the "Path of Purification." I give thanks to Empress Akweke for honoring me with the title "Queen." Love and Respect.

To my spiritual brother, now an ancestor, Reggie Seagars, who put a healing song in my heart.

To Kalid Nadi, who shared the sounds of his golden flute with many fasters.

To the former staff of the Heal Thyself Center, the fasters, clients and students of the healing path who believed in themselves and the power of purification.

Healing and blessings to David Torain for "gifting" me with our three children who are my most precious gems.

To Richard Bartee, a gracious thank you for your continued support of the healing work.

Blessings to Benyamin for acting as co-Director of Heal Thyself from 1984 to early 1988.

To Rev. Philip Valentine for acting as co-Director of Heal Thyself from late 1984 to 1988.

Immeasurable blessings to Imhotep Gary Byrd and Lloyd Strayhorn who supported me on my Natural Living Crusade throughout the years on the airwaves of Radio Station WLIB.

I salute Baba Ishangi, a masterful cultural teacher, world performer, healer and spiritualist who nursed me and thousands to the shores and through the waters to an Afrikan Beauty, Necessity and Reality.

Much appreciation to Natresha, the Heal Thyself colonic therapist, for purifying the many clients who frequent our center. Tua Ntr for Snt Pa-Ur, and Ingani Choice for teaching and upholding the Heal Thyself Fasting Program over the years. I appreciate your dedication.

Blessings to Hati Ast, a "Divine Mother," whose love is as deep as life itself. To Mzuri, for allowing me to be silent, and for taking me (that winter's night) to the crossroads of my life when I didn't know quite where to turn. To you, a heart-felt embrace.

Thanks to our mother Rosa Parks for acknowledging my work in *Heal Thyself for Health and Longevity* and inviting me to her book signing.

To Stevie Wonder, a shining light, who kindly allowed me to wrap him in herbs, for accepting my tonics and healing waters, and for capturing my heart with a song on my mama's piano... Love.

Much gratitude to Ben Vereen for absolutely embracing Natural Living and Fasting and, thereby, sharing his wellness with his Broadway family of *Fosse* in a Soul Sweat extravaganza.

Much appreciation to Erykah Badu for traveling with the family to administer a Fasting Shut-In, that was held at Hunter College.

Thanks to precious Michael for gathering some of the dancers and stage crew of *The Lion King* in a Soul Sweat as we healed the night away.

Love and healing to the folks of the artistic world who continue to speak and dance and sing, healing tones to our spirit, and for expressing our deepest feelings in a way that inspires us all to flourish.

To all the Afrikan doctors, nurses and health professionals born in the Americas, the Caribbean, and across the globe, those who strive to heal our people, I offer my respect and adoration.

To all the holistic healers and naturopaths of the Four Directions who contain answers I don't have, I honor you. May the Creator continue to bless and protect you and your work.

To the indigenous Americans who maintain the sacred healing sweat lodges and who continue to perform the Sun Dance. Power and strength to your people.

Eternal gratitude to conscious parents who aid in saving the planet by birthing wholistic, organic babies into our world.

Finally, to all those seeking to be healthy, happy and whole, may you have guidance and protection.

Dedication

I LEARNED FROM MY father that you are never too old to grow and heal. My father became a vegetarian at the age of 81 and, together, we put down his walking cane by following Natural Laws. At the age of 82, his arthritis left him and he jogged down the street. Sometimes at night, while I was reading to my father, he would say, "I'm tired... I'm ready to leave this world now." With my innocence, enthusiasm and love, I would say, "Daddy, you are just a child in the eyes of God and you could live 100 years, like the folks you've read about in the Bible, if you live naturally."

Consequently, Daddy had become my best client and believer in healing. In his dying bed, my father sipped garlic juice I gave him. He touched my pregnant stomach, where my son, Ali, was living, and said, "Helen, did you open the Healing Center yet?"

That was more than 20 years ago. He didn't recollect my name very well, for by that time he was in both worlds and making his transition in a hurry, but he did remember my work and envisioned my destiny.

Every now and again when I don't know where to turn in my business affairs, my Daddy comes from the spiritual world and gives me guidance. I want you to know, Daddy, that I appreciate and enjoy those meetings.

So, to Ephraim Robinson, who believed in and raised me on long talks about Marcus Garvey, Martin Luther King and Malcolm X, who lectured on Black folks owning and operating their own businesses and working together for our salvation, I dedicate this book.

This book is also dedicated to my mother, Ida, who loves and supports my work, and my three children, Daoud, Sherease and Ali, who sacrifice with me in the effort to share the Almighty Creator's Purification Laws.

Introduction

My Path to Purification

AT THE AGE OF 17, I developed chronic asthma and severe hay fever. The road of health ignorance and darkness that I was traveling would have surely led to destruction had I not been rescued and led spiritually to the Path of Purification. I probably would have been living in an iron lung by now, had I survived at all.

There was no known cure for me, according to the medical world. I was allergic to almost everything: grass, dust, fur, perfume, mold, several vegetables and fruits, and eggs—all of my life. In fact, the specialist that I was seeing told my mother that I was allergic to too many things and that I really needed to live in a glass house. Even though I was living on a special diet, I was becoming progressively worse.

How it all began is vivid in my mind. It was the evening of August 10th, 1970 at about 8:35 p.m. I sat with my family at the dinner table to partake a “normal” meal of broiled steak, boiled potatoes with butter, muffins and collard greens. For dessert, I had a slice of cake and a glass of milk. I remember the meal being so heavy that after eating I lost all of my energy and had to go to bed immediately. (I later had to outgrow the bad habit of “eating and sleeping” in order to heal myself.)

Ten minutes into my nap, I awoke gasping for breath. My lung had closed down; my face had begun to swell. I remember hearing myself say, “No air can get in or out.” I was petrified; it was a labor to gain another breath. I thought, “I am going to die.” I cried out, “Daddy, help me! I can’t breathe!”

My father held my hand through the night during the bout of sickness, the first of many attacks to come. The word "attack" was so appropriate for I could feel an attack on my mind, body and spirit. It was a total assault and there was nowhere to run.

I was an asthmatic! Every form of medication was given to me, but nothing helped. I deteriorated. I had to learn to live in a suffering state. This disease consumed my young life. Had not my mother told me I'd be alright and that people did not die any more from asthma, I don't know what would have happened to me then. Of course, she was trying to comfort me, for I found out later that people do die from this respiratory disease. It was my belief in my mama's words that carried me and enabled me to clutch onto life. For when evening attacks came, I remember I clung onto her words of hope for dear life. I felt that was all I had to hold onto. I would repeat in my mind my mother's words that I was going to make it to dawn. "I am going to make it through the night 'cause you said I would, and I believe you, Mama. I have faith in you.'" For me, the closest person to God was Mama, and, thus, Mama always told me the truth—and I believed her truth.

Many a night the asthmatic attack was so severe that I would secretly turn on the night light so as not to disturb the rest of the household, and prop up several pillows against the sofa so I could quietly sleep, sitting up all night, enduring eight hours of pain and tightness in my chest. I would wheeze a lot, sleep a little and pray, as I sat in fear of the next breath being my last. This inner turmoil would go on 'til the crack of dawn, for just as the sun was coming up, so too my breath (life) would return—a quiet miracle. Once again, by the Creator's grace and my faith in my Mama's words, I survived another night.

My deepest disappointment was when my doctor told me that it would be impossible for me to take my scheduled college trip to Afrika. He predicted that I would become very sick due to the grass and trees of my lost-but-not-forgotten Motherland.

I did not yet understand that it had been my American meat-and-potatoes diet that had prevented me from being able to go home to Afrika. I had not made the connection between my diet and my health,

so I continued to live in this ignorance and poor health for some time.

Three years went by. During these years, I developed arthritis in my shoulder as well as eczema all over my body. Later, I learned that these problems were a result of bad diet, inner rage, depression and not feeling able to express things I needed to express. When we heal, we must be prepared to heal physically, mentally, emotionally and spiritually. We want complete healing.

One summer, a close friend invited me to a vegetarian retreat where I met the famous, late great Afrikan American Master Herbalist for over 50 years, Dr. John Moore, who later became my spiritual grandfather.

Three days before the retreat, I threw away my medication because I was feeling like a junkie who had to take legal drugs to stay alive. Deep in my soul, I prayed that there was another way.

On my arrival at the retreat site, I saw grass and trees. I had no medication; I panicked. Thirty minutes later, I began to wheeze; my eyes became red and bloodshot; my skin began to itch. I felt trapped. "What am I going to do now?" I thought.

A quiet voice inside of me said, "Eat only lemons, grapefruits, and oranges and drink warm water." I did this for 28 hours, and all of a sudden, mucus was being expelled from everywhere, my eyes, nose and mouth. After about 24 hours of releasing in this way, I was able to breathe normally. My eyes became white; my skin stopped itching, and I was emotionally at peace.

For the remainder of the retreat, I listened ecstatically to Dr. Moore and other lecturers speaking on Natural Healing and Nature Cures. A whole new world opened for me; I realized that with faith, determination and a cleansed body Temple, I could finally be healed.

Today, 30 years later, I remain disease-free. I continue to heal myself daily and joyfully. My healing made me realize with the Creator's grace and blessings, that my people, and others who choose nature, no longer have to suffer, and that freedom, spiritual, physical and emotional, is at hand.

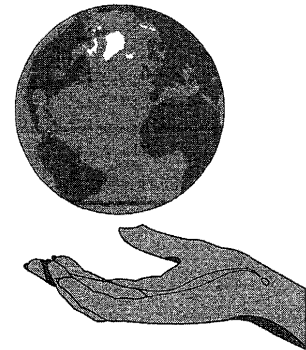
These last 28 years or so, I have been led on a crusade to teach and preach "Liberation Through Purification." I have learned to use every

lesson as a blessing. My recovery from my illness gave me the determination to support thousands through their healings. My illness, that turned to a healing, has served as a catalyst for the “resurrection of a people.”

I do not claim these writings to be the whole story on healing. The other part is within you, other healers and “would-be” healers. However, the portion I’m led to share comes from my heart. Take this and use it wisely.

Glory be to the One Most High.

One



A Cry for World Healing

Every nation shall read this book as a guide to natural healing—from the Continents to the Poles.

THIS IS A CALL for planetary healing and purification. A global resurrection is mandatory if we are to continue to thrive on earth.

This is a call to the United Nations, to the communities of the world. This is a call to our leaders—political, spiritual, educational, business and artistic—who have an even greater responsibility to purify, lest the people be led to mass destruction.

We have come into the age when our cleansing is most urgent, right here, right now. According to how we disrespect or respect nature and our body Temples, we will experience total devastation and destruction, or total enlightenment and resurrection. From the global to the personal, there is evidence that the necessity for the purification of the heart, mind and body Temple is at an all-time high.

There is bloodshed due to wars. There are increased numbers of crimes in the streets. There are homicides and overcrowded jails. There are battered wives and abused children. There are the slow-death addictions and abuses of drugs and alcohol. There are out-and-out suicides. There are the soaring numbers of cancer victims and victims of the

AIDS epidemic (plague). There is premature aging, heart attacks, hysterectomies and mastectomies. There are *crib deaths* due to lack of knowledge, and children born with aging dis-eases passed down from possibly toxic parents or extremely polluted environments.

With mental, spiritual and physical breakdowns everywhere, there is no choice but to purify. The rich, poor, young and old must cleanse if we are going to rise above the diseases of the body, mind and soul.

The Earth is expressing her discontent with how humankind has worked against natural laws. Ultimately, we have worked against ourselves. Our impure thoughts and acts of hate, rage, jealousy, depression and despair have led to the production of impure waters, acid rain, drought, devitalized soil and poisonous air. Equally, our bodies are filled with waste, worms and poisons.

Mother Earth warns us with her earthquakes, hurricanes and volcanic eruptions. Through fire and water, she is cleansing herself of all the filth, just as a woman cleans her womb of tumors by the fire of life-giving foods and water cleansings.

All religious and holy people and ancient spiritual masters of days gone by have shown us the truth and the way; that the foundation for liberation is to fast, to pray and to purify. The ancient masters did not eat of the flesh. They were vegetarians. They were clean.

We, too, must now walk in their footsteps. This way of living holds all the keys for peace on earth, for self-realization, success, health and resurrection for the healing of the planet and humankind.

We must cease our internal and external wars with ourselves and with one another. We must seek to live with a fervor and determination to expunge disease, which runs rampant on this planet due to our unnatural life styles, greed and ears deafened to our own inner voices.

Early one morning, the Creator spoke through my inner voice: "Worry not, my children. Man does not control his destiny, I do. Refocus your eyes. Follow my ways, follow my laws and I will set you free!"

In response to my inner voice and in response to the Creator, I offer the following pledge:

I, Queen Afua, born Helen Odel Robinson, am reaching back into the beginning of time and drawing the strength, power and dignity of those ancient times and ancient folks. I affirm for my people and all people—right here and now—that our personal, spiritual and physical liberation is through purification. To all I am able to reach, I will share this Freedom call — "Liberation through Purification!"

My work and this book are efforts to right some of our wrongs, to give us formulas that help us go beyond mere survival in the coming age.

To my human family, I say: Put the plate down, my sisters and brothers, my mothers and fathers. Let us fast and pray our way out of bondage and darkness into truth and light. Be victorious—for our lives, our souls, our children's children's lives and souls depend upon our purification. Glory be to the One Who Rules the Heavens and the Earth. It was true then as it is true now: *Physical, Mental and Spiritual Liberation Comes Through Purification.*

Let us liberate ourselves from disease and spiritual unrest. Peace can exist on earth, but it must begin with you. From you comes family healing, then community healing, national healing, and finally, global healing.

We must use the Creator's tools to heal ourselves. The tools are fasting, prayer, using herbs, juices, live, sun-ripened foods, hydrotherapy and aromatherapy. We must maintain high and clean thoughts and allow divine, righteous love to flow through every cell so that we may build body Temples of light.

Only the light beings will make it through; only the "shining" ones. There are a chosen few. Are you one of them?

Wake up and rise into a Natural, Divine Way of Living—*Heal Thyself.*

HOW YOU CAN BENEFIT FROM
THE HEAL THYSELF HOLISTIC HEALTH PLAN?

Who**Benefits***The Athlete*

- Develops more stamina and endurance.
- Learns to control breathing and acquire stronger, cleaner lungs.
- Increases concentration and becomes physically more flexible.

The Artist

- Becomes more creative. Increases energy.
- Produces an effective stage presence.
- Increases your natural radiance and beauty.
- Increases vocal range, making it higher and deeper; the voice will be fuller.

The Business Person

- Develops brain power and increases memory.
- Aids movement up the corporate ladder.
- Draws money and positive, successful contracts towards you.

Seekers of Physical Beauty

- Experience weight loss and rid their bodies of cellulite.
- Gain clear skin, devoid of acne and a decrease of wrinkles and lines.
- Remove bags from under the eyes.
- Become poised and relaxed.
- Stimulate hair growth.
- Remove body odors.
- Acquire a pleasant speaking tone.

Lovers and Mates

- Experience greater sexual fulfillment, and more intense orgasms.
- Become more loving, gentle and in tune with their inner selves and with their mates.
- Acquire spiritual awareness during lovemaking.
- Have the ability to experience lovemaking as a sacred, divine gift.
- Develop a body that will taste delicious.

Note: Watch with whom you make love. Be sure that he or she cleanses for "we are what we eat."

Who**Benefits***The Family*

- Shares in a healthy, progressive, strong and loving family unit.

Parents-to-be

Cleanse for three months to a year before you try to conceive.

- You will create a genius child, a love child, a disease-free baby. Many children are born today with cancer, retardation, arthritis, etc. Deep cleansing and rejuvenation before conception may prevent the occurrence of these illnesses.

Parents: Mothers and Fathers

- Increase levels of patience.

Elders

- Have fewer/less severe aches and pains.
- Experience a decrease in tendency toward senility.
- Have increased energy.
- Experience a reversal of the aging process and an increase in physical power and strength.
- Decrease the need for medications.
- Gain knowledge that life is not over; it's just beginning.

Spiritual Life

- Your prayer life will increase effortlessly.
- Temptations in the form of drugs or alcohol will be removed from you.
- You will experience peacefulness and a greater capacity to have divine love.
- You will have a closer relationship with the Creator.
- Your "third" eye (spiritual center) will open.

Two

Let the
Healing Begin

'Sick and tired of being sick and tired,' then it's time to make a positive stance and begin to journey on the road to wholistic wellness; to unleash your blessings and allow them to flow out freely, from you to others.

AS I STAND ON the island of Jamaica looking out on the Caribbean Sea, I speak through my moving meditation. The curtain of the world opens and there are drums and shekeres being played in the background of the heavens. There is gospel music playing. 'Hail to the Most High' is spoken.

I come out on the stage of life and say, "I've come to share with you a gift of healing, not simply because I'd like to, but because I have to—not because I want to, but because I need to."

You see, contained in this Urn (book) is gold dust, a magical gold that is within us. Whenever we are ready to heal, the gold dust becomes activated. The Creator has given us this inner gold by which to "Heal Ourselves." Once that inner gold becomes ignited and begins to shine, we become blissfully at peace and at one.

The healing begins to swell up within me and then I've got to share the feeling, because it's busting out of my toes and running

through my fingers and pouring out of my eyes and exploding through my mind.

I've got to share this healing. My gold moves me to share this goodness. I've become so ecstatic about what the Creator has given us so magnificently through air, fire, water and earth that my joy has to be expressed through dancing about. But, that isn't enough.

I have to sing about the healing and still that just isn't enough. Finally, I have to testify about my healing. So I jump for joy, get happy and shout. It has gotten so that I find myself thanking the Creator in every language. Hail to the Most High, Jah, Allah the Most Merciful, Jehovah, Olódùmarè, and Jesus because the healing is so full, so good, so massive it encompasses the world.

Oh, I've been delivered. I feel golden, just like the sun—always vibrating, radiating, glowing and sharing its light. That's why I've got to share my healing. I can't help myself. I love you too much not to share this good feeling.

In this magical Urn is all the gold that's inside of me. I'm going to sprinkle you down and God's going to lift you up. Ralph Carter! Lady Prema! Queen Esther! My Mama! My Daddy in the spirit world! And all my loves! Let the healing begin!

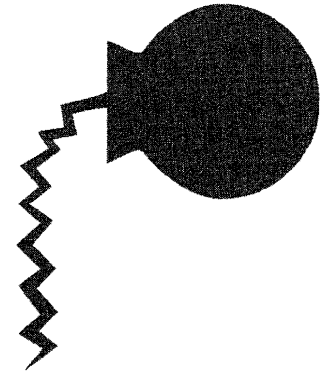
Many years have gone by, sixteen years or more, and I've journeyed through the drama of our healing. I have talked to the elders about the healing, and taught the children about the healing. I've dried thousands of tears of women growing into their healing. I've massaged breast-feeding mothers, given counsel to the brothers, and delivered beautiful babies. I loved my man through his healing. I've been through it all.

It seems the more I've gone through, the more I'm feeling life, feeling free, feeling wonderful simply just to be. By way of my journey, I've purified myself so much until my third eye done opened. I'm getting a vision. I can see the world dancing, and healing, and shouting for joy. Fasters! Healers! Would-be Healers! There's a world healing going on. In all four corners of this earth, there is a world healing going on, in the North, South, East, and West.

As I spread my hands throughout this universe in spirit, body,

mind, and soul, I see in my inner vision a world healing going on. All war and destruction has ended. The mama within me and the father within me and within us have said, 'There's a world healing going on.' And so it is. Right now, as we affirm together our healing, may the curtain stay open within your life and may the light of the Creator shine upon you and give you peace. For as sure as the sun sets and the moon rises, know that 'there's a world healing going on.' It's going on within me, within you and within us. So, let the healing begin!

Three



Prepare Yourself and Your Home

Forgiveness and Thanksgiving are the Keys to Spiritual Preparation for Healing.

AS A SPIRITUAL preparation to embark upon the path of natural living and purification, we must be in a state of constant forgiveness so that we may be forgiven for the sins we have imposed upon ourselves and others. So, let us affirm together: 'Today I forgive all the people, conditions and circumstances that ever hurt me in this life and past lives. For in my forgiving, I begin the process of complete healing. The sickness within me is no more. Instead of holding onto anger, bitterness or sadness, I offer it all up to the Most High.'

We must be in a state of thanksgiving for our many gifts and blessings. Let us give thanks and praise together: 'I spread my arms to the north and south, and my heart to the east and west. I give full thanks and most gracious gratitude for my ancestors who laid the foundation for me to grow, to learn and to reach each beyond the stars. Thank you for showing me the way through the forest and trees. Thank you for being there in spirit. May I walk in your footsteps. May I one day become a wonderful and deserving ancestor.'

To our parents who were the avenues of our arrival to this earth: 'I love you, Mama and Baba (father). You gave me all you had to give and I give thanks. How much of my life can I give you in return?'

To our mates, past and present: 'You taught me my lessons of humanity, how to say "yes" and when to say "no." You taught me the many levels of loving, the many levels of living and the many joys of forgiving.'

To our children and the children of the world: 'You have shown me how to love unconditionally, even when it was painful. Through my pain, I had my greatest births, deepest understanding, and my most intense transformation. Glory, glory, glory.'

'For the bird that passed my window, the butterfly that has landed on my shoulder, the rain that falls and the sun that rises, I give thanks and gratitude to the Creator and to nature. Thank you for providing me with my healing continuously, freely, abundantly and lovingly. I give thanks in my hours of darkness and I give thanks in the light for each divine lesson given to me.

'I give thanks for each additional breath that I am given from the one who rules the Heavens and the Earth, my Great and Divine Mother Father. I give thanks for my life, for giving and sharing life. I give thanks as I ecstatically look forward to all of life's challenges with joy and great expectation.

'Hail to the Most High for forgiveness and thanks-giving. Today, I bear witness to my complete healing. Forgiveness and thanksgiving flow through me. All of my sins are washed away.'

Preparing the Home for Self-Healing

Your home is a reflection of who and what you are and the levels that you've reached in self-awareness. If your house is in order, your personal temple is usually at peace. On the other hand, if your home is out of order, there is usually some internal confusion or unrest within yourself.

Let's use this time not only to cleanse our inner temples but also to cleanse our outer temples. When you come in from the world and enter into your home, allow your home to be a sacred place, a place of refuge, and a place where you can recharge, and gain balance and peace. Let it become a place to prepare you for your work in the world.

Clean out the old to make room for the new. Work within seven-day cycles. Wash all floors. Use Florida water, ammonia, peppermint liquid soap. *Note:* One-teaspoon cinnamon in the cleaning solution brings sweetness to your home.

- If you have an opportunity to paint your home or prayer room, then paint it.
- Clean out closets and drawers. They represent areas of your subconscious, your deepest, most hidden feelings, which must be "cleaned out."
- Throw out all clothing and shoes, which have only been gathering dust.
- Wash and press all clothing in an orderly fashion so that your mornings run smoothly and effortlessly. No last-minute pressing clothes or looking for shoes. That's no way to go into work. If you leave your house scattered, you will find its reflection in the world.
- Open all windows in the house daily for a few moments during the winter months. During the summer months, keep the windows open for complete circulation of the air elements. Allow the air to constantly baptize you and lift you up high.









The Entrance To Your Home

Keep a vase full of fresh Lucky Leaves or a cactus plant near your doorway. You can also place three lemons over the doorway, which you can change periodically. This is Dr. John Moore's spiritual formula to protect your home.

These natural elements spiritually aid in absorbing any adverse forces that are entering your home or even better, will repel them from coming into your sacred space. If you become very pure and holy, then adverse forces will not enter or direct themselves toward your body Temple or your sacred space. Negatives, as positives, are reflections. The body Temple is the inner reflection and must be kept clean and your home is your outer reflection. It must be kept clean. Your thoughts must be purified for thought is the end result of your inner and outer life made manifest.

Helpful Hints about Colors

For best results, when painting our home or even wearing colors on your body Temple, remember these helpful hints about colors:

	White	Purification
	Violet/indigo	Spirituality and higher mind
	Yellow	Higher mind, divine intelligence
	Blue	Peace and tranquility
	Green	Healing
	Soft Pink	Love
	Orange	Stimulation
	Red	Energy and Productivity

Your Home As A Healing Space

Living Room

Avoid using the living room for constant video and television activity. Such activity creates dulled senses, slow thinking, and radiation poisoning, in most cases. Instead, use your living room as an opportunity for family communication, meditation, exercise or artistic expression.

Keep plenty of plants in the living room for greater oxygen supply. Additionally, have pillows so you can sit low. The low sitting causes flexibility in the body and humbleness in the spirit.

Your Kitchen as a Healing Laboratory

This area of the home is the foundation of higher health and healing to the entire household. The culinary chemist, whoever she or he may be, holds the physical, mental and spiritual blueprints of the family and future generations. The combination of nature's elements that we call food must be alive to give life, must be balanced to maintain balance within, must not be over-seasoned (which irritates) and above all, they must invigorate rather than stimulate. This room must be in total order. The state of mind is of paramount importance in this laboratory, for the emotional energy you entertain during the preparation of your food is the most important ingredient you contribute to the art. Your

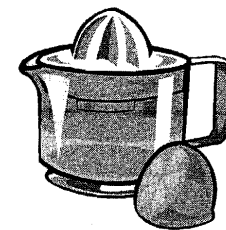
resulting formula can heal the household or destroy it.

Cleanse your refrigerator and discard all devitalized foods. Their energies can pollute the nearby foods that have higher and more pure rates of motion, i.e. fresh fruits and vegetables.

The following are further helpful hints to you, as a chemist, on the make-up and maintenance of a powerful culinary laboratory.

Purification Kitchen Laboratory Tools

Juicer: Look for a good juicer to extract the juice from vegetables and fruits. Some juicers are not designed to extract the juice of oranges, grapefruits or lemons so you may have to purchase a citrus juicer or a special attachment for your juicer. A good juicer will separate the juice from the pulp. You can purchase a juicer at the local health food store or department store. If you can afford to do so, invest in a good one, such as Acme or Champion. The less expensive Oster vegetable and fruit juicer, which can be found in your local department store, is also suggested.



Blender: You can use a blender for mixing your nutrients in with your vegetable or fruit juices or for making fruit shakes and vegetable cocktails.

Measuring spoons and measuring cup:

Carefully measure your nutrients, the waters for your tonics and the amount of juice you are required to take daily.

Sharp knife:

Use to prepare fruits and vegetables for juicing. It is easier if the fruits and vegetables used are cut up into smaller pieces for juicing. It also is better for your juicer.

Cast iron, stainless steel, clay or glass pots; bamboo steamer:

Avoid using aluminum utensils.

Strainer: A small mesh strainer is good for straining herbs from your health tonics and any excess pulp from your juices.

Garlic press:

Purchase this only if you are going to use fresh garlic cloves, instead of Kyolic, for your Kidney-Liver Flush. (The formula appears in Chapter 6 in Shut-In formula.)

Cutting board:

Use this to prepare your fruits and vegetables for juicing.

Mugs and drinking cups:

Have on hand 8-ounce, 12-ounce and 16-ounce drinking glasses for your juices and 12-ounce mugs for your Kidney-Liver Flush.

Large Mason jar:

Use this to mix and steep your health tonics overnight.

Stainless steel or glass teakettle:

For boiling your water for your tonic and Kidney-Liver Flush.

Aloe plant: You may use this if you are a little out of tune, or get cut or burned while preparing the foods or herbs in your kitchen laboratory.

You also may want to put a sign over the doorway of your kitchen saying:

*Water Healing Supplies for your Hydrotherapy Room (Bathroom)***TOOLS****FUNCTIONS**

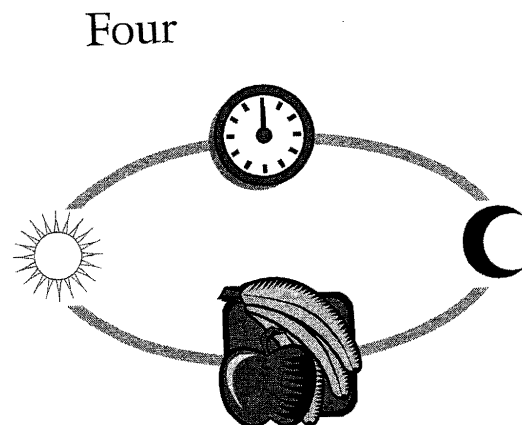
Whirlpool Bath	For circulation, healing and relaxing.
Water Pik	For localized water healing.
Enema bag (qt.)	For purging body Temple.
Squatting stool™	To squat on toilet to allow greater elimination.
Nose rinser: (<i>Netipot or Kettle</i>)	For deeper, fuller breathing.
Loofah brush	To cleanse pores of skin.
Small candle	For quiet meditation (when in bath).

For ambiance, add flowers, hanging plants, inspirational posters and sayings to beautify your hydrotherapy room. Make your bathroom beautiful and conducive to relaxation so that it can help you do the work of releasing poisons from your head to your toes. Peace should abound around the toilet, sink, shower, tub and all parts of your hydrotherapy room.

Toiletries

Oatmeal scrub	For soft skin and to remove dead skin.
Natural soaps	Afrikan Black soap, Clay soap, Peppermint soap, etc.
Bath oils	Eucalyptus and Peppermint oils to open your pores for detoxification.
Rosewater	For freshening up.
Almond oil	To soften skin.
Goldenseal Salve	For rejuvenating the skin
Vitamin E oil	For glowing, radiant skin.
Toothpaste	Use Queen Afua's Rejuvenating Clay for teeth and gums or Peppermint and Myrrh toothpaste.

Dietary Timetable



There is a time, a place, and a season for all, a time for all things; an appropriate time for drinking and eating, a time for personal cleansing, a time for self-rejuvenation, a time to go within and rest from consumption. Get in tune with Divine time and you will be in harmony with self, with the Creator, with nature, with foods and all your relations.

When Should We Eat?

DIETARY TIMETABLE implies that there is a particular time during the day in which we can best handle food. Our body's energy level increases and strengthens as the sun gets stronger in the heavens, and decreases as the sun returns home (*sets*). Our body handles food according to the potency of the sun. If we desire ultimate health and longevity, weight loss and mental clarity, our dietary intake must reflect this in the amounts and kinds of food eaten.

Sunrise

We should eat lightly because we are just coming out of a fast, that is, 4-8 hours of non-eating that we spend sleeping. In the morning, we

must not shock the body with heavy foods such as pancakes, meats, fried foods, rolls, etc. or even loud noises. We must gently rejoin body and spirit with a light diet, easy morning movement/exercise and with prayer and meditation. The lighter the sunrise "break-fast," the more in tune we can be spiritually. We will experience a greater energy level and be more mentally alert throughout the day. We should introduce foods into the body Temple that are easier to digest like fruits and fresh juices. For those who are not satisfied with soya or nut milk, one piece of fruit and a cup of herb tea such as chamomile (for the nerves), rosehips (vitamin C) or red zinger (relaxant with vitamin C) will suffice. If the mind is weak in the mornings, take 1 teaspoon of gota kola herb tea with one cup of water, and steep for 30 minutes. For a "morning coffee," that's high in iron, add 3 tablespoons blackstrap molasses to a cup of warm water.

Sun Apex

By midday (lunch-time), the sun is at its strongest point and so are we. Naturally, nutrients will be digested more easily during this time. As a result, we should consume our heaviest meal during this time span. You can use the remainder of the day to exercise as a digestive aid for this midday meal. Such exercise could include walking, or running for the bus, walking up stairs, and reaching and pulling with the arms. Exercise helps the body to quicken its pace in the acts of digestion, assimilation and finally elimination. Your body can have foods such as proteins (soya meats, beans, peas, lentils, baked fish and nuts), complex carbohydrates (starches), steamed vegetables or raw salad. Study the food combination chart (provided later) for greatest digestion of your food. Note that all juices, teas, or water should be taken 30 minutes to 1 hour before or after your meal.

Sun Descent

By late day (dinner time), we are to eat lightly once again; for like the sun, we are to return home and allow the body to become quiet and light again. If we eat after the sun goes down, particularly heavy foods, we will suffer from indigestion, gas, nightmares, bad moods, weight problems and constipation. Food taken beyond the hour of sunset will

ferment and poison the system, even when the body is in a resting state.

In the Fall/Winter, your last meal should be taken between 4 p.m. -5 p.m., but no later than 6 p.m., even if you have a late work night. In the Spring/Summer, the last meal should be taken between 7 p.m. -8 p.m. If you must eat after preferable digestion hours, then eat only fruits, fresh vegetables, salads, or drink fresh fruit or vegetable juices.

Within seven days of living according to the Dietary Timetable, you will see a decrease in weight of 4-8 pounds and an increase in morning energy and power. Others will begin to notice that you have a beautiful morning disposition.

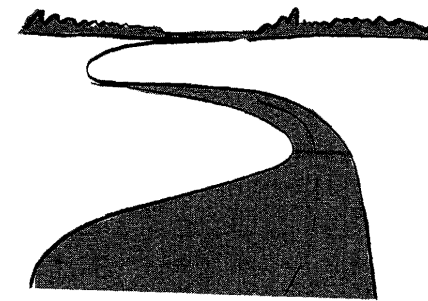
To move with the rhythm of the seasons, take note of the following:

Fall/Winter: We eat heavier foods to build heat in our bodies. We also hibernate (*sit in*) more. There is a greater possibility for mental depression, aches and pains, shortness of breath, and colds and fevers. During this season, there is a greater need for meditation, quiet movements and planning for the future (Spring-coming out).

Spring/Summer: We are ready to venture out into the world. We are more active. To keep up with the season, we eat lighter and, naturally, do more fasting. Act upon winter meditations. It is planting time!

To do differently will cause our bodies to rebel by getting sick. Overeating, especially in the summer, causes tiredness, skin eruptions, high blood pressure, edema, etc.

Five



Before You Begin

It is suggested that you read this entire section before beginning your two-cycle cleansing. It is especially important to read Detoxification and Breaking the Nutritional Fast to avoid or limit a cleansing Crisis.

Hydrotherapy

To restore and to purify oneself with the use of water as a form of natural treatment.

TAKING WARM WATER soaks can help in relaxing your body and your mind. Taking salt baths to draw out negative toxic states, stress, anxiety and bring forth a state of serenity began in the Nile Valley of Smai Tawi in Afraka as a form of natural therapy. These baths were taken as purification rites to help one to prepare for spiritual healing, which aided in healing the body Temple as a whole.

In this age and time, we are able to continue this purification within our homes and our personal temples, by converting our bathrooms into hydrotherapy rooms, by taking 1-4 pounds of Epsom salt or 1 to 2 pounds of Dead Sea salt or hot water soak for 20 to 30

minutes. Begin by lighting a white candle for clarity or a blue candle to symbolize serenity or simply close your eyes and meditate on your inner light, becoming more vibrant as you gently soak your sacred Temple. While soaking in the tub to enhance your cleansing of body, mind, and spirit, drink a pint of lemon water by adding 1 to 2 lemons or limes to your drinking water. While in your bath, perform self-massage from head to toe, and mentally, physically and emotionally give yourself permission to release relationships, situations, environment, and foods that are toxic as you affirm that joy, peace, and abundant and radiant health will flow in and through your life from this day forward.

Detoxification

Detoxification is to release oneself from poison. According to the dictionary, a poison is a substance causing illness or death when eaten, drunk, or absorbed even in relatively small quantities. A poison is something harmful or destructive to happiness or welfare, such as an idea or emotion. Mental, emotional and physical poisons are relationships, environmental or food-related, and can result in fear, anger, hostility, depression, stagnation, high blood pressure, tumors, cancer, respiratory infections, diabetes, arthritis, and related ailments.

You may prevent or eliminate poisonous, destructive habits from your life by embracing the ancient art of purification through internal and external cleansing via enemas, colonics, self-massage, taking baths, establishing a natural living, vegetarian life style and performing seasonal nutritional fasting, affirmations and healing prayers as well as by associating with positive, progressive company.

Detoxification is not a one-time experience. Detoxification is an ongoing aspect of natural living. When one is fully detoxified, one can be dis-ease free, with the ability to experience excellent health, greater longevity and vitality. Through detoxification, one will reverse the aging process and become more youthful—regardless of age.

We have accumulated poisons at conceptions, according to how our parents lived. Their collective poisons (dis-ease) as well as their state of health has been passed on to us through our bloodline.

Through ignorance of nature's health laws, we continue to accumulate poisons throughout our lives until such time as we call on nature to help us purify from our mental, emotional and physical dis-ease.

If one falls off the path of purification and stress and challenges revisit you, and you find yourself backsliding; by all means, carry no guilt. Just start over again; affirm your wellness; get in tune and get back in line. Observe patience and, remember, you did not get sick overnight; it's going to take time and devotion to transform yourself. Self-healing is a life-long process; it's a way of life.

Dare to be Great! Purify more! Once you start fasting (i.e. living off of fruit and vegetable juices), your body will begin to detoxify, getting rid of wastes and poisons that have been in the body for years. All fasters experience cleansing reactions at the onset of their fasts. First of all, don't be alarmed, for it is a natural reaction and is to be expected. You may experience anywhere from one to three different cleansing reactions. The more preparation you put into starting the fast (eating more fruits and vegetables), the fewer experiences of 'faster's detox' you will have. Here's a list of some things you may experience during the first few days of fasting:

Fasting or Cleansing Crises

Aches and Pains	Nightmares	Dizziness
Weakness	Blurred Vision	Heavy Breathing
Tiredness	Vaginal Discharge	Fevers
Skin Eruptions	Mental Confusion	Flatulence (Passing Gas)
No Patience	Depression	High Blood Pressure
Headaches	Mood Swings	Shortness of Breath

These reactions come from a history of poor diet, nighttime eating, too much starch, too much sugar and heavy meat intake, along with consuming excessive fried foods and dairy products. The reactions you experience could last from an hour to 2 or 3 years.

The best way to help your body adjust to these changes is to first discontinue taking all fruit juices until the symptoms subside. Continue

to take your vegetable juices; this will stabilize and strengthen the body before deeper cleansing can continue through taking fruit juices. (*Note:* Juice combinations will be given later.)

Take enemas immediately, using only warm water in a quart-size enema bag. Discontinue taking salt baths for two days. Take warm showers instead. Give yourself a vigorous massage starting at your feet and working upwards toward your heart. You may even want to have a professional massage.

Discontinue taking your Kidney-Liver Flush Formula

. Detoxifying the liver and kidneys increases circulation, cleanses the colon and breaks up mucus throughout your system. (The formula appears in Chapter 6.) Replace it with the juice of one lemon, three tablespoons of cold-pressed olive oil and eight ounces of warm water. Also drink a mixture of dandelion and alfalfa tea. (*Use 2 teaspoons of each herb in 2 cups of water. Steep for 2 hours.*) Get more rest and sleep.

If you follow these instructions, your cleansing reactions should be over within one to three days. If the symptoms persist, please contact your fasting consultant or get an emergency colon cleansing. Some fasters who were on a light vegetarian diet before fasting usually found that they did not experience any of the reactions listed.

One key thing to remember throughout fasting is to constantly give yourself intense prayer treatments. Call on your God for your restoration and healing with your heart and soul. If you cleanse and rejuvenate regularly and consistently, you can expect to rid the body of all the diseases that were mentioned earlier, as well as eliminating all other chronic diseases, such as: *High Blood Pressure; Arthritis; Asthma, Hay Fever and Allergies; Female Disorders (cysts, tumors, heavy menstruation); and Prostate Gland Disorders.*

Note: For heavy bleeding, take Shepherd's Purse in the form of a herbal tea, from a basic formula—three teaspoons to three cups of water. Boil your water first; turn off the water, and add your herb. Let it steep for 4 hours or overnight for a more potent formula. Then, strain and drink.

Commonly asked Questions about the Natural Living and Nutritional Fasting Process

- 1) *How do I get my nutrients (minerals and vitamins) during the fast?*
A: Your nutrients are in the spirulina, herbs and juices you will take.
- 2) *Will I have enough energy during the fast?*
A: If you eat lightly (fruits, vegetables and water) for 1 week or more before a fast and take at least 1-2 enemas or herbal laxatives, you will be on "high" throughout the fast. If not, increase your spirulina or *Heal Thyself Nutritional Formula* to an additional teaspoon with juice and take an additional enema for greater energy.
- 3) *Can I go to work while fasting?*
A: By all means! The Urban City Fast, the original name of my Nutritional Fasting Method, is designed to allow you to live as much of a "normal" life as possible. If you prepare 1-2 weeks for your fast, you should have no problems while working. During your work hours, your fasting should be a pleasant experience.
- 4) *How do I handle social engagements, holidays and eating out at restaurants?*
A: Invite your friends or business associates out to a vegetarian restaurant. Learn the various food alternatives and follow some of the recipes within this book. There are prepared meat substitutes in most health food stores, or you may prefer to prepare your meat alternatives in your own kitchen.
- 5) *Will I feel deprived?*
A: View your cleansing as a gift that you are giving to yourself, the 'Gift of Life.' See the rejuvenation process as a fun and exciting journey or like the beautiful lotus opening up within you. Follow the 'Food Alternative List' that is within this book. You are not going to be able to eat many of the foods you are used to eating. However, the alternatives are healthier.
- 6) *What if people make fun of me?*
A: Take the path of least resistance. Laugh with them, then share your tabouli and okra, tofu dip with seaweed crackers, freshly prepared pear juice or banana ice cream. You may have a convert.

7) *Suppose my spouse thinks I'm crazy?*

A: Prepare a natural bubble bath and add rose petals to the water. Put on soft music as you welcome your spouse in a bath fit for a king or queen. Massage your spouse's feet with almond oil. While your spouse is in a tub, serve fresh pressed fruit juice in a long-stemmed glass. Do this just as s/he emerges from the bath. Have a freshly prepared salad, steamed vegetables with a vegetarian protein or baked fish waiting. Put a candle and flowers on a table. Your spouse will no longer think you are crazy. S/he will love the change in you since you started the path of purification and will probably join you on it.

8) *Is it necessary to take a daily enema?*

A: Yes. Your body is releasing toxins daily. An enema will ease the burden that the body is going through in trying to eliminate the waste. Your colon is in a state of rest while you are fasting so you will not be eliminating as much waste on your own. As a result, if poisons that have not loosened are left unattended in the body, the body will feed off its own waste. You will then experience headaches, anger, dizziness, blurred vision, etc. Taking daily enemas will ward off these symptoms.

9) *What is a colonic?*

A: A colonic is a form of hydrotherapy. It is a deep cleansing of the colon. Between 5-15 gallons of water flow in and out (through) your colon carrying out old, impacted waste, gas and toxins.

10) *I experienced a headache during the first several days. Why and what can I do to stop it?*

A: You are experiencing a 'faster's crisis.' Take enemas immediately. Discontinue drinking fruit juices for 24 to 36 hours. To stabilize yourself, drink only vegetable juices. Discontinue the Kidney-Liver Flush. Just drink lemon juice and water for your breakfast. Take only showers during this time. No salt baths. In addition, rest as much as you can.

11) *Why is it important to take Epsom salt baths?*

A: The salt and water is like that of an ocean bath. It helps to relax the body and release stress. It also draws poisons out through the pores.

12) *I felt dizzy while in the bath. Why and what can I do about it?*

A: You are eliminating toxins from poisonous foods and drugs taken into your system. If you feel dizzy, decrease your salt bath from 4 to 2 pounds. By the next bath, try to use 3 to 4 pounds of salt. If your diet has been light, you'll be able to take more salt.

13) *What if I stray?*

A: Don't put yourself down in any way. Love, support and nurture yourself throughout your healing process. It takes time to grow. Take an enema or herbal laxative, healing bath or vegetable juices immediately. These forms of natural healing will put you back on track and in harmony with yourself. The more you actively do the correct things the less likely you are to stray.

14) *How do you know when you are ready to go to the next level?*

A: You will no longer crave particular foods. That is, you will begin to eat fewer foods and desire more fresh juices and more salads. The more you cleanse, take enemas, herbal laxatives, drink vegetable juices, the less you will desire heavy foods.

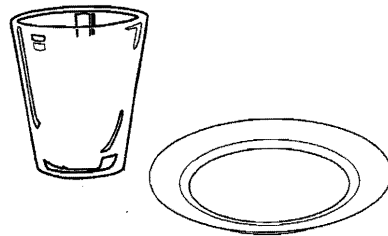
15) *Should I discontinue taking my medication when I begin your fast or any other?*

A: Do not discontinue taking your medication without your doctor's consent. As you use natural foods, herbs and juices to rejuvenate your body, your doctor will see an improvement in your health and lessen the quantity of medication or will even remove you from it altogether. Have patience. Returning your system back to a state of total health takes time.

Some of these questions were formulated by my friend, lawyer, devotee of purification and author of *The Heal Thyself Natural Living Cookbook*, Dianne Ciccone, and Marcia Lily, a devotee of purification for over nine years. I thank them dearly for being in tune with the heartbeat of the people, knowing what questions needed answering.

Fasting and Cleansing for a Glorious Life

Six



I want to open you up to heaven within, by welcoming you to the Heal Thyself Path of Purification. As you travel on this Wellness journey, expect to release pounds of emotional and physical toxins from your body Temple. The goal is 100 percent wellness in the Body, Mind and Spirit to develop a body free of disease. In the spirit of transformation, your body Temple will gain inner and outer beauty, housed within a loving disposition. Spiritually, you will advance on your journey. Joy and peace will radiate from your being. Expect Your Inner Light to shine ever so brightly in every phase of your new existence.

What is Fasting?

THERE ARE VARIOUS types of fasts, such as the water fast, fruit juice fast, wheatgrass fast, etc. The religious (spiritual) fast is the original fast. During a religious fast, only water is taken into the body. In a "dry" religious fast, the food and drink is totally that of "the spirit."

In nature, when an animal is sick, it will fast until it is well, or it will eat only green grasses of the fields. When we, humans, are in harmony with ourselves, we also know to fast if we become unbalanced

and need healing, or if we desire greater spiritual direction.

Sometimes when we become ill, we eat crackers and chicken soup. Unfortunately, this is not a healing thing to do. At this time, we should use a nutritional fasting method to heal and cleanse the body of poisons that have accumulated from eating meats, starches, sugar, cooked oils, and junk food. Sickness is the body's way of rebelling against disrespect and pollution.

There also has been disrespect for our environment. As a result, the air we need to breathe and our waters are polluted. The earth that grows our food has been devitalized. Due to our disrespect of nature, the very elements we need for healing are in crisis, especially in the urban areas. We can no longer only drink water for survival, as did the ancients. Even if we went to more rural areas in order to fast, we would experience violent, detoxification crises due to our years of inner body pollution and dietary ignorance.

I have developed a nutritional fasting method that will cleanse the body Temple with little or no stress. I recommend freshly pressed fruit juices and purified or distilled water to purify, rejuvenate and strengthen the body. I also recommend specific vegetable juices as well as herbs (spirulina and wheatgrass), enemas, herbal laxatives and colonics. Healing baths and exercise also are major components of this fasting method. The body is fed all the necessary vitamins and nutrients. As a result, the oftentimes, uncomfortable, cleansing reactions are lessened, and you are able to maintain sufficient balance while both cleansing and leading your everyday life (family and home care, away-from-home occupations, study and school, etc.) You will experience emotional balance (unlike when on a strict water fast when you might experience mood swings or nightmares). The chlorophyll and vegetable juices aid in emotional harmony and physical strength. The fruit juices detoxify your various organs gently and lovingly.

Chlorophyll is encased in green plants that grow from the soil on land or in the sea. Chlorophylls (plants) are charged by the sun, which provides energy for plants to photosynthesize the materials necessary for human growth, i.e. carbohydrates, proteins and fats. Chlorophyll detoxes and rejuvenates tissues, cells, blood, arteries and nerves.

The more that we consume chlorophyll, in form of eating green leaves like salad and herbs as well as green vegetable juices and wheatgrass, the healthier our skin, hair and bones, the purer our thoughts, and the more harmonious and healthy our relationships past, present, and future will be. Chlorophyll consumption brings heaven on earth within and without. I would go so far as to say that if a community, a country, or even the world consumes chlorophyll consistently (1-2 times a day): we would see an end to world famine, dis-ease and war.

Fasting... Who? Why?

*Renew yourselves and fast, for I tell you truly, that Satan and his plagues may only be cast out by fasting and by prayer. Go by yourself and fast alone and show your fasting to no man. The living God shall see it and great shall be your reward. Fast 'til Beelzebub and all his evil depart from you and all the angels of our Earthly Mother come and serve you. For I tell you truly, accept fasting, or you shall never be freed from the power of Satan and from all diseases that come from Satan. Fast and pray fervently, seeking the power of the Living God for your healing.*¹

*By fasting you will call back the Lord of your body and the angels. ... Each day that you continue to fast and pray, God's angels blot out each year of your evil deed from the books of your body and your spirit and when the last page is also blotted out and cleansed from all your sins, you stand before the face of the Creator pure and whole.*²

After fasting, the body has purged the blood of toxins, clogging waste and decaying and diseased cells, then healthy cells are built of better material to replace those cast out of the body during the fast. That is regeneration. That is the Secret of the Ancient Masters. Know the law and observe it. That is the way to keep your body vigorous.

In ancient days, man ate only the green live foods and fruits of nature and drank pure water. They ate less in a day, perhaps, than modern man eats in one meal. The duration of their youth extended

¹ Szekely, Edmund Bordeaux, ed. and trans. *The Essene Gospel of Peace* Book 1. International Biogenic Society, 1981.

² Ibid, pg. 29

over several centuries (Gen. 5:32), and they lived almost a thousand years.

The ancient masters recognized fasting as the great remedial measure and resorted to it in instances of illness. Fasting twice in the week was a common custom in the days of Jesus. The disciples of John fasted often. David fasted 40 days. Jesus fasted 40 days. Gandhi fasted to get the British out of India. These wise men knew how to promote health and prolong life and free themselves from bondage of any and all kinds.

Each day that you continue to fast and pray, God's angels blot out one year of your evil deeds from the book of your body and cleansed from all your sins, you stand before the face of God. (*Essene Gospel of Peace*, Vol. 1, p. 29) You must fast one day for each year that you've lived to totally purify yourself. Example: If you are 32-years-old, then you should fast for 32 days. If you are 26, then fast for 26 days and so on. Once you enter the kingdom of God through fasting, you receive prosperity, divine love, health, happiness and peace.

Purification for Spiritual and Physical Liberation

The one thing that all the religions have in common is 'fasting and praying.' This fasting and praying is to bring about liberation on every front. We, as a people, are governed by divine law. The highest law is fasting and prayer. If this is done diligently by the planetary members, the planet could function on a higher frequency and bring an end to pain and suffering.

Peace and harmony can occur on Earth, but, in order for this to occur, we all must in our various religions and walks of life strengthen, double and quadruple our efforts at fasting. Fasting must come to be a way of life. We should proceed with physical and spiritual haste due to the alarming conditions afflicting the planet at this time.

Moslem fast:

During the holy month of Ramadan, Moslems fast for 40 days. During this time, they neither drink nor eat anything between sunrise and sunset.

Christian fast:

On every Friday during Lent and on Good Friday, Christians don't eat or drink. Christians uphold the teachings of Moses, Elijah, and Jesus (Yeshua), who fasted for 40 days and 40 nights. Daniel fasted for 21 days and also was a strict vegetarian. Blessings to Elder Micah, for this information.

Fast of Jews/Israelites:

They fast on a "Day of Atonement" once a year for repentance. The ancient Israelites ate only manna (a sea vegetable like spirulina/an algae from the ocean) for 40 years. They were not allowed to eat any meat.

Fast of Hare Krishnas:

The fast of Kadasa is done twice a month. For 24 hours, one goes without water or sleep. One remains in a state of constant prayer and chanting. This is for the purpose of greater spiritual awareness and to be given more time to glorify God and to transcend the bodily demands. There are three other levels to their fast that are less intense. Blessing to Hla Dini Shakti, a devotee of Hare Krishna.

Fast of Indigenous Americans:

This fast is done during general ceremonies, vision quests and the sun dance for the purpose of purification and healing. The fasting process varies from nation to nation. Blessings to Oscar Moreno, an indigenous American sweat lodge leader, for this information.

Yoruba Religious Fast

The New Year is a time for fasting. Fasting varies according to the faster's position in the community and what he/she is trying to achieve. Priests have the responsibility to foresee what must happen for the new period, so they go through a period of purification to be able to receive the holy messages. When they have achieved this period of "sacrifice," they become lighter and one with the Divine spirit.

Most initiations have a period of fasting. The older you are, the longer you fast. Fasting is not only looked upon as a cleansing, but as

a discipline, particularly for spiritualists who have to work long hours communing with the spirits. In various practices, it is a way to show the Divine in one's self, to remove one's self from the worldly pursuits.

Normally, during this kind of fasting a person withdraws and does a total fast, which means no social activity and no sexual intercourse. The person does take liquids and may only come out to take part in rituals. Everyone participating in the rituals looks to those who have been in seclusion for the divine wisdom that comes as a result of their sacrifices. During the withdrawal period, the person is not just fasting, but praying and performing rituals. Often, there are periods of chanting and singing. The person stays within an incubation state during which he/she hopes to receive the divine message.

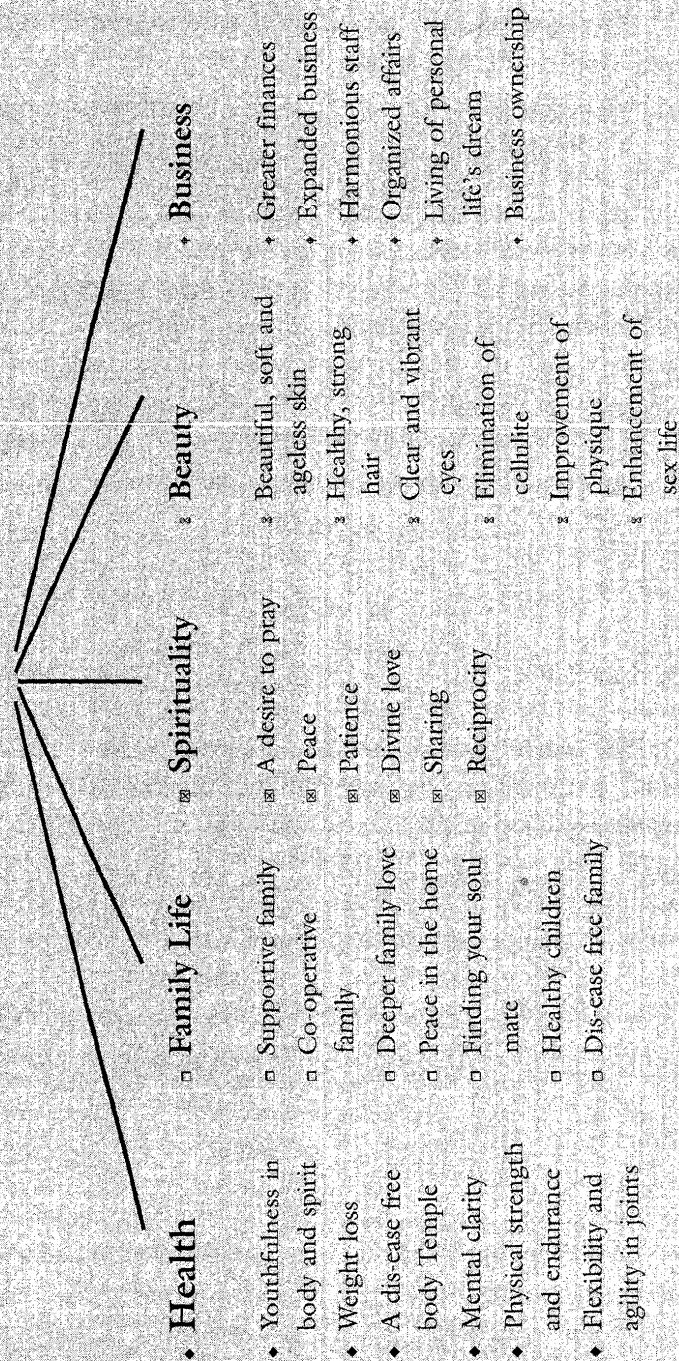
Sometimes, an 'adept' person will be allowed to come into the sacred area to record what the person might say in this trance-like state. Once the person awakes, the 'adept' person will inform him/her of everything that happened. The 'adept' person must be very wise because it is not only words for which they are listening. The prostrate body itself may get up and dance in a trance state, and languages may come from the mouth that the 'adept' person has not heard.

The 'adept' person also is in a state of fasting, but has himself or herself on a more elementary level and has not secluded himself or herself as the other person has done. The reason for this is because the adept does not want to be charged up by the spiritual world and rendered unable to record the information from the one who is in the trance-like state. Baba Ishangi, Yoruba Priest.

Make fasting a way of life regardless of your own particular spiritual and/or cultural affiliation. Help to actualize miracles on earth.

Fasting Success Chart

**Purification is the Key to Success.
The Benefits of Fasting and Cleansing are Unlimited.
Set your Sights High as you Purify into Victory.**



When and Why to Fast

During your birthday month:

In this month, you will be receiving many messages on how to live out the coming year. Keep in mind that you are the ultimate spiritual reader of your own life. No one will know you better than you yourself and Almighty God the Creator. Fast and pray for all doors to open physically and spiritually.

Fast on your Holy day:

Fast 24 hours every week on your 'Holy day' or 'Accra Day,' which is the day of the week on which you were born.

Fast every seasonal change:

To welcome in each season, fast 3, 7, or 21 days. If you fast before each season, you will prevent getting any of the illnesses that particular season brings. Fasting helps prevent your body from being off balance. This is especially true during the spring season. If we fast right before and up until the first of spring, we will be showered with abundance, health, wealth, joy and inner peace. Spring also is a good time to begin new projects. Cleansing during this time will assure success in the project. Spring is the time for renewal, cleansing, beauty and coming out. Be in tune and receive your divine gifts.

During menstruation:

Women should fast two days before the onset of their menstrual flow and all during their menstruation to prevent or minimize pre-menstrual syndrome (PMS), headaches, pain, heavy bleeding and clotting, mood swings and nausea.

Fast to unblock/to clear the way:

If you are experiencing blockages in your life in the form of lack of money flow, in relationships, on your job, in your profession, in your heart or your health, then fast and purify to clear any lack or limitation.

The How of the 21-Day Nutritional Fast

Queen Afua is the originator of the 21-Day Urban City Group Fast and the 21-Day New Year's Fast. Her fasting method has been used by several other centers throughout the New York metropolitan area.

For advanced students of fasting, the 21-Day Fast is very effective, particularly if done as the seasons change or to effect major changes in your life quickly. This is what you can expect for each week of your 21 days.

Week One: (Degree 1, 1–7 days): Elimination of old waste, a rapid clearing within the physical body. This week is when you must pull on your strength to get through the first 3-4 days of fasting. These days—separate the weak from the strong. If you pass these days, you have pretty much eliminated problems thereafter. The “faster’s crisis” usually occurs during the first 3-4 days. Follow the instructions included in this book to come out of a crisis as quickly as possible.

Week Two: (Degree 2, 8–14 days): This week you become physically stronger—more than ever before. You have more endurance; your body becomes more flexible because the poisons are coming out of the joints. You are able to do things with your body Temple that you did 5-10 years ago. You can walk faster, and have fewer problems walking up stairs. Your breathing will be deeper and fuller. Your mind will be sharper and more creative. Your skin will glow. That book or proposal that you were trying to write previously is now being written effortlessly. We think we might have less energy when we fast. If you use this method of cleansing and rejuvenating, you will have more energy with each given day that you fast.

Week Three: (Degree 3, 15–21 days): This is the week when you open up spiritually, when you can hear that still, small voice of NTR, Most High Allah, Almighty God. You are now in your divine state, like that of a holy wo/man. You are more peaceful, relaxed, slow to anger, if at all, more tolerant of others, stress-less and joyous. You smile and laugh more now and you can see the beauty of life. Others will look up to you and ask guidance in their affairs for the light of wisdom, spiritual beauty and peace is flowing through you. Your aches and pains are gone physically, spiritually and emotionally. Repeat the 21 days often if you desire to maintain a high state in an impure world. Fasting is a way for you to truly become “high.” Taking drugs and alcohol is not getting you high, it’s taking you low. If we all fasted throughout the world, crime, violence and war would be eliminated on the planet Earth.

Once you come off a long fast, eat only fruits and vegetables for 14

days. If you come off the fast and begin eating even whole grains and vegetable proteins or meat, you will reverse the benefits of the fast and get sick. So, eat light foods, continue drinking your juices and stay in peacefulness.

Alternating the Nutritional Fasting and Natural Living method of diet is an excellent life style. It provides for body cleansing with little or no residual stress or strain. You can fast and rejuvenate in this manner without supervision.

When embarking on the 21-Day Fasting Program, it is advised that you seek supervision from a knowledgeable person experienced in guiding you through this longer fasting process.

With each fast you do, you are constantly spiraling up the pyramid toward the top of consciousness, never to return to the land of darkness. You are constantly moving toward more light, brilliance, clarity, power and peace.

Talk Fast

For a period of time daily for spiritual strengthening, particularly during a fast, one should avoid talking for 1-2 hours. This is called your hour of power. This process develops meditation opportunities. Once you peacefully close the portals called the lips, the other portals of communication become more activated, such as the “third eye” and crown chakras. From these centers, you are able to “hear” the Holy Spirit talk through and to you. When these chakras are open, you receive inner spiritual guidance in your daily affairs. This exercise also helps to detoxify your thoughts and release adverse thought processes. It then allows for your mind to experience higher thoughts and visions.

Fasting For World Peace and Health

*No more internal or external wars;
there is hope, but we must fast and pray.*

Families:

Guide your family members to do consistent fasting together and watch the love build in the family unit.

Teachers:

Take your students through a 3-7 day fast or live food diet weekly. Watch the improvement in your students' performance.

PTA Members:

Fast for 2 days before each meeting and see how smoothly the meeting goes and how much work is accomplished.

CEOs: Have your company members fasted from 24 hours to 3-7 days monthly? If so, have you observed that less sick leave time is taken, that there is greater cooperation among your staff, and that sales have increased. Employees will be happier on the job because the atmosphere will be so pleasant. Fasting is cost effective for the company. Hire a fasting expert to motivate and guide your staff weekly and monthly.

Unions: Ms. Anna Mae Massey, Chairwoman of the Health Committee under the leadership of Mr. Al Diop, President of the largest municipal labor union #1549 DC 37, as a keynote speaker, was able to inform and inspire approximately 200 union members of the value of fasting and cleansing. These union members went on a weekend health retreat. They ate light, healthy foods, drank fresh juices, received healing massages and attended workshops on stress management, holistic health, nutrition, food alternatives and exercise. The participants felt love and gave love that weekend. More unions and businesses need to follow this format.

Presidents, National and Civic Leaders:

You should fast every seasonal change for 7-21 days and 24 hours weekly. Decisions made for a country would become the highest decision for the greater good. A president should encourage citizens to fast 24 hours weekly or 1 to 3 days a month for unity and purity. They should fast to fight crime and bring peace throughout the land. Gandhi fasted to give his people freedom. When the people are pure, there is peace. The violence, in the cities and in the land, is greatly due to "fast foods" (causing fast death). High sugar intake is causing

over-reaction, hyperactivity and mental depression. Eating meat causes people to become more violent and animalistic in nature.

Heads of State:

Prior to convening the General Assembly of the United Nations, the representatives should fast for 3 days. This would help prepare them for their tasks of holding peace talks and making decisions that affect the world.

Ministers, Imams, Priests, Rabbis and all Religious Leaders:

You should fast 1-3 days weekly or 7 days a month to live totally on the Holy Word and to be a living example of purity in body, mind and spirit. The cleansing of the leaders will increase the number of followers on particular spiritual paths. There will be more light, love and wisdom coming from the spiritual leader when s/he is living as the ancients by: "fasting and prayer." Spiritual leaders should encourage their congregations to fast on holy days, to eat only spiritual food on those days (not the food of the earth) so that, before and after the service they will be living and breathing the Spirit. Also, if consistent fasting is encouraged, there will be little or no sickness among the followers. With no more high blood pressure, weight problems, asthma, or premature aging, the members will receive healing spiritually and physically by the example of their leaders' guidance and life styles. "Be ye perfect" and purified.

Purification and Rejuvenation as a Way of Life

A wonderful, fantastic, ecstatic, fulfilling way of living. A gift supreme. Explosive! Oh, so powerful! Makes you feel clean on the inside. Look beautiful on the outside. Embrace your healing, digest it, caress it, fall back on it, move forward with it, stand on it, lean on it, and rest on it. It will build you into a perfect temple of pure light, love, wealth and health.

Combining the Nutritional Fasting and Natural Living programs harmonizes the body, mind and spirit. The body, mind and spirit grow and develop collectively and in unison. As you rise and graduate to higher levels in your fasting and natural living, you will bear witness to your heightened spiritual and mental progression. As you work through

these various levels, observe how fear, anger, depression, anxiety, and lack of faith fall from you. Observe instead that with each step of purification you advance toward perfection. Observe how a greater capacity for love, how peace, faith, humility, wealth and health radiate through, around and about you.

On the mind:

The Creator will live in your mind and thoughts. You will gain greater intelligence, and creativity that is boundless and unlimited.

On physical wealth:

You will become more prosperous. Our Mother/Father God has many mansions. Because you are the sons and daughters of a great Creator, you are the heirs and heiresses to the throne. If you will but allow the Divine Holy Spirit to guide you and keep you in your business affairs, you shall be triumphant. As you move with joy and great expectation through these high degrees of purification and rejuvenation, your whole world opens like that of a thousand-petal lotus. All is contained in the crown chakra of your being. Once purified, your centers can be activated and you can become pure light and love. As you continue to cleanse your body Temple, that still, quiet, inner voice is able to guide you so that you may be victorious in all your affairs. So, go on and grow through freshman, sophomore, junior and senior levels. Become like Methuselah, who lived to be 976 years of age, and the other ancients who lived for hundreds of years because they were in harmony in body, mind and spirit.

**Preparation for Prayer
such as the Heal Thyself Purification Prayer**

The Prayer you are about to utter should be spoken upon the rising of the sun, after one has taken a healing bath or shower and has brushed one's teeth and massaged gums with the Rejuvenation Clay. If you are on a special fasting and cleansing program, put on a white robe or wrap a white cloth around your body Temple to signify purity and then anoint yourself with sage or frankincense and myrrh oil.

Now, let us pray, meditate and give thanks, for no matter what has happened in the past, this is a new day and this is your time for healing yourself. Be blessed.

Heal Thyself Purification Prayer

Mother/Father, Creator of the Heavens and of the Earth, make us a New People, New Flesh and Bones, Blood and Veins, Hearts and Minds, a Revitalized People, Spirit full of love and grace. Give us the strength, endurance and faith to live, as you would have us live, a clean life, a purified life, a natural and wholesome life.

Mother/Father Creator, I come pure so that I may be worthy of your blessing of everlasting peace, love, power, joy and radiant health.

Right now, touch my heart, my mind and my soul so that I may walk, talk, think, do and feed my body Temple clean foods.

I give thanks and praise to the Creator for absolute healing rests in your eternal hands, and only through your working, through me, can I heal myself.

Upon the dawn of each day, by way of my purification, I commit and devote myself to you, Creator. Discipline, Natural Living and Determination in the way of purification will carry me through. No more death, destruction and dis-ease. This is true for cleanliness is Truth, Light and Divine Grace.

Dearest Creator, I am willing to be, as you would have me be, a shining example of purity in word, thought and deed.

Dearest Creator, remove the wickedness, the wars, the violence on this Earth that flesh-eating brings. Purify me of the desire for any poisonous ways that plague this Earth.

As I stand before you in prayer, Holy Spirit about you and all within and around you, I call on your Angels (Neteru) of Air, Fire, Water, Earth, to remove all temptation from my path and grant me the power not to stray nor sway to the left nor right, but to stay on the Royal Road of Purification.

You've lifted me up and moved me through so that I may be a cleansing champion of your light.

In our pure, natural state, Mother/Father Creator of the Heavens and of the Earth, you made us; you made us well and full of light, so it is to you, I give thanks and praise, as I commit myself daily to live in a righteous and pure way.

Heal Thyself 365-Day Road Map to the Path of Purification

What you are witnessing on this road map is the structure of 365-days of Fasting and Natural Living; a systematic way to master your health. Become a Champion of Your Life. Take the Heal Thyself 12-week (4 semester) Purification and rejuvenation regimen that covers a span of 365-Days of complete Absolute Transformation and Wellness.

Natural Keys to Enhance Your Food Transformation

The key to success on this path of Purification is to experience 365 days of uninterpreted Cleansing as you take one day and one step at a time. Embrace foods of MAAT that bring balance, harmony, and wholeness, such as vegetables, herbs, whole grains, beans, nuts, seeds, sprouts and live juices.

Saturate yourself with chlorophyll, Green foods and juices, to overcome all ills.

Avoid foods of Set that cause disharmony and illness such as fried foods, flesh (beef, pork, chicken, fish), fast foods, Dairy, sugar, canned and frozen foods. Observe a 12-week Purification Program, 4 cycles of:

- I. 21 Days of Natural Living
 - II. 21 Days of Live Food Cleansing
 - III. 21 Days of Juice Fasting
 - IV. 21 Days of Advanced Natural Living
- IV is a combination of I-III cycles of cleansing and rejuvenation.

THE HEAL THYSELF A 365-DAY ROAD MAP

WELLNESS UNIVERSE TO PURIFICATION

Divine Maintenance To Establish A Natural Life Style

The inner sphere of the wellness universe represents 12 weeks (1 season) of uninterrupted cleansing for 75% to 100% cleansing and rejuvenation. The outer sphere of the wellness universe represents 365 days; a full year of cleansing and rejuvenation to experience 100% wellness. You must complete 4 seasonal Wheels to complete your 365 days, which will transform you into pure light.

42 DAYS OF PURIFICATION

21-Days of Live Food Cleansing

Massage Treatment
Daily Exercise & Meditation Sessions

Soul Sweat
Colonic and enemas
Follow enclosed suggestions
Level II - Live Food Cleansing
60 %-70 % Wellness

63 DAYS OF PURIFICATION

21-Days of Live Juice Fasting

Massage Treatment
Daily Exercise & Meditation Sessions

Soul Sweat
Colonic and enemas
Follow enclosed suggestions
Level III - Juice Fasting
70 %-80 % Wellness

21 DAYS OF PURIFICATION

21-Days of Vegetarian Natural Living

Heal Thyself Shut-In for each seasonal change
Daily Exercise & Meditation Sessions

Natural Food Preparation
(Follow recipes enclosed)
Soul Sweat
Colonic and enemas
Follow enclosed suggestions
Level I - Natural Living
40 %-60 % Wellness

84 DAYS OF PURIFICATION

21-Days of Advanced Natural Living

Daily Exercise & Meditation Sessions
Natural Food Preparation (Follow recipes enclosed)

Soul Sweat
Colonic and enemas
Follow enclosed suggestions
Level IV - Advanced Natural Living
80 %-100 % Wellness

"Pass It On" for Nation and Global Building through Purification.

Every season, make a goal to "Pass It On" with someone in your life.

The more people you bring through on this mission of purification, by your example, the greater your power and transformation.

Supporting others through their transformation will encourage and strengthen you as you move on your wellness journey.

By sharing wellness, it will assure you massive success, power and grace in your life. What goes around comes back around.

Give that you may receive: First to yourself then to others.

A FASTER'S LETTER

From One Who Was Inspired to Share Her Wellness

This letter was sent to Loretta Threatt's six sisters. Loretta graduated from the Heal Thyself 21-Day Fasting Program that was given in Staten Island at the Sandy Ground Historical Society. Loretta's natural healing experience was so successful that she wanted to share with her family the blessing of self-transformation.

GREETINGS!

To: My Blood Sisters

From: Your Sister Loretta

Dearest Sisters: Several months ago, I attended Queen Afua's Heal Thyself 21-Day Fast for Cleansing and Rejuvenation of Body, Mind and Spirit, summer workshop. For those of you who are not familiar with her, Queen is the Director of the Heal Thyself Purification Center, located in Brooklyn, NY.

She travels the country teaching and sharing her many years of experience in the healing of the Body, Mind and Soul. She, herself, is the product of natural healing, and has, over the years, developed a 21-Day Fasting Program.

I participated in the 21-day Fasting Program and, as a result, evidence of my attendance was quite visible, as many of you noticed. Thank you for your compliments. You wanted to know what I was doing, and wanted me to share my experience with you, and that's exactly what Queen wanted and instructed her students to do! !! PASS THE WORD, LIBERATION through PURIFICATION!

Queen Afua believes that once our body Temples are purified we become liberated Body, Soul, and Mind. Once we receive our wellness blessings in order for us to maintain our results in a mighty way we must share the teachings of Heal Thyself with our love ones.

So, now sisters, if you are serious, and ready for your transformation, allow me to schedule the first wellness meeting for you. At this meeting, we will go forward with a 4 consecutive week schedule. Now, if you are ready note the meeting date on your calendar and I'll see you then. Bring A Donation.

Eternal Blessings,
Your Sister,
Loretta

FORMING A FASTING GROUP

Heal Thyself Do-It-Yourself Fasting Workshop Guide is for those who are not Heal Thyself Fasting Instructor Ambassadors, but have a desire to help others in need of wellness to form a support group for fasting within their family, spiritual house or community.

If you are one of these who are so inspired to pass on your wellness experience, such as Loretta Threatt did with her family, you can follow and organize a 1-day Community Fasting Shut-In or the Weekly Fasting Workshop with the guidance that is presented in the following pages. You and the other students of fasting can apply the information contained within this book. The following information will give you the format on how to execute a 1-day Fast and 21-Day and 12-Week cleansing group fast. Fasting and Natural Living Certification Training is available for those who desire to do this work professionally through the Heal Thyself Center.

The Beginning

One-Day Community Fasting Shut-In

The Heal Thyself One-Day Community Fasting Shut-In and the 21-Day Fasting and Live Food Cleansing Program is a most powerful transformative opening to a renewed life. In this new millennium, the mighty wake-up call of Liberation through Purification rings strong across the nation for it's a peoples' movement towards mass healing. As an answer and response to World Healing and Peace, we, of Heal Thyself, welcome you to the Path of Purification. The doors open for the masses to emerge onto the One-Day Community Fasting Shut-In as a first step to wellness. The Shut-In is a symbol for resurrection of absolute healing in body, mind and spirit, which unifies and gathers people from all walks of life.

As of March 22, 1996, Heal Thyself Housed in Smai Tawi; Afrakan Cultural Wellness & Meditation Center sounded the drums as the doors opened to the first Shut-In of this kind. One hundred and ten (110) people, all dressed in white, came forth to claim and celebrate the Afrakan Natural Life style Zone for world peace and healing through fasting and purification.

I have been leading the Fasting Crusade to reach out to every home, organization, spiritual center, corporation and educational institution; to every people, to every nation, encouraging fasting use as a necessary step toward personal and collective world healing. The Natural Living methods of Heal Thyself will not only heal the people who inhabit the earth, but will heal Nature itself. The time is approaching us. It is very near. This is a mighty, wake-up call; can't you hear? It does not matter what your religion is or what your philosophy is; it is purification that will set you free.

The ancients from every spiritual path left us a Divine legacy to fast and pray, that we might break every yoke, to unlock our inner prisons to set us free from dis-ease: socially, emotionally, physically and soulfully.

Violence, racism, greed, wars, natural disasters, mental breakdowns and modern-day plagues are running rampant upon the earth due to consistent fall-outs of unnatural toxic living. We are bombarded with fast foods, violent media exposure, man-made poisons in our environment, the use of drugs, alcohol abuse and cigarette consumption, all resulting in societies' ills. We are truly in need, more than at any time before, of fasting and prayer.

Stop it all! No more toxic living, in words and deeds; for a One-Day fast will allow you to learn a new revitalizing, but ancient way, of living that will lay down the foundation for a whole new beginning. Don't give up on yourself. Give yourself another chance, a greater opportunity. Don't settle for an unfulfilled life. Rewrite your script into a live, Dynamic, Natural Way.

The doors to the One-Day Fast open at 9:30 a.m. During this time, sisters and brothers are registering for the days activity of self-healing. Others are receiving their first tonic for the morning, which is the Kidney/Liver Flush, made of garlic, lemons, cayenne, distilled water, olive oil and castor oil; just like Grandmother used to make. The fast begins at 10:00 a.m. and ends at sunset.

During the several hours that we are gathered together, Fasting Volunteers aid and support the attendees by answering the many ques-

tions as they hand out Wellness Literature and serve the various tonics that evolved from this inspirational day. Throughout the day, attendees will be educated on Natural Living and Fasting Techniques from Queen Afua and Baba Heru (Sen-Ur Semahj), an ancient Afrakan Nubian Priest. Baba Heru will bless the day with ancient Afrakan prayer and healing words of inspiration. Local Holistic Practitioners, within the Natural Healing Community, will render teachings on meditations, healing movements, colon cleansing, massage therapy, fasting methods and knowledge on foods and herbs that heal will be shared.

Throughout the One-Day Fasting Shut-In, we collectively pray, meditate, and affirm wellness as we lift our voices in Healing songs to further re-dedicate and establish in our lives a natural life style. As the day is done, and certificates are rendered, and hugs are exchanged, we all agree to Pass the Healing on. Those who are ready for intensive wellness will embark on the next step, the 21-Day Fast. Others will proceed to The Natural Wellness Program. All will leave, uplifted in the spirit of Liberation through Purification, to move onward at one's spirit-driven pace.

To all those who are touched by the One-Day Community Fasting Shut-In: May your light shine that it may spread throughout the world as you unfold into a more natural, loving, balanced, healthy, and spiritual being. In keeping with our Ancient Afrakan Spirit, under the banner of Heal Thyself, we bathe ourselves throughout this great day in Maat (representing balance, harmony, truth, justice, righteousness and wholism), as we collectively proclaim: I have the power to create in my life what I want it to be. Purification is the key!

"Pass It On"
Queen Afua

Basic 1-Day Community Fasting Shut-In

(For the Non-Certified Fasting Facilitator/Guide)

If you are unable to attend the Heal Thyself One-Day Community Fasting Shut-In at our locations in Brooklyn or Washington D.C., but you do want to experience a fasting Shut-In in your local area; you need the following seven elements in place.

Element 1: Gather speakers in Holistic Health who can share their experiences in Wellness, as lecturer or demonstration presenter on a volunteer basis.

Element 2: Prepare 4 Tonics/every 2 hours, on the hour:

<i>Tonics for Purification</i>	<i>Tonics for Rejuvenation</i>
• Kidney/Liver Flush	• Master Herbal Formula
• Fresh Fruit Juice	• Chlorophyll Drink

Element 3: Set Time of Shut-In. Either as early as sunrise, 6 a.m. to sunset, beginning with meditation and prayer, or begin when the Heal Thyself Center begins at 10 a.m. ending at sunset, 5 p.m.

Element 4: For continued wellness growth, use the One-Day Fasting preparation, as a jump-off into the 21-Day Fast. To prepare for the One-Day Fast, each participant should avoid for 3-7 days flesh foods, starches and fried foods; consume either fresh fruits, vegetables and/or herb teas according to need and drink one quart of distilled water every day with the juices of 1-3 lemons or limes.

Element 5: Secure appropriate location. Try to get space free of charge, such as community center, your job, a spiritual center or your home.

Element 6: Participants: Invite family, friends, co-workers, or the larger community, etc.

Element 7: Donations: Ask each person to bring a particular tonic or the dry materials to prepare the tonic. Some may bring a gallon of distilled water while others bring cups. Have a juicer in place to prepare fresh juices after or before the gathering begins for all to partake.

Promotion:

- Mail out Shut-In flyers to welcome friends, family and the general public.
- Sound the drum by word of mouth, speak out to everyone you meet, ask them to come and join in at the Shut-In.
- Put a message on your answering machine, telling of the date, location, time and fee.
- Speak to private or public groups, or family and friends about the Shut-In.

The Day has come. The Shut-In doors open. Hand out Fasters Purpose Statements to each one who gathers to be filled out. This activity will help participants to draw their prayer request to themselves.

Fasters Purpose Statement
To be filled out at the beginning of
the 1-Day Fasting Shut-In

Name: _____

Date: _____

Purpose Statement: _____

Dates of Results: _____

Place Your Statement in a Sacred Place.

Before you begin your wellness journey, please fill out this form so that you may have a reference to draw from. For if you don't know where you came from, you won't know where you are going, nor can you truly appreciate your wellness progression over the next 84 Days into holistic living.

Toxic Food Check List

Indicate Your Daily Food Intake as You Strive towards 100% Wellness

Do you consume any of these Food-stuffs. (Check even if taken in moderation). Indicate how often you consume these foods or engage in these practices within a week or a month.

Date: ___ / ___ / ___ Date: 365 Days ___ / ___ / ___

	21 Day	42 Day	63 Day	84 Day		21 Day	42 Day	63 Day	84 Day
FOOD					EYES, EARS, NOSE & THROAT				
Meats: Pork, Beef, Chicken					Asthma				
Chicken					Colds				
Fish					Earache				
Other Meats:					Enlarged Thyroid				
Starches					Eye Pain				
Dairy					Hay Fever				
(Milk, Cheese, Ice Cream, Eggs)					Hoarseness				
Sugar					Gum Trouble				
Coffee					Nose Bleeds				
Fried Foods					Nasal Obstruction				
Fast Foods					Sinus Infection				
Late Night Eating					Sore Throat				
Eating & Drinking Together					Tonsillitis				

Over Time and Devotion to your cleansing, you will release these toxic foods to the point where the symptom has cleared up. As you change from the eating of food from this toxic list, then you will, in kind, begin to clear the dis-ease that you've checked off in your wholistic Self Inventory Chart.

	21 Day	42 Day	63 Day	84 Day		21 Day	42 Day	63 Day	84 Day
GENITOURINARY					FOR WOMEN ONLY				
Bedwetting					Tumors				
Dryness					Cyst				
Frequent Urination					Vaginal Itch				
Kidney Infection					Cramps or Backaches				
Painful Urination					Hot Flashes				
Prostrate Trouble					Irregular Cycle/Infertile				
Hysterectomy					Miscarriages				
Alcoholism					How many?				
Drug Addiction					Lumps in Breast				
Anemia					Menopausal symptoms				
Previous Surgery					Painful Menstruation				
Cancer					Vaginal Discharge				
Cold Sores					How Many Days				
Diabetes					a month for Menses				
Eczema					MUSCLE AND JOINT				
Emphysema					Arthritis				
Epilepsy					Bursitis				
SKIN					Foot trouble				
Boils					Hernia				
Bruise Easily					Low Back Pain				
Dryness					Neck Pain & Stiffness				
Itching					Poor Posture				
Skin Eruptions (rash)					Spinal Curvature				
Varicose Veins					Are you taking medication?				
Fever					If so, what kind?				
Polio					For how long?				
Stroke					How often?				
Ulcers					For what purpose?				
Venereal Diseases					Indicate any other Health problems:				
Whooping Cough					List on separate sheet				
Heart Disease									
Measles									

Sample Flyer for Shut-In

**Heal Thyself One-Day Seasonal Fasting Shut-In
for Renewal of Body-Mind and Spirit**

Date: _____ Location: _____

TONIC PRE-BREAKFAST Kidney/Liver Flush Tonic

10:00 - 10:30 AM Morning guided Meditation/Heal Thyself Prayer

10:30 - 10:45 AM Fasters state their purpose/Song: "To the Utmost Heal Thyself"

10:45 - 11:00 AM Welcomes Mission Statement

11:00 - 11:30 AM Colon Cleansing For Wellness

TONIC BREAKFAST- "REGENERATIVE HERBAL TONIC SONG" Heal Thyself Purification Prayer

11:30 - 12:00 PM Fasting for the Spring - Fasting Presentation 21-Day Fasting
Orientation & Live Food Cleansing

12:00 - 12:30 PM Basic Massage and Reflexology for Stress Management

12:30 - 12:50 PM Intermission for registration for Heal Thyself 21-Day Fasting Program

12:50 - 1:00 PM Village Announcements

1:00 - 1:45 PM Establish Natural Living for Total Wellness: Review Heal Thyself text

TONIC - GINGER JUMP TONIC - 2:00 Song: "I Have the Power"

2:15 - 3:00 PM Viewing of Holistic Video and Discussion

Song: "Give Thanks and Praise"

3:00 - 4:30 PM Community Holistic Healing Practitioner. i.e. masseur, masseuse,
colon therapist, nutritionalist will offer presentation on holistic health.

DINNER TONIC - Green Power And Aloe Drink

4:30 - 5:00 PM Graduation Ceremony/Includes Village Testimonial /Community Re-
dedications/Purification Oaths

Closing

For the Healing Village · Visit Heal Thyself Shop for Products · Visit all Vendors ·

Enjoy Vegetarian Food for a reasonable fee · Meet with Your Heal Thyself Fasting

Instructor for Personal Preparation and Registration for the 21-Day Cleansing Fast

Please wear White.

*Heal Thyself 1-Day Fasting Shut-In™***Giving Up My Secret Formulas (Group)**

Formulas are to be Presented Every 2 hours on the hour of the Shut-In.

- Use distilled water when Participants call for water;
- Prepare ingredients fresh, whenever possible;
- Use 1 gallon of solution per 30 participants.

Serve 10:30 A.M. Formula 1 — *Kidney/Liver Flush* an immune system builder

- 1 gallon of warm water
- Add 7 freshly squeezed juiced (organic) lemons or limes to break up mucus congestion.
- Add 1 cup of cold-pressed olive oil or Heal Thyself Inner Ease Colon Formula 3 to flush out the colon.
- Add to solution, 2 ounce bottle of liquid Kyolic (garlic extract) or 1 whole garlic, clove peeled, to eliminate bacteria in the system. Blend or juice garlic, then pour into water, lemon/lime and oil.
- Optional: Add ½ teaspoon of cayenne pepper for circulation.

Serve 12:00 Noon. Formula 2 — *Master Herbal Formula® for Detoxification*

- 1 gallon water.
- Use Heal Thyself Master Herbal Formula (13 various cleansing and rejuvenating herbs).
- Boil a gallon of water the night before, then turn water off and add 4 ounces of herb tonic to hot pot.
- Allow to steep overnight.
- Strain and place in container the next day. Leave at room temperature. (Do not reheat or refrigerate)

Fasting volunteers should begin serving water by 12:00 noon or when a faster calls for additional water. Fasting volunteers are to

be mindful to serve distilled water throughout the event, particularly to those who feel any discomfort i.e. headaches, dizziness, fatigue or itching or if experiencing mood swings. The Heal Thyself Breath of Spring formula also is offered throughout the event for more effective breathing. Offer this formula at the beginning and the end of the Shut-In.

Serve 2:00 P.M. Formula 3 - *Ginger Jump -Up Tonic*

Provide 1 gallon organic apple juice freshly pressed for circulation and energy.

- Add 1 cup of freshly pressed ginger root. Stir and drink.

Serve 4:00 P.M. Formula 4

- 1 gallon of distilled water.
- 1 pint Aloe Vera for cleansing.
- 1 pint liquid chlorophyll 100 mg. (green power) for rejuvenation.

The Breaking of the 1-Day Fasting Shut-In*Okra Recipe*

- Ceremonially Pass okra for each one to receive.
- Bowl of raw okra.
- Add cold-pressed olive oil, salt-free celery salt, and powdered sage
- Dr. Bronner's seasoning to taste.
- Wheatgrass should be available for sale, in 1 ounce containers to be taken with distilled water at afternoon break, or at end of program.
- Suggested cost for the event could be anywhere from \$10 to \$30 per person, which then covers location materials, formulas and promotion of events.

Items should be purchased by Thursday and prepared by Friday, to be ready to serve by Saturday morning, to be ready and in place for the Shut-In.

Vegetarian Sample Menu

Breaking the 1-Day Fasting Shut-In.TM

Tabouli Dish with Okra and Sage as a seasoning
 Coleslaw (Graded purple and green cabbage with carrots and beets)
 Garden Green Salad with Sprouts and Soaked Sunflower Seeds
 Vegetable Juice and Wheatgrass
 Live Food Dessert (i.e. sliced watermelon and cantaloupe and honeydew melon when in season.

For more recipes, see Chapters 7, 10 and 11 in this book and Chapters 4 and 7 in *Sacred Woman Guide to Healing the Feminine Body, Mind and Spirit*.

Now that we've done the Shut-In,TM it's time to move on through the Heal Thyself (4) levels of natural living and purification for a pain-free, invigorating, holistic way of living

Beginners Level I 21-Day Natural Living 21 Days

Level I is a transitional, natural way of eating that aligns one to a balanced holistic life style. Level I assists one in bridging a toxic-filled diet to natural food alternatives, that are nutritionally sound and supply the body with all the vitamins, minerals, proteins and calcium needed to build strong, cleansed body Temples. Natural living includes 50 %-75% live, uncooked raw foods and 25%-50% steamed foods.

Intermediate Level II 21-Day Live Food Cleanse 22-42 Days

Level II is a highly electrically charged natural way of eating, which includes 100% live food intake. The age-old concept here is that "Life begets Life," so as a result every bite you consume rebuilds and purifies you. Also Nature through the sun's rays, naturally and holistically, prepares our food from the fires of life. By eating live fruits and vegetables, grains, nuts, seeds, juices and herbs, we feed our tissue cells nature's pure oxygen, which gives us completely radiant health.

Advance Level III 21-Day Juice Fast 43-63 Days

Level III Juice Fast helps one take complete charge of his or her life by ingesting 100% liquids in the form of vegetable juices for rejuvenation and fruit juices for detoxification as well as herbal tonics with large amounts of distilled or spring water. Our body Temples are made up of approximately 75% water; therefore, by ingesting large amounts of water in these natural forms (i.e. juices), we are able to make tremendous strides in our body, mind and spirit transformation.

Heal Thyself Way of Life Master Level 64-84 Days

You have acquired good health now; but can you keep it? Say Yes! to 100% wellness. This level is the inclusion and incorporation of levels 1, 2, and 3 for the sole purpose of stabilizing and maintaining excellent natural health.

The details of this cleansing level appears in Chapter 9 and 10.

The Common Threads

Note that: For best results, all (4) levels include internal hygiene i.e. enemas and colonics, Heal Thyself nutritional and herbal formulas for cleansing and rejuvenation, healing salt baths, sweat baths, clay application and other natural cures, as well, for wholistic support.

Heal Thyself Valedictorian

365 Days of Natural Living! One year of following the Heal Thyself method of wellness will offer you a totally renewed body Temple on every level and will secure your future. You will experience renewed tissue cells, blood and bones, needed weight loss, renewed relationships, greater prosperity, balanced careers, harmonious love in your life, radiant skin and a more divine inner spirit.

Purification Success Team

Establish a Purification Success Team as you travel through 12-Weeks and 365 Days of Natural Living.

The Purification Success Support Team is a team that is created by each individual devotee of Natural Living. The team may include the following:

- Colon Therapist
- Masseur/Masseuse/Reflexologist
- Body Conditioner, Dance, Egyptian Yoga or Ari Ankh Ka, Egyptian Yoga Instructor
- Meditation Guide
- Numerologist
- Spiritual Counselor
- Health food or juice bar preparer
- Astrologist
- Natural Food Teacher

If a group of fasters will be using the above services, then you could create a package. If everyone in the group agrees to use the services 1-4 times during the 21-Day Fast or 12-Week cleanse or even throughout the year, than each practitioner might render a 10-20% discount for each service or product from said group.

Fast Level III

Fast and Cleanse from the following:

- All solid food;
- Violent, aggressive people and/or people who are not supportive of you healing yourself;
- Negative, violent Television and loud, aggressive Music;
- Adverse conversation, i.e. gossip; and
- Whatever is blocking your blessing, release it as you purify.

Heal Thyself 12 Week Purification Program

Observe 12 Weeks (84 days) of Purification To Perfect Wellness.

42 Days of Purification	63 Days of Purification
Level II - Live Food Cleansing 60 - 70 % Wellness Date: ____/____/____ Weight Check in: _____ Record Your Successes During This Period: _____ _____ _____ _____ _____ _____	Level III - Juice Fasting 70 - 80 % Wellness Date: ____/____/____ Weight Check in: _____ Record Your Successes During This Period: _____ _____ _____ _____ _____ _____
21 Days of Purification	84 Days of Purification
Level I - Natural Living 40 - 60 % Wellness Date: ____/____/____ Weight Check in: _____ Record Your Successes During This Period: _____ _____ _____ _____ _____ _____	Level IV - Advanced Natural Living 80 - 100 % Wellness Date: ____/____/____ Weight Check in: _____ Record Your Successes During This Period: _____ _____ _____ _____ _____ _____
I _____ vow to commit to living the Natural Principles of the Path of Purification. Beginning Date: ____/____/____ Signature _____	
Supporting Witness _____ Date ____/____/____	

Home Healing

Are You Doing Your Homework? Your home should be a place of rest and comfort, a place of rejuvenation and peace. Your home should be your sanctuary, your temple or healing center. To make this a reality, one must avoid violent television-viewing, arguing in the home, physical abuse of husband against wife or verbal abuse of wife against husband or parents against children or children's disrespect to elders. The kitchen in the home must become a kitchen healing lab; the natural pharmacy of the home that produces a healthy family, and the bathroom must become the hydrotherapy room where water surgery and therapy is performed in order to avoid premature aging, early death, hostility, and diseased bodies. Each day that we cleanse ourselves of our negative ways and purify within our homes, we and our families radiate brilliant wellness.

Weekly or Bi-Weekly Support Meeting Workshops

Establish Bi-Weekly fasting support meetings that can go from 1½ to 2 hours. Always schedule workshops on the same day, same time, once the schedule is established.

Suggested locations: Community Centers, Spiritual Centers, or share space in each participant's home to save in cost of space.

An Example of a Support Meeting/Workshops

1. Recite Heal Thyself Purification Prayer.
2. Open purification discourse and sharing of healing testimonials. Each person expresses their goals for cleansing and discusses what challenges/victories they experienced weekly. (3 - 5 minutes.)
3. Sharing of Holistic Health Insights: Offered from 1-2 participants at each meeting on information from health magazines, outside workshops, and books outside of list. (15 minutes.)
4. Pick a chapter from *Heal Thyself* weekly to discuss. (10 minutes.)
5. Wholistic Recommended Readings, to be read and discussed (30 minutes) from the following list.

Book Reviews Listing:

- Meeting 1-4: *Heal Thyself for Health and Longevity* by Queen Afua
 Meeting 5-6: *African Holistic Health* by Dr. Llaila O. Afrika
 Meeting 7: *Colon Health: Key to Vibrant Life* by Dr. Norman W. Walker
 Meeting 8: *Mucusless Diet Healing System* by Arnold Ehret
 Meeting 9: *Vitamins and Minerals from A to Z* by Dr. Jewel Pookrum
 Meeting 10: *The Yoga of Nutrition* by Omraam Mikhael Aivanhov
 Meeting 11: *Sugar Blues* by William Duffy or Dick Gregory's *Cookin' with Mother Nature*
 Meeting 12: *Survival Into the 21st Century* by Viktoras Kulvinskis

6. Kitchen Power Circle

- Each student should bring a Vegetarian Pot Luck Dish or Healing Tonic.
- See recipes (Chapters 10 and 11) enclosed as a guide to Pot Luck Dishes or Tonics. Protein recipe with TVP/soy meatless product. Dairy-Free.
- Sugar-free and dairy-free desserts are welcome!
- Create a Meditation and/or a Prayer to overcome your food addiction as a collective (5 - 10 minutes.)
- Purification Affirmations. i.e. Heal Thyself Declaration of Independence.

Shout Out

"*Liberation Thru Purification*" to the four directions.

Ongoing project; Every 21 Days share with group your mandala and healing vision.

If you would like further guidance on facilitating a fasting or Natural Living Program, and further Natural Food Vegetarian visual guidance, you can order your Wholistic support Videos from Heal Thyself Center.

There are seven teachers who guide you on food preparation within the "Kitchen Power Video" and who assist in expanding your knowledge on the fact that food is medicine. It is advised that you study weekly from the video course, to strengthen your knowledge in the Kitchen Healing Lab.

The Birth of The Soul Sweat™

I've been sweating for many moons; seeking to find that still quiet space of inner peace while living in the city.

For over 20 years, I have frequented Native American Sweat Lodges as a form of natural healing and spiritual empowerment, which inspired me to bring forth the 'Soul Sweat.' Throughout the years, I took my children, friends, and clients with me to experience this powerful form of healing by indigenous people of Turtle Island.¹ I have been on the path of purification and natural healing since my teenage years and since that time I have healed myself of several diseases within my body. After years of sweating at the New York City bathhouse, my eczema was arrested and my skin has been glowing ever since.

I wanted to share my healing with others so that they could sweat out the poisons that we name as dis-ease. After discussing this with my husband, we decided to share what I named as the 'Soul Sweat,' a system of cleansing and sweating that was centered around various hot rooms that would detoxify the entire system on a physical, mental, and spiritual level.

It is the attitude, which makes a 'Soul Sweat™' work. As you enter the Soul Sweat (steam room) to detox, one visualize one's life-cleansing through the element of fire. See yourself burning up negative thoughts, actions, attitudes, and conditions. You're purifying your life on a soulful level. Surrender, your deep-seated hurt, anger, and rage with each prayer, herbal tonic, live juice, healing song and breath you take as you sweat your soul, body and mind into alignment. As you drink lemon water, and sweat, your inner pool is purified, yes, soothing the fire within, leaving you with a sense of calm and serenity. As you sweat, you drink green juice and herb teas to rejuvenate and repair tissues, cells, nerves, and bones. As you perform this work of healing, know that you are reconstructing and rebuilding your body Temple to its original form of Divinity.

Allow your addictions to purge out through your skin, the largest organ for elimination in the body.

My husband and I began visiting the Bath House several years ago to heal ourselves and share quality time together. After about one year of sweating and detoxing together, I began to create an organized system of sweating to detox the body, mind and spirit.

Together, we took many groups through the Fire and Water Transformation. The following layout is what was presented to thousands and, now, I am offering this system to you to detox yourself, your circles of family, friends and community.

Step Into the Mighty Soul Sweat

The *Soul Sweat* can be done with as few as two or as many as the space you choose to Sweat will allow.

Recite in Unison:

Opening affirmation and Heal Thyself declaration of independence:

"I have the power to create in my life what I want it to be; purification is the key...."

Tonic For Circulation:

- Step 1** Blend together.
- ¼ cup of ginger juice
 - 1 pinch of cayenne
 - 1 lemon (juice)
 - 1-2 cloves of garlic
 - 16 ounces distilled water/serves 1-2
- Step 2** Use 2-3 drops of Breath of Spring to purify your lungs and sinus
- Step 3** Perform Fire Breathing 100 rounds (equal to) 3-5 minutes.
- Step 4** Stretch the body through exercises presented in Chapter 17 for 15-20 minutes to release stress.
- Step 5** Shower to activate and open up pores for quick sweating.
- Step 6** Take a Sauna/Castor oil bath 10-15 minutes. (Freely apply pure castor oil over your body, from your scalp to your feet to draw out poisons. While in sauna, to keep charged and fully inspired, recite: "To the utmost Heal Thyself, I can Heal myself and turn my life around. I am Healing as I heal

¹ The original name for America (in English) before it was renamed by Europeans.

myself." Visit our Soul Sweat to learn the songs firsthand. Ralph Carter, my dear friend and profound artiste, wrote our first Heal Thyself song and sang it on many occasions in the bath house in New York as we ushered thousands through the Soul Sweats.

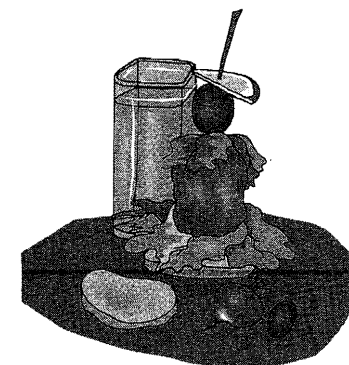
- Step 7** While sweating each one present is to verbally Affirm what they are to release from their life, which is negative, and Affirm what she/he will bring into their life, which is positive.
- Step 8** Shower from head to toe; drink master herbal tonic and green vegetable juice with one ounce of wheatgrass to empower and stabilize yourself.
- Step 9** Take a Steam bath for 10-15 minutes. As you sweat, put legs up against the wall in a 45 degree angle, then massage arms, legs, hips, abdomen and chest. While self-healing, your Soul sweat leader presents a call and response of The Heal Thyself Healing Water Prayer. (That appears below.)
- Step 10** Shower with hot and cold water; then drink a ginger and apple juice tonic for energy.
- Step 11** Apply clay pack from head to toe, but, particularly, over the liver. Rest or meditate for 15 minutes or until the clay dries to draw out the toxins through the skin. (Shower.)
- Step 12** Now, go back into the steam or sauna for 10-15 minutes; close out with a soap scrub for your final shower. (Use black soap or clay soap.)

Closing Prayer Soul Sweat Leader

Recite the Ancient Afrakan Nile Valley Purification prayer of protection that apply in these times:

May I be protected by 70 purifications. I purify myself at the great stream of the galaxy. That which is wrong in me is pardoned and the spots on my body and upon the earth are washed away. I come that I may purify this soul of mine in the most high degree.

Seven



Life After Nutritional Fasting

Fasting gives you new opportunities and opens you up to new and greater possibilities. Fasting forgives, releases, enhances, restores, builds, flushes, washes, cleanses, and purifies us and all our relationships. Embrace yourself fully today; experience new beginnings, a new inner world, a healthier, more power-filled life.

WHEN YOU ARE coming off a 7- or 21-Day Fast, the return to solid foods must be gradual. Some of your old, eating habits will change, according to how often you fast and cleanse. Be prepared to give up heavy foods as you progress with each cleansing.

It takes 2-4 weeks to come off the fast properly. Avoid eating too much, too heavy or too late in the evening to prevent sickness or constipation in the morning. If you break fast too quickly, you may experience nausea, dizziness, depression or anger. You may even regain lost weight, experience bloating, tiredness or aches and pains. Avoid over-processed, hard to digest foods such as meats, fried foods, sugar, dairy and "junk food."

Incorporate these additional points in your normal health and maintenance program after any fast.

- Take vegetable juice 1-2 times daily.
- Take nutrients two to three times daily, i.e. spirulina, wheatgrass, green life.
- Take 2 enemas each week. While fasting take enemas daily or no less than 3 times a week and/or take an herbal laxative each day of your fast.
- Allow yourself 15-30 minutes of exercise daily.
- Take salt baths 1-3 times a week with 1-4 pounds Epsom salt or Dead Sea salt; omit if you have high blood pressure. Instead take a warm bath and soak 20-30 minutes.

If aches and pains persist, or swollen areas, you can continue to apply clay to affected area or the area that needs nurturing. Refer to section on clay pack.

Breaking A 7-Day Fast

Day 1 Eat only vegetables, raw or steamed.

Day 2 Include fruits in diet.

Day 3 to 6

Include vegetarian proteins. For meat eaters, include baked, unshelled fish and whole grains, but eat only in very small portions.

(One protein for the day, which could include sprouts, tofu, beans, peas and lentils, and one starch for the day, which could include tabouli, couscous, millet, brown rice, toasted whole grain bread etc.)

Day 7 For the advance seekers of wellness, discontinue starches and all proteins except sprouts.

Breaking A 21-Day Fast

Week 1: Days 1-2: Eat vegetables; steam them for 3-4 minutes. Also eat a vegetable salad. Consume as much okra as possible for it has a natural laxative effect.

Days 3-7: Include fruits. Eat a grapefruit each day. Do not eat bananas until two weeks after the fast is over. When you do,

make sure the bananas are well-spotted, as they will be in a state that is easier to digest.

Week 2: Include small portions of vegetarian protein, such as lentils, peas, beans (Soak overnight and prepare with ginger or bay leaf for better digestion.), sprouts, eggless soy meats or miso soup. Eat plenty of vegetables, raw and steamed, with proteins.

Week 3: Include whole-grain starches, such as couscous, millet, bulgar wheat, tabouli, brown rice, and sprouted whole grain toasted bread.

Week 4: If you have a great desire to eat flesh, eat baked fish. No shellfish, chicken, beef, pork or lamb. Avoid all dairy products from cows or goats such as milk, cheese and ice cream. Use almond, sesame or soya milk and tofutti as a calcium source instead. Also, eat green leafy vegetables and drink oatstraw, dandelion and alfalfa herb teas.

You should take a week to break the fast, then either go into live food eating or natural living, which includes minimal, lightly steamed vegetarian dishes.

After fasting, it is advisable, in order to maintain your level of wellness, to avoid starch or eat it once a day midday in small amounts.

I've found that it takes at least a season to heal, but everyday that you devote to healing yourself will get you closer and closer to your wellness goal. Generally, we begin to study at the onset of a season, for instance, from September to December or January to April. Through many years of observation, I've found that it takes a season of uninterrupted, self-healing to truly "Heal Thyself."

If after you have successfully completed your wellness season and you decide to return to low-vibration, poisonous foods, your body will react by detoxing immediately in the form of a runny nose, coughing, headaches, dizziness, pain, rage or depression. You have outgrown lower levels of food consumption. The toxic reaction indicates that you have risen to higher levels of your health. You have a great deal of light and vitality stored up within your body Temple. Therefore, you repel disease-forming matter and can no longer participate in lower ways of living.

So, if you have reactions from New Year's egg nog, 4th-of-July's fried chicken or the family reunion's sweet potato pies and collard greens stewed in lard, "run for your life" to the hydrotherapy room (bathroom) in your home. Hurry! Take an enema and healing bath so that you may return swiftly to your natural state of total health. As you purge from deep within your being, "bless your diseases away."

How To Deal With Minor Setbacks

Regardless of what happens, stay in a loving space. Be your best friend. Encourage yourself to grow beyond all odds. Healing your life is an ongoing process of self-discovery, self-observation, self-reflection, so be patient as you purify. Some days you will be right on point. Then, a life trial enters in: you're under pressure at work, or you encounter a family challenge. Everything that could happen, has, and you begin to react; old, unhealthy habits die hard. You reach for comfort. You grab for something familiar. So, you reach for mother's milk in the form of ice cream, if lonely and unfulfilled; or you reach out for the comfort of cookies and cake. You're overwhelmed and angry so you reach out for crunchy snacks and I'm not talking about celery and carrot sticks; you go for the hard-core stuff—"junk food." In your 'low-state,' you reach for a 'quick fix,' or a toxic way of handling your emotional state and reactions from the trials of life. You believe toxic food is the answer, but I assure you, it's not and never will be. If you find yourself caught up in negativity, before you know it, then study yourself in the midst of your toxic consumption and observe how you feel, why you feel that way, and what you can do to resolve your inner emotional conflict even as you eat toxic food. Your answers are between you and what you are about to consume. On this path of purification, strive to release guilt and learn from your lessons—for guilt engenders destructive behavior. We are in a process of reconstruction. Regardless of what state of toxicity you find yourself in, you can overcome, over time.

It takes time to build up cravings in your body for toxic food. Most time the desire is passed down in your food from one generation to the next. You were, in most cases, born with a predisposition to certain foods due to your parent's food consumption. You're made up from the joint toxic foods and the cravings and thoughts that your parents

embodied. In order to break the cycle of toxic foods that, ultimately, leads up to a continuation of family dis-ease, i.e. a family who suffers from high blood pressure, diabetes, respiratory problems, cancer, fibroid tumors in women, or prostrate conditions in men, we must detox wholistically over time with conscious, loving effort, steadily adapted to a natural life.

Setbacks:

- If you fall off for one meal, don't miss a beat. Jump right back into a large salad or a green juice, as your next meal to balance you out. Study what situation challenged your emotions and begin to rectify your emotions and feelings with prayer, affirmations, deep breathing and journaling.
- You may have eating buddies who work against your having healthy eating habits. It's time to circle yourself with people who are striving to be positive, progressive, healthy people who will draw out the best in you.
- Develop patience for your ups and downs and, overtime, you will have more ups and fewer downs as you journey through a season of detoxification and rejuvenation.
- Take one meal and one day at a time; you will win in the end.
- Give thanks for each successful day of natural eating or juice fasting.
- Celebrate your wellness success every 7 or 21 days. Take yourself out to the theatre, or visit your favorite museum or go to a poetry gathering, or sit down to a candle-lit vegetarian meal with yourself and/or a love one.

Preparation is the key!

Consider the very real probability of the family reunion, wedding, or holiday dinner and, then, consider the fact that if you do not prepare for yourself and the other people with special dietary needs by encouraging the family to have a few vegetable or whole grain dishes included in the menu, you will find yourself challenged in maintaining your natural living practices. You may be delving into foods that send your blood pressure skyrocketing i.e. meats, greasy foods etc. that send you into a state of anxiety or depression from sugar-filled cakes.

- Love yourself, no matter how deep you fall.
- Pull yourself up; let's try again! You'll do better next time.
- *Constipated:* If constipated, take a herbal laxative, as soon as you get home, consisting of senna and mint or cascara sagrada (3 tablets) or aloe ¼ teaspoon to a cup of water. Perform this 1–3 days straight or take an enema with lemon and water.
- *Emotional Stress:* Take a 1 pound hot Epsom salt or Dead Sea salt bath for 30 minutes as you release the emotional anxiety from foods ingested or unbalanced emotions due to your participation.
- *Hyperactivity:* To counteract hyperactivity or stress due to sugar consumption, take 50 mg. of B complex for 7 days and take ¼ teaspoon goldenseal with 8 ounces of water.
- *High Blood Pressure:* If you're eating heavy foods and your pressure goes up, take 1-2 cloves of garlic with the juice of a lemon and 16 ounces of warm water enema before going to bed.

Next time if you're going into a non-vegetarian food camp, then be sure to have a healthy vegetarian meal at home before going out so that you don't get caught up in the madness because you're hungry.

Non-Stop, Uninterrupted Natural Healing for Success

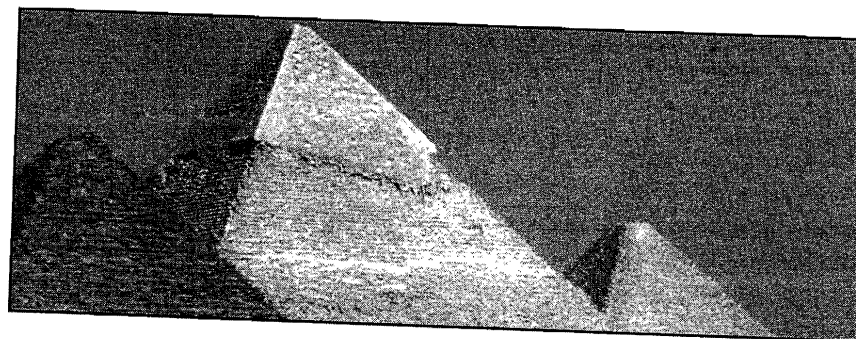
Within every two-week cycle, your body Temple will progressively build upon itself. By the time you reach the 1,000 Lotus Petals, Crown Chakra or Divine Wisdom Center located at the top of your pyramid, complete healing will be accomplished. Alternate for 12 weeks beginning with 7 days of Natural Living followed by 7 days of Nutritional Fasting. Study and follow the instructions given in this chapter as your guide.

Once you've reached 12 weeks of Purification, you have now moved into the portals of higher living.

In accomplishing this three-month, self-healing process, you will be liberated from addictive, poisonous foods, drinks and smoke. You will then be able to accept freely the 7/7 System as a way of life.

Food is your medication — “Eat to live; don't live to eat.”

Note: This program does not diagnose or prescribe. If under a doctor's supervision, please continue with medication until you are over the dis-ease.



Human Pyramid Power

The pyramid in the first civilization represented the living body. They were built to house the afterlife of the king and queen who were the embodiment of the nation. The pyramid housed the best of our nation in human form. The pyramids were built as an earth portal from which our ancestors could ascend to the spiritual plane and, thus, travel to the Light of Divinity. The pyramid was built by the hands and spirit of a collective consciousness of priests and priestesses, engineers, and healers like that of Imhotep, by stone masons, plasterers, brick layers and officials.

The pyramid temple from the 1st to 4th Dynasty was built as an offering to Ra (the light) to ensure the continuing cycle of rebirth of the underworld from the earthly realm to the underworld. — *Egypt The World of The Pharaoh* by Dorothea Arnold.

The king and queen rested and were reborn within the upper room of the pyramid that represented the nations' ascensions. Divinity was conferred on the king and queen in the upper chamber of the pyramid, enabling the nations' ascension and ensuring the past, present, and future evolution of the people. Our Ancestors experienced a spiritual rebirth within the highly charged pyramids when their bodies died. I believe we can experience and perform similar natural miracles and rebirth ourselves within our living bodies; all this through the internal healing journey of Healing Thyself while on the natural living program of Heal Thyself. This wellness journey aids us in moving from a dead state of dis-ease to be reborn into an alive state of wellness through consistent devotion, love, and divine discipline for our resurrection.

The pyramids were technically constructed in perfect symmetry to elevate the health of the people physically and spiritually. The pyramids have survived longer than any structure known to man.

Today, we must emulate the past by restructuring our body Temples to a state of excellence. This is done through constant detoxification and the rejuvenating benefits to be gained from a year of consistent, uninterrupted seasonal juice fasting, natural living and the eating of live foods, which, in turn, promote internal hygiene. Surround yourself with supportive friends and family, who will aid you in overcoming your health challenges. Surround yourself also with skilled people to assist in the resurrection of your body Temple, i.e. masseuse, colon hygienist, wholistic health practitioner and others.

**Every Step Goes Higher and Higher!
Three Months to Create a New You!**

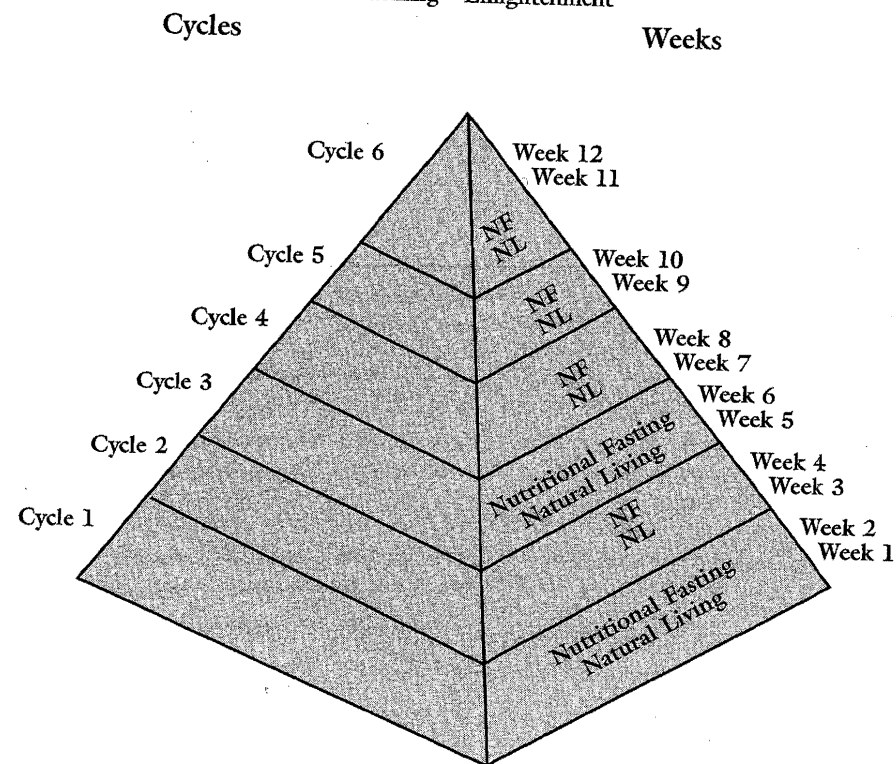
1. The pyramid represents: Enlightenment, Resurrection, Divinity, Wisdom and Illumination. As you step higher up the pyramid ladder, you become one of "the Shining Ones"—
Peaceful, Pure, Powerful and Potent.
2. Use the *7/7 Three-Month Pyramid Program* on the onset of the seasons: spring, summer, fall and winter.
3. When the body is in an open stance, it takes on the form of the pyramid. The pyramid is a form that is used as a healing symbol of humankind striving toward perfection.
4. As you raise and energize your healing awareness, the Crown Chakra (energy center) awakens and, then, you are fully purified (healed) and spiritually realized (enlightened).
5. It can take 84 steps (days) to reach Cosmic Consciousness, which is 75%-100% self-healing, according to the Heal Thyself Method illustrated in this chart.
6. Six cycles (which is 12 weeks) gives you enough time to maximize and actualize your physical, spiritual, as well as business and romantic goals.

1st Approach to the Human Pyramid of Power

Three Month 7/7 Chart for Resurrection of Body, Mind and Spirit

Heru — the Divine Spirit within You

100% Healing = Enlightenment



7 Days Nutritional Fasting

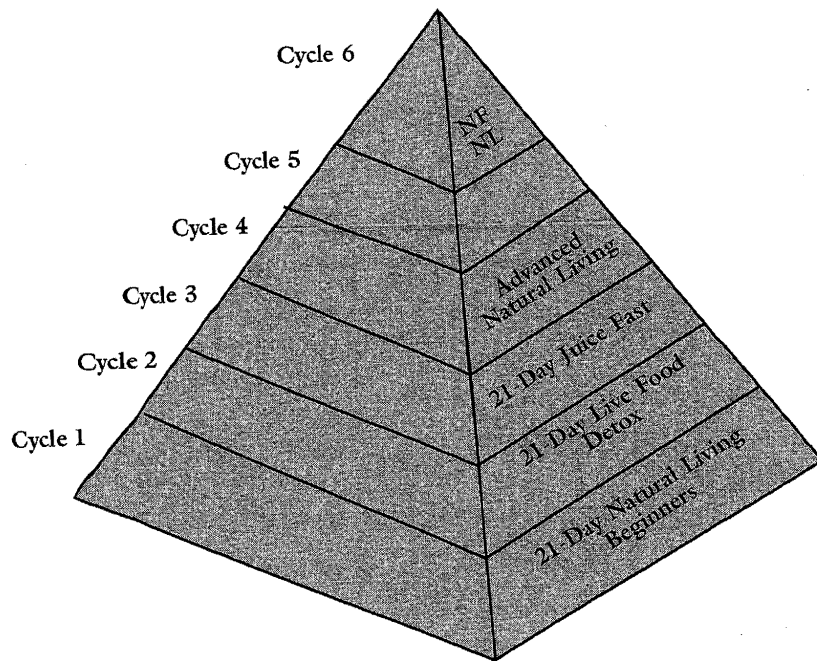
7 Days Natural Living

Code: Natural Living = NL (pure foods)

Nutritional Fasting = NF (juice fast)

Every 7 days, you alternate between NL and NF.

2nd Approach to the Human Pyramid of Power



Every 21 Days Raises You Up higher as your dietary intake becomes more refined and your health becomes more and more illuminated.

This 84-Day Process of Wellness can take place over 4 seasons — a period of one year—to maximize results, and to gain life, healing and the ability to break addiction.

Nutrition and Alternative Foods

As is indicated throughout this book, the food we eat can either become our poison or our medicine. This list indicates the foods that you should avoid and which ones are preferable for health. Meat, dairy, processed foods and sugar cause most of the health problems that people experience. Removing them from your diet will improve your health, energy level, mood, and mental clarity. It may take a while to make all of the necessary adjustments, but you will see a noticeable improvement. For each of the foods on the low-vibration list that you eliminate, you will find yourself closer to a disease-free, healthy, vibrant and powerful body.

Foods To Avoid

The following list is of foods to be aware of and to avoid as you clean out your kitchen healing Laboratory and clean up your body Temple.

Meats: The purpose of meat in the diet is to provide protein. But, meat can cause infections, constipation, headaches, cancer and premature aging. We can, at best, consume vegetarian protein, that are not dis-ease provoking, such as beans, peas (kidney beans, black beans, soya beans), tofu, TVP, lima beans, lentils, nuts, seeds, sprouts and spirulina (sea algae). As a homework assignment, read *101 Reasons Why I'm A Vegetarian*, a paper put out by Vegetarians Society in New York City.

For personal empowerment, form a vegetarian support society with your community i.e. within your school, college and spiritual circle.

Vegetarian support groups should share recipes, health videos and books. You can invite guests who can expound on the virtues of the vegetarian life style. Our children need strengthening against the challenges of well-meaning family and school friends who may pressure our children to go off their path of purification. When my children were younger, I created an organization called Clean Teens, for my eldest children that contained 16-20 young people and parents and the Young Sprouts for my youngest child that contained 7-10 children. Both children and parents were empowered to maintain a wellness life style, against all odds.

Sugar: Beware of sugar in the form of corn syrup, corn sugar, brown sugar or white sugar. Artificial sweeteners can cause hyperactivity, stress, bone deterioration, poor memory, loss of hair, and bladder cancer. The best source of natural sweets are fruits and the licorice herb that is called the sweet root. Alternatively soak dried fruit such as dates and raisins and use the water to sweeten your tea or your cereal, or to make lemonade rather than using sugar.

Salt: Salt (sodium chloride) is an inorganic mineral that can't be used by the cells in the body. It irritates the bloodstream and the stomach and blocks the digestion of food. Salt intake can cause high blood pressure, kidney and liver dis-ease. The best sources of salt (sodium) are found in celery, spinach, kale, carrots, lettuce and strawberries.

Fried Foods: Cooked, greasy foods clog up arteries. If your arteries stay clogged, overtime, you may experience cold feet and hands, sluggishness, heart palpitations, headaches, swollen ankles and hands and high blood pressure. If you have a history of addiction to fried foods, then drink lemon or lime juice with warm water twice a day. Also drink 8-12 ounces of fresh organic orange, grapefruit or pineapple juice every day with 12 ounces of water.

Starches: Eat only whole grains and whole foods, i.e. tabouli, bulgar wheat, couscous, baked potato, sprouted whole grain toasted bread, raw or lightly steamed corn on the cob in moderation. Avoid starches that are devitalized i.e. white rice, white bread, and white macaroni are difficult to digest. They clog up the colon causing constipation, which leads to 90% of our dis-eases, according to the late Dr. Robert Wood, a last great Colon Hygiene Practitioner and one of my teachers. A rule to observe with devitalized or whole grain starches; eat no more than a few spoons or ½ cup and accompany your starch with lightly steamed or raw green salad to help 'broom' out excess starch from your colon. Don't eat starch when the sun goes down, it will not be digested and, as a result, you will wake up the next day, fatigued, anxious and depressed.

Dairy: Dairy's role is to provide us with calcium for the growth and strength of our bones and is also supposed to calm and balance out our nervous system. But, dairy can cause allergies, asthma, hay fever, vaginal discharges, fibroids and boils to name a few illnesses that

are derived from dairy.

Healthy vegetarian calcium can do the same healing, but without the negative side effects. So, it is best to consume almond milk, sesame milk, sunflower seed milk, soya milk, or 8-16 ounces of green vegetable juices 1-2 times a day. The vegetables that are high in calcium are broccoli, kale, spinach, turnip and wheatgrass. The herbs, that are high in calcium and are my favorites are dandelion, alfalfa herb and seaweed vegetable such as spirulina; use powder for best absorption. The recommended daily allowance for calcium is 800-1200 mg.

To Be Powerful

To be powerful is to be mighty, to be fully alive, to be in alignment with your divine self, to be centered, to be strong and potent in your day-to-day living. To be powerful is to have control of your thoughts, and your actions. In order to break toxic habits, you must grow into your power by overcoming the pull of the commoner, eating destructive, man-made food rather than naturally, Divinely made food. The clearer you are inside, the more naturally effective and mighty you will be in your life.

Our most Ancient Afrakan Ancestors from Smai Tawi, known as Egypt, said this in relationship to power and purity. "I am pure at a place of passage." "I have destroyed my defects." "I have made an end of my wickedness." "I have annihilated the faults which belong to me." "I myself am pure." "I am mighty." —*The Book of Coming Forth By Day* interpreted by Wallis Budge.

To be powerful, you must be the captain of your ship and direct your course by not succumbing to negative forces. To be powerful, you must be the King and Queen over your body Temple and maintain a healthy Temple through mastering and overcoming a dis-eased state of being, by aligning yourself with a natural way of living. To be truly powerful and reclaim your power, you must follow the laws of Nature to assist you in purifying self; thereby, becoming one with the Most High's Almighty Power.

Low-Vibration Foods: When you find yourself craving or consuming low-vibration food, usually, you are thinking of and behaving in a toxic state. Become conscious and purify consistently to

break the addiction to toxic foods. When you take in low-vibration food, you also attract negative, obsessive, greedy, hostile, suppressive people.

High-Vibration Food: The quality of our foods dictates the quality of our lives. When you desire and consume high-vibration foods, your inner environment is vibrating on a high plane. Your foods, your thoughts, and actions reflect your high state of being, goodness and wellness follow you all the days of your life, according to the high maintenance of your vibration. When you consume high-vibration foods, overtime you begin to attract positive, loving, supportive, gentle, giving reflections.

<i>Low-Vibration Food</i> (Foods to eliminate)	<i>High-Vibration Food Alternatives</i> (Recommended transitional foods)
Cow's milk	Soy-, nut-, goat-, human-milk; kefir
Ice cream	Soy ice cream, tofutti
Cheese	Rennet-less, unsalted cheese or grated tofu
Margarine	Soya margarine
Yogurt	Brown Cow yogurt*
Eggs	Organic eggs*

* Although these two items are listed as alternatives, try to eventually eliminate these foods as well.

White bread	Whole wheat and cracked wheat bread (toasted bread)
Vinegar	Organic apple cider vinegar
Salt	Sea salt, kelp, dulse
Chocolate	Carob
Gelatin	Agar-agar (use to make 'Jello' with your favorite fruit juice)
Water	Distilled or spring water
Bottle/can juice	Fresh squeezed/pressed fruit juice
Peanut butter	Fresh unsweetened peanut butter
Junk food	Freshly prepared popcorn, brown rice cakes, dried fruits (banana chips, pineapple, apricots, raisins), banana custard, frozen juice (instead

<i>Low-Vibration Food</i> (Foods to eliminate)	<i>High-Vibration Food</i> (Recommended vital foods)
	of ices), chilled fruit, baked apples, blue corn chips, seaweed chips, whole wheat pretzels, unsalted potato chips prepared in sesame or olive oil.
Shellfish*	Fish with fins and scales (clean and garnish with fresh lemon to eliminate some of the bacteria). Eventually try to eliminate flesh foods altogether

* *Note: Shellfish includes lobster, shrimp, clams, etc. which are scavengers of the ocean. They eat waste in the ocean. When we eat them, we further poison ourselves.*

Deep/stir-fried	Steam food. Remove from flame. Add 1-2 tablespoons cold-pressed (uncooked) oil to food
White macaroni	Whole wheat macaroni
White rice	Brown rice
White flour	Whole wheat or barley flour
Other grains*	Millet, couscous, bulgar
*Corn flakes or 'sugar pops'	
Pancakes	Buckwheat, whole wheat, bran, flaxseed
Grits	Soy grits, barley grits
Oil	Cold-pressed olive oil
Cornmeal cereal	Whole oats, granola
Corn starch	Arrowroot powder
White sugar	Raw honey, maple syrup, blackstrap molasses, fructose
<i>Protein:</i>	
meat, poultry, fish	Sprouts, tofu, miso, seeds (sesame, pumpkin, sunflower), nuts (pecan, walnut, pistachio, almonds), beans (black, pinto, kidney, etc.), peas (black-eye, etc.) Also use soya meats as an alternative.
Canned/frozen vegetables	Fresh vegetables (steamed or raw)

Low-Vibration Food **High-Vibration Food**
 (Foods to eliminate) (Recommended vital foods)
 Soda Fresh juice, mineral water or distilled water
 In the place of dairy (milk, cheese, ice cream), eat soya products. For calcium, almond milk, sesame milk or soy milk.

Note: Eat whole grain starches only three times a week preferably during the hours of 12-4 p.m.

Natural Vitamin Supplements

Calcium	Oatstraw and comfrey herbs, sprouts, carrots, green leafy vegetables, nut milk, and soya milk
Vitamin A & D	Carrots
Vitamin B	Yeast and bee pollen
Vitamin C	Rosehips herb tea
Vitamin E	Alfalfa, wheatgrass
Minerals	Kelp, other sea plants such as spirulina and blue-green manna.

Nature has provided us with a great variety of fruits and vegetables, beans and whole grains so that we need never be bored of eating simply and naturally. Remember to use organic, unsprayed fruits and vegetables whenever possible.

For further information, study *Nutrition Almanac, Prescription for Nutritional Healing*, by James F. Balch M.D. and Phyllis A. Balch, C.N.C.

Recommended Fruits

Sweet fruits	Pomegranates, bananas, dates, raisins, dried apples and dried apricots
Sub-acid fruits	Mangoes, peaches, plums, pears, green grapes, dark grapes, papaya
Acid fruits	Strawberries, raspberries, blueberries, pineapple, grapefruits, oranges, lemons, tomatoes, boysenberries
Melons	Cantaloupes, watermelon, honeydew melon (to be eaten alone)

Recommended Vegetables

Asparagus	Onions	Dandelions
Beets	Okra	Irish potatoes
Celery	Parsley	Lettuce
Cabbage	Greens of all kinds	Swiss chard
Cauliflower	Watercress	Spinach
Carrots	Parsnip	Beans
Cucumbers	Pumpkin	Squash
Turnips	Rutabagas	
Tomatoes	Sweet potatoes	
Starches	Millet, tabouli, couscous, corn-on-the-cob, bulgar wheat, squash, coconut, potato, yam	
Seaweed	Dulse, nori, hijiki	
Proteins	String-, green-, wax-, lima-, navy-, kidney-, soybeans; split peas, lentils, chick peas, pigeon peas	
Sprouts	Alfalfa, mung, and all sprouts	
Nuts and Seeds	Almonds, walnuts, filberts, brazil, pecans, sunflower, sesame and pumpkin seeds	

For those who want more information on food alternatives, go to *Heal Thyself Natural Living Cookbook* by Dianne Ciccone.

Avoid Mucus-Forming Foods

Mucus-forming foods contribute to many poor health conditions, such as colds, shortness of breath, fevers, hay fever, asthma, loss of hearing and sight, constipation, female disorders, (such as tumors, cysts, vaginal discharge, PMS) male prostate gland blockage, fatigue, weight problems and mental congestion.

To eliminate excess and unhealthy mucus from your body Temple, in the mornings drink freshly prepared juice of 2 grapefruits, 2 oranges and 2 lemons or freshly prepared pineapple juice. Due to concentrated levels of sugar in fruit juice, dilute equal parts of water to juice to avoid skin eruptions or mood swings.

In the mornings, you will expel mucus from nose, eyes, ears, vagina (if a woman) and anus. The more mucus that comes out of the body, the closer you are to returning to a disease-free body.

To support your cleansing further, take 2 herbal laxatives weekly until the problem is eliminated. Other methods include: senna and peppermint (1 teaspoon of each herb steeped for 1 hour), powdered aloe (4 teaspoons in water), cascara sagrada (1 teaspoon in water or 3 capsules), or *Heal Thyself Colon Deblocator* (3 tablespoons with lemon water taken 3 times a week).

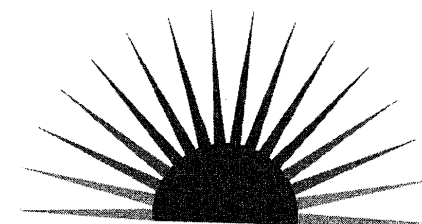
Special Meals for the Person in Transition from Meat-Eating

Meatless Meals for Lunch and Dinner

- 1.) Soya meat (in place of turkey or fish), steamed broccoli with chopped scallions and a garden salad.
- 2.) Baked sweet potatoes, bulgar wheat "meatloaf" (bind with sugarless tomato sauce, onion, peppers and whole wheat flour) and a garden salad.
- 3.) Caribbean meal: Brown rice and peas (This is a poor food combination, but you may have it occasionally.) and steamed okra and onions to aid digestion.
- 4.) For picnics, serve barbecue tofu (Use a barbecue sauce from a health food store; it should contain no sugar or additives.) corn on the cob (Use soy margarine and dulse.) and Queen Afua's Rainbow Salad. (Find recipe in Chapter 10.)
- 5.) Southern meal: Black-eye peas, string beans, whole grain cornmeal corn bread (use any recipe, but substitute organic dates or raisins (soaked) or raw honey for sugar, egg replacer instead of eggs, almond, sesame or soy milk instead of cow's milk). *Note:* Include soaked flaxseed or a few tablespoons of bran to act as a laxative.

Eight

Hints for Natural Living and Fasting



Act Now!

MOST ILLNESSES ARE the result of shattered dreams, unfulfilled goals, and empty promises in one or many areas of your life. To change your karma (action and reaction), do things that make you blissful. Don't wait to live; this is all the life you have. Freedom and bliss await you at this very moment. Live every moment fully, as if it were your first and last.

As you develop this blissful state, the internal war that's going on within your body Temple that takes the form of disease begins to diminish, and your eating habits begin to reflect this process. What we eat relates to our state of mind. For example, when you eat and/or desire fried foods, you are usually angry or bitter. When you desire dairy, you are in need of nurturing. When you desire meat, you are feeling aggressive or you are attracting aggression to you. When you are consuming a great deal of starch, it is because you are feeling unfulfilled.

On a positive note, when you eat a lot of fruit, it brings out a sweet disposition and bright, beautiful thoughts. When you eat green vegetables, it brings out and reflects inner peace.

A Meeting With The Creator

Here's how I tap into the power zone of unlimited possibilities. Most of *Heal Thyself for Health and Longevity* revealed itself to me, during the hours of spiritual power and anointing; between 4:00 a.m. and 6:00 a.m. I rose from my sleep to enter the union of my left brain (physical and mental sphere) and my right brain sphere, the (spiritual and intuitive) union of balance and the center of Divine knowledge. Within this realm, a fluid flows from the pineal gland located between the eye brow and slightly above the eyes. The ancients called this spiritual center the uchat. This fluid renders you to a super state of higher awareness where you vividly hear the voice of the Creator speak through you. You are able to ask any question and the answers divinely usher from you, for you are in perfect union with the Creator where all truth flows. If one needs spiritual guidance in matters of career, love, healing, finances, relationships, or knowledge on how to overcome challenges, then for 7-9 or more nights avoid eating any solid foods once the sun goes down. To further sharpen your intuition and be in total union with the Most High, saturate your bloodstream with dark, green, vegetable juices throughout the day.

When I have life-altering questions, I rise at 4:00 a.m. and pray and meditate and remain still, I can hear the voice from within speak to me, then I drink 8-16 ounces of warm water with lemon or I drink herbal tea such as gota kola for the mind or dandelion for complete rejuvenation. I begin to breathe deeply into my heart center 50-100 times; until I completely relax and let go of any fear of truth revealing itself to me. I have found that most of the time when we are afraid of truth, what we are really afraid of is change; letting go of our unproductive painful patterns. If I am still blocked, then I'll go so far as taking a 2-4 pound salt bath. As my body drinks in the heated salt water, answers reveal themselves to me spontaneously. Oh happy day(s), I've gotten out of the way and allowed truth to rescue me as I meet with the Creator on this divine, early morning day.

The Ancients were Tapped In

The Nile Valley queen/king, priest and priestess wore the double crown of the consciousness Smai Tawi (unity) of left and right brain.

One side of the crown was white representing spiritual ascension and the opposite side was red, which represented power over the material realm. This level of inner unity represents an ascended master, one who is in total alignment with the Divine who is fully enlightened.

Today, as in ancient times, our mental, spiritual, social, emotional and physical survival is only attained by Natural Living Principles; much of what you will find within the passages of *Heal Thyself*.

Activities that help you to successfully develop self and support you on your path to purification and your cleansing life style:

- Join a health food co-op.
- Form a buddy system or support group.
- Become a member of a health spa.
- Visit a Turkish bath house.
- Take food preparation classes.
- Write or recite poetry.
- Take a mini-vacation once a month.
- Do poetry.
- Meditate.
- Go to the theater.
- Start your own business.
- Dance! Sing! Play! Act!
- Develop a natural healing and spiritual library.
- Have clay facials and clay baths with family members and/or friends.
- Take a field trip with your cleansing buddies to holistic and spiritual bookstores, crystal shops, health food stores and holistic health fairs.

Incorporate these activities into your life style and live by the Heal Thyself Purification Method to accomplish your goals and create success in your life.

Every season, you go through 84 days of wellness.

The system is as follows:

The One-Day Fasting Shut-In seasonal healing releases the old and

takes on the new.

Perform:

- 21 Days of Natural Living
- 21 Days of Live Food Eating
- 21 Days of Juice Fasting
- 21 Days of Advanced Natural Living (a combination of the previous 3 levels as presented above, but with greater intensity) for the advance devotees of purification.

Follow the above wellness work over 84 Days; Repeat this for four seasons and your toxic, troubled condition will transform into the embodiment of the one Divine; thereby, the Netenu (Angelic Quality of the Divine) within you will become awakened, as you journey within the protective healing path of purification. You will once again walk the earth as giants amongst man and woman; and your good works and deeds will shine, throughout the world; as you carry within you the mantel of health and wholeness.

It will take 365 Days to establish a profound, transformative, natural life and to detoxify one's entire life. Four phases, four seasons of ongoing cycle of wellness is what is called for to gain body Temple restoration. The purpose of taking on 365 days of divine discipline and wellness and devoting yourself to purification is to detoxify one's entire life. This 365 day cycle will assist one in establishing a natural life style, that will aid in eliminating dis-ease and disharmony from the body and mind, leaving the spirit free. This intense resurrection/labor of love will cleanse your past karma (shai) of your previous evil-doing. As you travel and focus on purification through all the seasons, you will come to witness a complete change, as Khepera (transformation) aids you on the Path of Ra (light). Like the pyramids, "every round goes higher and higher."

Daily Affirmations for Higher Living

Depending on your religion, vocalize the name you use for Creator of the Universe.

- 1.) I practice forgiveness so that I, too, may be forgiven, for it is the will of the Creator.

- 2.) I practice thanksgiving in all my actions, thought and deeds, for it is the will of Allah.
- 3.) I will walk as gently as a deer and glide as smooth as a bird within the temple walls of my divine home, for it is the will of the Most High.
- 4.) My voice will be just above a whisper and only to be raised in states of divine joy and bliss, for it is the will of the Krishna.
- 5.) I will always strive to be patient, loving and giving for it is the will of God.
- 6.) I will serve graciously, joyfully, peacefully those in need, for it is the will of the Neter.
- 7.) As I begin fasting, I will give my food away to one, who is most needy, for it is the will of Yahweh.
- 8.) I will stay in constant prayer in all my thoughts, words and deeds, for it is the will of Olódùmarè.
- 9.) Whatever goodness I expect from others, I will first be that goodness myself, for it is the will of Jehovah.
- 10.) I will fast 24 hours weekly and 3, 7, or 21 days monthly so that I might be an example of the Creator's law, for it is the will of Jah.
- 11.) I will harm no living creature. I accept my vegetarianism. I will not use drugs or alcohol for I must keep my body so pure that I may be accepted in thy sight, for it is the will of Yahweh.
- 12.) I will purify all my words, thoughts, and actions for it is the will of Great-grandfather's and Great-grandmother's spirit.

21 Affirmations for 21 Days of Natural Living and Live Food Cleansing

- Day 1 I am no longer angry at my disease. I am now able to "bless my disease away," for my disease has no power over me.
- Day 2 I look forward to my healing. I look forward to my daily cleansing.
- Day 3 I say YES to my personal success in gaining physical, mental, spiritual and economic harmony and abundant health.
- Day 4 I liberate myself through purification.
- Day 5 I accept 100% healing. I am disease-free; it is reflected in my life.

- Day 6 I shape my destiny with each thought. I think thoughts of success, and know in my soul that nothing is blocking me from my good except myself. I have the power to remove all blocks with fasting and prayer.
- Day 7 I release my excess weight in thought, word, body and deed.
- Day 8 I live a full, happy life—without fear.
- Day 9 Disease is no longer in my life. My cells, blood, bones, nerves, tissues and arteries are filled with pure joy.
- Day 10 I am an inspiration for myself and others.
- Day 11 I welcome each day with an open mind and an open heart.
- Day 12 No one blocks me from my blessings but me. I release all my blockages and free myself.
- Day 13 My purification is the key to my long, healthy and vibrant life.
- Day 14 Today I am in perfect harmony with myself and the universe.
- Day 15 May I continue to be a shining example of health and wealth in body, mind and spirit.
- Day 16 Thank you, Creator, for allowing me to wake up to another day of living for I have another opportunity to make it right.
- Day 17 I affirm that my reflections bring me love and joy this divine day.
- Day 18 Today, I am whole and happy. The Creator is active within me and I am active within the Creator.
- Day 19 Each atom within my being is being fed with life-giving juices, herbs and high-spiritual thoughts, so all is well within me. I give thanks.
- Day 20 I am ecstatic about my healing.
- Day 21 I accept purification in my life here and now and for all eternity.







Use the affirmations as spiritual treatments. Read the affirmations 3 times a day—at sunrise, midday, and sunset. As you breathe the affirmation in your soul and repeat it, the affirmation and you become one and the same.

Health Diary

Congratulations on the first day of the Heal Thyself Life Plan! Purchase a notebook or blank page diary. Fill in your day-to-day experiences. If at anytime during your cleansing you wanted to sing, dance, cry, write poetry, or shout for joy, then put it down in writing. Use these pages to express who you are, how you are, and what you desire to become. In other words, fill these pages with your very being.

Later, the pages will come to reflect your purification experience as a term of growth; a daily chapter in the book of yourself, showing your development from embryonic stages on through to your ever-blossoming rebirth. Review diary at the beginning or at the closing of your day. Whenever you're ready to begin your self-healing, that is a good time to begin your review.

You can use colored markers to express your experience for the day. You will see a rainbow chart of your cleansing life. Apply this color system during your fasting or natural living program.

-  BLUE for a peaceful, balanced day. Harmony
-  RED for increased energy and power. Challenge
-  PURPLE for spiritual experience and inner harmony.
-  BLACK for normal day, business day. Discipline.
-  PINK for love experience of self or another.
-  GREEN for healing experience, financial blessing received.

Life Goals to Affirm While Cleansing

While on your cleansing and purification path, look at all areas of your life in which you want to see a change. Fill in this form or note in your diary with all the goals you wish to achieve. Include as many of these areas as you can, along with whatever else you hope to gain from fasting. Ask And It Shall Be Given. So Be It. Continue on this cleansing plan—until your goals have been reached.

Family/Home Life Goal:

Relationship Goals:

Health Goals:

Personal/Development Goals:

Business/Professional Goals:

Financial Goals:

Keep record of all the things you have asked for and note the day and time you received your blessings.

Weight Loss Goal
Record Your Progress

Cycle I – 1st day	Cycle III – 28th day
Date: _____	Date: _____
Present Weight: _____	Present Weight: _____
Weight Goal: _____	Weight Goal: _____
7th day	35th day
Date: _____	Date: _____
Present Weight: _____	Present Weight: _____
Weight Goal: _____	Weight Goal: _____
Cycle II – 14th day	Cycle IV – 42nd day
Date: _____	Date: _____
Present Weight: _____	Present Weight: _____
Weight Goal: _____	Weight Goal: _____
21st day	49th day
Date: _____	Date: _____
Present Weight: _____	Present Weight: _____
Weight Goal: _____	Weight Goal: _____

Supporters

As you cleanse, you will notice that your supporters become more supportive and even your non-supporters become supporters. Then, you can place them on the supporters list or they will leave your life, for you have cleansed that lower part of their reflection out of your life. As you yourself become a loving supporter of yourself, then and only then will all of life support and love you. The wind, the rain, the sun and snow will all embrace you, for you are pure in heart, body and spirit. You will say, "Dear Creator, may we all be good reflections of

you as we, humbly, follow your natural laws of living.”

Below make a list of your supporters and non-supporters and why they either support or oppose what you are doing. Next to their name write the color they make you feel like when you think of them. See how that color in them changes as you move deeper into your cleansing.

SUPPORTERS

Name: _____

Why: _____

Color: _____

Remarks: _____

Name: _____

Why: _____

Color: _____

Remarks: _____

Name: _____

Why: _____

Color: _____

Remarks: _____

NON-SUPPORTERS

Name: _____

Why: _____

Color: _____

Remarks: _____

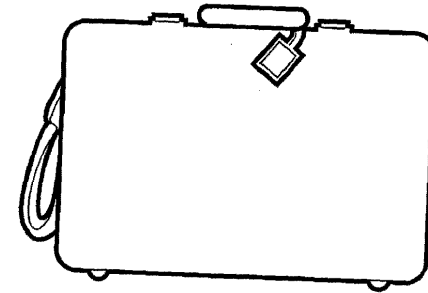
Name: _____

Why: _____

Color: _____

Remarks: _____

Overseas Travel Health Kit



Don't leave home without it!

- When traveling, you sometimes find yourself not eliminating as usual. To prevent constipation, take a quart-sized enema bag or herbal laxatives for cleansing once or twice a week. Keeping your body light will add ease and enjoyment to your trip.
- To maintain a healthy, immune system, take powdered spirulina, which contains protein, calcium, vitamins and minerals. Use powder rather than tablets for easier digestion. Take 1-2 tablespoons two times a day to strengthen your immune system and protect against weakness and disease.
- To heal from internal bleeding or heavy menstrual flow, take Shepherd's Purse 1-2 tablespoons to 2 cups of water.
- Carry a few lemons until you are able to purchase some in the local market to avoid congestion from colds and respiratory imbalances. Simple lemon water helps one to digest foreign foods.
- A small, citrus juice extractor (saucer-sized, manually operated) in order to squeeze fresh orange, grapefruit, lemon and lime juices.
- Goldenseal powder for infection. Use 1 teaspoon in warm water two times a week to protect against infections as it keeps the blood pure.
- Carry spiritual reading materials, to help you maintain your mental and emotional center.
- Lecithin for circulation and memory.
- Vitamin B-Complex, to maintain a calm nervous system.

Tropical Traveling “DOs” and “DON’Ts”

Don't Eat:

- Fried Foods – they clog arteries, which leads to poor circulation, and poisoned blood which results also in red eyes.
- White sugar or cooked honey – they cause poor memory and nervous tension. Sugar eats up the nervous system as well as the bones, which results in tooth decay and arthritis. Use raw honey, whenever possible, instead of white sugar.

Do Eat:

- Breakfast

Breakfast Alternate

Juice of 1 lemon, cayenne and 1 cup of warm water.

Freshly squeezed orange juice, using 3-4 oranges.

Freshly squeezed grapefruit juice, using 2 grapefruits.

Fresh fruit, i.e. papaya or watermelon.

Oatmeal cereal, 3 times a week. Use raw honey; let it soak in hot water 3 minutes. Don't cook to avoid constipation.

Lunch and/or Dinner

Coconut water and its meat.

Twenty minutes later, eat any leaves (vegetables) and okra soup (use fish, okra, peppers, tomatoes, onions).

Boiled bananas, not fried (Watch out for constipation.).

If fish is used for protein, limit to 1-2 times a week and boil or steam, instead of frying. Seek out beans, peas, lentils or nuts—for vegetarian protein is your best choice.

If you must have starches, take them with lunch or before 7 p.m. Yams, fufu 1-3 times a week (eat okra on your heavy starch days to keep your bowels open and clear).

Rice 1-2 times a week; soak rice before cooking or even better, overnight.

Bread may be taken every other day unless you have constipation,

then avoid bread and starches.

Peanut soup or raw peanuts (ground nuts): soak minutes before eating.

Do Remember:

We should have at least 2-3 bowel movements a day for excellent health. If you have only one movement a day or few times a week, then eliminate all starches for 14 days. Remember, we carry 5-20 pounds of old, impacted waste that has accumulated in the colon over the years.

Salt Baths

Take full body or foot baths at least once a week.

Stay in tub for 20 minutes while massaging body from feet to head.

Ocean Baths

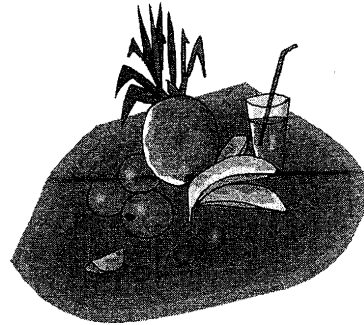
While in Afrika and the Caribbean, ocean and salt baths are a special gift and should be taken as frequently as possible.

Sand Baths

Dig a hole big enough to bury yourself in; cover yourself with the sand. Bathe inside the “Earth Mother” for 30-60 minutes while re-charging from the sun. Exit from sand and rinse in the ocean. Emerge from the Healing Water. Stretch out on the sand as the sun cooks life into your body Temple.

This bath is excellent for cleansing the poisons from the system, beautifying the skin and drawing you closer to your Maker.

Nine



Natural Living: with Juice Fasting Recommendation for Divine Living

Rejuvenation + Purification = Harmony in Body, Mind and Spirit

Rejuvenation = Vegetables (live and steamed), chlorophyll, wheat-grass and spirulina; rejuvenating herbs.

Purification = Enemas, herbal laxatives and colonics; purification herbs; fruits.

Levels of Mastery

- Freshman** Organically fed chicken and fish (not shellfish) baked or broiled; 75% steamed vegetables, 25% raw vegetables. *Whole grains*—brown rice, bulgar wheat.
- Sophomore** Soya meats, beans, peas, nuts, seeds and sprouts. 50% steamed, 50% raw-vegetables. *Whole grains*—brown rice, bulgar wheat.
- Junior** Sprouts (alfalfa, mung and others). 25% steamed, 75% raw-vegetables. Light grains such as tabouli and couscous.

- Senior** Live, uncooked foods and sprouts, which are a form of vegetarian protein. 100% raw diet of fresh fruits, vegetables, juices; nuts and seeds (eaten in moderation).
- Master** 50% of diet — juices and herb teas. 50% of diet — fresh fruits and vegetables. No grains, nuts or seeds.
- Ph.D.** A “Ph.D.” purified diet would consist of 100% Live vegetarian consumption with pure air and pure water as your support. Alas, we have cleansed the planet, by starting from within.

Level I, II and III Natural Living Diet

(Alternate with the Nutritional Fasting Diet as a Natural Life Style)

Pre-breakfast:

(*This is to be taken two times a week only*).

Juice of one lemon with 8 ounces warm water.

Up to 2 tablespoons of cold-pressed olive oil with drops of Kyolic or 2 tablespoons of the Colon Deblocker.

The pre-breakfast is to be taken upon first rising, and at least 30 minutes before eating or drinking or anything else. Its purpose is to enhance the cleansing process that the body experiences during sleep. The lemon juice helps to remove mucus. The cold-pressed olive oil lubricates the colon and facilitates elimination. The garlic, or Kyolic (an odorless garlic extract) cleanses the blood and adding cayenne (not recommended in cases of high blood pressure) improves circulation.

Breakfast:

Vegetable or fruit juice

1 tablespoon Queen Afua’s Super Nutritional Formula

1-2 pieces of fruit (Give yourself 30 minutes to 1 hour between eating and drinking)

Note: Each food group requires a different digestive juice. If you bring two different juices together, the digestion becomes impacted and shuts down or digests food incompletely. The result of poor digestion

is blottiness, gas, constipation, and a distended abdomen.

Don't combine the following:

- Eating and drinking don't combine
- Fruits and vegetables don't combine.
- Proteins and starches don't combine.

Combine the following:

- Vegetable and starches. i.e., greens and brown rice or tabouli, etc.
- Proteins and vegetables, beans, nuts, seeds or vegetables of any kind.
- Melon are to be eaten alone, i.e. cantaloupe, watermelon, honeydew melon, etc.
- Citrus is to be eaten alone, i.e. oranges, pineapples, grapefruits.
- Sub-acid fruits are to be eaten alone, i.e. apples, pears, plums, berries, etc.

Combination Juices:

- Ginger is flexible; ginger combines with fruits and vegetables.

Breakfast consists of 2 to 3 servings of fresh fruit, such as grapefruits, oranges, papaya, pear, 2 pounds of grapes, melons, particularly watermelons, plums, mangoes and cherries. If you eat bananas, they should be well-ripened with plenty of spots. Try to concentrate on fruits that have been specially recommended to you. Don't eat dried fruits because of the concentrated sugar that will destroy your teeth. After eating all fruit, brush with Queen Afua's Clay and a non-abrasive toothbrush.

Lunch:

Large raw salad with plenty of sprouts.

All sorts of green, leafy vegetables; do not steam for more than 3-4 minutes.

Vegetarian protein source; eat lentils, peas, sprouts, tofu or soya meats. T.V.P. (Texturized Vegetable Protein), soya chicken, soya turkey and soya beef.

Beans must be soaked overnight. However, do not eat more than

2 ounces of nuts or seeds. No peanuts or cashew nuts.

If you are not a vegetarian, you may eat baked or broiled fish, no more than 1 or 2 times weekly. No shellfish (lobster, clams, or shrimp).

Try to follow this only as a transitional diet until you become a vegetarian.

Add 1 tablespoon of Heal Thyself Super Nutritional Formula with juice.

Lunch should comprise a large salad, steamed leafy greens and a protein. The salad is made of raw vegetables. (Try to include plenty of okra.) Use a light salad dressing. No mayonnaise or other dairy products, please! Green leafy vegetables (kale, dandelion, mustard) can be steamed for 4-5 minutes.

You should eliminate all animal products (beef, chicken, fish, milk and other dairy products). You will get your proteins from lentils, peas, tofu, sprouts, and meat substitutes that are not made from eggs.

Natural couscous, millet, brown rice, and baked potatoes; eat them with vegetables for better digestion. Eat large amounts of green vegetables to assist in brooming out the excess starch that you've consumed.

One or more vegetable juice combinations have been recommended to cleanse and strengthen the body. This should be made with a vegetable juicer (not a blender) and consumed immediately after juicing for greater healing properties to be present.

Dinner:

Repeat lunch meal.

No protein or starch after 7 p.m. or after the sun goes down 1 tablespoon Super Nutritional Formula with juice.

Dinner is a repetition of lunch. All cooked food should be eaten before the sun goes down. Afterwards, eat live foods (raw fruits and vegetables). Drink one pint to one quart of distilled or purified water.

Avoid all fried foods and microwave cooking that destroys the live enzymes contained in life-giving foods.

Level III:

Nutritional Fasting (7-21 Days)

Fasting Preparation: For those who are going to pass Level I and II and go immediately into a fast, follow the following directions as not to suffer from extreme detoxing.

Greetings to fasters and champions of Purification who are ready to go the distance for New Beginnings, Peace and Empowerment, Cleansing and Rejuvenation. We welcome you to prepare for the 21-Day Fast.

Beware! If you have been poisoning your body Temple with toxic living for months or years, subconsciously or consciously, then prepare for at least the 21-Day Fast.

Please adhere to the following instructions on how to prepare for your Fast.

The more time you have to prepare for your fast, from as few as 7 to as much as 21 Days, the easier and more effective the fasting process will be, and the less toxic the reactions you will experience.

Preparation of at least three weeks is best.

Purification for Liberation

Degree I

Beginning students 75% vegetable juice, 25% fruit juice.

Degree II

Intermediate students 50% vegetable juice, 50% fruit juice.

Degree III

Advanced students
Fruit juices
Wheatgrass 4 ounces or more
Spirulina, 2-3 tablespoons three times
a day in 1 quart to 1 gallon of water.

It took me 16 years to master natural living and fasting as a way of life and diet. It is a process. Be sure to read how to begin and how to come off nutritional fasts in the *Fasting* section of this book. Above all, be consistent and patient.

Pre-Breakfast:

Kidney-Liver Flush: (blend together)

juice of 1 lemon

3 tablespoons Colon Deblocker

12 drops of liquid Kyolic, or 1-2 cloves of fresh garlic

1 pinch to ¼ teaspoon cayenne pepper

8 ounces distilled water

Breakfast

Fruit juice (8-12 ounces)

Lunch:

Vegetable juice (8-12 ounces)

(Vegetable juice must be prepared fresh for greatest potency. If you can't obtain fresh juice at lunch time, then drink fruit juice now and prepare the fresh vegetable juice for breakfast.)

1 tablespoon of Super Nutritional Formula with each juice meal.

A word to the wise: If you must prepare dinner for your loved ones while fasting, be sure to drink 12 ounces of vegetable juice with your nutrients before you begin preparing the meal to eliminate any desire to taste the food you are preparing. Drink at least 6-8 glasses of pure water daily.

During Levels 1 to 4, your daily or weekly routines should include: internal cleansing (nasal and colon), bathing, physical exercise and activity, drinking of Master Herb formulas, clay applications and spiritual meditations and prayer.

Internal cleansing: Enemas should be taken daily while on the Fast. Add the juice of one lemon to the water. (Also see the *Hydrotherapy* chapter). During period of Natural Living or Live Food detox, take 2 to 3 enemas weekly until well.

External cleansing: Baths—Use 4 drops Eucalyptus oil and 4 pounds of Epsom salts in a tub of warm water. (Note: Salt should not be used if you have high blood pressure. Use herbs and oils instead.)

Take baths 3 times a week. Soak body for 30 minutes and up to an hour if suffering from stress and high levels of toxicity. Massage body in an upward motion toward heart while in tub.

Enemas or baths should be taken 2-3 times a week over the next 12 weeks, or season of cleansing. Take a shower after bath. (Also see chapter on Hydrotherapy.)

Clay application For major problems, use a clay pack with gauze overnight. For minor problems, use during day and evening hours. Shower off once clay is dry.

Physical activity Review Chapter 17 of this book.

Tonics Take the Master Herbal Formula 4-7 times a week to break addictions.

Preparation: Boil 4-5 cups of water; turn off flame; add 3 teaspoons of herbs to water and steep overnight. Drink in the morning.

Drink 1 pint to 1 quart of distilled water daily.

This is Your Time For Transformation.

Juice Recommendations

Drink up to a pint of Vegetable Juice every day for Deep Cleansing and Rejuvenation!

Vegetable Juice Combinations

Note: Take small amounts in the beginning to avoid a fasting “detox” reaction.

Carrot/beet For blood cleansing and building: ¼, ½ or 1 whole beet and 1 or more carrots.

Note: Don't use beets if you have high blood pressure.

Cucumber, carrot, parsley For edema: to relieve water retention and aid in kidney healing. 1 or more carrots, ½ to 1 whole cucumber (remove skin, if waxed) and 2 bunches of parsley.

Carrot/celery For relaxation (anti-stress): 2 stalks of celery and 1 or more carrots.

Note: Don't use celery if you have high blood pressure due to high sodium content.

Carrot/scallion To clear congestion from lungs. 1-2 radishes, 1 or more carrots and 1 teaspoon horseradish.

Carrot/ginger To increase circulation, 1 or more carrots with ¼ cup of freshly pressed ginger.

Carrot/leek To eliminate high blood pressure. 3 or more carrots and 1-2 pieces of leek.

Carrot/turnip To relieve arthritis in joints: 3 or more carrots with 1 turnip. *This is a bone knitter.*

Carrot/cabbage For indigestion: 3 or more carrots with a quarter of a cabbage.

String beans and carrots For diabetes: 1 or more carrots and 2 pounds of string beans.

Pure green drink For body restoration, ½-1 whole bunch of parsley, a few sprigs of watercress, 2-3 leaves of kale and ½ of cucumber.

Note: Although carrot is high in calcium and vitamin A and D, it is still a hybrid vegetable. To aid in your transition to juicing, you may add 1-3 carrots to your other vegetables. Overtime omit the carrots and move into consuming Green juice for more profound rejuvenation.

Fruit Juice Combinations

- Apple** Helps cleanse the blood. It acts as a natural laxative.
- Pineapple** Fights congestion and helps remove mucus.
- Cranberry** Helps fight cancer and cleanses the blood.
- Papaya** Helps relieve indigestion.
- Grapefruit/orange/lemon**
Helps to eliminate respiratory difficulties, sinus congestion and vaginal discharges.
- Grape** Helps cleanse the blood and aids the elimination of mucus-forming food residue.

According to the "Juice Man," you should wash fruits and vegetables with the juice of one lemon and a few teaspoons of sea salt (dissolved in a quart of pure water). Or use 2 tablespoons of Dr. Bronner's liquid soap diluted in 1-2 quarts of pure water. Be sure to rinse the fruits and vegetables with pure water.

For foods that have been waxed, such as apples and cucumbers, cut off the skin before juicing. Better yet, use organic fruits and vegetables grown without the use of poisonous sprays.

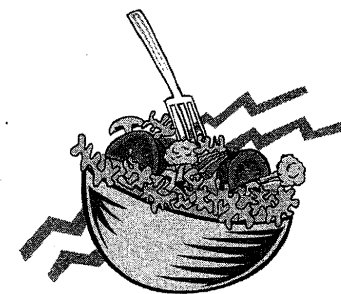
Introduction to Green Juices

Green Juices Juices made from kale, spinach, broccoli, cucumber, watercress, etc. Juice anywhere between 8-12 ounces.

Green vegetable juices help to restore your blood, tissues, cells, nerves and bones. Green Juice is high in calcium and other minerals. Green juices balance out the emotional body. It reduces stress and anxiety as it gently purifies. Green juices prevent and eliminate disease such as high blood pressure, mental depression, arthritis, etc. Green juice is a beauty tonic. It helps to create radiant, blemish-free skin, healthy hair, and clear eyes, free from redness and discoloration.

Ten

Recipes from Queen Afua's Kitchen Laboratory



Food is our Medicine.

Rainbow Salad

½ shredded green cabbage

*½ shredded purple cabbage**

3 shredded carrots (for calcium and vitamins A & D)

1 shredded beet (cleanses and builds the blood)

Garnish with parsley around the salad

*Cabbage aids digestion; juice or eat raw.
Mix together with eggless mayonnaise from your neighborhood food cooperative or health food store and 3 tablespoons of soy sauce.

Do not use soy sauce if you have high blood pressure.

Berry Fruit Salad

2 cups of strawberries — sliced in half

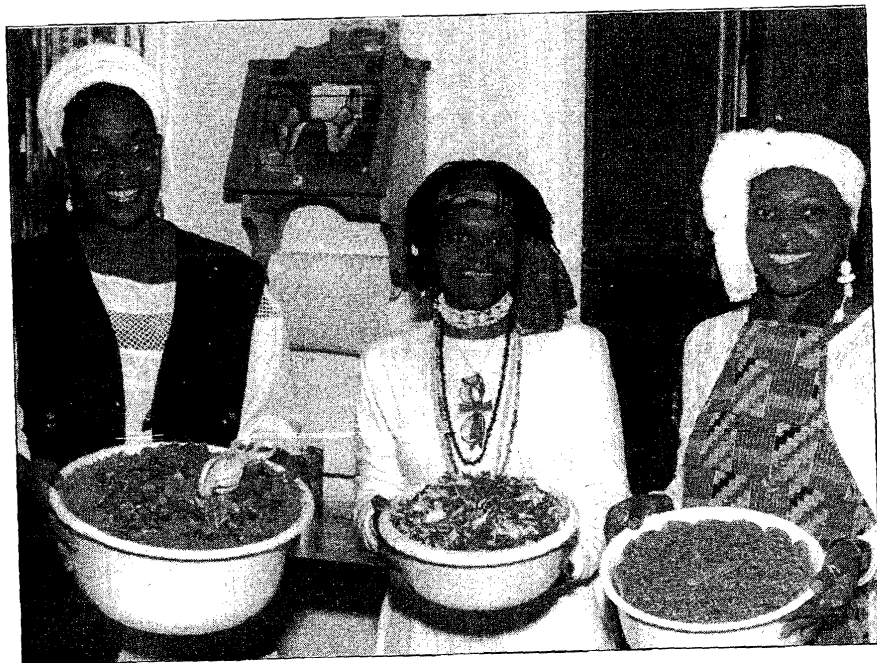
1 cup of blueberries

1 cup raspberries

½ cup grated raw coconut

Garnish with 1 cup of chopped pecans.

This salad is excellent to cleanse the blood.



Garden Green Salad

- 1 head of lettuce**
- 1 bunch spinach* (for iron)
- 1 whole red pepper* (for vitamin C)
- 1-2 cups of alfalfa sprouts* (a vegetable protein)
- ½ bunch of watercress*
- Sprinkle ½ cup of soaked sunflower seeds* (optional)

*Do not use Bibb lettuce, for according to the late herbalist Dr. John Moore, it contains morphine.

Combine ingredients and serve with following dressing:

Cold-pressed olive oil (a colon lubricant) and apple cider vinegar (which breaks up mucus and congestion).

Sprout Salad

- 3 cups alfalfa sprouts*
- 3 cups mung bean sprouts*
- ½ cup chopped scallions*
- ½-1 cup red peppers, sliced into strips*

Combine the above with one of the following dressings:

Mix equal parts of olive or sesame oil and organic apple cider vinegar.

Add tamari sauce or Dr. Bronner's Soy Sauce to taste.

You also may use an oil and vinegar dressing (*without sugar or additives*) from your local food coop.

Summer Melon Salad

- ½ watermelon*
- 2 whole cantaloupes*
- 1 whole honeydew melon*

Scoop out watermelon first to use as a "boat" for the fruit of all the melons.

Use a melon ball scoop to create a nice look for the salad.

This salad cleanses the water in your system and purifies the kidneys.

Melons should not be mixed with any other foods.

Winter Fruit Salad

- 3 yellow pears* (diced)
- 3 apples* (diced, but remove skins, if waxed)
- 1 cup walnuts* (soak for a few hours or overnight for greater digestion)
- 1 teaspoon cinnamon powder*
- 4 tablespoons wheat germ* (sprinkled over salad)

High Protein Nut Milk (Shake)

½ cup pumpkin seeds†
3-4 tablespoons tahini butter
1 ripe banana
Maple syrup or blackstrap molasses (for iron)
1 tablespoon lecithin (brain food)

† for restoration of male reproductive organs

Combine in blender. Drink and enjoy.

Note: You can also use almonds, brazil nuts, pecans, sunflower seed. Always soak nuts and seeds.

Ginger Drink (For Improved Circulation)

1 cup of juiced ginger (for digestion and circulation)
3 lemons or limes (for vitamin C and mucus elimination)
Maple syrup or raw honey

Blend 1 quart purified water with ingredients.

Heat slightly during winter months or drink at room temperature.

Tofu Egg Rolls without the Eggs

** 2 cakes of tofu — mash to a cheesy consistency*
½ cup miso or 3 tablespoons tamari/soy sauce with ¼ cup water
1 cup sprouts (mung bean or alfalfa)
2-4 grated carrots

Pour off any liquid after you've blended the ingredients.

Lay flat 3-4 sheets of Nori seaweed on wooden board.

Put in 2 cups of mixture on the sheet and roll together in the shape of an egg roll. Slice in half.

* *Note:* Beans are converted into tofu, which means they automatically go through a cooking process.

Tofu Pizza

Pizza Spread — *grated tofu (create a cheese-like texture), natural tomato sauce (without sugar) or blend 2 tomatoes and 2 teaspoons Italian seasonings*

Put a little soya margarine on sprouted whole grain bread and then use tofu pizza spread.

Eat a large side order of kale, spinach, okra, or broccoli with any and all starch meals.

Tofu on a Bed of Tabouli

Tabouli is a light and easy to digest grain that does not require cooking; thus, it produces very little mucus formation or congestion in the body. It's low in calories.

Soak 2 cups tabouli in ½-1 cup of warm water for 15-20 minutes

Add chopped scallions

1 whole onion

⅓ cup steamed okra†

*2 tablespoons sage**

*Don't use sage if breast-feeding. It dries up the milk.

† For a laxative effect, which will "sweep out" the system in a few hours.

Add other herbal seasonings that you so desire.

Once prepared, place tabouli on a plate or platter.

Dice 1 cake of tofu, (Crumble the high protein soybean curd to give it a textured look.) with your desired seasonings in the center of the tabouli platter.

Garnish around the tabouli with parsley (high in iron) to be eaten with this dish.

Easy Cereal

Couscous and oats as a cereal — to be eaten only 1-2 times a week.

Soak 1 cup of grain in 1 cup of water for 15 minutes.

If you cook these grains rather than soak them, you will become constipated.

Add cinnamon, nutmeg or raw honey as a sweetener.

A half to 1 hour before eating any grain, drink warm water with lemon or fresh vegetable/fruit juice.

Non-Dairy Ice Cream Dessert

Freeze a couple of peeled bananas and 1 cup of strawberries.

Once the above ingredients are frozen, chop up and put in blender.

Add 2 teaspoons cinnamon or nutmeg, 2 cups walnuts, and sugarless vanilla (from the health food store).

Add ½-1 cup of almond or sesame milk depending on consistency desired.

For ice cream sandwiches, spread the combination over a rice cake. Sprinkle coconut over the spread and then place a second rice cake over the coconut.

Put in plastic bags and then in freezer to have ready whenever you would like a healthy dessert for you and your children.

Making your Heavy Meals Light

Whenever you prepare a bean or vegetable bean soup, add one of the following after the soup has been completely prepared:

1 cup of diced okra. Add to soup or salad

1 teaspoon of cascara sagrada, or 3 tablespoons with 12 to 16 ounces of water or 1 tablespoon flaxseed (soaked overnight).

Blend flaxseed with apple or pear juice.

These in a soup once or twice a week will help to avoid constipation.

Bean Soups

Black beans, kidney beans,
pinto beans, black-eye peas,
aduki beans, lima beans.

Always add vegetables of your choice to your bean soups.

Steep the vegetable in the soup for 5-8 minutes. Then the soup is ready to enjoy.

Soak the beans overnight for less cooking time and less gas accumulation.

Cook beans for 45 minutes to 1 hour.

Cook in a cast iron or stainless steel pot.

To eliminate gas from beans, prepare beans with cup of ginger juice, or when beans are ready, put a handful of ginger bark, cut up, and add to soup while cooking or use 3-4 pieces of bay leaf.

All beans can also be sprouted for raw-food eating.

Check your public library or health food store for an easy-to-follow booklet on sprouting.

Marinated Vegetables with Tofu Chunks

1 cup of sliced or diced red onions

1 cup of sliced white onions

1 cup snow peas

1 cup broccoli

Diced tofu

2-3 tablespoons tamari sauce, or to taste

Sage or other herbs that you enjoy

Marinate the ingredients for a few hours or overnight.

Serve on a bed of green leaves and garnish with red or yellow peppers.

Avocado Dip

2 ripe avocados
 2 cups of unsweetened tomato sauce
 or 2 chopped tomatoes
 2 tablespoons miso (fermented soybeans), or Dr. Bronner's soy sauce
 2 cups water

Blend and place in a serving dish.

Place celery and carrot sticks around the tray to use as a dipper.

For heavier eaters, use blue corn chips or seaweed chips.

Five-Minute Laxative Soup

3 cups okra*
 1 cup parsley (high in iron)
 ½ cup leeks and/or onions (good for high blood pressure)
 1-2 cups vegetable bouillon
 1 teaspoon cascara sagrada (tablets)

Note: Cascara sagrada can be found in health food stores or co-ops.

* Acts as both laxative and rejuvenator for genitals.

Add the above ingredients with 3-4 cups of water.

This soup takes 5 minutes to prepare.

Uncooked Desserts

Uncooked Pie Crust

2½ cups ground sesame seeds
 2 tablespoons sesame oil
 1 teaspoon raw maple syrup
 1 tablespoon warm water
 1 teaspoon natural vanilla extract

Mix with hands and press into sesame-oiled pie pan.

Pie Filling 1

2 chopped pears (remove skin)
 2 chopped apples (remove skin)
 ½-1 teaspoon cinnamon
 2 tablespoons maple syrup
 ¼ cup raisins

Let the above ingredients marinate overnight.

Spoon onto pie crust and top it with 2 tablespoons of wheat germ.

Decorate with well-ripened sliced bananas and sliced strawberries.

Pie Filling 2

1½ cups sliced strawberries
 1½ cups blueberries
 1½ cups raspberries

Combine ¼ cup of each berry with ¼ cup water and 2 tablespoons maple syrup.

Blend and pour over the remaining berries that have been put in the pie crust.

Cover with ½ cup freshly grated coconut and ½ cup chopped walnuts.

Other resource food/cooking books include:

Cooking with Mother Nature by Dick Gregory

Heal Thyself Natural Living Cookbook by Dianne Ciccone

The Book of Whole Meals by Anne Marie Colbin; and

Complete Vegetarian Kitchen by Lorna Sass.

Eleven



Afrikan- Caribbean Meals

I am a firm believer that "You are what you eat," and "Your health is your wealth."

NAJAMI LEZAMA HAS been a massage therapist, fasting therapist, and exercise instructor, involved in the performing arts for over 20 years. She is now working in the healing arts and conducts massage workshops for adults, children and babies. Najami has taken my Heal Thyself students and devotees of wellness to teach them over the years how to shop for foods with wisdom.

Three Breakfast Ideas

Day 1—Wake-Up Oats

- 1 cup of raw oats
- 1 quart of water or almond milk
- 1 or 2 pieces of papaya
- 2 dates (*optional*)
- 2 ounces raisins
- ½ cup mixed nuts* (*optional*)
- Dash of nutmeg
- Dash of cinnamon
- 1 banana ** (If you suffer from constipation avoid bananas)
- Few pieces of dried apple or 2 slices of fresh apple

Combine all the ingredients.

Bring to a boil a quart of water or vanilla or carob soy milk.

Pour hot liquid over other ingredients.

Mix well and enjoy.

One can mix lecithin and powdered Brewer's yeast for more variety, or one can use other fruits. Experiment and create different tastes.

A quick, easy nutritious breakfast will fill you up and give you energy throughout the day.

Note: Dried fruit is a sweets substitute. It is the lesser of two evils. Otherwise, one would eat oats alone and that would be too bland for most people. Natural sugar can be used in moderation.

Choose your sweetener. Use one or two pieces of dried papaya, raisins or dates, or, either fresh apples or pears. Papaya aids digestion. Omit bananas to avoid constipation.

** Bananas should have spots on them so that, instead of being in their starchy state, which will cause you gas and constipation, they are in their natural sugar state.

* Soak overnight for easier digestion.

Day 2 —Fruit Breakfast

- 1 grapefruit diced
- 3-4 slices of pineapple
- 1 orange
- ½ cup cherries
- ½ cup grapes

Have a healthy fruit combination to start off your day.

Day 3 — Pick Me Up

- 1 cup of freshly prepared pineapple juice
- 1 cup of freshly prepared orange juice
- 1 tablespoon of Spirulina (*You can substitute chlorophyll or Heal Thyself Green Life Formula.*)
- A delicious, powerful, health drink to start off your day.

Three Lunch/Dinner Ideas

Day 1 — Melange Supreme

- 1 or 2 eggplants (*melange*)
- 1 cup of water
- 1 or 2 sprigs of thyme
- 2 cloves of garlic
- 2 tablespoons of garlic oil
- 1 tablespoon grated diced ginger

Wash and cut eggplant into cubes.

Chop garlic and ginger; sauté in oil until brown.

Add eggplant, thyme, a cup of water and cook until eggplant is tender and completely mashed.

Add seasoning to taste or a pinch of cayenne pepper if one likes it hot.

Can be served over rice with vegetables and a salad.

Note: Always serve a smaller portion for your dinner meal.

Day 2 — Lentil Soup

- 1½ cups of lentils
- 1-2 potatoes and/or 1 cup of pumpkin
- 2 sprigs of thyme
- 2 cloves of garlic
- 1 piece of chopped ginger
- 1 onion
- 2-3 scallions
- 1 tablespoon of olive oil

Spike seasoning or any veggie seasoning

Wash lentils and put lentils in half a pot of water with garlic, ginger, thyme, oil and seasoning.

When lentils are halfway soft, wash potatoes and pumpkin.

Peel and cut into chunks: potatoes, green bananas and pumpkin.

Day 3-Trinidad Callaloo

- 16-20 dasheen or eddo leaves (*found in most Caribbean vegetable stores*)
- 2 packages of spinach or 2-3 bunches of fresh spinach
- ½ cup pumpkin
- 4 tablespoons of olive oil or any unsaturated oils
(*add to when dish has been prepared and removed from the fire*)
- 2 blades of scallions
- 8-10 okras
- 1 large coconut or 2 tablespoons creamed coconut
- 1 green hot pepper
- 1 onion
- 1 sprig of thyme
- ½ pot of water

Wash leaves and break into small pieces.

Cut up okra.

Grate coconut, add 2 cups of hot water and extract coconut milk; or use 2 tablespoons of creamed coconut.

Place ingredients in pot (put in the hot pepper whole) and leave to boil until leaves are tender and okra seeds are pink.

Use a low fire. Swizzle or use a blender for a quick second.

Put mixture back into pot and simmer.

Add seasoning to taste.

Note: Do not blend in the hot pepper, the hot pepper is for flavoring. Put it back in when the callaloo is simmering.

This callaloo dish can be enjoyed as a soup by itself or one can incorporate with a variety of dishes to serve a fuller meal, e.g. steamed or boiled corn, brown rice, steamed or boiled plantains (green or yellow) or young green bananas, or a salad.

Tahoma Formula For Pregnant Women

Tahoma is a nurse/midwife who has performed home births over the years that I have known her. She has delivered hundreds of babies into the world in a loving home atmosphere throughout New York City. To extend her care to pregnant women, Tahoma is presenting here her # 2 Formula to make child-birth easier.

I. Acid Fruit Breakfast

Choices for cleansing of colds, sinuses and respiratory congestion.

- 1 grapefruit (diced)
- 3-4 slices of pineapples
- 1 orange (sliced)

II. Fruit Breakfast

- ½ cup cherries
- ½ cup strawberries
- ½ cup blueberries
- ½ cup raspberries

Have a healthy fruit combination to start off your day!

“MAMA AFUA’S” Children’s Kitchen

Children’s Food for Holistic Living

Vegetarian foods help prevent childhood illnesses.

Simple supper suggestions include:

- Soyaburger on a whole wheat bun and sprouts;
- Soyafrank on whole wheat and sugarless mustard;
- Spinach or whole-wheat spaghetti with grated tofu and tomato sauce with soya sauce for taste.

Have a glass of vegetable juice 1-hour before each meal. Eat a large salad with every. Consume vegetable okra soup 1-2 times a week to maintain a cleansed colon.



Children’s Lunches

- Monday** Tofu sandwich on sprouted whole wheat bread (tofu cake, 1 tablespoon unsalted mustard, tamari to taste; blend and spread on bread; top with lettuce or sprouts).
- Tuesday** Vegetables in a pita pocket. Add lettuce, grated carrots, sprouts, and grated beets. (*Optional:* tahini butter or avocado spread.)
- Wednesday** Raw almond or peanut butter on rice or sesame cakes or whole wheat bread.
- Thursday** Vegetable soup in a Thermos jug with sea weed crackers.
- Friday** Soy burger on whole-wheat bun with sugar-less and salt-less catsup.

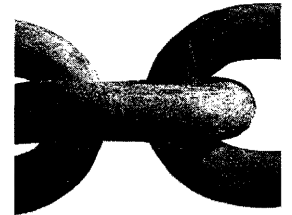
In lunch box, add soymilk, *unsweetened* fruit juices or freshly pressed juices, 1-2 pieces of fruit, 1 ounce raw nuts (soak overnight for easier digestion). You also may add dried fruits in moderation.

Remember to toast all breads that are used.

If your child catches a cold, have him/her eat fruits for one or two days and avoid cooked food. Also give your child an herbal laxative after school, as well as one grapefruit each day s/he is ill.

Twelve

Breaking Addiction Naturally



The root word for addictions is addict, which means to devote or give oneself habitually or compulsively; one awarded to another like a slave.

WHEN WE'RE ADDICTED to anything or to anyone, our lives are not our own. We may have good intentions, but we can't seem to follow through on our mission. Our hopes and dreams and high aspirations are put at bay because we can't or don't know how to diffuse the addiction. Addictions, all of them, just drain our energy force; leaving us less than who we are.

We, as human beings, are all addicted to something or to someone. An addictive state is when your right divine mind says "no," but a deep force within your body says "yes" to the almighty Addiction.

Toxic food has taken you in, once again, as you say, "All I need is one more taste," and so you proceed. You're going down. Then, your right, divine mind yells louder, 'cause you are beginning to feel the pain of the hard, cold addiction, and so you drink, rescue yourself quickly with your live juice and eat plenty of greens and soya foods as you hear positive empowering affirmations, pumping yourself back up again.

You're doing well for a few days, maybe even a few weeks. You have

suppressed the urge. Then, challenge enters in, such as a canceled love date, a family feud, stress on the job, or, simply, someone else's bad attitude, and there you go again, down the dark, bleak avenue where addiction awaits you and willingly takes you in. Some say, "My addiction is not so bad, at least I'm not addicted to drugs or alcohol; I'm just addicted to food." Think again! Addiction to toxic food will cause a cancer to spread, a tumor to grow, blood pressure to rise and arthritis to eat up your bones and nerves. Ask yourself are any addictions safe?

Addictions come in many forms and fashions. Relationship blues of toxic lovers, mates and friends are only images of who and what we have been. So, we limit and/or end the toxic, abusive relationships. Then, time passes and we don't necessarily heal or cleanse that part of ourselves that attracted such a challenging mate or friend. Only this time, he or she has a different suit, cloth, drape, job or car. In truth, we did not take the necessary time and healing lessons that each relationship brings. So, we walk through the same pain once again. At first, the toxic relationship tastes good and is very pleasurable and stimulating. Then sooner or later naiveté, (lack of light, or) wickedness of our inner self, through the relationship, reveals itself. We are caught up in an endless cycle, for we are addicted to our old attitudes, needs, and desires; we got the relationship blues.

Cigarette toters, alcohol-drinkers, drug-addicts say, "This is my last 'hit' or 'smack.' Just one more time; after this time I won't do it again," until the next time and it happens again and again and again... So you shoot up, or snort up, booze up, or take one more puff and your visions and great plans go up in smoke. You gonna have to tie your addiction to a tree and wipe some herbs and bushes into it and begin to put your life in divine order.

You must believe that an addiction is an addiction, is an addiction! They really are one in the same. An addiction seems to numb the pain, numb your fears or suppress rage, when, in fact, the challenges of life become more acute as we are lead by our many conscious and unconscious addictions. Stop fighting for, supporting or defending your addiction. It's only purpose is to destroy you and those close to you.

Our addictive behaviors are passed down from one generation to the next. It begins in the womb. Children learn of toxic, addictive food

via their mother's and father's consumption. The mother continues the food legacy of what her mother prepared in the kitchen, thereby, passing the toxic, addictive food down to the child. From kitchen to kitchen, over generations, the food that a woman consumes creates an energy field that attracts a mate, that reflects the woman, that brings forth the quality of the offspring one births.

In the event that the woman mates and conceives a child, the fetus grows from the combined food consciousness of the joint union of woman to man. The toxic food addiction established in the womb, and our DNA, develops a 'blue print' or 'black print' of toxicity from birth, childhood, teen life, to adulthood.

We continue the toxic or healthy food chain that our families offered to us as an extension of their love, their knowledge, or lack of. If the foods are toxic, ultimately, the addiction for these toxic foods must be broken for the renewal and resurrection of our body Temple via our restored kitchen Healing Laboratory.

Change your Karma for your survival, by flushing out your addiction through Nutritional Fasting and Natural Living. No longer weakened, but empower yourself and your entire family line, past, present, and future, by releasing every legal and illegal addiction, that this addictive society and world does or does not condone. Be steadfast and know that you have the power to overcome every ill, for you are bigger than any and every addiction.

Anti-Addiction Prayer and Affirmation

Today, I affirm that I am free of all addiction.

With my nature helpers, Herbal tonic, Live Green juice and Natural food and Healing Prayer and Affirmations spoken,

I am free of past pain, disappointments and hurts.

I claim Freedom from oppressors in the form of Drugs, Alcohol, Sugar, Flesh Foods, Junk Foods and Toxic Relationships.

I am more powerful than any and all addictions.

Right now, I take control of my life, I steer my ship to a safe, healthy harbor.

Today, I commit to give myself 21 days, 12 weeks, 365 days to begin the transforming process into the real me, one who is addiction-free!

Natural Living

The Road To Freedom

For all those who have been caught up in the web of a destructive life style of gloom and doom, who are locked in an illusion of reality, there is a salvation message for you.

The way to break your addiction is to detoxify your life by Natural Living and Live Juice Fasting with the Heal Thyself Principles. Consistently, through upholding and ingesting the tools of the Creator through air, fire, water and earth, by way of Nature, join the path of Purification to transmute your addiction into love, health and peace. The Freedom Call is beckoning you to reclaim your light and your victory.

For Crack, Cocaine or Potato Chip Lovers
 For Cigarette smokers or Flesh eaters
 For Sugar addicts or Starch consumers
 For Greasy spoon eaters or Sex abusers
 For Junk Food Indulgers or Soda Drinkers
 There is hope for you.

Drug Addictions and The Statistics

Cocaine and Crack

In the New York City metropolitan area, DAWN figures for cocaine-involved deaths showed an increase beginning 1993. In 1993, the number increased 12 percent in 1 year to 815 deaths. Among ED patients in the first six months of 1995, males continue to dominate in the number of deaths. (71 percent). Blacks continue to represent the majority of cocaine abusers. The first half of 1995, however, saw an exceedingly large number of primary cocaine admissions.

The modes specified are smoking crack (about 72 percent of admissions) and inhaling or snorting cocaine (25 percent). The majority of primary cocaine admissions are males (60 percent), Blacks (65 percent). Those who were already in treatment amount to over two-thirds of those counted in the study. Many of those admitted did

so, due to alcohol abuse.

Field researchers report that more young people are smoking marijuana joints or "blunt" cigars laced with crack. The street term for these joints or cigars is "woolies."

Heroin

DAWN figures for heroin-involved deaths in the New York City metropolitan area have shown a steady increase since 1994. Between 1990 and 1993, the number of deaths increased 42 percent, from 557 to 793. Heroine-involved ED mentions have also increased between 1990 and 1993, nearly tripling from 3,810 to 11,351.

Marijuana

Marijuana activity in New York City continues to evidence dramatic increases. The total number of marijuana ED mentions, projected from current sample of hospitals, had more than doubled in 1991, from 1,196 to 2,589. The estimate of marijuana mentions for the first six months of 1995 for the New York metropolitan area at 1,524 represents a rate of 18.0 per 100,000 population, nearly twice the national average of 10.3. In fact, the number nearly doubled between 1990 and 1994 from 1,662 to 3,294.

Psychoactive Prescription Drugs

Hospital emergencies and treatment admissions indicated that the non-medical use of psychoactive drugs is not a serious problem; however, the Street Studies Unit continues to report that alprazolam, amitriptyline, and hydromorphone (Dilaudid) are readily available on the streets of New York City.

In addition, if you are a statistic, you can remove yourself from the list by taking on a life style of Purification & Rejuvenation.

Source: New York State Alcoholism and Substance Abuse Services (OASAS).

Drug Abuse Ongoing Crisis

Presently, the statistics have changed, but as of September 2001, there

are still staggering numbers of people who are addicted to one or more dangerous, harmful and, sometimes, illegal substances.

In 1999, an estimated 14.8 million Americans were using an illicit drug, of that number 75 percent were using marijuana, while 43 percent during that same survey or an estimated 6.4 million Americans were using other illicit drugs, excluding and including those using marijuana and hashish. This is according to the United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration's website to be found at the following address: www.samhsa.gov/uas/nhsda/1999/chapter2.htm.

The survey reported that about 1.5 million people were current cocaine users, while about 413,000 represented current crack addicts. In addition, it found that 900,000 Americans were using hallucinogens and about 200,000 Americans were using heroin. While 75 percent of the drug users were also using or solely using marijuana, those who used marijuana solely accounted for 57 percent of those surveyed. Four million Americans used psychotherapeutic drugs, non-medically, representing 1.8 percent of the population, aged 12 and older, as in all of the survey cases.

It should be noted that there were no deaths from marijuana, according to the World Almanacs, Life Insurance Actuarial rates and the last 20 years of the United States Surgeon General's reports, as cited at the following website http://mojo.calyx.com/~umacrc/library/how_dangerous. However, illicit drug overdose (deliberate or accidental) caused 3,800 to 5,200 deaths, and alcohol use caused 150,000 deaths.

Sample Food Addictions

Eating until you're full and still you can't stop. Eating yourself to sleep. Eating to numb out your troubles and suppress emotional and psychological pain. Eating for fulfillment and still coming up empty. Eating because you can't have it; the thing, the person, the money, etc. Eating in this low vibrational manner is what's causing our lives to be stagnated and filled with grief.

Some people eat; then force themselves to throw it up. Eating and

you're not hungry; eating misery away, eating in place of sex, eating for sex. Is what you're eating, eating away at your good, your peace, your joy?

Eating foods that you know are causing you bodily harm i.e. headaches, high blood pressure, asthma, obesity from such foods as fast foods, junk foods, flesh foods, sugar and salt, is destructive. We must purify out of our systems foods and non-foods that are non-nutritious, that cause bodily harm i.e. such as the previous foods mentioned. You can't seem to say no? Do you sneak and eat behind close doors and come up feeling guilty about what you ate.

If you want to stop overeating, but the food keeps calling you: Know that you are trapped into eating blues; you are addicted to a disorder of a legal drug called food.

Embrace this body of holistic works so the food addiction will be behind you.

The Voice of Relationship Addicts, to Toxic Food and other Vices

- I've got to have him or her, although I know deep down inside that she/he is no good for me—pass the chips.
- We have nothing in common; I don't even like him but the sex is good—pass the ice-cream.
- We've been together now for two years; I know he's married, but he promised to leave her for me—pass the rolls.
- She verbally abuses me, but I love her. He slapped me up, but I was asking for it. I can't leave him; he means well—give me some beer.
- This is the last time I'm going to forgive him for sleeping around; he said he's sorry and he won't do it again—pass the smoke.
- Yea, she puts me down all the time, makes me feel like nothing, but we have children together—I'll take a double serving of fried chicken wings.
- If you hit me one more time, I'm leaving—cut me a second slice of pound cake,

- If you find yourself making any of these statements or excuses for staying in a toxic union, then know that you are strung out and in an addictive, abusive relationship that will overtime distort you. Detox your life, your thoughts, your actions, your words, your diet, your home, your body Temple with the Heal Thyself Fasting and Natural principles. Maintain a holistic life style and overtime you will flush out the many levels of relationship blues.

One Path To Freedom

A devotee of the path of Heal Thyself has a miracle to share with us on his journey of addictive-free living and how he was able to heal himself naturally through wholistic living. Pay close attention. You will witness how even major addictions can be broken and how one overcame to the point of being an example and inspiration for others to heal themselves. Heru Pa-Ur Tehuti se Ptah is now a profound Heal Thyself teacher of fasting and Natural Living. He was so charged by his healing that he also became a Heal Thyself 'Soul Sweat' facilitator, and has guided thousands unto the path of purification. This is an example of a Lotus man; out of the mud of challenge came forth the lotus. This is the story of Pa-Ur's resurrection.

As a young man, Heru Pa-Ur Tehuti se Ptah started drinking alcohol, which we know is legal and accepted. Pa-Ur says "you really never know the effects of drinking until it is too late. Alcohol is lethal. It works slowly on destroying the system.

I never knew that I was addicted to alcohol. I drank alcohol almost every day. No one could tell me that I was addicted to alcohol. Most people who drink alcohol, drink at least once or twice a week or more. But, you could never tell them, they are alcoholics. Self-denial is at hand.

Then, I started smoking cigarettes. To me, this was the greatest of all my addictions. I called cigarettes "*nico-the-teen*." For it is the youngest of all the addictions. Smoking cigarettes was as normal as drinking was, because it was accepted and most people don't look at someone who smokes as weak, or dangerous, or an addict. Smoking and drinking are usually the first stages of addiction. Smoking and

drinking are dangerous drugs, sanctioned by our government. For me, they opened doors to pot, cocaine, heroine, painkillers (prescription drugs), methadone and others. At one time, I was using and addicted to these drugs.

In 1986, I had a spinal operation. Upon my release from the hospital, I was prescribed 3,000 mg. of painkillers and muscle relaxers a day. The pain was still there so I added painkillers with codeine, vodka, wine, crack, and cocaine. I shot coke and heroine, and from time to time took methadone. In the year of 1991, I decided to save my life. This was not an easy task, but my desire to live, my desire to set a good example for my seven children and for others was a burning desire. Together with my beloved brother, Hru Ankh Ra Sen-Ur Semahj se Ptah and Queen Afua Mut Nebt-Het, I started a process of "Liberation through Purification." A painstaking task of reclaiming myself.

* * *

My first step was to stop drinking, for drinking was the source, and the energizing factor in my addictions. I didn't slow down. I stopped. It was very painful to stop. I began eating lots of fruits and drinking a lot of water. I also began drinking a lot of green vegetable juice. My constant thought was to save my life. I knew I was dying; there was no doubt in my mind. My body was closing down. The entire left side of my body seemed to be blocked. My body was preparing for a stroke or a heart attack. The pain was severe and the drugs, that I was using to stop the pain, were creating more and more pain. But, I was determined to save my life. This poem may explain:

Just In Time

Just In Time!

Just in the 'nick of Time'

My life was saved

I was moving about doing crazy things
and hurtful things

and just when My life had run into a place

where death was holding a meeting
 and invited me in
 My life was spared
 Just In the 'nick of Time!'

Weakness could no longer rule,
 for strength insisted on, driving my body, mind and spirit.
 Just in the 'nick of time'

My precious life was almost lost. . .
 I had almost lost the gift,
 but just in the 'nick of time'

I was able to rise from the grave of pain and weakness
 I give praise and thanks for the gift of strength
 Praise the Divine,
 oh Praise the Divine

The Great Protector who allows us to make mistakes
 and also Blesses us to Resurrect Ourselves,
 I give praise and thanks
 for being able to Recover
 Just in the 'nick of Time!'

Steps to Healing

Before taking on the Heal Thyself 21-Day Fast on live foods, I had to detoxify my body. My beloved brother Hru Ankh Ra Sen-Ur Semahjse Ptah started taking me to the bath house to do deep sweating, for several hours at a time. This was a helping factor, for I began to clean the largest organ of the body, the skin. This process took place every week with clay packs, Breath of Spring, and Heal Thyself Formula 1 and Formula 2. Within the first month, I had won the battle against alcohol, prescription drugs, cocaine, crack and heroin; one day at a time. But, my body was weak and the pain wasn't going anywhere. Sometimes, I wanted to go back to those things. But my desire to live was greater. In simple but strong words, "I wanted to live."

I was still smoking cigarettes and pot, but I knew I had to come all the way back and that the work could be difficult. I started praying and praying hard, asking for strength. I was told that the strength that I needed was inside of me. It was standing right there next to my weaknesses. On the second month of my journey, I stopped eating meat. That was not hard, for I still had chicken, goat and fish. Four months went by and I began to get stronger in my healing. I was juicing every day and going to the bathhouse once or twice a week. Also the gift of carving wood was very helpful to me. It allowed me to really see and feel the process of transformation. As I began carving wood, I was also cutting away from my life things that were harmful to me.

One night, I decided to take on "nico-the-teen." So, I took the cigarettes and placed them on my dresser and spoke to them saying, "Tonight is the night!"

Before going to bed, I would smoke a cigarette, drink some water and go to sleep. But, this night I decided to take on my greatest addiction. I spoke to it because it was real. I told "nico-the-teen" that I was willing to throw up, pee on myself, and even doo-doo on myself, but I was not going to smoke; and I did not. I tossed and turned some of the night; I almost gave up. I tried to comfort myself by saying, "I will stop tomorrow," but I was deep in the battle. I woke in the morning victorious!

My first week was my greatest achievement of my journey. Everything else began to come easy. After eight months, I decided, with the help and blessings of the heavyweight champion of purification, Queen Afua Mut Nebt-Het, that I would accept the gift of the Heal Thyself 21-Day Fast. This program was the foundation to my really seeing clearer. After that, everything became a little easier. Formula 2 Master Herbal Formula was a day-to-day helper in keeping the urges of addiction from returning. My first year was glorious. The beginning of the second year, I left chicken alone, and six months later fish. Then, I heard a calling inside of me, saying, "What are you going to do for me?" I asked, "Who's that speaking to me?" The voice said, "I am the lungs, the keeper of the breath." The lungs stated that I was doing such a wonderful job healing the rest of the Temple and wanted to know how come I was not looking out for them. I stated that I had

already stopped smoking cigarettes and they said, "Yes, but you are still smoking pot." I answered back justifying my actions, "Pot is an herb from the earth." The lungs said, "You are right, but I can only filter oxygen and not smoke." So, I made a promise to my lungs to stop smoking pot. Spring of that year, I was once again victorious!

I would like to give praise and thanks to the wonderful; and powerful Creator NTR, for blessing me to be on this journey for more than 10 years and for being victorious over my addictions.

* * *

Today, years later Heru Pa-Ur Tehuti se Ptah is a true shining example of an upright, purified, Lotus man who has inspired numerous sisters and brothers to begin breaking their addictions. He has shown them how to free themselves by naturally Healing Thyselves. Pa-Ur is now a certified Heal Thyselves Fasting Instructor. May the Creator continue to watch over Pa-Ur and give him continued peace and healing.

* * *

I've included the following poem as inspiration to those striving to overcome addictions. I admire Snt Tehuti and others like her who from her beginnings, on the Path of Purification, was committed to healing herself systematically, breaking her addiction, which had accelerated over her lifetime. Her graduation of body-mind, spiritual ascension is expressed in this poem. Keep this thought close to your heart that like Pa-Ur, Snt Tehuti and others, we all have the power to free ourselves of every addiction.

If I Can, You Can, It's All Up to You

by Snt Tehuti

I had some interesting things happen in my days
I allowed so much to happen in so many ways
I allowed anxiety, frustration, and hardheadedness to overrule
I had so much to learn and I wasn't going to get it at school
It all started one day to many months and years after that
The motive of my addictions stemmed from a lack of something and
that's a fact

I developed a habit and held on to past stuff
Constantly thinking why, how come, until I shouted enough!
I couldn't function unless there was much drama
My addictions were many results of my own karma
Repetitive, negative behavior and events were the stage
And, in my heart, I was deeply enraged
At the results of my not paying attention to the signs that were there
Oh, did I forget to mention, that at the time, I really didn't care
Those addictive relationships kind of helped me escape
To an unknown reality that couldn't even be taped
Because those relationships that I didn't investigate
Caused me to get deeper and deeper until it was almost too late
My allergies, cramps, and depression made me feel so bad
The low-vibrational people, foods, and drinks caused me to feel sad
For I wined and I wined and I felt so unfulfilled
I kept saying "I'm gonna try" until I changed it by saying "I will"
I was faxed information about a center called Heal Thyselves.
I signed up for the 21-Day Fasting Program to improve my health
I prepared the formulas, live foods, juices. So much work I had to do
Internal cleansing, clay packs, salt baths, meditation—
this was all new. I fasted for my earth years, my sins and my life to be
made anew
And don't forget Creator, please save me from my addictions, too!
The lessons I learned was to maintain a light and clean heart
To prevent addictions from turning into dis-ease is a start
To me, it was a blessing and there's much more I could say
The Creator was in the plan and guided me on my way
I continue to work to break my addictions and bring forth my good
qualities to the surface.
I healed myself; to be made a new
as I prayed to the Creator to save me from my addictive state of being.
For if I can, you can, it's all up to you.

Anti-Addiction Natural Life Style Diet

(12 weeks to 365 Days)

The Heal Thyself Life Style Diet will purify and restore the blood. The blood stream cleanses itself naturally if not poisoned by toxic, fast or processed foods being eaten. If we have polluted our bloodstream through toxic consumption, then we can help to purify and rejuvenate the blood with red foods, such as cranberry juice, beets and berries. The most important key to remember when breaking any addiction is that you must purify the blood. As you purify the blood so you purify your body Temple; so here goes.

Perform: The Heal Thyself Purification Prayer at sunrise to establish your day and again at sunset to give thanks for successfully winning the war over your addiction for just one more day. Even if you have been challenged, give thanks for another opportunity to try to do better again this time. I have been a witness to thousands over the years that have overcome many levels of addictions. I know that you can overcome. Come on, I will show you how to reclaim your ticket to freedom. Let's begin our day.

It's Pre-Breakfast Time:

Blend together:

- Juice of lemons
- 2 cloves of garlic
- ¼ cup of Aloe Vera
- 12 ounces warm distilled water

Breakfast:

(Liquid Breakfast)

- 8-12 ounces fresh fruit juice (bitter fruit juices are the best)
- Unsweetened Cranberry or Grapefruit with distilled water
- Drink 8-12 ounces of water with or after juice. Add 1-2 teaspoon of Heal Thyself Green Life Formula

(Solid Breakfast)

- 2-3 pieces of fruits in proper food combination only
- Acid fruit i.e. grapefruit, oranges, pineapple
- Sub-acid fruit: pears, apples, berries, etc.
- Melon i.e. cantaloupe, honeydew, watermelon
- 1 to 2 teaspoons of Heal Thyself Green Life

Don't Miss Lunch (Maintain your balance)

(Liquid Lunch)

- 12-16 ounces of Green Vegetable Juice with 1-2 teaspoons of Green Life Formula
- 1-2 hours later enjoy your solid lunch

(Solid Lunch)

- Large salad (*add kelp or dulse* as a nutritional seasoning) steamed vegetables (*3-4 minutes.*)
- Vegetable protein (TVP, peas, beans, sprouts, raw soaked seeds/nuts), baked unshelled fish as a transitional animal protein, 1-3 times a week, if not ready to be a complete vegetarian yet! I choose 1 protein per meal.
- Beware of all soya products that contain eggs. If you consume eggs in any form, you are not practicing a vegetarian diet.
- Choose 1 complex carbohydrate per meal i.e. couscous, tabouli, bulgar, millet.
- Complex carbohydrates should be eaten once a day only in the mid-day to avoid constipation.

The Sun is Going Down. Let's Get Our Dinner:

Repeat Lunch Menu

Follow Recipes in *The Heal Thyself Natural Living Cookbook* or *Kitchen Power* video for a variety of food options.

Note: Anyone interested in eating at a healthy vegetarian restaurant needs to check in their yellow pages, *Vegetarian Times* magazine, local health food stores, food co-ops and yoga and dance schools for guidance on restaurant locations in your area. If there are none in your community, you may decide to learn how to prepare vegetarian food and open your own restaurant as a service to the community.

Take the following nutritional supplements to rejuvenate your body Temple with freshly pressed vegetable or fruit juice for extreme additions.

2-4 tablespoons Spirulina

50-100 mg. Vitamin B Complex

1000 mg. Vitamin C

1-2 tablespoons of granulated Lecithin

(Take 3 times a day.)

1-2 ounces Fresh Wheatgrass

12-16 ounces of distilled water 3-7 times a week for a Master detox

For gentle detoxing, take Wheatgrass juice in the following way. Start with 1 ounce daily for 1 week. Increase to 2 ounces daily in the second week. After 2 weeks increase up to 4 ounces daily. For this amount, it's better to learn to grow your own wheatgrass at home so that you'll be able to juice it fresh and have larger quantities at an affordable cost. Or, simply buy fresh wheatgrass from a health food store.

As a starter, you can use the Heal Thyself Green Life Formula I 1-2 times for 3 or 4 days.

Green Vegetable Juice for a Natural High (1-2 times a day.)

4-8 ounces Dark Green juice i.e kale, spinach, broccoli, celery, parsley, etc.

½-1 Beet

1 Turnip

2 Scallions

2 Radishes

*¼ cup of ginger-may be added to fruit or vegetable juices three times a week (Optional, but advisable.).

Herbal Laxative

3-4 tablets of casagrada sagrada at night with water for 21 days with warm distilled water (12-16 ounces).

Drink bitters or Heal Thyself Master Herbal as often as possible to detoxify the body Temple of poisons particularly if cravings set in. This will help you to wash the craving away.

Music Healing

If you are a music lover, it is helpful to use music for healing, such as a string instrument, guitar, piano, harp, or zither. A wind instrument such as the flute or percussion instruments such as the tempora are also helpful. Perhaps, you would like to explore making your own healing music with thumb pianos, African xylophones and other instruments. All these sounds can elevate your mind and spirit. Avoid harsh, staccato, or loud music. Turn off your television for 21 Days and get your thoughts back and flush some of the radiation out of your body Temple and environment.

Meditation

Work with a Meditation Teacher (Guide) to help you to develop innate peace and emotional stability. Once you learn to meditate as a wonderful form of stress management, practice meditation at home starting with 5 minutes, building up to as much as 30 minutes daily. Meditation can be done with or without music. Learn to listen to the still, quiet music of your soul. Read *Sacred Woman: A Guide To*

Healing the Feminine Body, Mind and Spirit; it's filled with meditation exercises. MAAT meditation is the one I recommend to balance out your inner being. This MAAT meditation can support both women and men.

Prepare **Master Herbal Formula #2**

Prepare your own or purchase Heal Thyself Master Herbal Formula and break your addictions naturally.

3-5 tablespoons to 5-6 cups of water.

Steep overnight; strain in the morning and drink before 1:00 p.m.

Hot water Salt

Bath for deep relaxation and detoxification (Take 3-7 baths per week.)

2-4 pounds of Epsom salt

Soak 30 minutes to one hour. Hot shower after bath.

Self-massage body from head to toe.

Drink 1 quart of water while in the tub. (Add 1 tablespoon of spirulina to rejuvenate or 4 teaspoon of goldenseal to water to detox.)

Clay Pack

Apply over liver each night a clay pack with gauze; take a hot shower in morning to wash the clay pack off.

Apply Rejuvenation Clay over any areas in the body that are lacking circulation and to draw out toxins that have accumulated from the addiction.

Sweat Bath, Sauna, Steam bath, Russian or Turkish Bath should be done 1-3 times a week for 1-2 hours at a time. Shower in between the sweat as the layers of poisons are released through the skin. While in the tub, drink distilled water, bitter herbal tea, or lime water. Massage entire body from foot to head.

Exercise: Work It Out Through Exercise for 15-30 minutes or more, daily or twice a week i.e., power walking (especially in a natural setting when possible for fresh air), biking, jogging, swimming, dancing, aerobics, etc. In all, perform deep breathing throughout sessions; you'll feel revitalized within a short time. Perform Fire-Breath 100-300 times a day.

Herbal Relaxer

When feeling stressed out or pressured, or tearful, take a cup of nature in a tonic:

* 1 teaspoon Valerian

* 2-4 teaspoon Chamomile

* 2-4 teaspoon Hops

Boil 4-6 cups of water; turn off pot. Then add above herbal formula; steep overnight drain and drink by midday. Take this formula for at least 21 days before going to bed.

Beware! The Company You Keep Reflects Who You Are!

The quality of the company you keep will determine your success in breaking or not breaking your addictive patterns. Learn to enjoy your own company or the company of those who are striving to move in the same direction of wellness, as yourself. After about 12 weeks to a year of strengthening and detoxing yourself, you may go back and help others who are in trouble and who are ready to experience a wholistic transformation and grow out of their addiction. After a season of 365 days of consistent cleansing and rejuvenation, you would have improved enough to reach back to your past and aid someone else who is in need of healing. But, go forth and Heal Thyself first; be a mighty example. Keeping in mind that some relationships you need not enter again; trust your spirit to guide. Travel with a light heart; know that we learn much from each relationship that we have been drawn to. Be brave; let go of toxic patterns. Otherwise, you may go under with them and find yourself recycling addictive behavior once again.

Body Work

As you take on this Natural Life Style and become more committed in reclaiming your life, it is advisable to connect with an acupuncturist, such as can be found at the Lincoln Hospital/Substance Abuse clinic in the Bronx, New York.

Receive deep tissue massages 1-3 times a week, or as often as possible to increase circulation and to restore the blood and to drain mucus and congestion and stress out of the lymphatic system. (Such massage must be given by a professional masseuse/masseur, or a loving friend.) As you begin your bodywork, see your addictions leaving your life. As you heal, see the underlying reasons for your addiction as you bless your addiction away.

Wellness Progress Chart

Once you have been off the addiction for 21-days or more, please record the date of your accomplishment. That is the turning point of your recovery as you ascend on the road to freedom from your particular addiction. Moving from 21 to 42 days to 63 days to 84 days and, eventually to 365-days of uninterrupted purification would have you reach a maximum level of liberation.

Check off every 21-Days of Your Success over the said addiction.

→ one year to self-mastery

Check off type of Addiction	21	42	63	84	281	365
Please check off the date of your success						
CHECK OFF ADDICTION						
DRUGS						
crack/cocaine/heroin/marijuana						
prescription medication						
alcohol						
tobacco						
TOXIC FOOD						
flesh food						
pork, beef, chicken, fish (circle)						
sugar (brown or white)						
coffee						
dairy						
starch						
JUNK FOODS						
chips, candy, soda (circle)						
TOXIC RELATIONSHIP						
toxic mate						
toxic friend						
toxic sexual union						
other:						

Comments: Write in comments. If you have a tape, indicate what happens to challenge you, then return to your purification as you detox from your addiction.

Every seasonal change, you go through a deeper level of cleansing so record the addiction that leaves out with the change of the season.

In column one, record the addiction.

Support Group

Develop a group of those who have common wellness goals and work collectively over a 21-Day, 12-Week, 365-Day period. Start simple with the group 1-Day Fasting Shut-In and grow into your wellness with new and higher reflections.

Be patient and gentle with yourself as you rise and whatever happens hold no guilt!

It's important when cleansing not to harbor feelings of guilt or hide from yourself for shame. Remember "Every Lesson Is A Blessing!" If you happen to act on your addiction in the midst of cleansing, worry not. For each day of your wellness, the cravings will become less and less. So commit to purify. Affirm I am and I will be victorious. Bless Yourself and pick yourself up sweetly. The next meal eat and drink from the nectar of the Most High. As you envision your journey of 21 Days, 84 Days and, finally, 365 Days from now, you would have built a body Temple of Pure Divine Light, so be patient, but diligent, devoted and committed to your 100% wellness.

Note for Helpers

Mothers, Fathers, Husbands, Wives,
Lovers, Relatives and Friends:

When striving to detox a loved one, if they are in need and you are able, assist them by preparing their tonics and baths for 21 Days or more. Pray and meditate with them if time permits.

From your efforts, they will receive great empowerment and so, will be inspired to carry the torch of light for themselves, from this point forward, because you gave them a helping hand.

If the person in need is at a far distance; a phone call a few times a week, may be all they need for inspiration to move forward and break the addiction(s).

While you're helping them to break their addiction, work your own, for every human being has an addiction or two; it's all a part of living and functioning in the mundane plan.