

Health

Paul Solomon Reading #0098

Q-3. Do you have any suggestions as to what our diet should be?

A-3. Now we would give for these two particularly that the diet should be vegetarian. In doing so, we would suggest that it should be understood that it is not the difference that one discipline or another is better in the diet, except as found in the heart of the individual and his purposes in the incarnation, that is, one may be given as vegetarian; another may be given to eat meat.

The differences, then, would be the type of self, the type of work, the type of development and the level of development for the particular lifetime, and the purpose for the diet. For we would find for those who are following the mystic path and would be developing along lines of understanding within, that the vegetable diet without the use of meat would be for the raising of levels of vibration. That is, the taking of meat or sweets within the diet, or within the body, would tend to bring those in spiritual development back down toward earth planes; that is, that there might be the conversing with others on lower planes. Now it is often found that for a teacher, there must be the two extremes within the diet. That is, there must be the taking of the high spiritual foods; there should be the taking, as well of the earth bound diet, or that which would bring the entity back onto the levels of those whom he would teach. Hence, we find that the vegetarian diet is not given to all who would develop spiritually, but those who would separate themselves for the purpose of the refinement of self, the refinement of this incarnation, that is, the release from earth in this incarnation, the finishing of the discipline in this particular plane of manifestation would be given the vegetarian diet, and would be well for these two for the assimilation of that which would come as the discipline in this lifetime.

Now be careful in doing so, that there would be taken three times as much of the green leafy vegetables as the legumes or the pod varieties; that there would be taken at least twice as much of the foods grown above the ground as those below. Always take the skin of the potatoes, not so much of the inner part or the white part of the potatoes, but taking the skin.

The beverages that would be brewed, the coffee or the tea, should be made from water in which the peel of potatoes have been boiled for the assimilation of vitamins, and for the taking of greater nourishment in these drinks. There should be taken some coffee; should not be left out entirely from the diet for the assimilation of niacin. There should be taken a great deal of gelatin in this diet for the assimilation of the vitamins. It would be well that there would be taken bone meal and lecithin to complete the diet, to balance within the system.

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