

## **Fasting**

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### **Question: How important is fasting?**

Answer: This, of course, is an individual consideration. We would see, however, that there would be few on your plane, who could not benefit from the cleansing of the body, the mind and the spirit...in a period of fasting, in a period of dedication, devotion to the Divine.

The attunement of self, for most on your plane, would require this period of fasting. We would see it entered into in an intelligent manner, that is, that you care for the body and see the conditions of the body and see the ability to provide for the body, to sacrifice, to cleanse, see these as all occurring for a purpose.

Set aside period of time, that would be adequate for the fasting. It would be well that there would be set aside three days for the cleansing of all who would seek to raise themselves to a higher level on your plane., This would be given for anyone who would be prepared to cleanse the body, the mind, the spirit and attune to the Divine.

Set aside three days where there would be taken into the system only raw apples and water. There could be taken, ;prior to the time of fasting, vitamin supplements for the building of the system. Would be found, however, as not necessary during the fasting itself, for the action of the apples would remove all food value from the system. The taking then, of supplements, would be of no benefit during this three day period. After a period of three days we would find that anybody taking the raw apples and water, for this period, would find the body completely cleansed, within and without. Taking then at the end of the third day a half cup of pure olive oil to flush these from the system...would be found physically cleansed within.

Now, it would be important that this be done then, on all three planes at once. There would be the outer washing of the body with clear water and with salt, that is, adding salt to the water, blessing it. Doing this for spiritual purposes as well as physical cleansing. Spend the time then...sorting out mentally for the cleansing of mental planes. Cast out of the mind, the mundane mind, that which is the thinking process, cast out all that is not needed, that has not been assimilated, all ideas, all concepts should be cleansed from the mind, even as there is the flushing from the body system of that which is not used.

Do the same then, during this same period, with the mind. Flush from the mind all those concepts, all those ideas that are not needed and are not productive—particularly guilt and fears—should be flushed during this period of time.

On the spiritual level then, seek attunement and seek filling with light...as there is brought into the life...the pure healing light, the cleansing light...the purple ray of the Father. So would there be the fasting, the cleansing on Spiritual Planes.

Now realize that it is not possible that such phenomena could occur, on your plane, without the tempter working as well. See what happened to the Christ, the man of Galilee, as He fasted in the desert. Was He not tempted...even sorely, during this time and would you not be, on your plane, as well?

Realize that during these periods of time there will be the aggravations, there will be the temptations to turn from the way, during this period. These will be seen as Spiritual trials, that would occur even as physical trials occur. It would not be possible that you would dedicate these three days, giving yourself to raising self to higher levels and attunement to the Divine, without superb results.

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It would as well be sought after this period of building up, that these would be taken into the diet and there would be the building up of the physical body. Then there would be the diet for the cleansing, or the three day fast where there would be taken in nothing but the raw apples for three days. This would be a period of fasting and attunement and the importance of this will be not only the cleansing of the body and the taking of the toxin from the system, but there would be the outer cleansing of the body that would be with water that has been blessed. Or that has been magnetized by those that would be given as the occult formulas or those formulas of blessing that which is the manifestation of God. And added to the water would be the salt for the cleansing of the outer body. The salt as well would be blessed and would be seen that these are manifestations of what has taken place inside and on higher inner levels.

Now follow this formula carefully, that there would be the three days of taking nothing but the raw apples, with the prayer, the fasting, the meditation. On the third day, the cleansing in the salt water that has been blessed for this purpose and in the washing of the body then, there will be the quiet times. There would be the changing of this water and sitting beside the fresh water; there would be taken into the system one-half cup of olive oil for the removal then of that which remains in the system. All the toxins will be taken from the blood, from the flesh. And this one would be seen as cleansed and pure and new; would be seen as a new creature. This would be seen almost as if it were a new birth into a new body, as a new life.

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