

Health Category - Diet

Paul Solomon Reading 9006, Virginia, October 20, 1982

I desire to present this body "as a living sacrifice, holy acceptable unto God." Please examine its conditions and give recommendations.

Question 1. Am I able to assimilate meat or fish, or would I be better off without them? If I am able to assimilate fish, what type of fish would be the safest?

Answer 1: Yes, we have this body and inquiring mind, as we have examined before, and note several changes, considerable improvements in these changes, corrections, growth, including a more effective sealing of the auric field and severance of those more draining ties as were so prevalent in that time. We do not find sufficient changes in certain of the habits or thinking patterns to sufficiently restore the balance of energy. And these are concerned somewhat with a tendency earlier in life toward introspection and introversion, as it were, a tendency to hide within the self, having some fear of fully expressing the true feelings lest they be found somewhat offensive or ridiculed in whatever subtle manners.

This has led to a tendency in almost all pursuits to express the yin side of the nature, with the avoidance of everything from yang foods to yang colors, expressions of speech patterns, activities and such. And this avoidance of the expression of the masculine, the yang side of self, has tended to encourage hormonal imbalance. Receptive in nature, which has increased the sensitivity, but at the same time has left this one less able to decrease that sensitivity and block or return negative patterns that might be directed toward her. And most all of those conditions of concern, at this time, are somewhat related to this pattern.

It is not at this time the draining of energy by another, nor even the lost integrity in the force field about the self that is of concern, but the lack of restoration or rebuilding of the yang side of energy to replace this in the patterns of thought, speech, action, and even that of the kundalini force within the body. Now, several steps may be taken to reestablish, restore, build, and encourage this positive polarity of the electro-chemical-magnetic energies inside.

One of the best and most effective expressions of self would be very actively playing tennis, and this without fail twice or so weekly. And we suggest this particular form of exercise for its yang movements, the necessity of striking out, lashing out, aggressive movement, as well as the exceptional stimulation of the superficial circulation, the extension and full use of the lung capacity, and for the contact with others in social condition in which the openness, exposure of the self is encouraged at the same time that positive energy, or yang energy, is being produced. This will considerably strengthen the energy and its field, the force field of protection about the self, and the further arousal of balance within the field of energies.

Now, as to the taking of meat and fish in the diet, this certainly would be well for the calcium and mineral and oil content. Yet it is not particularly yang in reaction. However, we would encourage the taking of this from time to time, and the best are those of ocean fish, high in oil contents, of cod, of halibut, even sole and such. At best taken, at least from time to time, with the bones

cooked, softened under pressure. And consume these as well, the larger bones which can be softened and consumed for the mineral, calcium, iodine content.

It is even well for the body that you do not develop an inability to take from time to time red meat. This is not because red meat is particularly needed in the diet, but rather for purpose of maintaining a body that is not overly sensitized and thus vulnerable, particularly in one who shall be exposing the self deliberately through ritual and such, to the veil between the energies. Because one who deliberately invokes and emphasizes or brighten, or exaggerate, as it were, the comparison between light and dark by coming close to that veil, that line of demarcation at which light is recognized so that the invocation of source of power of any kind will attract its opposite. One must then be in excellent condition at all levels mentally, physically, spiritually for such work of invocation. And those concentrated energy molecules of beef can be useful at such times as there is a sudden depletion of energy from such encounters. In any case, let not your body become so sensitized to any natural substance through the extensive avoidance of it that you would be unable to tolerate from time to time, you see. Ready for questions.

Question 2: How can I build up the glandular system, especially the adrenals, and eliminate the flushing of the body?

Answer 2: Yes, the adrenal depletion here occurred originally from the constant calling on that energy to force the self to deal with challenges coming even from the necessity to come out of self in order to interface with others. The rebuilding of the strength of the adrenals has begun, and is building. Yet the habit of responding to depleted energy has not restored the natural ability to stimulate and to feed upon that which the body learned was not there. And that is to say that sufficient strength has been regained within the system to provide adrenal response in such as emergency situations or challenges.

Still this can be further rebuild not only in the adrenals but others as well through the use of adrenatrophins and stereo-trophins, taken daily and not necessary for more than a few months, three to six.

More important than these is the stimulation of circulation and the return of the electrical forces from deep within the self to the surface and beyond. That is to say, recharging the entire field with greater electrical force. This can be best and most quickly accomplished by deliberately stimulating superficial circulation by plunging the self alternatively into very hot and very cold water. Can be accomplished with a shower or such, if bathing is done in hot water sufficiently warm and for a sufficient length of time to produce a flush of redness throughout the skin area, then drench the self with a large tub of very cold water. Best that this be repeated two or three times at the beginning and even at the ending of the day, each day. Can be somewhat unpleasant to experience, but only for a moment. For the following moments and even hours will find a return of stimulation, of energy, vitality that you've long missed, provided that it is used. That is to say, that as such stimulation occurs there should then be activity, expression.

Would do well that you develop the lungs, the expressiveness of self, through some form of voice lessons, not particularly for the development of beauty in singing, but rather for strength in chanting, in expressing the self, in sustaining tones of vibration with greater resonance, and

more particularly with the fullness of lung capacity and power, and the development of the diaphragm musculature.

Would do well, as well, for these purposes that you develop effectively the practice of Uddiyana, of exercising the abdominal and diaphragmatic muscles. And that these be hardened to the extend that greater force and protection given to the solar plexus areas. Uddiyana is the asana consisting of the movement of the abdominal muscles both from side to side and higher and lower. These forms of stimulation to the electrical, magnetic and circulatory forces will assist greatly in establishing the resilience of the force field about the self and the encouragement of the positive polarity of the creative energy force within the self. Continue.

Question 3: Would Admiral Shattucks's method be a good one for the above? If so, do you have any suggestion as to how to proceed?

Answer 3: You might proceed with such techniques once you have begun working with the process of scrying by obtaining colored pictures of all of the endocrine glands, not only of the chakras per se but the endocrine glands, so that you have visual image of the structure, nature, character and such of each one. Then meditate on both, feeding these with their particularly required nutriments and stimulating these with energy and encouragement to express.

Question 4: If I have been having problems with my kidneys, do you have any suggestions for keeping them cleansed and in good working order? Is coke syrup good for the above, and if so, how often should I take it and in what amount?

Answer 4: No, do not take coke syrup for these kidneys. Better that you use cranberry juice from time to time. Is not necessary to take a lot, but a small glassful, 4 ounces or so, each day for awhile will clarify function. And after the use of cranberry juice for a period of about three weeks, use then about a cup of cracked watermelon seed

tea twice daily for two days. Then return to the use of cranberry juice in the mornings for a few weeks and that will be sufficient.

Question 5: Is my body able to handle these foods: egg whites, any kind of sugar, apples, any kind of milk, wheat and cheese?

Answer 5: Egg whites not to be taken alone. Can be taken from time to time with the yolks if these are not well cooked. The egg white should be thoroughly cooked, but the yolk should not be solid. Raw egg white will rob your body of several nutrients, particularly vitamin B. It has less tendency to do so in the presence of the yolk, which creates the whole substance, you see, but need not be taken often in any case.

As to milk, not particularly helpful here. A great tendency to increase mucus and not to digest thoroughly. Certainly goat's milk could be taken and would be effectively useful, or naturally cultured buttermilk could be taken from time to time, though not frequently.

Wheat not good for this body at all. Other grains can be taken, though it would do just as well to avoid rye, not because of the content of rye itself, but for the avoidance of the growth of molds on these in the storage conditions. But just as well to avoid wheat.

Cheese could be taken from time to time, particularly if it is natural, naturally developed cheese, but even this the body does not assimilate very well unless enzymes are taken with it. Would not be particularly helpful for this body.

Question 6. Is the apple juice drink with the banana, yeast, lecithin, and protein powder good for this body?

Answer 6: Yes, can be very helpful, effective. However, this body demands

time to develop the appropriate responses, particularly to the Brewer's yeast, and so would be best taken with small amounts of yeast at first, and building up to very large amounts over an extended period of time, and might gauge these according to the tendency in self to feel a slight indigestion or buildup of gas when yeast is taken in too great amounts. Increase the dosage when such responses are not present.

Question 7: Is my body able to handle apples and/or any kind of sugar?

Answer 7: Apples from time to time can be helpful even in digestion, particularly because of the pectin content. But sugar in any refined form should never, ever, ever be taken in this body. And even those in natural forms should not be taken in large quantities or apart from the presence of other foods to assist in the assimilation and use.

Question 8: Is the use of gelatin important for my digestion, and also the chelated colloidal silicates that I am taking?

Answer 8: Gelatin, yes, for the better assimilation and use of vitamins and even minerals. The silicates of negligible use or application here, although there is a need for natural mineral supplements, particularly of iron, which might be sought in chelated forms, but the silicates aren't particularly important here.

Question 9: What is causing the drainage from the sinuses? Is it any particular foods?

Answer 9: There are several mucus-producing foods, including wheat for this one, and milk as mentioned, but most important is the body's lack of ability to produce and to assimilate vitamin C. Though this is being taken even in large amounts, these must be increased, even double the amounts now being required or assimilated by the body. This would be most effective in correcting this response. And the use of cayenne taken in gelatin capsules daily will assist in providing assimilable arrangement of vitamin C useful to the body here for these purposes.

Question 10: Would the Pau D'Arco or Ipe Roxo from South American Trees, used as an herbal tea, be beneficial for me?

Answer 10: Somewhat, but not of sufficient benefit to merit any particular effort to acquire these, not a substance particularly necessary for the balance here to the body.

Question 11: Do I need to take any vitamins? Is niacin important for my circulation?

Answer 11: Niacin certainly important to this body and not assimilated now in sufficient amounts. But so are all the B vitamins, and C in particular. E sometimes is important, particularly if wheat is left out of the diet. And the use of garlic, or garlic juice or oil, would be particularly beneficial to the building of strength and energy, the restoration of strength and energy to the body, some such as Kyolic taken internally would prove quite beneficial.

Question 12: Is the well water here that I am drinking of good quality? Would adding elm powder, saffron, or Lithia to it make it more beneficial? Is drinking distilled beneficial for the body?

Answer 12: Distilled water only when there is a cleansing or fasting period for the body, for distilled water will tend to leech out of the body the minerals and such metals that have accumulated in the tissues. The well water here is sufficient, adequate and considerably better than most that you might take. The adding of trace amounts of Lithia would be quite helpful in maintaining emotional balance and stability, and a stimulus to the mind, the clarity of thought at times. Do not become dependent upon it, and careful that it is in very small or even trace amounts.

Question 13: Is the application of the Jhirmack Moisturephlex or Phinale product closing my hair follicles after I put color on my hair so there is no leakage of energy?

Answer 13: Either of these is reasonably effective for closing the hair follicles. However, you'll find perhaps a better, more effective response by massaging the scalp with a small amount of peanut or olive oil, or some such preparation as Aura-glo to restore the tone of the scalp itself. Rinse the hair in ice water, and will close the follicles considerably more effectively than these conditioners.

Question 14: Is there anything I should be doing for my right ankle? The swelling hasn't gone down in a week and a half.

Answer 14: Yes, the plunging of this into alternate hot and cold water, as hot as you can stand, as cold as you can stand, will again encourage the circulation. This, as already stated, needs to be done with the entire body, but failing that, or in addition to that, the ankles and up to the knees should be subjected to this daily, both to encourage

the superficial circulation throughout the body, but also to avoid such gravity circulation responses as varicose veins in this one.

Question 15: Are fluorescent lamps dangerous to one's health?

Answer 15: Yes, they are, and particularly to one so sensitive as this one. There are a few full-spectrum lamps made with fluorescent gases which are less harmful, but this is not to suggest that this one or any other should avoid such lighting as if it were a poison for a danger to produce a fear reaction or a negative action. Better stated this way, that no one should subject

the body, the mind, or the eyes to working under such lamps for eight hours a day several days a week under any circumstances if that can be avoided.

They are harmful and particularly to children in learning situations, and should be avoided in classroom situations and such. For such as the situations in which you are obliged to attend a lecture or workshop, or event of an extended time under fluorescent lighting, attempt to seat the self in the light of the windows for the balance of light and this sort of thing, you see, so that you produce not a fear reaction, a negative reaction, panic as such, or feel that you can never be exposed to such. But simply avoid the overexposure, the irritation to the eyes, to the mind, to the aura, to the electrical and magnetic fields of the body, all of which are disturbed, including the rhythm, the sound-rhythm response of the body to such forces.

Question 16: Am I adversely affected by the use of synthetic fibers next to my body, and by the use of an electric blanket?

Answer 16: An electric blanket, not particularly harmful, although there are force-fields generated by them. These are not adversely reacting to the force-field of this body. No one should wear synthetic fibers on a regular basis, and this one in particular might best avoid such materials when possible. Should as well avoid artificial colors; that is, those colors as are not encountered in nature, for the rate of vibration of light reflected on such colors is antagonistic to the natural light or vibratory forces of the body.

Question 17: Is there any kind of breathing technique similar to Kriya yoga (which is not available to me) that would help me in my meditation?

Answer 17: We've already commented in several ways on the further development of your breathing and lung capacity, not particularly for assistance in meditation, although there are some breathing techniques that can encourage or assist in the development of altered states. Not particularly important at this time for that purpose.

Question 18: Have you any suggestions for more effective meditation so that I may be more receptive to the higher vibrations?

Answer 18: The best assistance at this moment for this one will be to surround herself with water, such as filling the tub in a small room, water closet enclosure, and ginger added to the water. Grated ginger will assist in the release of the free negative ions, and the filling of the air with the forces of water, which will assist in the building of a heaviness or quality of atmosphere that will encourage the ability to communicate more effectively with guiding forces. A small enclosure, and the larger the volume of water the better the response. This can also be encouraged by sitting in water while inhaling deeply and expelling all of the inhaled air in sound, chanting a single syllable such as the mantram "Ohm". These can be of assistance in further developing the meditation response.

Question 19: Following all recommendations given, how long do you feel it will take to restore the body to maximum health?

Answer 19: The length of time required, of course, is particularly dependent upon the ability of consciousness to change, not simply upon the faithful and mechanical application of any of that we've given here. There is a subtle shift in consciousness in the habit of thinking, in the habit attitudes of the body, of the mind, of the personality here, perhaps best described as a building of a sense of expectancy of particular kinds of feelings and reactions. Now there is sufficient motivation in the mind and intent to release these patterns, but at the same time, intent to change is not synonymous with changing.

And it is the changing of beliefs about the body, its adequacy, its health, the availability of energy, including the tendency to create a lack of energy by the lack of the use of energy. Now, there is sufficient to the task the amount of energy which matches the enthusiasm for the task. As this is better recognized and as it is further recognized that this body has made sufficient recovery for the attitude to take on a feeling of optimism, brightness, encouragement, determination, even satisfaction. The adopting of this attitude of optimism will be found the greatest key in turning the corner on the health of this body. Not to say that these other factors are unimportant, for they are, all of them, and useful. But at the same time the development of this new attitude, once discovered, will see the effectiveness of creative thought upon its result, its instrument, the body. Now, given this change in quality of thought, the establishment of health and balance in the body can easily be accomplished in two months or less.

Question 20: Sometimes I feel the need for more balance in my life. Besides the ritual work, are there some additional ways I may be of service to God and the Fellowship?

Answer 20: Now, in addition to those exercises or activities given here, it would do well to express that for the arousal of the vital force of the body, the kundalini, the creative force, of the best expressions for this particular body would be an in-depth development, exercise, and practice of Tai Chi Ch'uan. Not the form so much as the content or the heart. For this one needs to grasp the feeling, the relationship with the essence, the heart, the vitality that Tai Chi Ch'uan is intending to stimulate, motivate, express. And with the natural interest in dance, rhythm, and music, this done with musical background daily in a meditative mood and alone, will have tremendous effect upon the arousal, restoration, and even externalization of the vital forces in the body and mind.

Now, as to this balance of activities, energies, and expression, there are, of course, many forms of service which can be entered, and yet at this time, better focus continually on the preparation of self to serve through the restoration of these vital forces and the development of greater understanding and use of the subtler energies or that called the occult expression of relationship to Universal Forces. And maintain the balance by such other activities as dancing and tennis, acting, social, recreational, joyous, very expressive. These the needs for balance in one with such an otherwise contemplative life. And where there is opportunity to serve those who serve with you and for you, then make the self available, and that would be sufficient. And when you're through with this examination for the moment, we look forward to those times of return for instruction in your development; when we would prefer to examine the directions for study and development in these manners, for those times to come, and when it appears important to do so.

We are through for the moment.

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