

## Building A Light Body

Paul Solomon Reading 0391 - R - 0309 -MA - 0001 - JDE, 07/14/74

Question: I believe man will not always need food to sustain himself. Please give a specific diet to sustain and purify this body at this stage of development and are there any specific weaknesses in the body that need attention at this time?

Answer: Yes, we see the body here and those as have come for more study of that diet as has been proposed. We see in this manner and is well to be taken, yet understand these concerning the mucus-free diet, or these attempts here to use that fresh to reprogram the body for the less need to take physical food on this plane.

Now, understand that these are ideals and well that there be the striving thereto and yet should be the understanding what it would take, if there were the protection of this body. The bringing to that moment that food should no longer be required by the body in such natural laws, or following such natural laws. Then, to prepare itself for transmutation or transfiguration would require even under the most perfect conditions, some twenty-one years.

Now understand in this manner. Each seven years, all those cells of the body will replenish themselves and rebuild. Now, in some two, two-and-half, you will transform that of the flesh by continuing such diet, or the mucus-free, so that these are built of that diet you now take of, rather than that denser as has been. Now, in some five years then, would those of the glands, and portions of the organs then be so transformed.

And, within seven then, those of the bones. Then that following seven years, this being fourteen, or the emptying of the one and the building of a new; within that third period would be required only water, that the body be sustained. Then, following such only that known as "prana". The body then, being not so dense and often would not be seen by those of the lesser, the denser, the physical on this plane. Yet understand that we do not recommend such practice or not suggesting that you follow in the attempt to produce that as perfect results as we have described.

Yet you may follow that diet, not that you would expect in twenty-one years to have transformed or transfigured the body in this manner, for we see these factors that would enter here. That a single thought of negativity, as you described or use that term, in this time, or a moment's anger, or even the breathing of such polluted air as you would find in this or that place, would prevent such growth or transformation. Neither do we suggest that such would be impossible on your plane. For it CAN be accomplished. Yet for most, for many on your plane, for all those about as we would see, would require some generation or more that the physical vehicle be prepared for such transfiguration.

Then, if you would bring these bodies to bodies of light you must begin in the consciousness that that you do with the physical will reflect that of the spirit and follow naturally in those paths. Then set about those concepts of light and build that body

within the mind, within the spirit, you see, that body you would inhabit it. Then following, secondly, with the diet, as you have ascribed here. Following those that you have given or studied here, of the mucus-free diet, having built that Body of Light within the mind, within self, will this physical body or your temple as you inhabit, follow suit and begin the reprogramming of self. Yet there might not be such time, as we would see, before that coming or the ending of days as you know them. Then having built that vehicle within the self, that would be the lighter, the higher, then this physical, though not perfected, would drop its denser matter and enter into that moment of perfection by His Presence. Or that Light descending into the matter would purify the matter.

Then it will not be through works that you have done, as He has spoken, that you would be perfected. Yet, ascribing to His Presence, His Light, even those bodies not completely perfect or transformed, transfigured, here will be changed in the moment, in the twinkling of an eye, at the sounding of the last trumpet of His entering in Presence here. As you would be touched by His Light, that which you have subscribed to, within the self, you shall become.

Then continue that you have set in motion with the physical in the exercise, in the diet, in the study of the worship here, the working toward that Body of Light. So shall it be built. And understand that if there is the failure in the physical, that you are building, that you have designed, EXISTS here. And we see, or that is, the Father prepares those Bodies of Light for you that you might inhabit if they surround the self. Then work ever to perfect that lower and such will be prepared that you will enter in.

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Now you would find that these thought forms or these feelings of anger or the negative emotions, those thoughts that would cling at times about the self, feed on that material in the system that is not rejected. (Six month colonic irrigations recommended). Understand these occult laws regarding same and there would be the greater spirituality or the lightness of the body or the production of that Light Body.

Now, understand, this is one of those, this servant here is one of those that prepared these people in this day for the Light Bodies or the transformation, the transfiguration of the bodies in this time. And should begin within self by the cleansing of the system. That lighter body is the more easily transformed and contains those spiritual vibrations as there is the elimination of the heavier material, of that baser material or the waste within. So, for the spiritual man, as well as for the physical health, cleanse the body throughout the system or within, that there be the greater attunement to those spiritual heights.