



Divine Nutrition: Frequently asked Questions
Excerpt from The Food of Gods with Jasmuheen

Before we begin this chapter I would like to stress that there are 2 types of food available for humanity – the food we cultivate from our natural resources and the 'non-conventional' food we can access as Gods in form, which we can cultivate via our personal frequency adjustments.

People often ask:

Qa: Is it really possible that we can be free from our dependence on food? A: Yes.

Qb: But don't we need to nourish our bodies with vitamins and minerals? A: Yes.

Qc: But if we don't eat, how can we survive? A: We do this by learning how to access and feed our selves from an alternative source of nourishment that is continually flowing within our cells and we will provide a step by step process for this in Chapter 11.

More in depth questions and answers are:

Question 1: Why do we have a stomach and teeth if we are not meant to eat physical food?

Answer Q1: Our current digestive system has evolved over time to mirror our beliefs and as these change so will our digestive system. The fact is that we can do anything we choose when we merge again with our DOW power, for we are the masters of our own body and as such every cell of our body is constantly listening to our thoughts, words and actions to which the molecules and atoms then adjust themselves in response. As we are the first generation of light eaters in the West we are also dependant upon the process of evolution for the inner system to change. However in time the future generations of light eaters internal circuitry will end up quite different so the short answer to this question is that it is just a matter of evolution, and time, and our body's ability to mirror our beliefs. Those who continue to eat will keep their current digestive systems and those who choose Divine Nutrition will eventually have a digestive system that reflects this new way of being nourished.

It is said that when we first took form on this planet we had a different bio-system that was self-sustaining and needed neither food nor fluid; we have evolved over time to our current system and our future bio-system evolution depends on our lifestyle and choices.

Question 2: Can the lion really lay down with the lamb as per the Biblical prophecy of true peace among all kingdoms?

Answer Q2: Again this is to do with the morphogenetic field. If we eliminate the aggressive nature of human kind and cease the slaughter of human and animal life, this will change the social and planetary biofield resonance powerfully enough to imprint all kingdoms. If we then ensure that all individuals are plugged in to energy channels that provide complete nourishment so that we all feel fulfilled and become altruistic, aware and begin to act like loving respectful masters; then obviously this too will also imprint all kingdoms. I have often said as I travel that the level of aggression we see in the animal kingdom is a mirror of the level of aggression that we see in the human kingdom. Eliminate our human aggression, and boost our Divine Love radiation capacity, and we will see the 'lion laying down with the lamb' reality.

Question 3: How do people who are nourished by just prana, maintain their body weight?

Answer Q3: Simplistically this is to do with attitude and programming and faith. It is also to do with the science of our mind/body connection and how convinced we are that each cell of the body truly listens to our thoughts and commands and how if we act like masters, the body must obey our commands. This type of programming will not work if

we have internal sabotage programs running, so these need to be addressed and cleared. The good thing is that all programming codes can be tested before actually completely letting go of the ingestion of all food substances. Hence we recommend that this be tested gradually as you reduce your food intake from 3 to 2 meals per day plus decrease the quantity and variety.

Living successfully on Divine light requires a degree of physical, emotional, mental and spiritual preparation, cleansing and health. It also requires trust in DOW Power. We have discussed the Luscious Lifestyles Program and also the health/balance/weight/image command that needs to be applied to maintain our body weight and we will shortly discuss using this with the chi machine. It is interesting to note that without programming, the body's weight will eventually stabilize anyway but often not until significant weight loss has occurred.

Question 4: Many who are now living holistically and are accessing the Alpha – Theta – Delta zones due to their lifestyle, are becoming increasingly sensitive. This sensitivity often makes them feel as if they must be more reclusive as they do not like mingling in the denser Beta – Alpha fields of community life. There are also often estrangements that occur as an Alpha – Theta field dweller moves out of the 'normal' relatable range of family and friends. Can you comment on this? What has your research found?

Answer Q4: A Dimensional Biofield Technician, and spiritual initiate, is someone who has learnt to work with all fields and who – ideally - can exist in harmony in any field without disruption to their own field. As we have already discussed, the two most powerful tools we have to selectively absorb the frequencies we want from the world are:

- a) Our intention, will and attitude, i.e. the absorption versus radiation game, and
- b) The use of the Bio-Shield devices which we discuss in Chapter 11.
- c) I also feel it is helpful to understand how to influence an existing field and how to weave a new field to support us in a more nurturing manner and will devote more time to this discussion later.

It is also beneficial to understand that accessing the channel of Divine Nutrition is not something that happens just to the lucky ones or the blessed or the Holy Ones. Any one can access the Madonna Frequency Field and its Divine Love, Divine Wisdom Channel and hence tap into pranic nourishment. However it is still a daily challenge to be able to exist in a predominantly Beta – Alpha field and still get enough nourishment from the Theta field to maintain health. This is why our energetic hook-ins and Bio-Shield devices are so helpful as they allow us to control the pranic flow. Also the daily practice of Kria Yoga* and Surya-yoga** and techniques like the Love Breath meditation are most helpful.

* & **: These are specific forms of yoga that aid the Divine Nutrition flow which we will discuss shortly. Another problem mentioned is the fact that as we consciously shift our frequencies to anchor ourselves in more nourishing fields, we do move out of relatable range with those who choose not to frequency match us. This is particularly noticeable among family and friends who may not understand our choice of a more refined diet or sensitive lifestyle. In response to this I would like to share that we have our bloodline family and also our global family and the ideal way of sharing is with unconditional love. So to make sure you give and get this type of loving ask your DOW to bring you people with whom you can have a mutually beneficial and supportive relationship. Next when you are with family focus on sharing things that bring mutual pleasure rather than focus on your differences. (We have actually discussed this in detail in the Biofields & Bliss series.)

Question 5: Which is better?

- a) To act as a channel to allow the Divine Love and Divine Wisdom Nutrition to flow through us and radiate out into the world thereby transforming both our bio-system and the world simultaneously or
- b) To build up a reserve of this type of Nutritional force and operate from that well?

Answer Q5: Ideally both. Building up reserves happens when we apply the lifestyle first as a tune in program and then utilize it as a daily maintenance program. I have done both and find the combination more powerful than doing just one or the other. Sooner or later we may find we may need to give extra which may drain the well, consequently we

need to be plugged into a never-ending limitless Source (as in Chapter 7) and we also need to keep the radiation pure which the lifestyle does. Because of the type of food that meditation offers, we find ourselves naturally hungry to be in that silent, loving space anyway especially when we are living in chaotic cities where we can feel as if we are drowning in a denser beat. Existing purely in the Beta field creates emotional, mental and spiritual anorexia and leads humanity into disharmony, war and chaos.

Question 6: What about the time of instant physical transformation? How come when people use a command or chant nothing seems to instantly change?

Answer Q6: There are a number of internal and external factors that inhibit this. Firstly there is the strength of the morphogenetic field and what the dominant beat is. This is like a small boy with a soprano voice singing in a choir of 100 men who are baritones - unless his voice carries and is extremely powerful, his sound field will be drowned out. Similarly light eaters are required to tune into the theta field for our nourishment and live a lifestyle that keeps us tuned to this channel enough to maintain health – if you have only .01% of 1% of the people of this planet doing this, then maintaining this frequency can be difficult. However, thankfully the theta field radiation is like an atomic blast in power compared to the beta field radiation, which is like a candle in comparison, so numbers are not the overriding factor here.

The next factor is to do with how trusting an individual is of the God within and also how real is the idea that we are a God in form who has all the creative power, healing power and transformational power that we need at our disposal. Many people believe this intellectually but not on a cellular level. Taping into DOW Power and then witnessing Its flow and the benefits It brings all helps to build this trust. In this field experience is everything for the flow of Divine Love is not an intellectual affair and only when we feel this flow within can we trust It enough to surrender and explore Its other attributes.

The third factor is to do with karmic learning and the fourth factor is to do with our Divine blueprint and the role we have agreed to play. Nonetheless, all unfolds perfectly as it should and all we are being asked to do is hold the vision of ourselves as Gods in form, and to act impeccably as if we truly are masters, so that the universe can support us back into the field of Oneness where all possibilities are real and where the highest realities that benefit all are supported into being. The more we do this, the sooner our abilities for instant manifestation become evident individually and en mass.

Over the last decade pranic feeders have noticed a very interesting social phenomenon, which is that many people who spend time in our fields automatically begin to eat less and feel much better for it. As the energy that radiates through us is love (for it is the Madonna Frequency of Divine Love that provides the Theta - Delta nourishment attribute) and as our personal biofield has been imprinted with the knowing, based on experience, that we do not need to take nourishment from physical food, this tends to imprint the fields of people around us, allowing them quicker access to the Theta - Delta field within their cells which then provides certain benefits – like intuitive knowledge, increased sensitivity as in clairsentience and the desire to eat less etc.

Question 7: How beneficial is yogic training for being a Divine light eater? You mention both Kria Yoga and Surya-Yoga; can you explain the difference and their benefits?

Answer Q7: As Yoga has become so popular in our western world, it is good to understand the different types and how they also relate to pranic feeding. Firstly it is virtually impossible to provide a specific Divine Nutrition access procedure for as we keep stressing, it is all to do with our individual frequency which is determined by our past and present experiences, and attitudes, and no two individuals are the same. However we can provide a selection of tools for tuning to the Divine Nutrition channel that the individual can then experiment with and yogic practice is one of these tools. I have also come to believe over the years that all yogic practices are required to successfully feed from the Divine Nutrition channel as each practice brings a specific tuning tool.

One of the esoteric teachers that I readily identify with on many levels is Omraam Mikhael Aivanhov and just as I began the final section of 'The Food of Gods', a book on his teachings arrived, as a gift, in the mail. I always pay attention to these type of 'coincidences' as although the book came with a postcard written in French, I knew it was required reading for me. The book is called The Splendour of Tiphareth: The Yoga of

the Sun. The day before receiving this book, I was invited to join Hira Ratan Manek on a USA tour to promote solar feeding. Both instances have prompted me to assess a little more deeply the value of solar nourishment and as I began to read Mikhael's book I realized that it contained vital information that I need to add here particularly in relation to the art of Surya-Yoga, a practice that I have been intuitively involved in for years although I did not realize that this is what it is called.

Surya-Yoga is the yoga of the sun. As we discussed in the solar feeding section in Chapter 6, the most prolific modern day research into pranic nourishment was done in India at the turn of the millennium with Dr Shah and his team and their 'guinea pig' Hira Ratan Manek – a yogi also known as Shri HRM. However Surya-Yoga involves more than solar gazing and absorbing the pranic flow through nature. Surya-Yoga incorporates all the other yogic practices while focusing on connecting with the Supreme Intelligence that feeds our physical sun and flows through it. Recognizing the Divine Force that sustains our sun and directs its energy into the lower planes of the third and fourth dimensions creates Bhakti-Yoga, a feeling of devotion and awe for without our sun there can be no life. All recognized organisms including mankind are fed by the energy that radiates through our physical sun. To practice Hatha-Yoga and its various asanas in the warmth of the early morning or dusk time sun, opens and feeds all our meridians and our chakra system with another level of food and power. Applying positive mental projections and thought forms with Mantra-Yoga and using Kria-Yoga to direct the outer light flow into our inner system, allows our sun time of Surya-Yoga to be even more beneficial.

Surya-Yoga also requires us to be in silence and project our minds via meditation and creative visualization, into the fifth Dimensional frequency band and beyond, where we can recognize the intelligent life levels that exists within the sun's fields but this is an advanced practice for those who are open to experience 5th, 6th, 7th (and upwards) multi-Dimensional life-form expression. As Mikhael Aivanhov shares in his Surya Yoga book, the idea that intelligent life can reside in the higher energy field of our physical sun is ludicrous to many, as is the idea that our body can access a source of nourishment from within its own atomic structure, or the idea that each atom is a doorway to an inner universe, or that we can direct Violet Light Rays to attract even more nourishing Violet Light rays - from these inner sanctums - and create a system of bio-feedback looping via Shabda-Yoga to feed our cells.

Aivanhov also concurs with more recent research into the natural properties of our brain and its predilection to mirror and change resonance patterns to match that which it focuses on. He says that: "by focusing all his powers of concentration on the sun, he (an esoteric student) can capture and draw into himself, in all their original purity, the elements needed to ensure his health and equilibrium." He also says that as the sun provides all the elements for all life, we can feed on its pure essence and that: "When we gaze at the sun, therefore, even if we do not know it, our soul assumes the same shape and becomes a luminous, incandescent sphere. It is the law of imitative magic that is taking effect; we look at the sun and our whole being begins to resemble it. Simply by looking at something, we create an association, an alliance between ourselves and the object or being we are looking at, our vibrations adjust to its vibratory rate and, quite unconsciously, we imitate it." He goes on to say of Surya-Yoga that: "If you want to be like the sun, you must gaze at it with great love and trust. In this way you will become warmer and more luminous and better able to pour life into others. Your presence among others will be that of a sun radiating light, warmth and life."

Using mantra-Yoga to remind us that the sun is also the Source of nourishment for all life, we can then change our mindset by acknowledging that it has the power to feed us directly without going through the middle man food chain of the plant and animal kingdom.

Question 8: What about other types of yoga? How do they fit into the preparation process for accessing the Divine Nutrition channel?

Answer Q8: To answer this question properly I need to take a little time to differentiate between some of the more traditional yogic practices as each has a role in our physical, emotional, mental and spiritual preparation for tuning to the Divine Nutrition channel.

Yoga is a metaphysical art that comes from India and Tibet, China, Japan, Egypt and also Persia and all religions have their own form of yoga. For example the practice of

adoration, prayer, contemplation and devotion to God in Christianity is known as Bhakti-yoga in India. Bhakti-yoga is the yoga of devotion and spiritual love. Without devotion to our DOW and our desire to feel Its love, we cannot begin to connect to the Divine Nutrition channel, for devotion to the experience of Divine Love attracts the food of the Gods. The experience of devotion, contemplation and prayer provide the fuel of discipline for us to tune ourselves more deeply to the Divine Nutrition channel.

Then there is the yoga of knowledge – also known as Jnana-Yoga - which is the way to God through the use of one's intelligence and the practice of this yoga is said to suit people open to study and philosophical reflection. Accepting the possibility of pranic nourishment requires the honouring of our intelligence and the recognition that we also have a super-luminal intelligence within us that mirrors the Supreme Intelligence of the original Creative Force. To be nourished successfully we need to trust and surrender to this Force which can only occur when we have done enough intellectual and experiential research to relax and let go and let our inner God feed us. Discovering then honouring the Divine Intelligence within us is true Jnana-Yoga practice.

Karma-Yoga is for people who are learning about selfless service, service done without the thought of reward. Karma-Yoga teaches us altruism through the doing of good deeds that benefit others. This is a very important aspect of the Luscious Lifestyles Program for acts of kindness done with compassion are one of the most powerful tools we have to tune us to the Madonna Frequency Field of pure love.

To successfully feed from the Divine Nutrition channel and sustain health, we need to learn to master any limiting influences of our lower nature and become the Queen/King of our inner kingdom. We do this through Raja-Yoga where we develop concentration and self control.

Preparing the physical body to be strong enough to handle the download of the Divine Electricity flow that comes with pranic feeding, opens us to the practice of Hatha-Yoga and its ability to tap into our bio-systems psychic centres through the use of various asanas and postures. Hatha Yoga gifts us with discipline, will power and perseverance – all of which are helpful as pioneers of the Divine Nutrition journey, however Aivanhov says that Hatha-Yoga is often not recommended for the undisciplined Western nature.

The practice of Kria-Yoga is the yoga most adopted by nearly all previous pranic nourishers, for Kria-Yoga is the yoga of Light and its range of colour. It consists of thinking on light, visualizing light and experiencing the inner Light flow through the brow chakra or upper Tan Tien, working with light energy through our auric field and learning to direct this light flow in a nourishing way as per practices like the Tao Master's Microcosmic Orbit.

It was a specific Kria-yogic practice that sustained Giri Bala enough to be free from the need of food or fluid for over six decades and Kria-Yoga that gave the Himalayan Babaji his immortality. Kria Yoga can be used to direct light through the grids as in the work of the Geomancers and the Dimensional Biofield Science Technicians and it is Kria-Yoga that sustains the Bio-Shield Devices. Kria-Yoga also feeds our chakras and their associated meridians.

Agni-Yoga is often practiced by rebirthers and those who utilize the power of the elements as Agni-Yoga works with the element of fire which ignites the fire within as the origin of universal creation. Agni-Yoga allows us to draw a stream of nourishment through the Central Sun via our lower Tan Tien, or sacral chakra, and it is this ability that differentiates us from the solar feeders. Agni-Yoga connects us with Lord Helios, the Intelligence that controls the light dispersion through the sun.

There is also Mantra-Yoga or Shabda-Yoga which is yoga of the power of the word where specific codes, commands or mantras are used at specific times with particular frequency and intensity to achieve certain bio-system changes and to redirect the cosmic forces of intelligence via light. This also is an important part of the Luscious Lifestyles Program as it allows us to access molecular intelligence, redirect internal and external energy flows and change cellular behaviour patterns.

We have spoken at length about various yogic practices being applied as methods of tuning ourselves in preparation for being fed purely by Divine Nutrition. We have also talked of the importance of attitude. Now I would like to introduce a little data on the Shaman for it is usually the individual who has either yogic or shamanistic tendencies

who is drawn to the Divine Nutrition, living on light reality. Due to their personal metaphysical experiences they can understand and grasp the concept more readily.

Question 9: What about the Shaman?

Answer Q9: The word 'Shaman' comes from the language of the Tungus of North-Central Asia and it came into use in English via Russian. A shaman is often known to be a master of ecstasy, or a shape-shifter or one who has the ability to alter their states of consciousness at will, via meditation or lucid dreaming, to leave their physical form and move between the worlds. They are often metaphysicians or healers or people with command over the elements of wind and fire and they usually work as solo players in the service game. Like the yogi's, Shaman come from all walks of life and they often receive their powers after a near death experience, or after undergoing strenuous training and initiations. Many Shaman move between the dimensions of the higher and lower worlds performing tasks such as escorting the souls of loved ones through the lower realms, to consulting with, and receiving prophetic visions by the great light beings in the higher realms.

A shaman often lives at the edge of reality and at the edge of society itself. Few indeed have the stamina to adventure into these realms and endure the outer hardships and personal crises that have been reported by or observed of many shamans as they act as bridges between the worlds.

Question 10: The idea of Solar feeding or Surya-Yoga is all well and good but what about when we live in places where there is minimal sun and also maximum pollution that screens out beneficial pranic rays? Like London for example?

Answer Q10: This is precisely why I feel that solar feeding principles alone are insufficient to sustain the Divine Nutrition flow and that to do this we have to feed from the Central Sun's energy that flows through our lower Tan Tien - as in Chapter 7. Also all successful solar feeders that I have met including Hira Ratan Manek practice their version of the 8 point Luscious Lifestyles Program as discussed in Chapter 6. In order to consistently maintain our health and happiness levels, we must apply some type of Kria-Yoga to our internal and external energy Light flow.

Question 11: What do you feel is the main requirement to live purely on prana, the secret to living only on Divine Light?

Answer to Q11: After over a decade of personal experiential research and interviewing hundreds who live successfully via Divine Nutrition, my one conclusion is that it is our vibration that determines our success with this, nothing more, nothing less. Our vibration allows us to draw this nutrition from the inner planes and back through our cellular structure, if this is our intention. It also allows us to attract increased doses of both internal and external chi, for prana - in the form of Cosmic Fire and Astral Light - which are the main elements sustaining all life particles. Things like a pure heart, the ability to serve with compassion and kindness, the openness to the Higher Laws and to using our higher mind, all these tune us powerfully to the channels that can reveal our paranormal powers, of which this ability is just a small by-product.

Question 12: With so much emphasis in the world on malnutrition and obesity, and on anorexia and body image, and with people constantly saying that physical food is a gift from God and that to not eat is 'unnatural' and is to deny yourself a great pleasure; how do you handle this?

Answer Q12: Firstly malnutrition, obesity and physical anorexia are all the result of humanity's various emotional, mental and spiritual states of anorexia which Divine Nutrition, when released from within, has the power to eliminate. Secondly there are many ways to nourish ourselves apart from the usual choices of food, or indiscriminate sex, or drugs that dull or stimulate our mind like television for example. I am not saying that any of these things are 'bad' per se, just that we have not yet been well educated as to alternative forms of nourishment. The sharing of food with friends and in social settings does bring great pleasure, not just to the palette but also on emotional bonding levels. This is one of the reasons that some light eaters still eat from time to time even though their bio-systems have been freed from the need for physical food. For me personally, one the best 'meals' I can give myself is a walk along a beach where I can simultaneously bathe in - and absorb - sun and wind and water prana. Another 'meal' for me is a walk in a rainforest or to meditate on a mountain in the dusk or dawn light.

Humanity has entered into a stage of evolution where we need to reassess what we term true nourishment, as for the first time in our history we have the extreme of approximately 1.2 billion people suffering malnutrition from lack of physical nourishment and 1.2 billion people suffering from obesity related problems due to incorrect physical nourishment and addictions to fast foods served to placate a fast society. For many people eating and the 'pleasure' food brings is an emotional addiction in an attempt to satisfy a deeper hunger. At this time in our evolution we are being intuitively guided to encourage pleasures that promote and sustain physical, emotional, mental and spiritual fitness in all.

Question 13: As a leading proponent in the world for the Divine Nutrition paradigm, and as someone who has had to deal with all the natural scepticism regarding the pranic nourishment reality, what do you see as the future of this?

Answer Q13: Like many yogis and shaman, I have been blessed with the ability to glimpse – from time to time - into our future and I have witnessed that due to its personal and global benefits, the 'prana as nourishment' reality is being Divinely supported and will not go away. I have seen a world where the slaughter of any life – human or animal – is no longer part of our reality and is seen as something belonging to our more barbaric, unenlightened past. In this 'new' world, there is love, honour and respect for all life and people have been educated as to how to create and maintain physical, emotional, mental and spiritual fitness. In this world we exist in rainbow cities of crystalline light that radiate with love and wisdom and health and happiness.

The question is how do we get there? What steps do we need to take to evolve into this new world? The answer is simply a matter of the expansion of our consciousness which happens when we

adopt a more holistic lifestyle that is designed to change our brain wave patterns and activate our higher sensibilities.

While scepticism is healthy, ignorance and fear come from lack of education which it is why it is crucial for those in the 'frontlines' of this new paradigm, to always act as masters. Part of this mastery entails being able to hold and radiate the vibration of love in all situations regardless of what is happening.

My connection with the inner plane Holy Ones has revealed to me through the years that everything is fed by, and exists due to, light and colour and sound whose rays and waves are driven by Universal Laws and mathematical codes, just like a giant Cosmic Computer. As such all can be directed and utilized via our will, imagination and intention and nothing is impossible. I also feel that tuning our bodies to the Divine Nutrition Channel is basic esoteric science and the next step in our evolutionary process.

So exactly what is the future of this? Due to the how challenging this paradigm is to mainstream reality, many of us have already

lived through both ridicule, and overt and covert opposition yet we know that eventually we will come into a state of acceptance. As these stages unfold in the different countries where the light eaters are demonstrating this paradigm, some have gone underground rarely speaking of such things, others are very public in their support but most are simply circumspect, relying on their inner guidance as to whom they can share such things with.

Also the bringers of change always work in waves: - in the 1970's Wiley Brooks launched 'breatharianism' into the American scene, then I held the very public position with 'pranic nourishment' in Australia, Asia and Europe for nearly a decade until I completed my media assignment with this work, now Hira Ratan Manek is being the public face as he relentlessly tours in India and the USA, and works with the various medical and science teams to offer his 'solar feeding' program. After Hira there will be someone else and so it will continue. And of course we recognize all the work that others have done to contribute personally and professionally to the anchoring of this reality and some of these are acknowledge in Book 2 of this series. You can tell when a paradigm is here to stay when many different people, from many different backgrounds, most who have never met, start to reach and share the same findings and one of the current excitements within esoteric circles is regarding the gifts that come when we consciously shift brain wave patterns.

Question 14: You often say that the idea of just being free from the need to take physical food, is not enough motivation for people on this journey and that

people wishing to be involved with it need to be aware of the 'bigger picture'. Could you explain what you mean by this?

Answer Q14: Humanity has been gifted with an amazing ability which is to re-discover, recognize, experience and demonstrate the God Force within. We have been programmed to demonstrate this Divine Force and be one with it, any time we choose - for on one level we operate like mini computers that are run by the same software as the Cosmic Computer called God. This Divine Force, or God, radiates Its nurturing love and light through our inner sun centre to feed our chakras, and through our external sun and It has the power to feed our cells. However the remarkable thing is not to see a human being become free from the need to eat physical food, but to see a human being radiate such light and love that all are fed by their presence.

I think Aivanhov summed it up best when he said: "When we focus our attention on the sun, the centre of our universe, we draw closer to our own centre, our higher self, the sun within; we melt into it more and more.

"But to focus our attention on the sun also means to learn to mobilize all our thoughts, desires and energies, and put them to work in the service of the highest ideal. He who works to unify the chaotic multitude of inner forces that constantly threaten to tear him apart, and launch them in the pursuit of one, luminous, beneficial goal, becomes a powerful focal point, capable of radiating in every direction. Believe me, a human being who masters the tendencies of his own lower nature can benefit the whole of mankind. He becomes as radiant as the sun. His freedom is such that his consciousness embraces the whole human race as he pours out the superabundance of light and love that dwell within him.

"The world needs more and more human beings capable of dedicating themselves to this work with the sun, for only love and light are capable of transforming humanity." The addictions we form in our search to satisfy all our hungers, occur through lack of holistic education and a lack of awareness of 'who' we really are plus the misconception that we are separate from our Creative Force. Once we experience our true nature and unify all aspects of our lower and higher nature, the food of the God within begins to flow and our hungers and addictions disappear.

Questions on dealing with family and social adjustments as a light eater, are covered in the previous books in this series however there is one more issue that I would like to re-address. People often say to me, "I can't be a vegetarian, it doesn't suit my blood type, or my body type" they say, "I tried it and felt terrible" OR "My doctor or nutritionist said it was not a good choice for me."

The most crucial aspects of the Divine Nutrition reality is the mastery of mind over matter. We are all Gods in forms and our body can absorb - from the higher inner and outer planes - all the proteins, minerals and vitamins we need to self regenerate, maintain peak health and longevity. It is also common for people to experience 'toxic dumping' from an impure system as they begin to lighten up their diet. All we recommend is that you be aware of your thought patterns and be prepared to reprogram yourself out of any limiting beliefs which is the first step to opening the door to the Divine Nutrition reality.