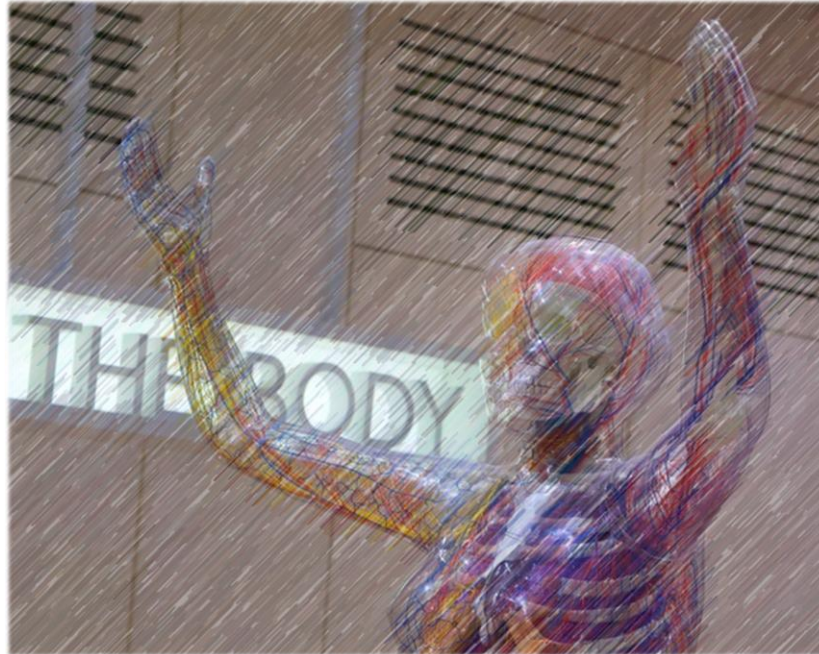


FASTING WITH THE MASTERS

“HOW TO POWER THE ELECTRIC BODY”



STRATEGIES FROM THE AUTHOR



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THE OVERVIEW ON THE “ELECTRIC” PHENOMENON

The concept of the electric body comes from the idea that “energy cannot be created nor destroyed,” which is an interesting quote from Einstein. More than this, the idea or concept comes from feeling for ourselves the way our body functions; our hearts, our nerves and more. All is energy and the material world is really composed of sub-atomic particles that power the physical existence with electricity, as many have been able to know and understand with the modern discoveries in quantum physics.¹ If we simply observe nature however, we’ll be able to grasp this concept better. They say a picture is worth a thousand words, and I feel that in this case it’s an amazing way to illustrate the meaning that is being conveyed here:



The picture above is lightning as photographed manifesting in the skies next to the veins within a human eye. The way that electricity works is similar in the way that our neurons “fire” and connect with the nervous system. The heart is considered our battery and our pump, so that’s why when an individual is having heart failures there is an electrical charge that

¹ Eternal888B, “What The Bleep Do We Know Superposition.” www.youtube.com. Published Jan. 20 2007, accessed May 1st 2018. <https://youtu.be/IDlqNTDi96I>. In this clip, it mentions that electrons are really the force behind objects, and that they never really touch. All of the perception of solid matter is merely the communication of electrons pushing off each other.

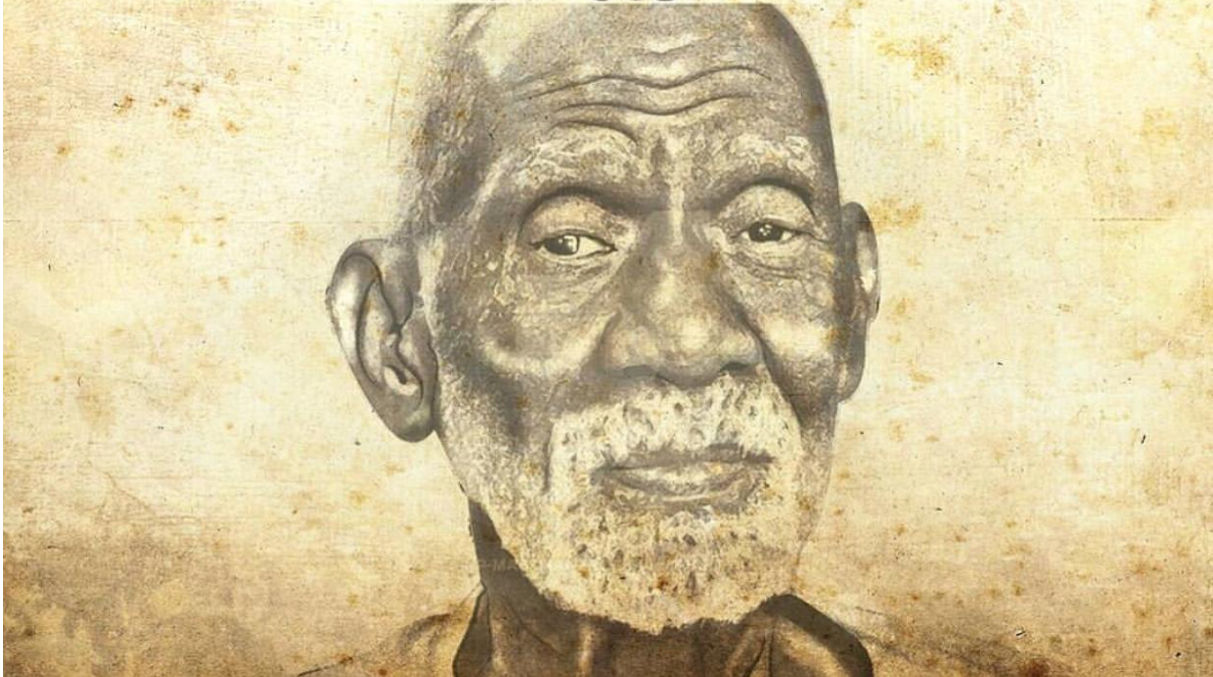
needs to be administered to the body. In addition, this information becomes more powerful once the understanding of “alkalinity” and PH balance² is introduced.

The PH balance is a scale subject to measurement of acidic and alkaline conditions. The acronym “PH” stands for “Power” or “Potential of Hydrogen.” We’ve often heard of anti-oxidants as being good for the human body, well these are items that contain a higher PH value over oxygen molecules. So then the opposite must be true, in that oxidizing items consumed in the body create disharmony within the body. Consuming alkaline liquids and foods, among other things, are the key to unlocking the secrets of the electric body.

The alkalinity determines the electric potential and anti-oxidant power that transfers all those benevolent ions to the body. Alkaline items are nature’s finest gifts, and the most powerful liquids, herbs and foods that nature created are alkaline in nature. This is an understanding that has been passed down to me by teaching, application and results. Dr. Sebi, my mentor and friend brought this to my attention years ago, and I am convinced that the things presented here are the most beneficial for the macrocosm and the microcosm. What I mean to say is that, just like the similarities between the lightning and the veins of the eye, as you heal yourself so do you heal the world.

² The PH balance is the middle point of a scale that can be acidic or alkaline. This understanding has led to many breakthrough discoveries about the human body and it’s relationship to the world. Dr. Sebi is really among many experts and healers that have utilized the understanding of the body and the PH balance, and only Dr. Sebi was able to properly combine that knowledge with proper nutrition and herbs that complement the human body.

"Starve the disease. Feed the body with mineral-rich foods with components C-H-O: carbon, hydrogen, oxygen. This mean the food is alive, and will not harm the body."
- Dr. Sebi -



FAST SOLUTIONS TO HEALTH

When it comes to the understanding of fasting, It's important to mention that fasting is proven to boost the immune system within 72 hours.³ In addition to the many scientific studies and talks that have been released over the years about fasting, what I will share comes from the wealth of knowledge that was passed down to me by my mentors over the past seven years, and more than this, my own will and effort in applying the teachings that allowed me to successfully complete 30 days of liquid cleansing a year. In doing so, I have a very special story of healing and transformation.

The world renowned healer and herbalist Dr. Sebi teaches through his own story of liquid fasting to overcome diabetes, impotence and many other manifestation of disease within himself. Likewise, my journey has been similar in overcoming illness. I can easily say that fasting was a very strong common ground between Dr. Sebi and myself, as I had been taught properly years before ever knowing who Dr. Sebi was. When we finally met, I was able to have the experience and references necessary to receive the experimental fasting techniques he passed on to me.

Even if you're not entirely in the know about Dr. Sebi's life, philosophy and legacy, his life and mine are examples of what is possible when giving the body the opportunity to neutralize the acidic substances that obstruct the system. In my case, I have overcome aggressive skin conditions, nervous system episodes, dry eyes and more. I was able to succeed because of the

³ Sarah Knapton, "Fasting For Three Days Can Regenerate Entire Immune System, Study Finds." The Telegraph, www.thetelegraph.co.uk. Published June 5th 2014, accessed May 1th 2018. <https://www.telegraph.co.uk/science/2016/03/12/fasting-for-three-days-can-regenerate-entire-immune-system-study/>.

knowing that the body is a miracle, and once you put the right things that promote an alkaline environment, miracles do happen.

IMPORTANT THINGS TO KNOW ABOUT FASTING

- 1) Throughout millennia, fasting has been associated with spiritual disciplines and religious traditions as a way to experience communion with God and achieve mystical states of consciousness. Fasting is one of the five pillar of Islam and mentioned numerous times in the Christian scriptures to name a few.
- 2) The body is 70% on average of only water! That means that liquid intake is super important throughout the day and also that 1 gallon is consumed a day. My best and most successful fasts have been with the use of alkaline water with a PH of above 9.0. However, it's not only the fact that it's alkaline but that the electric potential is intact. You will NOT get the electric potential needed with lime and baking soda, as some people like to do. It's fine and all, but understand that water is always moving! Alkaline water appears natural with healthy moving streams, as one can easily imagine the current thrusting against the rocks. To have the best alkaline water, one must invest in a medical grade water ionizer that can provide the fresh electrons like they've been drawn out of the source.
- 3) Intermittent fasting is the most balanced way to fast. Sure, my mentors and I have gained tremendous health benefits fasting for prolonged periods of time with only liquids and herbs. It's my responsibility to mention that prolonged liquid fasts are best left to experienced adepts because making a mistake can be costly. Fasting makes the body more sensitive, so it's important to be careful.

- 4) **Intermittent fasting allows the benefits of the prolonged fasts if practiced for a 6-12 month period. Although the results are slower, you don't put your organs through so much stress.**

This type of fasting allows you to eat and abstain all in the same day.

- 5) **The most important thing I can say about fasting is that your strongest meal should be had between 12pm-3pm, when the sun is at it's highest point. Evidence and personal experience has taught me to refrain from heavy eating in the late parts of the night, as the**

body will require more energy to decompose the foods ingested.

- 6) **Refrain from hybrid and starchy foods as much as you can. There are many things disguised as "health foods" and so it's important to understand which ones to avoid, especially during periods of fasting. One of the most common one is Beet, which contains high amounts of starch that turns into harmful sugars. Organic or Inorganic Cane Sugar is to be avoided also, as all of these starches are very acidic to the human body once ingested.**

- 7) **Lastly, the type of intermittent fasting that is recommended is one where you typically drink liquids in the morning hours, which consists of alkaline water, spring water, coconut water, teas, fruit juices, smoothies until 12pm. Afterwards you may start to snack on some nuts and fruits, to work your way towards your strongest meal. After 6pm, one should abstain from solid foods to have liquids.**

As a result of the dietary change, the body has a greater ability to regenerate and so it empowers itself! In addition to understanding all the physical procedures and steps, it's very important to understand that the detoxification process is spiritual and emotional just as much as it is physical. The essence of this teaching is that willpower is required to persist while on a fast. My reason for success has been largely due to my focus and determination, which made it easier to sacrifice all the things that didn't contribute to my health goals.

At this, there needs to be mention of the deeply emotional and psychological aspects that come to the surface as a result of aligning yourself to a fasting season. Rest assured that once a period of fasting is complete, it drives a sense of fulfilment and upgrade in personal responsibility. The lifestyle ideas that are presented here are meant to enhance wellbeing. When more energy is present within the body, there is more power to drive your inner concepts and life purpose with all facets of creativity augmented. In short, after being on this path for almost a decade, I must mention that my life has been transformed with the knowledge and application of fasting. Intermittent fasting is being widely promoted these days, but very few understand that it's more than just looking good, it's about unlocking the full potential of the electric body, as it has many amazing things to show you. Are you up for it?

For more, I recommend to read my book, "FASTING WITH THE MASTERS: A GUIDE TO SELF HEALING," where I go deeper into these concepts and even the esoteric ideas that I've learned which I didn't have time to go into here. Healing is a concept that is more than just physical, and it's amazing to see so many changes in the world as far as healthy living and sustainability for the planet as a whole. The alkaline lifestyle benefits the body more than any other animal derived foods, which tend to slow the system down and compromises the mucus membrane. There is so much to go into, and I would love to have you as part of this "Wellness Revolution." Please connect with me on social media and be vigilant for my podcast for regular content that is designed to help you achieve wellness sovereign.