

# Fasting

## (The Summit Lighthouse)

Keepers of the Flame fast weekly on Saturday with Lanello, using the violet flame, physical exercise and internal cleansing to give the physical body its Sabbath rest. Their 24-36 hour regimen varies from distilled water with lemon juice, to either vegetable or fruit juices, with or without vitamins and minerals. Those under doctor's orders not to fast may find an all fruit or all raw-vegetable day (including a variety of salads, seeds, nuts and sprouts with combination juice or protein drinks) to be a healthful adjunct to the rest and purification of the body. Fasting is a habit which the physical body and the body elemental take to easily and with delight. Herb teas made with distilled water provide a comforting spiritual fast for all one's members.

Keepers of the Flame break their fasts Sunday morning with grated carrot and cabbage doused with lemon juice only. Three hours later they partake of fruit or a cooked leafy green vegetable with mineral broth. (The first full meal should be light and sensible. Avoid overeating and skip dessert. Do not partake of flesh foods until the following day; take yogurt and acidophilus to reestablish the friendly intestinal bacteria.) The goal of this ritual of fasting is for spiritual purification – the self-emptying, that the Holy Spirit may enter in. Many have discovered healthful side benefits, such as weight normalization, detoxification, mental clarity, and physical inner peace.

One of the best fasts to facilitate cleansing is a one-day or three-day fast on pure bottled spring water. If you decide to do this fast, drink no less than eight eight-ounce glasses of water in each twenty-four-hour period. To each glass add half a teaspoon of lemon juice. Add a teaspoon of bentonite clay to three of your eight glasses of water and take them morning, noon, and night. Swish each mouthful of water for one minute before swallowing.

Conclude your fast with a delightful variety of fresh vegetable juices made with an electric juicer. Enjoy chewing raw shredded carrot, celery, and cabbage. These vegetables act as an internal brush, clearing the way for a return to solid foods. Chew each mouthful of shredded vegetables at least fifty times.

The body eliminates toxins through the intestines, the skin, the lungs, and the kidneys. You can increase the effectiveness of your fast by stimulating elimination through these avenues of cleansing. To help cleansing through the intestines, use bentonite clay.

To aid elimination through the skin, brush your skin with a dry natural fiber brush. This will remove toxins and old layers of skin that clog the pores. Brushing also increases the

action of the lymphatic system, which carries waste from the cells into the blood. The blood then delivers the waste to the kidneys, where it is converted to urine and deposited in the bladder.

To increase elimination through the lungs, breathe deeply and rhythmically, preferably outdoors, in the fresh air and sunshine. Give Djwal Kul's breathing exercise daily (see decree 40.09). To support the kidneys, drink calendula or dandelion leaf tea. Moderate exercise three times a day and a sauna or steam bath once a day for fifteen to twenty minutes will invigorate the mind and purify the body. When you come off a fast, a mild enema or colonic may be beneficial.

Thus, it requires the astuteness of the Mind of Christ ever seeking purification. Forget not to fast, to clear the senses and the mind. Your own beloved Mark did diligently follow the practice of fasting and designated one day a week for that purpose. Saturday is the preferred day when you have the violet flame passing through you, when you have the light of victory, when you have the action of the sacred fire preparing for the receiving of that illumination on the day of the sun's ray.

Realize, then, that I AM Victory! I AM a light of victory and I have sought on occasions to contact some of you either with a warning or with instruction or with a penetrating light, and because your senses have waxed dull by overeating and overindulgence, you have not heard me and therefore a blessing was lost.

I come not to condemn, for my heart is filled with a compassion for your lifestreams. But I should say to you, beloved, that the joy of God does flow when you can discipline yourself—and not cheat—to pass that twenty-four hours in a cleansing action and then invoke the Holy Spirit to fill the void. For nature abhors a vacuum. If you empty yourself, God will fill you with light. And then your perceptions will increase and you will be meet for the battle of the LORD.