

Food and Nutrition

Trance Library File No. 88-17

SUGGESTIONS ON READING THE TRANCE LIBRARY FILES

by

WILLIAM ALLEN LePAR

I appreciate your interest in the information we have been receiving from [The Council](#), the spiritual source which speaks through the Trances. In all the years that I have been manifesting the Deep Catatonic Trance, I have learned a great deal from The Council, and I earnestly wish that you also gain a greater understanding of our existence.

These Library Files present information from The Council over a vast range of topics. In some cases, the information presented comes from one or two Trances that were usually held consecutively, within a few weeks or months of each other. In other Library Files, the information is selected from Trances held over many years. In all cases, if you study these Library Files carefully, you will notice a common thread of awareness that runs through all the information that The Council presents.

You may also notice that by the manner in which The Council presents the information, it becomes evident that they are layering awarenesses and insights. The observant reader will realize this progression of awareness and the unfolding of these insights.

These Library Files will not reveal their deepest insights to you with a casual reading. You must study them and reflect upon them. I would advise you to read the Library File at least twice and reflect on the information that The Council gives.

Again, thank you for your interest. I sincerely hope that you benefit from the Council's wisdom.

Sincerely,

SOL

AN INTRODUCTION TO THE COUNCIL

by

William Allen LePar

The Council has often referred to themselves as "spiritual beings." We must remember that this is a very elusive term and means something far greater than what we normally have been taught to understand as "spiritual beings."

In our finite minds we look upon spiritual beings as living beings confined in similar manners as we in the physical, and this is not the case with some levels beyond the physical. But in this expanded description from The Council, we begin to realize that there are levels that we can reach as spiritual beings that far surpass our present concepts.

Respectfully, I submit The Council's own personal description of themselves.

THE COUNCIL SPEAKS OF THEMSELVES

After a soul or an entity has accomplished a certain level or degree of perfection, through whatever system that is the ruling belief system of that time, then the individual or the soul or the entity is elevated to a level wherein it is not necessary for reincarnation. Once entering the spiritual realms without the need to reincarnate, a growth period is undergone. Many steps of awareness or many levels of awareness are accomplished, many degrees of elevation, many degrees of perfection until finally the soul, the entity has evolved into a state where there are no levels, no degrees, but begins to expand in love and awareness to the point where there is a total mержence or merging with other beings; where all ideas of limitations, all awarenesses of false limitations, have been done away with; where the person or the soul or the entity begins to realize its true unlimitedness and in that begins to expand greater and greater and greater, interweaving more delicately and more closely with all others and all other things, and in so doing grows closer to the Divine Himself. Once a soul or entity has reached this level, then they are in union with others, total union, yet completely individual, and yet completely united. This soul, this entity has its own personality, yet delicately flows in and out and with other souls but yet maintains its own personality, its own being. The soul, the entity becomes more god-like in that it becomes part of all things, yet maintains its own personality, its own being. Once a soul has reached this level then there is no name, there is no body as you would recognize or understand, but a more complete and unlimited [Child of God](#), one who is so developed that no name could ever describe him. That is the existence we live in, and if you wish to use confining and restricting terminologies as levels, then we souls have to say that is the level we exist in. In all of mankind's history this level has never before spoken in the [physical plane](#).

Even though we refer to ourselves as "spiritual beings," we use such statements only to give all who come to us some idea to relate to or some concept that they can relate to.

THE TRANCE PHENOMENON

We believe The Trances of William Allen LePar are the rarest paranormal experiences known to modern man. The only example of a similar phenomenon ended with the death of [Edgar Cayce](#) in 1945. The Council's unparalleled revelations, through Mr. LePar's trances, are made available to the public through the SOL Association for Research. His time and efforts are without compensation, and SOL is a non-profit, tax-exempt concern dependent on the commitment of volunteers.

The following is a brief explanation of a Trance, so those without the opportunity to participate have a better understanding of the phenomenon. On the day of a Trance, Mr. LePar remains in a peaceful environment. He consumes little food and The Council recommends his diet include red shellfish. He engages in considerable prayer and meditation throughout the day.

Those participating in a Trance, to question The Council, gather about a half hour before the session for socializing. Nancy LePar, his wife, is always the last to leave her husband before a Trance begins. She sits with him in a separate room as he quiets himself with prayer and meditation. When she enters the room in which the trance is to be conducted, all talking and noise cease. Soon he enters, silent and already in an altered state. With everyone seated and quiet, he enters, removes his slippers and positions himself on the floor.

He wears, as instructed by The Council, loose clothing of all natural fabric. Also, Mr. LePar wears no metal other than a wedding ring and cross. As he rests his head and bare feet on pillows, he maneuvers his body into alignment with magnetic north. Those participating, following instructions from The Council, are to place themselves in a quiet, prayerful state as until this remarkable source begins to speak. There are two distinct time periods in the linking of LePar's spiritual vibrations with those of The Council. The first period concludes with LePar's extremely deep and rapid breathing, a form of [hyperventilation](#). His hands, folded across the abdomen, quiver; his left leg stiffens and his left foot extends. Then, suddenly, silence. It seems almost as if he has stopped breathing. Finally, The Council begins to speak -- slowly at first, repeating the name of the Trance moderator, until the link with the physical world is ready. It usually takes about thirty minutes from the time Mr. LePar lies down until The Council speaks. But on some occasions, for a variety of reasons, it can be as long as 45 minutes.

Once The Council begins to communicate, a Trance usually lasts between ninety minutes and two hours. The Council is offered the opportunity to give the gathering an opening statement, which has always become a segment of information useful for universal spiritual growth. Then, the trances follow a simple question-and-answer format, beginning with written questions and continuing with follow-up questions raised by The Council's comments. At some sessions, there are so many follow-up questions that only the first question asked will be from the list of written questions.

Afterwards, when Mr. LePar awakens, he remembers nothing. His memory is blank from the time his wife leaves him before each session until he awakens at the conclusion of the Trance. He is always physically drained, cold and disoriented. He is helped to a seat, wrapped in an afghan for warmth, and given a slice of bread and a glass of orange juice to help him recover.

We hope you profit from the information in these Trance Library Files. If reading a particular file gives rise to a question, we encourage you to contact us for more information. Thank you.

FOREWORD

The Council has told us on many occasions that truth has always been available to mankind from the very beginning. As you read this Trance Library File, you may note similarities to information from other sources. You will also encounter new information. You may be surprised by some of the information revealed by The Council, to the point where it strains your credulity. The Council realizes this, and so they often begin a Research Group Trance with an opening statement such as this:

Again, a reminder as we have said before, we ask that you think about what we have said, the answers to your questions. It is not necessary to accept everything we say, but we do ask that you take the time to think on what we have said and hold it for possible use or acceptance at a later time. What is most important is that you do think, that you exercise your God-given mind. Use what you can use and store away that which is not serviceable at this time, for if you wish to see a dawn tomorrow with its clear blue skies, you must make ready for it now. If you cannot believe that tomorrow will be a better day than today, then it will not be so for you. If you do not carry the light of tomorrow, then where will it come from? If your tomorrow is not planned for today, then how can it exist? Forearmed with the knowledge of the path you are presently traveling, you are then in a position to create a better path for your travels tomorrow. The outlook for the children of the Divine is definitely a bright and sunny day. Only you can make the decision as to what your tomorrow will be. We have one distinct advantage over each of you, and that is we have gone through the process of life that you are presently experiencing and in those activities we have learned that one must never narrow their vision down to what they prefer to see, but it is great wisdom when one is willing to look at the total picture, even those segments that one wishes were not there.

Always keep this concept in mind: Use what information you can, and that which you cannot agree with, put it aside for now. Do not discard it, for you may find it very useful in the future.

IMPORTANT

TERMS AND CONDITIONS FOR USE OF TRANCE LIBRARY FILES

1. PLEASE DO NOT RETAIN THESE LIBRARY FILES.
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6. PLEASE REQUEST ADDITIONAL FILES BY EMAIL SO THAT WE CAN REPLY QUICKLY.

DISCLAIMER

These Trance Library Files are verbatim transcripts of psychically derived information. This information was given in response to questions posed by individuals in attendance at the Trances. These transcripts are presented for informational and educational purposes only. They should not necessarily be considered applicable to situations other than those of the person asking the original question. **SOL cautions that this information should always be considered in its original context.** SOL advises that the reader exercise judgment and common sense when considering this information. SOL cannot take responsibility for any abuse of the information contained in the Library Files.

From thousands of transcript pages, SOL has compiled the Trance Library Files, and will continue to do so in the future. Some of the information has come to us in concentrated form, while other Library Files are compilations of material given through the years.

As you experience more Library Files, you may occasionally notice the same or similar bits of information in different Library Files. This is done to maintain the integrity of The Council's message in each subject area. Please enjoy your encounters with the words of The Council. SOL heartily endorses the spiritual and educational value of these Library Files and firmly believes great benefit can be derived by those approaching this information with a sincere desire for greater understanding of themselves and their world. The material in this Library File is copyrighted and may not be reproduced without the written permission of SOL.

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

Reincarnation⁽¹⁾

page 31⁽²⁾

Selection # 16⁽³⁾

Reincarnation⁽⁴⁾ was discussed on 80-06-28⁽⁵⁾, the 78th Trance⁽⁶⁾.

The word "reincarnation was first found on page 1235, in line 387⁽⁷⁾.

386⁽⁸⁾

387 ***:⁽⁹⁾ Since we believe in reincarnation, and apparently have experienced death a number
388 of times, why do the majority of us fear death, and why do we not have a conscious
389 awareness of what it is like beyond the veil?

390

391 C:⁽¹⁰⁾ If you have reincarnated then evidently you have not fulfilled or let us say you
392 have not taken advantage of the opportunities available to you while in the material
393 manifestation, thus you have relegated yourselves to the man-made heavenly realms. The
394 fear comes from a degree of awareness of the conditions in the man-made heavenly realms.

NOTES

(1) **Title** - This is the topic of the Trance Library File.

(2) **Page** - This is the page number of the Trance Library File. Each Trance Library File begins with page one.

(3) **Selection** - This number indicates the chronological order of this block of information in the whole of the Trance material.

(4) **Key Word** - This is the search word used for this selection.

(5) **Date** - This is the date on which the Trance occurred. It is given as a year-month-day (80-06-28).

(6) **Trance Number** - All of Mr. LePar's Trances have been numbered chronologically beginning with number one. This number indicates from which Trance this selection was drawn.

(7) **Master Volume Information** - All information from all Trances is transcribed in chronological order into the SOL Master Volume. This line indicates the page number and line number as found in the Master Volume.

(8) **Line Number** - The transcript of each Trance session is numbered from one. If a Trance Library File is made up of information from more than one Trance, then these numbers will change sequence.

(9) **Questioner** - The symbol *** indicates an individual at the Trance asking a question or responding to The Council's remarks. This is used to maintain confidentiality.

(10) **Council** - The symbol C: indicates that The Council is speaking.

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

79-12-01⁽¹⁾

Life After Death - Part 1⁽²⁾
Trance #2⁽⁴⁾

page 21⁽³⁾

This trance was the second trance in the Research and Study Group series. The Trance was attended by William LePar and (***)⁽⁵⁾, and (***)⁽⁵⁾.

1⁽⁶⁾

2 C:⁽⁷⁾ May the Peace and the Joy of the Infinite Father be upon you, and may His Light
3 shine down upon you and around you and within you.⁽⁸⁾

4

5 ***:⁽⁹⁾ Thank you. Are you ready?

6

7 C: Yes, we are ready.

8

9 ***: Would you agree with the statement that Jesus Christ came into the earth in human
10 form and is both man and God?⁽¹⁰⁾

11

12 C: Yes, we acknowledge that Jesus Christ is both man and God and that He did come
13 into the material manifestation.

NOTES

- (1) **Date** - This is the date on which the Trance occurred. It is given as a year-month-day (79-12-01).
- (2) **Title** - This is the topic of the Trance Library File. If a subject requires more than one Trance Library File, then the file is divided into **Parts**.
- (3) **Page** - This is the page number of the Trance Library File. Each Trance Library File begins with page one.
- (4) **Trance Number** - This is the number of the Trance within the Research and Study Group Trance series.
- (5) **Identification** - This paragraph identifies the Trance and the persons in attendance. Individuals are identified by the symbol *** to maintain confidentiality.
- (6) **Line Number** - The transcript of each Trance session is numbered from one. If a Trance Library File is made up of information from more than one Trance, then these numbers will change sequence.
- (7) **Council** - The symbol **C:** indicates that The Council is speaking.
- (8) **Greeting** - The Council always opens with a greeting.
- (9) **Questioner** - The symbol *** indicates an individual at the Trance asking a question or responding to The Council's remarks. This is used to maintain confidentiality.
- (10) **Test of the Spirits** - As outlined in the First Letter of John this test is given at the start of each Trance.

Food was discussed on 78-02-26, the 38th Trance.

The word "food" was first found on page 654, line 248.

234 ***: I'd like to ask about my daughter, (***) . If you need a
235 birthday, I'll give it to you, but the school seems to think that she
236 has a learning problem, and she had influenza meningitis when she was
237 a child or a baby at five months, and we almost lost her, but the
238 school thinks she has a learning problem or a slight mental
239 condition, something maybe like slight mental retardation or
240 something on that order. The question is, could this condition be
241 corrected in the future or, if so, what can be done to help correct
242 this?

243

244 C: Let us give you a key that could unlock many doors, and the key
245 is the situation within the family is much too unstable. Along with
246 that a diet that would be clean of poisons, toxic chemicals, would be
247 beneficial. In other words, what we are referring to is a cleaner
248 diet, better food, better quality food. You see, one's eating habits
249 are also a reflection of one's spiritual attitudes, spiritual
250 position. A piece of information for, shall we say, all is that
251 whenever a mother, or whoever, decides to cook a meal for her family
252 and she uses a short-cut, this shows something about her and about
253 the situation. A mother's act of preparing a meal is an act of love,
254 and if that act of love is always dealt out in quick-cook and
255 pre-prepared foods, that gives an indication of how much love there
256 is, because in this type of food one introduces many toxic things to
257 the system. Do you understand our answer to you?

258

259 ***: Yes. Yes, I think I understand. Thank you.

260

261 C: If, shall we say, you were to go to your grocery store and buy
262 food that was more wholesome in the very beginning, you would notice
263 that in time the effects on the child would be noticeable and

264 beneficial. Now, the food alone cannot take care of the situation.

265 There is tension in the family, and it is a combination of both that

266 must be worked on. Very well.

267

268 ***: Thank you.

269

270 ***: Do you have any more questions?

271

272 ***: No.

Food was discussed on 78-04-08, the 42nd Trance.

The word "food" was first found on page 699, line 251.

[This information on food came in the middle of an answer about how the people of Atlantis used mind power. The Council was discussing the Atlanteans' use of crystals and mind power for motion and propulsion. The Council was then asked if this use of crystals was being done today, and The Council gave the following information in which they also discuss the effect of present day food on us.]

231 C: If the truth could be ferreted out, there is much, shall we say,
232 being accomplished by the governments of the world, but it is being
233 kept secret. Unfortunately, because of the type of experiments, we
234 would hope that all would be destroyed before any of this would be
235 refined. The world would be in a much better condition, believe it
236 or not, because the destructive qualities of such things would
237 definitely be used against those who wished to withstand or go
238 against the darkness, but there is a definite effort by all of the
239 major governments of the world right now to mentally control each
240 individual on the face of the earth. At the rate of progression now
241 or, shall we say, the means by which they could accomplish this now
242 would be through the deterioration of the diet which would leave the
243 physical body and particularly the brain in, shall we say, less
244 optimum condition, thus being influenced through collective thoughts.
245 The worse the condition of the body is in, the more easily it is
246 influenced from exterior forces. The healthier you maintain your
247 body, the better off you will be, in most cases now. There are some
248 situations where an entity must maintain an unhealthy body, but this
249 does not affect its ability to overpower any negative thoughts or
250 conditions. What we make specific reference to is that those who are
251 too lazy, too selfish, to feed their bodies the proper food, these
252 are the ones that are asking for the control to be given over to the
253 dark forces or the negative aspects or the Sons of Darkness, and so
254 now in this land and in other lands there are efforts secretly, of
255 course, to develop such things as mind power, also, the slow
256 deterioration of the food which you all eat, making you lazy. Through

257 suggestion, through advertisement, you are fed unclean food.

258

259 ***: What do you mean by "unclean"?

260

261 C: The average person today eats more chemical than food. That is
262 unclean food.

263

264 ***: What about frozen food?

265

266 C: Do not always believe what you see written on the contents of a
267 package.

268

269 ***: What if you supplement the diet with what (***) refers to as
270 clean vitamins?

271

272 C: You are still bringing the poisons into the system. You must
273 eliminate those poisons, those narcotics, those toxic substances that
274 deteriorate the thinking process, that seals off the spirit's ability
275 to communicate through the brain.

276 ***: Then what's coming into my mind is, what about nicotine,
277 cigarette smoking?

278

279 C: We cannot approve of such things, but we must also inform you
280 that such things as the nicotine does not do the harm that the
281 chemical substances that you get in the packaged food, it does not do
282 that harm; nicotine is a more natural, shall we say, toxin and can be
283 warded off much easier by the physical body on a physical aspect and
284 also on a mental or spiritual aspect.

285

286 ***: Then some of the chemicals that are being injected into our
287 fowl; are they also of the poisonous substance to our bodies?

288

289 C: Anything artificial is poison.

290

291 ***: Thank you.

292

293 C: The cleaner, the purer the food that you can eat, the better off
294 you will be. If we were to, shall we say, make a comment, we would
295 much sooner see all of you smoke cigarettes than to go to your
296 drugstore and buy a bottle of vitamins that are not natural.

297

298 ***: That's interesting information. Thank you.

299

300 ***: What does the synthetic vitamin do that's detrimental to the
301 body?

302

303 C: It is a creation of man and not a creation of God. It is a
304 negative or foreign element. Even though your scientists can reproduce
305 perfectly, it still is not a direct creation of God but a creation of
306 man, and you are a God creation, not a man creation.

307

308 ***: Thank you.

309

310 C: The negative aspect or the dark aspect tries to overcome all that
311 is God-created, that is Divinely created, in any way necessary, either
312 through turning your complete being into, shall we say, a synthetic
313 being. There are some chemicals that you receive through your foods
314 that will take many, many years for the body to remove and as your
315 body becomes more and more saturated with such chemicals, you become
316 more and more gross. If you think that man is as gross as he can be
317 now, you are not very wise because if time is allowed to extend past
318 its appointed time now, what will be left after that will be more
319 robots and chemical compositions than flesh and blood as you know it
320 now. Careful of anything created by man.

321

322 ***: Does that pertain to the clothing we wear also?

323 C: Careful of those things that are coated. Do you understand this?

324

325 ***: "Coated." No.

326

327 C: If a woman, a mother, is too lazy to wash and iron her children's
328 clothes, then she has, shall we say, a means to bypass the proper
329 washing and ironing by buying those clothes that are treated so that
330 the washing and ironing is held to a minimum. These fabrics that are
331 treated in such ways are just that, treated, and this treatment is
332 not everlasting. It wears off much sooner than the material would
333 wear out and those clothing products that are brought against the
334 skin, the skin is absorbent; it is like a sponge. Those chemicals
335 will leach into the physical body through the process of sweating.
336 This is why we have suggested that in the morning all should bathe,
337 more so than in the evening; because during the night process the
338 body attempts, through the releasing of gases and sweat through the
339 skin, it attempts to wash away these chemicals that are on the skin,
340 and it does succeed to a good degree the absorption at the surface
341 skin level, and it is successful in, shall we say, washing the
342 poisons back out, so that by bathing or showering in the morning one
343 rids the body of these toxic elements. Haven't you ever given the
344 old saying serious thought that "Cleanliness is the next thing to
345 Godliness"? There is more to that saying than most people realize.

Food was discussed on 78-05-06, the 44th Trance.

The word "food" was first found on page 730, line 626.

[The Council was asked the proper method of burial, and in their answer The Council stated that as our physical body is given to us, so should we return it, that if we were a true child of God we would return it in better condition. The following question was then asked.]

608 ***: How do you do that?

609

610 C: By tending to the physical as it is needed. You women who are in

611 such hurries to get to your beauty shops and to your social

612 activities have a tendency to cheapen up on what you feed your

613 families, and in doing this you create a natural deterioration in the

614 solidity or the firmness or the quality of the tool. In other words,

615 your health declines according to the garbage you feed yourself and

616 your family. Please excuse our crude language.

617

618 ***: Would it be all right for (***) to read the next one?

619

620 C: Do you women understand what we are telling you?

621

622 ***: Yes.

623

624 ***: Yes.

625

626 C: You have an obligation in preparing food, and it is immaterial

627 whether that affects the physical body or not. Very well.

628

629 ***: Did you have a question, (***)?

630

631 ***: "Immaterial whether it affects the body or not"?

632

633 ***: You just stated that it's immaterial whether it affects the

634 physical body or not?

635

636 C: Yes.

637

638 ***: Immaterial to who?

639

640 C: Immaterial to the individual who is receiving the food. Think,
641 think, think.

642 ***: The act of love that would go behind the preparation of the
643 proper food; would that be the important thing?

644

645 C: In some cases, yes, this is an important factor; most generally
646 for the person preparing the food, and in some cases it does affect
647 those who are taking in the food. It does always affect those taking
648 in the food, but there are times when the effect is more important to
649 those taking in the food.

650

651 ***: What about blessing it?

652

653 C: Always a guarantee to assure yourself that the food will be more
654 beneficial to the physical and to the spiritual.

655

656 ***: So then what would be important to the person taking in the
657 food is the attitude that the person takes it in with?

658

659 C: That, yes, has a factor but there are some individuals that can
660 ingest garbage and have the spirituality to avoid the ill effects of
661 that. That is the point we were trying to get across. Very well,
662 let us continue.

663

664 ***: Thank you.

665

666 C: But, nevertheless, the obligation still remains for proper food,
667 clean food. You do not buy love in a box on a shelf in a store.

668 Very well.

Food was discussed on 79-03-16, the 60th Trance.

The word "food" was first found on page 983, line 29.

23 ***: Regarding hyperkinetic children, would you give us any
24 information as to general causes for this? Anything that would be of
25 help on a general basis to the public?

26

27 C: We have more or less given you the answer to the problem. This
28 comes from an extreme sensitivity to, shall we say, those things that
29 are not natural in the line of food; and although we must acknowledge
30 that at times medication is necessary as a temporary solution, the
31 actual problem is not eliminated with the medication; but such
32 situations can be overcome by a very close eye on the diet. All
33 those foods that are not natural and pure and clean will cause
34 problems. It is a complicated system of allergies to unnatural
35 things, and we might say that the unnatural things are toxins,
36 actually, and so with an extremely sensitive system these toxins have
37 the effects of keeping the child on an unnatural high, so to speak.
38 So if one were to eliminate those things that are not clean, those
39 things that have been overprocessed, you would see a marked change in
40 a child.

41

42 ***: Is there any truth to the theory that fluorescent lighting adds
43 to this situation?

44 C: In some cases, yes, it can cause additional disturbances, but
45 this is the situation that could exist with many other individuals
46 that are not affected by the allergies to unnatural things or
47 overprocessed things. Those who have a tendency towards epilepsy can
48 be affected to a degree and in some cases to a severe degree by being
49 exposed to fluorescent lighting.

50

51 ***: Would it be a good policy for maybe the rest of us to avoid
52 fluorescent lighting as much as possible?

53

54 C: If you find yourself becoming somewhat, shall we say, irritated
55 easily under fluorescent lighting, this should be a natural signal to
56 you to eliminate as much fluorescent lighting as possible. There are
57 some people that are not affected by fluorescent lighting. You see,
58 although the eye cannot sense the fluorescent lighting, it is not a
59 constant lighting but is an on and off light, and this high rate of
60 energy, on and off energy, can upset the system. Now, of course,
61 this is all tied in with the chemicals in the body or the chemical
62 compounds that are necessary to create the electrical flow or vice
63 versa, whichever is applicable in the situation, and this on and off,
64 this shot of energy and then the taking away of it, sometimes in
65 certain individuals can affect the constant flow of the energies, the
66 electrical impulses, in the body.

67

68 ***: Is it the theory that many hyperkinetic children outgrow this
69 condition in their teen-age years as they reach puberty, is there
70 accuracy to that or do they carry it with them into their adulthood?

71

72 C: Again, in some cases this can be just a phase. The sensitivity
73 to the toxins can be overcome, but there are many cases where the
74 outward manifestation of the allergy simply changes its appearance.

75

76 ***: Into, like, what please?

77

78 C: Such as an emotional withdrawal in one aspect or another. The
79 inability to handle certain emotional stresses that would be under,
80 shall we say, average conditions; the normal ability to handle such
81 things would not be there.

82

83 ***: Before you had indicated to a particular individual that part
84 of the situation with hyperkinesis was tied up with instability in
85 the home situation, family situation. Would this also be a common
86 problem or one of the contributing factors to the hyperkinesis?

87

88 C: As a general rule, shall we put it that way, a child who is
89 overactive can cause unnecessary strain within a family unit, and it
90 is a matter then of backlash from the other individuals in the family
91 unit. Do you understand?

92 ***: Yes.

93

94 C: The inability of those individuals to cope with the overactive
95 child can only cause more problems in the child, in that they show a
96 lack of understanding, and thus an intolerance to the child and
97 naturally friction which would develop causing greater irritations in
98 the child, and as the child becomes older in years and the schooling
99 comes into the picture, the activities of the child then could appear
100 to give the impression of a poor learner or a slow learner thus
101 denying the child's opportunity to learn normally, and also the
102 amount of information that the child can assimilate. This then one
103 could see would cause an effect later on in life, so it can be a
104 progressive effect on an individual. Now, as to the medication
105 mentioned earlier, naturally, if a child is in a severe situation, if
106 we may use that term, or a severe condition, then for immediate
107 correction medication would be acceptable, but at the same time the
108 diet must be changed radically, and through careful watching, those
109 things that are toxin to the system can be determined and thus weeded
110 out, so that there would be, shall we say, a few things that a child
111 would not be able to handle in the system, thus giving the child a
112 fairly normal diet.

113

114 ***: If mothers were to nurse their babies, those who are able
115 to ...

116

117 C: Much better than bottles. Why should a mother deprive herself of
118 such a beautiful act, such a glorious privilege and honor?

119

120 ***: It is. I was wondering if that could possibly help prevent the
121 hyperkinetic situation?

122

123 C: There are natural, shall we say, stabilizers in the mother's milk
124 that are quite beneficial to a child, to a baby. Now you notice
125 we use the word "stabilizers" as opposed to other words that we could
126 use.

127

128 ***: The only other word that I can think of is . . .

129

130 C: There are certain antibiotics that are beneficial at different
131 times in the baby's life, and we use the term "antibiotics" in a
132 natural sense.

133

134 ***: Do you understand what they mean by "natural sense"?

135

136 ***: By natural, just elements or substances that would help to
137 control harmful bacteria or harmful reactions as opposed to a
138 synthesized or cultivated product?

139

140 C: Yes. If one would leave things to the workings of God, you would
141 find that everything would be much more healthier, much smoother, less
142 problems. The natural thing would be for a mother to breastfeed a
143 child. Now, there is a reason for that, because the mother's body
144 manufactures through its natural processes things that the baby needs
145 for protection; that is only one aspect of it all. The closeness and
146 the warmth that the baby feels while nursing is extremely important
147 to the proper development, both emotionally and spiritually for that
148 child, and to deprive the child and the mother of such an expression
149 is wrong. Now, there are some rare cases where breastfeeding may not
150 be possible; then, of course, that gets into other areas, but we are
151 speaking to the normal circumstances where breastfeeding is possible.

152

153 ***: How far along into the baby's life is this recommended?

154

155 C: That would vary with the child itself, but one should not wean
156 a baby away too early. Also, you have to consider that as the
157 mother breastfeeds the child she may, if we may use this term, run

158 dry after a period of time; that is the natural cut-off point. It
159 would not harm to feed the child, to breastfeed the child into the
160 second or even third year, if there is a need for it. And that
161 can be determined by the baby or the child's actions. Now it is
162 necessary to introduce the child or the baby to outside foods, and as
163 a mother progresses in this development, then she should keep a close
164 eye as to whether the child craves the breastfeeding or not. If she
165 senses or sees that there is a need, whether it is physically or
166 emotionally, then she should continue to do so according to that
167 need.

168 The thing one should keep in mind, and that is this: that from
169 the moment of conception the soul could be there or the spirit could
170 be there, and as long as the spirit is there or the soul is there, it
171 is quite aware of its circumstances whether it be in the womb or out
172 of the womb, and is quite conscious of all the affection or lack of
173 affection, whether it be affection in touching or verbally, and as
174 that soul's needs come into play, that affection, whether it be the
175 touching or the verbal affection, must be fulfilled. In, shall we say,
176 recent years there has been a decline in the breastfeeding, and of
177 course you can look at that generation and see what has become of it.
178 Now, of course, this is only one factor in the total picture, but that
179 is something to consider, and it is something that each individual
180 mother can handle and affect.

Food was discussed on 79-04-01, the 63rd Trance.

The word "food" was first found on page 1022, line 773.

[The following information on a proper diet refers specifically to a diet that would be beneficial to a person when developing one's psychic abilities. This does not mean that this is the only diet that is beneficial to the body, but many of the guidelines that The Council gives in this diet would be beneficial in a general diet.]

720 ***: All right. The first question we have is achieving a psychic
721 experience would be in the preparation. Should there be any special
722 diet or any special amount of rest, or vitamins or minerals or fluid
723 intake?

724

725 C: That is all one question?

726

727 ***: It is several. I will break it down then. In the
728 preparation should there be any special diet?

729

730 C: Generally the best, shall we say, diet for an individual who is
731 interested in developing the psychic or experiencing a psychic
732 manifestation, would be a diet that would have very little pork, very
733 little pork. Beef, no more than twice a week. Pork would be once
734 every, shall we say, two to three weeks and less than that, if
735 possible. Beef no more than twice a week. The rest of the week then
736 can be filled with either chicken or fowl of any sort or seafood;
737 now, of course, depending on the amount of meat that is normally
738 taken in by an individual. There are some individuals that will eat,
739 shall we say, a quarter of a pound of beef, while others will eat a
740 pound of beef in a meal. Those that were to eat, shall we say, a
741 quarter of pound of beef in a meal could have beef somewhat more
742 often, than those who were to eat a full pound at one time. Do you
743 understand?

744

745 ***: Yes.

746

747 C: The specific amount or number of times a week is not critical.

748 The, shall we say, American public eats far too much meat for its own
749 good health. If they were to cut the meat intake to half, then
750 they would be much better off, and it could even be cut more than
751 that. The fowl and the fish can be eaten as one wishes but again not
752 to excess. Vegetables, most assuredly. Vegetables of every color,
753 such as green, or yellow or white or red.

754

755 ***: Now this is a diet that would be, essentially like a permanent
756 diet then?

757

758 C: Yes. If one is to eat shortly before an effort to develop or
759 experience a psychic situation, it would be wisest if pork not be
760 had; beef, only if necessary; and vegetables would be completely
761 acceptable. Also one should not eat a heavy meal or rich foods
762 before an effort is made.

763 ***: Would you like to tell us what the objection is to pork other
764 than the factor that we are aware of about it needing to be thoroughly
765 cooked?

766

767 C: Each creation of God has a density to it. Pork as far as meat
768 goes happens to be one of the more denser forms.

769

770 ***: All right. Thank you.

771

772 ***: Are there any particular guidelines as far as the preparation
773 of the food?

774

775 C: No. Of course, again greasy fried food or vegetables would not
776 be acceptable; so what we are suggesting then is a very light, mild
777 meal, before an effort to experience something psychic; and as a
778 general rule or a general diet for an individual interested in
779 developing psychically, it should be a diet that is well-balanced.
780 We cannot condone a vegetarian diet or any such fad diet. Your

781 system was made to consume meat and one should have meat then. Also
782 as far as the food, the less store-prepared or boxed food, the better.
783 The cleaner the food, the purer the food, the better you will be
784 physically, and then much better to, shall we say, cope with the
785 psychic. Also the emotions will be under much better control, since
786 it will not be artificially stimulated with chemicals or poisons
787 depending on which side of the track you are on; of course, as we
788 have expressed before, that foods with chemical additives, the
789 preservatives, are definitely poisonous to the system and should be
790 avoided.

791

792 ***: Is that why there is more and more food that is coming out with
793 no preservatives in it?

794

795 C: The, shall we say, manufacturers are not interested in your
796 health, but it is a cheaper way to bring out food; they are more
797 interested in the greater profit margin than your health, but it
798 serves you better than the chemical foods or the foods with chemical
799 preservatives in it. Actually, that food which has no chemical
800 should cost you less than that that does.

801

802 ***: It seems to be the opposite, doesn't it? The farmers who
803 attempt to grow organically, it is so expensive that many of them are
804 not able to do it.

805

806 C: Well, we will not get into that problem. We are quite sure that
807 you have heard of the greed factor in mankind. Now that would be a
808 one word answer to your statement.

Food was discussed on 79-04-01, the 63rd Trance.

The word "food" was first found on page 1023, line 834.

822 ***: Also, about any particular special vitamins or minerals that
823 should be taken.

824

825 C: As a general rule, no, other than what would be suggested for
826 general maintenance of the body, of the physical.

827

828 ***: There is a question many people have, that even if one is
829 eating a balanced diet or attempting to eat a balanced diet, that our
830 foods do not have all the vitamins and minerals that are necessary so
831 that because of that it is wise to take a general vitamin and mineral
832 supplement. Would you agree with that?

833

834 C: Yes, basically, but if you eat clean food, then you actually do
835 not have that much to worry about. If you have not done that much
836 damage to your physical body with the prepared foods and you switch
837 to natural foods, clean foods, then you have not that factor to worry
838 about; but if you have, shall we say, put too many of the poisons
839 into your body, then it would be wise to supplement. As an example,
840 if a man ate boxed foods for twenty years and then all of a sudden
841 decided to change to natural foods, naturally the toxins in the
842 system would be there and the damages that they could do would of
843 course have taken their toll and so as a cleansing or a rejuvenation
844 of the physical it would be extremely wise to take natural vitamins
845 and supplements in addition to the clean foods.

846

847 ***: I would like to ask a question about some of these herbs they
848 sell in a capsule form?

849

850 C: If it is the pure herb, and it is crushed and put into the
851 capsule to take, it is good; it is much better than tea because you

852 get a concentrated amount. The tea, taking the herbs in tea form,
853 means you must take in a great deal of fluid for the amount of
854 actual nutrient you would get from the herb. Do you understand?

855

856 ***: Yes, thank you.

857 C: Although it does not hurt to drink water, it is beneficial. As
858 we see most of, shall we say, the souls in America, they drink far
859 too much junk fluid and not enough water, and so consequently, they
860 will find that as time goes by they will begin to have more and more
861 problems with their kidneys and bladder and what have you. So it
862 would not hurt to drink it in tea form. Better you drink the tea
863 than some of the soda pops on the market.

864

865 ***: In your category of junk fluid, would coffee come under that or
866 not be as beneficial?

867

868 C: Your question is not actually clear. Are you asking us whether
869 we consider coffee junk fluid?

870

871 ***: Yes.

872

873 C: No.

874

875 ***: Would it best to limit coffee intake?

876

877 C: Again that would depend on the individual. The individual should
878 drink as much as he feels comfortable with, and as long as there are
879 no adverse side effects, then there is no harm in it; preferably
880 black. We would not, shall we say, limit black coffee. Now, when
881 you begin to add anything else to it, that poses a different question
882 altogether.

Food was discussed on 79-12-01, the 72nd Trance.

The word "food" was first found on page 1166, line 559.

[This information was asked during the Life After Death Research series. Because the individual's question was not directly related to life after death, The Council asks them to relate the question to the subject of the Research series, that is, life after death.]

547 ***: Because of poor diet or situation of living, the body could
548 worry or panic. Would we be held accountable for the damage caused
549 by worry?

550

551 C: Can you place that in respects to the subject?

552

553 ***: To further explain, let us say one had not eaten or slept
554 properly and they would make a wrong decision. Are we held
555 accountable after death?

556

557 C: In most cases, you as a being would not deliberately starve
558 yourself to death, or you would not deliberately feed yourself
559 foods that would cause, shall we say, a deterioration of the
560 material or the body. In this sense then you would not be held
561 responsible in bringing about death or the, shall we say,
562 situations that would transpire because of the poor condition of
563 the physical. Does that answer your question?

564

565 ***: Yes, thank you.

566

567 C: If we may return to that question. There are times when
568 certain individuals because of, shall we say, misguided beliefs
569 will cause a deterioration of the physical, either through physical
570 mutilation or through unnecessary fasting or unnecessary
571 restrictions in the diet. Now, these individuals who subscribe to
572 such philosophies or such attitudes, then become responsible for

573 what may transpire from their deliberate attitude. Do you
574 understand that?
575
576 ***: Yes, I do. Thank you.
577
578 C: You are most welcome.

Food was discussed on 80-01-26, the 74th Trance.

The word "food" was first found on page 1192, line 832.

832 ***: Could you give any more detail on what you mean by alcohol or
833 drugs could have a retardant effect on the soul?

834

835 C: An overindulgence in alcohol can cause strong affections for
836 certain aspects in the material life, and these strong affections
837 then can cause the progression of the soul to undergo unnecessary
838 steps. Do you understand that?

839

840 ***: Yes.

841

842 C: Very well. Alcohol is an "iffy" thing. Its biggest danger or,
843 shall we say, its biggest pitfall, is that it unleashes the
844 inhibitions in you that are safeguards. In this respect then the
845 inhibitions being wiped away will cause you then to act in such a
846 way that you would not normally act. Also, your intentions may be
847 to control certain aspects of your being through inhibitions. An
848 overindulgence in alcohol may release these inhibitions. Also the
849 possibility of causing harm to others through accidents and what
850 have you. Drugs now; drugs are an entirely different, entirely
851 different situation. Drugs given to you as a medication and used
852 according to the advice of the physician will do you no spiritual
853 harm, even if the doctor overdoses you. If YOU take drugs on your
854 own, then that is a different situation. If you are taking drugs
855 to have an experience to gain insight into spirituality or whatever
856 flimsy excuse is being given today, those are definitely
857 detrimental to the spiritual aspects of your being in that it
858 freezes certain channels in the physical brain so that you cannot
859 fully rationalize (and that is a dangerous word, since we do not
860 mean it in its general understanding), you cannot rationalize the
861 situation properly. You cannot sense what is right and what is

862 wrong according to Divine standards. It also allows your soul or
863 your spirit to become too muddled with half-truths by its
864 experience in a cheap or quick spiritual insight. What really
865 transpires is that you view a spiritual area in the sense that the
866 negative aspects of your being will influence that level. You will
867 have to think about that to fully understand that. Drugs taken for
868 kicks or pleasure or whatever reason other than by a medical
869 prescription are out of the question. Now we are talking, of
870 course, about what is referred to as the hard drugs.

871

872 ***: Returning to silly cigarettes. The news recently, medical
873 news, was that smoking by mothers during pregnancy would harm the
874 unborn child. Is this medical news not so or ... ?

875

876 C: No. No. When it comes to a mother bearing a child, at that
877 time she must take every precaution that she can to keep her system
878 as free from any unnecessary stimulus that she can. Cigarette
879 smoking is a stimulant, and she must not indulge herself in
880 cigarette smoking during pregnancy. The soul entering the physical
881 body being formed within the mother does not have the influence on
882 the mother, and in this respect then the mother can give that
883 physical container a handicap that is not necessary for the
884 incoming soul. Do you understand that?

885

886 ***: Yes.

887

888 C: Now there are certain situations where common sense should be
889 the ruling factor. If it is your body, then you have the right to
890 do with it what you choose, providing it does not bring it harm.
891 Now the cigarette smoking will not do harm to your physical body
892 unless you accept that as an avenue of harm. A mother and her
893 state of motherhood is a holy state; and even if the mother does
894 not normally take good care of herself, at the time of pregnancy
895 she should take exceptionally good care of herself because she is
896 the ground for a new physical container; and she must cleanse her

897 physical body to the best she can and keep it cleansed. A mother
898 should not drink any alcoholic beverages other than possibly on
899 rare occasions a red wine, but very little. She should not smoke;
900 she should not take medications that do not REQUIRE a prescription.
901 At that time the mother should develop an entirely different
902 attitude towards her body; it is no longer just her body, but it is
903 also the container for another body.

Food was discussed on 80-12-07, the 85th Trance.

The word "healthy" was first found on page 1378, line 1082.

1075 ***: Going back to the alcohol, is there anything wrong in an
1076 occasional drink?

1077

1078 C: No, again, in moderation. Alcohol is not something that is
1079 devastating. It is not extremely powerful. It is not a traumatic
1080 shock to the system. An occasional drink or two has no ill effects
1081 on an individual. If the proper thing is taken, the proper drink
1082 is taken, it can even be a, shall we say, healthy medication, or it
1083 can be considered a medication even though it is not prescribed. A
1084 glass of red wine, a small glass with a meal, can be helpful. It
1085 can be considered a medication. Now, again, if you are going to
1086 drink wine it should be a good wine; it should not be a wine that
1087 is stabilized chemically or had, shall we say, those things added
1088 to make it more of a chemical drink than an actual fermented fruit
1089 drink; so that if one chooses to drink on occasion there is no harm
1090 in it. Again, moderation. If you, for some reason, would like to
1091 have more than, shall we say, Victorian moderation, then to be sure
1092 make sure it is at home. Do you understand?

1093

1094 ***: Yes.

1095

1096 C: Again, where you are able to maybe have two glasses of wine or
1097 something stronger, the next person may only be able to handle one
1098 so that should be kept in mind when we say moderation and when we
1099 refer to a drink on occasion; not necessarily one drink and that is
1100 it. You know where your limit is. Keep one drink below your
1101 limit, then you will be safe.

1102

1103 ***: Would the Jewish wines be considered good wines without the
1104 chemicals?

1105

1106 C: If it is true kosher wine, yes, it is a good wine, but there
1107 are other wines that are just as good. A kosher wine is prepared
1108 in a very ritualistic way, and it does call for a degree of purity
1109 that possibly other wines would not have.

1110

1111 ***: How can you tell if they are truly kosher?

1112

1113 C: That would be according to the laws of your bottling companies
1114 or what have you. Do you understand?

1115

1116 ***: Yes.

1117

1118 C: A true kosher wine which is used in a religious ceremony will
1119 be marked kosher. Do you understand?

1120

1121 ***: Yes.

1122

1123 ***: Does the censorship of television and movies with regard to
1124 sex and violence infringe on one's free will?

1125

1126 C: Well, since we are going to "change horses," let us back up
1127 then. We had hoped for some additional questions, if we may.

1128

1129 ***: (***)? Can they?

1130

1131 ***: What?

1132

1133 ***: Can they back up before answering your question?

1134

1135 ***: Oh, yes.

1136

1137 C: It is not necessary to drink only a kosher wine. One can
1138 choose to drink kosher wine, if they choose, but it is not
1139 necessary. There are many other wines that are as good and as

1140 pure. As far as those drinks that are stronger than wine such as a
1141 whisky or whatever grain type of alcoholic drink, what have you,
1142 other than beer, of course, those can be taken again in moderation,
1143 those can be taken again in moderation. The only thing that we
1144 would suggest that you NOT drink is beer or anything that would
1145 come close to a beer.

1146

1147 ***: Why would that be?

1148

1149 C: It is the drink of the pharaohs. Very well, let us go to the
1150 next question.

1151

1152 ***: What is the "drink of the pharaohs"?

1153

1154 C: Read your Bible. You will find out what the drink of the
1155 pharaohs is. You call it beer and any beverage that relates to
1156 beer.

1157

1158 ***: All right.

1159

1160 C: It has a very destructive quality on the physical container.

Food was discussed on 81-03-20, the 90th Trance.

The word "food" was first found on page 1460, line 399.

399 ***: Are the additives in food harmful to people? And, if so, are
400 the processors morally responsible for the damage done?

401

402 C: Yes, the processors would be responsible for the situation, but
403 you must carry that a step further. Your own responsibility in
404 accepting such foods is your acknowledgement. The fact that you
405 will purchase such food is an acknowledgement to the producer that
406 it is all right with you. Does that answer your question?

407

408 ***: Yes, but possibly maybe there are a few things that are kept
409 from being listed on the package. Many things that have the
410 scientific names for it but the person would never know what it
411 really was. Maybe they've run tests on the product but ...

412

413 C: Here, your packaged foods, let us look at it, shall we say, a
414 little deeper. Your packaged foods are with you because that is
415 what you want. It is the selfishness of an individual, the
416 laziness of an individual, that would instigate that individual to
417 purchase foods that were not whole. Your world is so busy enjoying
418 itself that it does not have the proper amount of time to take care
419 of its food needs. It is so busy feeling good and fulfilling
420 itself that it cannot waste the time to prepare a loving meal that
421 is clean and wholesome, and if this is what society wants, if this
422 is what man wants, to be sure, there is always a greedy element
423 that will give him what he wants and even more than he wants. Do
424 you understand?

425

426 ***: Yes.

427

428 C: We said that the moral responsibility lies on the manufacturer

429 or the producer of such things, yes, it does; but you share then in
430 that moral responsibility when you purchase such products, because
431 it is your acknowledgement of their deeds. Does that answer your
432 question?

433

434 ***: Are there any harmful effects in treating food with radiation
435 to increase the shelf life that we should be made aware of?

436

437 C: "Shelf life." How does that apply? What does that indicate?
438 "Shelf life"?

439

440 ***: That is the ...

441

442 C: No, no, no, no, no. We are talking. We are giving you something to
443 think about. Why must a product have a shelf life? Certainly if
444 you bake some bread, you put it on a shelf to be sold, how much
445 life must it have before it nourishes a body? Certainly, not more
446 than a day or two, maybe three at the very most. Do you follow
447 what we are saying now?

448

449 ***: Yes.

450

451 C: Whether you use radiation or whether you use chemicals or
452 whether you use synthetic products, when you begin to speak of
453 shelf life, you are beginning to speak of greed, profit, efficiency
454 in the name of responsibility, poor nourishment in the name of
455 profit. When you begin to speak of shelf life, you are beginning
456 to speak of another god: the replacement of The God for the god of
457 profit. When you speak of shelf life, you are speaking of giving
458 me more time so I can do the things that I want to do and forget
459 about my responsibilities to others. Do you understand what we are
460 saying now?

461

462 ***: Yes.

463

464 C: In your world today, it really would not be possible to go back
465 twenty, thirty, forty, fifty years, but nature has provided shelf
466 life sufficiently enough for man even in his world today. Does
467 that answer your question?

468

469 ***: Yes.

470

471 ***: Has anyone ever asked about the microwave oven? I would like
472 to ask what effects the microwave oven has on foods?

473

474 C: Well, be more specific. What effects it has on food? We
475 could describe how it cooks the food.

476

477 ***: Well, harmful effects to the individual that uses the
478 microwave to prepare their meals.

479

480 C: Are you asking whether the food prepared in a microwave has
481 some, shall we say, contamination that may be harmful to the
482 physical container when eaten?

483

484 ***: Yes.

485

486 C: No. Now, we said it does not produce contamination that is
487 harmful to the physical container in the food. Do you understand?

488

489 ***: Yes.

490

491 ***: Another part of that same question about microwaves is it
492 harmful to the operator standing around microwaves while it is
493 working? Can you be harmed by rays that get out ...

494

495 C: If it is not sufficiently protected, depending on you as an
496 individual, it can be harmful, but no more harmful than, shall we
497 say, a gas stove turned on with the pilot shut off. Each has its
498 own dangers, that with caution, with care, with respect to the

499 apparatus, should bring no harm to you. Do you understand?

500

501 ***: Yes, I do, thank you.

502

503 C: Now we are not endorsing microwaves.

504

505 (Laughter)

506

507 C: No, no. You must take into consideration, you must take into
508 consideration what someone may think if they were to read this
509 material, that we are expounding on the virtues of microwave
510 cooking, and we are not. It is simply a device that man has
511 created that can be used for his benefit and bringing him closer to
512 his God or can be used in his destruction or his separation from
513 God.

514

515 ***: In what way could it be used in his separation from God?

516

517 C: Suppose an individual who is responsible for watching over a
518 unit as it is being built, and he fails deliberately in fulfilling
519 his position that may, shall we say, be a safety factor for the
520 eventual purchaser. If he deliberately does not fulfill his
521 obligations, his responsibility, and harm then comes to another
522 individual because of his lack of responsibility, this could be a
523 factor that would separate him from his God. The attitude of not
524 caring, the awareness that his job may be vital to someone else's
525 safety, the not caring.

Food was discussed on 81-05-28 the 93rd Trance.

The word "health" was first found on page 1490, line 265.

44 ***: You had given us some information on beer saying that it had
45 a detrimental effect on the body. Could you tell us what
46 detrimental effect beer has on the body?

47

48 C: The present day beer has far too many chemicals in it, as a
49 stabilizer or a controlling factor. This in itself causes problems
50 with the physical. The other, shall we say, problem that comes
51 from a more natural source is that the bacteria in combination with
52 these chemicals, now the bacteria necessary for the fermentation.
53 Do you understand?

54

55 ***: Yes.

56

57 C: In combination with the chemicals or the stabilizers can prove
58 to weaken the organs of the body that deal with elimination. Now
59 that is your present day beer.

60

61 ***: Would beer that would not have these chemicals added to it,
62 would it also have a detrimental effect?

63

64 C: The yeast or the bacteria in combination with the grains or
65 hops of the beer is not good for the physical. It in itself can
66 have a tendency again to weaken those same organs of the body.

67

68 ***: Are these permanent effects? The damage to the organs?

69

70 C: Once they go beyond a certain stage, they can be, yes.

71

72 ***: Wine, as I understand the chemistry involved, wine uses very
73 similar bacteria in the fermentation process, so apparently this

74 bacteria acting on fruit has a different reaction than acting
75 on grain. Is that correct?

76

77 C: Basically you could say it is correct. If you had the same
78 elements in the same forms or if you could maintain the same
79 elements in the same forms, then any drink would be acceptable.
80 But elements, even though they may be the same, coming from
81 different forms in nature do not always produce the same effect.
82 Do you understand?

83

84 ***: Yes.

85

86 C: Natural chemistry does not always go as predictable as
87 artificial chemistry. Do you understand?

88

89 ***: Yes.

90

91 C: You can take the same yeasts or the same bacteria and apply it
92 to two different products for fermentation; one may be totally safe
93 in its own right and the other one as safe in its own right, but
94 yet putting the same yeast or bacteria for fermentation to these
95 two elements, one could prove toxic while the other one could prove
96 healing.

97

98 ***: Would we be talking about production of things like acetic
99 acid and aldehydes and things like that from incomplete
100 fermentation?

101

102 C: No, it is the natural combination and the alignment of the new
103 structure that is being formed. Do you understand?

104

105 ***: I think I do.

106

107 C: Elements combined form a new structure. Do you understand?

108

109 ***: Yes.

110

111 C: Very well. Even though the alignment may take place of the
112 same two elements, the alignment in its basic form will not
113 necessarily be the same.

114

115 ***: Would you be referring to stereoisomers?

116

117 C: Is it all that important?

118

119 ***: No, thank you.

120

121 C: You would not understand if we went any further. It boils down
122 to something very simple. There are some things by nature, by
123 spirituality, by God, that are good for you, because of what man
124 has done with them and will do with them. You have the same set of
125 situations or circumstances with those things that are detrimental
126 to man's well-being. Do you understand that?

127

128 ***: Yes.

129

130 C: The influences that history has on the material can be quite
131 significant at times; or the influence that history has on nature,
132 in more ways than one, whether it be a material influence or a
133 spiritual influence.

134

135 ***: Could you be referring to this being the "Drink of the
136 Pharaohs"? Is that where history comes in?

137

138 C: Yes, yes. You have two elements going against your beer. One
139 is strictly a physical situation; the other one is a spiritual
140 situation.

141

142 ***: It almost sounds as if beer is cursed then in a sense.

143 C: Beer is the opposite of wine in a spiritual sense. Wine is

144 always significant of the blood of Christ, even from the very
145 beginning of time. Beer is the blood of man who has gone astray.
146 If you read your Bible and understand fully, which we know you
147 cannot, Pharaoh's drink was beer but the children of God's drink
148 was wine, thus when Moses came in conflict with the Pharaoh you had
149 the light against the dark. If you recall, Moses made the Nile run
150 red with blood; again, you see the connection. Why didn't
151 Pharaoh's magicians make the Nile run brown with beer? There are
152 times when we push a situation so that you are put in a position to
153 think. We may know in advance that you will not figure it out, but
154 at least it will instigate someone to search, and that is what is
155 important.

156

157 ***: As a practical matter, if you just enjoy drinking a beer with
158 your pizza, would it be a mistake to order one?

159

160 C: It is your choice. The chemicals in your beer are not the
161 healthiest thing that you can put into your body.

162

163 ***: Thank you.

164

165 ***: Regarding your statement, again, about beer being the "drink
166 of the Pharaohs" and at the last communication you advised us to
167 look it up. Several of us did and we couldn't find a translation
168 that stated beer as the "drink of the Pharaohs." We did find in some
169 Bible dictionaries where it gives a number of quotes ...

170

171 C: Here, listen: It is the drink of the Pharaohs because the
172 Pharaoh was the god of the people at that time; it was the physical
173 god, and upon his death then he rose or passed on into their heaven
174 at that time; but the Pharaoh was always considered a god. Do you
175 understand now? As man drank the drink of their god, which was
176 beer, today man drinks the drink of his God, which is wine. Do you
177 see?

178

179 ***: Yes. Does anyone have any other questions?

180

181 ***: Is it detrimental to take hops?

182

183 C: Why should it be?

184

185 ***: I don't know.

186

187 C: You see, the individual elements in the composition of beer may

188 not be harmful, but put together, you may have an entirely

189 different thing. Do you understand?

190

191 ***: Yes.

192 ***: So, the drinking of beer nowadays has the bad physical

193 effects because of the poor quality of the beer with the chemicals

194 and everything but does it also have a negative spiritual effect

195 somehow on the people who drink it even though they have no idea?

196

197 C: If you mean that you are spiritually associating yourself with

198 the worship of a false god or the anti-god, not necessarily so, but

199 from the aspect of inducing a known element that has a toxic effect

200 on your physical container, one must question that particular

201 action. Wouldn't one?

202

203 ***: Do you mean, why do something that you know is going to hurt

204 you?

205

206 C: Yes.

207

208 ***: So there is no spiritually bad reason why beer is so popular

209 in the recent years or just the fact that people like to drink it

210 even though it is hurting them?

211

212 C: All like things are drawn to like things, in the end. Does

213 that answer your question?

214

215 ***: Yes.

216

217 ***: Is cooking with beer just as bad as drinking beer?

218

219 C: Can you cook away the chemicals?

220

221 ***: No, they are probably still there.

222

223 ***: It is often recommended to nursing mothers to drink beer to

224 promote milk supply. Would this be harmful?

225

226 C: It would be wiser if the mother were to have a small glass of
227 red wine with her meal. Now, do you notice we said a SMALL glass
228 of red wine; naturally, the quality of wine that would not have the
229 stabilizers that some have.

230

231 ***: Which brings up our next question. Several times that you
232 have mentioned red wines as opposed to just wine. Why do
233 you say red wine as opposed to maybe white wine? Is it more
234 beneficial?

235

236 C: Red wine has a tendency to be a little easier on the system,
237 the physical container. It is more natural. Do you understand?

238

239 ***: Yes.

240

241 ***: I don't really. What is different between a white grape or a
242 grape used for white wine and the red?

243

244 C: Pigmentation acts as a soothing agent. Do you understand?

245

246 ***: All right. Yes.

247

248 C: There is nothing wrong with drinking a white wine or a

249 combination of the red and white. We suggest the red wine simply
250 because it is easier on the system. If you prefer a white wine,
251 then drink a white wine.

252

253 ***: We had one more question on that. Somebody felt that they
254 had read someplace about some prohibition against drinks that move
255 in the glass, thinking that this referred to beer. Would sparkling
256 wines or champagne have any detrimental effect or would it be
257 the same as just other wines?

258

259 C: Carbonation has a tendency to throw the system out of balance.
260 Even though it may be a natural carbonation, it is harder on the
261 system. Your soft drinks that all of you find so fond; if you only
262 knew the hardship it puts on your physical, you would never touch
263 them.

264

265 ***: That would also include the naturally carbonated health
266 waters like (***) that have become so popular?

267

268 C: We cannot approve of that either.

269

270 ***: You said that the carbonation throws the system out of
271 balance, places a hardship. Could you be specific as to what are
272 the effects?

273

274 C: There is a natural balance of sweetness and acidity to your
275 system, and when you introduce too much of one element or the
276 other, would cause an overacidity or vice versa of the system.
277 It is hard on the system. It takes some doing to bring that into
278 balance. The body functions best when it is in a slightly acid
279 state, but to bring it to a point of too great an acidity is no
280 good. Taking this acidity away too quickly or by the introduction
281 of the alkali of the sort that would sweeten the system too quickly
282 is no good either. Do you understand?

Food was discussed on 81-10-17, the 101st Trance.

The word "food" was first found on page 1562, line 699.

627 ***: The next question comes from a statement that you had made
628 about the effect of beer and that when you had said that the
629 influences that history has on the material can be quite
630 significant at times or the influence that history has on nature in
631 more ways than one, whether it be a material influence or a
632 spiritual influence. We had a question, Does history change the
633 molecular structure of matter?
634
635 C: Oh, it very well can; it very well can. What you deem as holy
636 and pure today, by being worshipped in place of God or by being
637 worshipped with the wrong intention can make it a very dangerous
638 thing, and it can, if enough attention is paid to it, it can become
639 very symbolic, not only symbolic in its normal understanding, but
640 symbolic in a spiritual sense of negative aspects or positive
641 aspects. In other words, for instance, the very thing that you
642 brought up, Pharaoh's drink, which was basically what you know
643 today as a beer, since it was considered a sacred drink and since
644 it was a sacred drink in the sense that it was a worshipping of the
645 human nature, the man nature, the negative nature, to this very day
646 it has a destructive quality on the physical; and those who find
647 themselves drawn to such drink have a direct relationship not only
648 in the present but from the past to those beer drinking societies
649 or beer worshipping societies. So that what you place on something
650 such as the drink of Pharaohs which was used at times in
651 sacrificial celebrations, that intense emotional tie there can make
652 something negative, depending on the intensity of it, and how
653 widespread that is will determine how long that negativity will
654 stick with an object or a combination of objects or a brew or
655 mixture.

656

657 ***: So then the way man uses something can make it good or bad both
658 in the material sense and in the spiritual sense?

659

660 C: Yes, now, hear this and hear this well, now this is not the nature
661 of things, mind you, this is not the nature or the natural, this is
662 not the godly way, but it is man's power that does this. It is
663 the godly power in you that when it is misused can deem something
664 unacceptable in the eyes of God, such as Pharaoh's drink. In those
665 days a Christian would sooner die than bring the Pharaoh's drinks
666 to his lips, and in some cases where the very early people were
667 forced, and this is even prior to Christ, were forced to partake of
668 Pharaoh's brew, they died the moment it touched their lips, because
669 the soul recognized the potency of the negativity and it released
670 immediately. Now, we are not saying that if you drink your beer
671 today, that you are part and parcel of a very negative situation,
672 this is not the case. What remains now is not necessarily the
673 physical or the spiritual darkness that was part of drinking Pharaoh's
674 brew but what is left is the physical damage that it can do to the
675 physical container, and there is a certain character or a certain
676 quality to those individuals who prefer, shall we say, the consumption
677 of your beer. Do you understand?

678

679 ***: I think so, to some degree, yes.

680

681 C: Here, for instance: you, in some of your religions today, take
682 bread and look upon it as Christ. Well, little do you realize that
683 all bread that you take now is a resemblance or a symbol of Christ.
684 Now, do not misunderstand what we are saying. According to the
685 Catholic tradition, that wafer of bread becomes the Body and Blood
686 of Christ; we are not saying that your household bread then that
687 you partake of is the Body of Christ; but you see they are the same
688 thing, but in one situation there is a particular, how shall we put
689 it, form of bread as opposed to the general situation, but
690 nonetheless, the bread has developed, shall we say, how can we put

691 it for clarity, it gives greater sustenance to the physical

692 container to maintain life. Do you understand?

693

694 ***: Yes.

695

696 C: Of course, some of your breads today would not sustain a fly,
697 but we are not speaking along such lines now, so you are going to
698 have to use a little judgment in some of these statements. There
699 are qualities of food and drink involved, and these are things that
700 must be taken into consideration. Do you understand?

701

702 ***: Yes.

703

704 C: So hopefully, none of you will try to get picky over what we
705 are saying about this particular subject, but take it in a
706 broader sense because we are not saying that this is absolutely
707 evil and this is absolutely good and what have you; but we are
708 talking in broader terms. But again, now, what overshadows all
709 things is your own personal free will. Just because we connect
710 your present day beer with its history and Pharaoh's drink or we
711 say its history lies in Pharaoh's drink, that does not mean that
712 everyone who has ever had a taste of beer or who will have a taste
713 of beer in the future is part and parcel of that negativity. Now
714 you must understand that. We suggest that you abstain from beer
715 because of the physical problems that it can cause you, and we do
716 not ask you to abstain from beer because of the spiritual
717 connotation; but in the soul's recall of past experiences a
718 individual from that aspect may have a tendency to drink beer over
719 some other beverage because of the significance that it once had,
720 and in such then that stigmatism is maintained on that particular
721 drink or food, what have you. Do you understand?

722

723 ***: Yes. If I understand from what you are saying then before
724 the Pharaohs drank beer, it was used as worship of the Pharaoh, then
725 the drinking of beer would not have bothered us either physically or

726 spiritually?

727

728 C: Well, the dear Pharaohs were not the first to sip on the brews
729 made from grains, that happens to be your knowledge, but they did
730 not develop that out of the clear blue sky. You see, you cannot
731 separate spiritual growth systems so sharply; one leads into
732 another and into another; and some of these items or ways of
733 worship are brought from one to another, but the Egyptians
734 absolutely did not discover beer or Pharaoh's brew, regardless of
735 what you all may think.

736

737 ***: Then, again, it was man's use of the beer at whatever time
738 that made it harmful?

739

740 C: You may put it in those terms, yes. It would be much simpler
741 than trying to go into a detailed explanation.

742

743 ***: (***) had a question associated to this. What made beer
744 opposite to the wine, the Blood of Christ?

745

746 C: Mercy, such a question. Well, you must go back, you must go
747 back to the very beginning of Mu, if you want an explanation for
748 that. Simply put without getting too involved that it was, in the
749 very beginning when life was meant to be very natural and easy,
750 free-flowing, full of abundance and lack of work and hardship and
751 suffering, juices from fruits were readily available and without
752 much work, and so this was drunk then in a spirit of love and joy,
753 in adoration of the Love of God or the bountifulness of God the
754 Father, and so the fruit juices, the natural fruit juices always
755 became a celebration of the joy, the Spirit of God, the Love of
756 God, and this has weaved itself all through man's history, from Mu
757 to Lemuria to Atlantis to your present world today, and it has
758 always been offered up to the loving joyful God, to the God of
759 bounty, to the God of forgiveness, to the God of love, to the One
760 God. And so wine then became very symbolic of God's full

761 abundance, His Love, and His connection with you, His energies that
762 give you the physical life to redevelop your spiritual situation,
763 your spiritual place with God the Father; where beer or Pharaoh's
764 brew or those brews made from grains took great work to develop for
765 they were not drinkable safely from the grain itself, from the
766 squeezing of the grain, but needed great work in tillage or toiling
767 in developing into a drinkable drink. Do you see the difference?
768 The grapes, the wines, the nectars, were had very simply by picking
769 the fruit and squeezing it in the hand, and you had a drink, where
770 grains had to be tilled and grown and what have you.

Food was discussed on 82-08-27, the 107th Trance.

The word "food" was first found on page 1706, line 576.

561 ***: It is kind of related. In talking of health and healing and
562 so forth, the problem with a lot of people is it is just so hard to
563 lose weight, to try to take off some weight, it seems like a never-
564 ending job. Do you have any tips or any suggestions on some sort
565 of diet that is not all that difficult and is rather effective?
566
567 C: (***), (***), (***). The best diet is stop eating. No
568 sense of humor, (***)? There are some things for a healthier body,
569 there are some things that an individual can watch, that would work
570 with the natural processes of the physical. To give a specific
571 plan would be next to impossible because each system varies to
572 this degree or to that degree; but there are some general rules
573 that we can give that would help to reduce the weight of
574 individuals. The first thing that one must definitely resign
575 themselves to and that is to cut down on some of the intake that
576 they have, particularly food that is not what we would consider
577 clean food. These quick foods that are so popular today are not
578 conducive to controlling one's body weight or reducing it, so if
579 one would pick a sensible diet of vegetables and being careful of
580 what type of vegetable they eat; the elimination of such vegetables
581 or the reduction, let us put it that way, the reduction of
582 vegetables like corn and peas and increase in vegetables that are
583 not quite as high in the sugar or starch content. It would help
584 immensely eliminating meat that is overly greasy. Picking meat
585 that would have less grease in it or less fat. Now, take note, we are
586 not saying that you should eliminate meat, but, of course, as we
587 have said in the past that you people eat far too much meat. Get a
588 rounder balance of meats such as your beef, very little pork, if it
589 is desired, chicken or fowl of any sort, and, of course, fish.

590 Having three meals a day is very important. Now what causes most
591 people to gain weight other than eating poorly or choosing the
592 wrong foods is they seem to foul up their whole system so their
593 metabolism is not as efficient as it should be; and one or two of
594 the most important things that one should do when they want to lose
595 weight, now we are talking about losing weight slowly and sensibly,
596 they should first eliminate all caffeine, while attempting to lose
597 weight. Now, this is only during the time that they wish to lose
598 weight. The caffeine slows or retards the body furnace down or the
599 body's ability to burn the excess away. The other, shall we say, key
600 or helpful item would be to drink approximately 10 ounces or 8 ounces,
601 whichever suits you the best, of a citrus juice, one half-hour to 45
602 minutes before eating the meal. You may have either orange juice
603 or the grapefruit juice, but it would be a matter of trial and
604 error which would be the most productive in stabilizing or helping
605 the metabolism to become more effective or efficient. If you were
606 to eliminate the caffeine and have ten ounces of either grapefruit
607 or orange juice one half-hour to 45 minutes before your meal, you
608 would find that over a short period of time you will begin to lose
609 weight. If one must have caffeine in one form or another, it
610 should not be introduced into the system after the evening meal
611 providing the evening meal is early in the evening. One may, if
612 they choose, have beverages that have caffeine in them during the
613 day, if limited, but, of course, this will slow the weight loss
614 process down and in some cases may stop the loss of weight
615 altogether. Each system is different, so we suggest that if one
616 attempts such an effort, eliminate all caffeine, and then once the
617 weight loss has begun, one may introduce caffeine, if one feels one
618 must have it. Before each meal ten ounces of either grapefruit or
619 orange juice. Those who cannot drink that amount can settle
620 or at least attempt a minimum of 8 ounces. Now, the juice should
621 be diluted with a small amount with water. In a ten ounce glass of
622 grapefruit juice add approximately one ounce of water, then if one
623 wishes it chilled, ice cubes. In fact, we might advise that ice
624 cubes should always be added.

625

626 ***: That won't jar the stomach? That won't chill the system
627 unnecessarily?

628

629 C: Well, you are not to guzzle it down. Do you understand?

630

631 ***: Yes.

632

633 C: Drinking it normally will have no ill effect on the system.

634 The addition of water and the ice cubes cuts the possible ill
635 effects on the stomach down considerably. Now, there may be some
636 individuals that will be affected by the juices. In that case,
637 then, we suggest that they try to sweeten the stomach through one
638 means or another or eliminate the juice and the diet effort
639 altogether and try whatever means they wish. Do you understand?

640

641 ***: Yes.

642

643 C: Now, 45 minutes or a half-hour prior to each meal. After the
644 last meal of the day or the evening meal which should be fairly
645 early in the evening, then if any beverages are desired, it should
646 be the grapefruit or the orange juice. Again, ten ounces of
647 grapefruit juice with approximately one ounce of water and ice
648 cubes. The purpose of the water is to cut the acidity or the
649 strength of the juice down so it is easier on the stomach. The ice
650 cubes also gradually diluting also help to protect the stomach.
651 Now, the more of the juice you can drink the better off you will
652 be; particularly the grapefruit juice will have a tendency to work
653 very closely in activating the metabolism of the body in such a way
654 so it will burn the excess food or calories off in a slow, healthy,
655 wholesome way. Now, one should also add some fresh fruit to the
656 diet. If fresh fruit is not available, then preserved fruit
657 without sugar. We would suggest certain fruit you keep away
658 from because of the natural sugar in them may be higher than what
659 you need and also cut the weight loss down or slow it down. If one

660 feels that they want to cut down the amount of food that they take
661 in which is, of course, necessary but yet they do not seem to find
662 that filling sensation, we might suggest that one of the
663 vegetables that you would eat would be potatoes, of course, without
664 the trimmings. Potatoes, especially with the skins on are an extremely
665 healthy food, and you can even get by with a second one if it is
666 not too large.

667

668 ***: First of all, most of us would be drinking grapefruit juice
669 or orange juice that is frozen and concentrated. When you say add
670 an extra ounce of water would that be after the directions on the
671 can? When they say three to one, they say one can of juice
672 concentrate to three cans of water is the normal way to mix it.

673

674 C: If you are going to use that type of juice, then why not add a
675 good healthy half can extra of water.

676

677 ***: Are there any special benefits to apple juice?

678

679 C: Well, we would not recommend apple juice using this particular
680 method. Its sugar content is a little higher than what would be
681 best. With what we have suggested based on the grapefruit juice,
682 the juice itself in its construction has a tendency to normalize
683 the metabolism, now not in the sense that you may understand
684 normalizing, but in the sense that it makes or it helps the
685 metabolism to work more in needs with the body itself in the condition
686 that the body is presently in. Now, if you sit around all day doing
687 nothing and have gained a little too much weight, by taking the
688 grapefruit juice this will help to burn some of that excess calorie
689 up, but it will only help to a certain degree. You must cut down
690 some of your intake. Do you understand?

691

692 ***: Yes.

693

694 C: This does not mean that you have to starve yourself to death.

695

696 ***: That was my next question.

697

698 C: No. Most people eat the wrong foods, not that they eat too
699 much. That is the biggest problem. Now, if you were to adjust
700 your eating style or habits to better food, along with the
701 grapefruit juice, you would find that your weight would slowly go
702 down. You would eliminate or burn up fat and not meat or tissue or
703 you would not simply lose water, but you would actually burn up the
704 stored up fat. Do you understand?

705

706 ***: Yes.

707

708 C: Now, if you normally eat three sandwiches, try cutting it down
709 to two and a half or two. Do you see?

710

711 ***: Yes.

712

713 C: A little bit here and a little bit there adds up. Now, if you
714 are extremely overweight, then you might cut that down to one
715 sandwich. Do you understand?

716

717 ***: Yes.

718

719 C: So it is dependent on how much overweight you are, and at first
720 you will have to go through a process of trial and error. See where
721 your system burns, say, enough excess weight or calories so that
722 you are losing approximately a pound a week at the very most. Now,
723 orange juice does not always work with the system as effectively as
724 the grapefruit juice does. There are some individuals who can lose
725 weight by drinking grapefruit juice and by drinking orange juice.
726 There are some people who cannot lose weight by drinking orange juice
727 but must stick strictly to the grapefruit juice. We would advise that
728 you start first with the grapefruit juice.

729

730 ***: You mentioned the importance of eating three meals a day. I
731 have read in some books that these diet doctors think it is
732 important to eat five or six small meals a day than three larger
733 meals, but would it be better to have three?

734

735 C: That is the accepted standard. You can eat as many meals a
736 day as you choose really, as long as what you eat during the entire
737 day does not come to more than what the three separate meals would
738 total. Do you understand?

739

740 ***: Yes.

741

742 C: So if you are going to nibble all day long, then you are going
743 to have to portion out your food and then just nibble at it as your
744 heart desires; where if you sit down to a particular meal,
745 you can see what you are eating right then and there.

746

747 ***: Is breakfast all that important?

748 C: For some individuals, depending on their own metabolism,
749 breakfast is extremely important; other individuals function quite
750 well with no breakfast at all or very little. Some individuals
751 need the longer time between eatings, the fast, a longer fast, for
752 their body to rest or utilize its food.

753

754 ***: Could you mix a little bit of orange juice with the
755 grapefruit juice?

756

757 C: No, no, no.

758

759 ***: If you drink coffee that is decaffeinated, is that any good?

760

761 C: Well, you are only changing one item that is natural for
762 something that is not quite so natural. Do you understand?

763

764 ***: That means no.

765

766 C: No, we will not say no to that; we will not say no to that. If
767 your particular system functions better with a decaffeinated
768 coffee, then drink it, but you are really going to add something
769 else to the system that is not as natural or, let us say, not as
770 cooperative with the system as the caffeine would be.

771

772 ***: And what would that be?

773

774 C: Well, if you will check the process of eliminating caffeine from
775 coffee, you will find out what the danger is.

776

777 ***: They soak it in ether, but they try to take the ether back
778 out.

779

780 C: That is one process. There is a very strong caustic solution
781 used in some cases, and you do not know which process will be
782 used. There are a number of ways of eliminating the caffeine.
783 Some of the processes would be soaking the beans in a solvent.
784 Others would be using lye as an agent. So, these things are far less
785 compatible with the system than caffeine itself.

786

787 ***: But you wouldn't set your metabolism the wrong way though,
788 the decaffeinated coffee. Am I right or wrong in as far as this
789 diet is concerned?

790

791 C: Again, it would be wiser not to drink coffee whether it is
792 decaffeinated or not after the evening meal, and eliminate the
793 coffee to some degree anyway or the caffeine to some degree during
794 the rest of the day. Do you understand?

795

796 ***: Yes.

797 C: Coffee that has been decaffeinated has not had all the caffeine
798 taken out of it. The percentage that is left varies according to
799 the bean and the process used and how carefully the process was

800 applied. Do you understand?

801

802 ***: Yes.

803

804 C: It would be simpler on the system, that if you do find it
805 necessary to have caffeine whether it is in coffee or in your pops
806 or colas, then limit it as much as you can, and after the evening
807 meal have none whatsoever. Substitute your thirst for that
808 with the grapefruit juice.

809

810 ***: For breakfast, fried eggs or eggs of any kind, is that a good
811 food? Or can you overdo? They have come under attack for having
812 too much cholesterol.

813

814 C: Well, your doctors tell you one thing one time and another doctor
815 will tell you something else another time. Again, if you feel that
816 eggs are bad for you or contain too much cholesterol, then by all
817 means stop eating them or reduce the amount of eggs that you do
818 eat. If you feel as though you are not going to have a problem
819 then eat as you will. The silliness in all of it is that your
820 system is going to develop or manufacture cholesterol whether you
821 take it in or not.

822

823 ***: Then the truth is they really don't have a whole lot of
824 bearing on your cholesterol level?

825

826 C: Anything in excess can be harmful. That is the first rule in all
827 things. There are some physical containers that are more prone to
828 cholesterol problems; those then should restrict their cholesterol
829 intake. Do you understand?

830

831 ***: Yes.

832

833 C: Since you cannot decide on your own whether you are prone to
834 cholesterol problems, then it would be wise if the doctor suggests

835 to curtail some of the cholesterol intake. Now, if the doctor
836 is on his toes, he will constantly check the cholesterol level, and
837 you can find your own level or your own ability to handle the
838 cholesterol intake by watching how much you do take in during those
839 periods of checking. Do you understand?

840

841 ***: Yes.

842

843 C: If the doctor says eat one egg a day and you eat two and your
844 cholesterol level goes up, then you know you are eating too
845 much. If you eat one egg and a half a day and you are checked and
846 your cholesterol level has not gone up, then you are getting into
847 the safe zone. Do you see?

848

849 ***: Yes.

850

851 C: You must work with the physician.

852

853 ***: Then implicit in this is that high cholesterol is bad for
854 you, is it?

855

856 C: For some it is, yes; for others, there is no problem. There
857 are some people who eliminate all cholesterol and still have a high
858 cholesterol level because their body manufactures the cholesterol,
859 so what is your answer there, what is the point? Do you see?

860

861 ***: The point is that if you really can't make any difference,
862 then eat all the eggs you like?

863

864 C: You can make a difference or some people can. Do you
865 understand?

866

867 ***: But it is so complicated.

868

869 C: Working with the doctor, working with your physician, you will

870 find a level where you can enjoy what you crave to a degree. Do
871 you understand?

872

873 ***: Yes, I know, but at \$50 an exam, it really becomes kind of
874 pointless.

875

876 C: Well, some things can be very expensive, and an egg or a piece
877 of ham or what have you can run into more money than the price per
878 dozen or price per pound in the long run; but there again if that is
879 something you wish, then you must pay the price for it.

880

881 ***: I guess we should be grateful to modern science. I sometimes
882 envy the caveman who ate whatever he could find.

883

884 C: Well, there are times when we are not too happy with physicians,
885 but then there are times that they do the best they can.

886

887 ***: I often have thought it would be wise to find a fat physician
888 who smokes and have him check you. No sense of humor?

889

890 C: You may find yourselves arranging for funerals on the same day.

891 (Laughter)

892 ***: Thank you.

893

894 C: You are most welcome.

Food was discussed on 82-12-03, the 111th Trance.

The word "food" was first found on page 1818, line 908.

872 C: Now, think upon this, what will be the cost tomorrow to mankind
873 for those animals that mankind has caused to become extinct? What
874 will be the cost to mankind tomorrow for those animals that mankind
875 has brought into extinction? Can you imagine what the cost would
876 be to mankind today, if say a thousand years ago someone decided to
877 take all the animals that man uses for his health and well-being, if
878 someone were to have taken all those animals and brought them into
879 extinction?

880

881 ***: If all of them, yes, but some of them, if we didn't have
882 beef, we learn to like lamb, but then I am beginning to think that
883 every animal has its specific purpose and mankind is going to be
884 the loser in ways he will never know.

885

886 C: So true.

887

888 ***: If the situation evolves to the point where you need that
889 specific animal and it is not there any more, the whole human race
890 is poorer for that.

891

892 C: If it is taken away before its natural time to leave, mankind,
893 the whole race, will suffer dearly. Why do you have so many different
894 meats to eat? Because each meat that you are capable of eating
895 services your physical container in one way or another. Why do you
896 have so many fruits and vegetables to eat? Because each fruit and
897 each vegetable offers your physical container certain elements that
898 it needs. Eliminate the avenue of obtaining certain elements and see
899 what will happen to that physical container of yours. It will
900 deteriorate before its time.

901

902 ***: But it is not enough to have just the fruits and meats if you
903 do not have the knowledge of which one does what?

904

905 C: Left to your own natural appetites, you will know what to eat
906 and what not to eat and when to eat it. When you get a craving for
907 something that is wholesome and you know that it is wholesome, it
908 is because your body demands something in that food. Do you
909 understand?

910

911 ***: I understand.

912

913 C: Of course, we are not referring to "junk" food. Do you follow?

914

915 ***: There are some situations where people have been known to eat
916 dirt, wood, things like that. Does that come under the same category
917 where the system needs something or some element? I can see in
918 dirt maybe something like selenium or iron.

919

920 C: We could go so far as to say that there may be certain elements
921 of a trace nature that a physical container may need where it would
922 resort to such activities, but as a general rule, this is simply a
923 faddish attitude or some mental quirk. Take, for instance, in this
924 area here, in the land that you call home, this general area, there
925 is a natural deficiency of zinc in the soil. When your body calls
926 for a greater amount of zinc than what it can obtain from the local
927 produce of this area, you may resort to some foods that you would
928 not normally eat, simply because the foods from that particular
929 area would contain a greater amount of zinc that your physical
930 container would need. Once your physical container has assumed
931 that nutrition then it would lose its appetite for that particular
932 food. Do you follow what we are saying?

933

934 ***: Yes. I say that we need that knowledge, but I think the truth
935 is we have the knowledge, our soul knows it, and it probably just
936 prods us along with these urges.

937

938 C: Yes, very much so. You have a very good, how shall we put it,
939 monitor on your own personal system. It is a matter of your
940 willingness to actually work with that system and listen to it. Do
941 you see?

942

943 ***: Yes.

Food was discussed on 86-01-11, the 136th Trance.

The word "fluoride" was first found on page 2214, line 538.

494 ***: Yes, this is irrelevant to dreams, but I was wondering if you
495 could tell us if there really are any benefits or if there are any
496 difficulties or problems created by the systematic fluoridation of
497 water supplies?

498

499 C: In our wildest searching and knowledge, we fail to see the
500 relationship between fluoridated water and dreams. Unless you mean
501 dreaming about it?

502

503 ***: My village is going to fluoridate our water and worrying
504 about it could cause me some nightmares.

505

506 C: We can only refer to that as creative control and deception.

507

508 ***: I don't know if that is a compliment or ...

509

510 C: Well, depending on how you manipulate questions like that,
511 (***) , as to whether it would be a compliment or less than that.

512 In this particular situation, we will allow you to believe it is a
513 compliment.

514 Fluoridation is out of the question. It is an extremely
515 dangerous situation. You are actually pumping in a toxin that can
516 be detrimental to the physical body, and, of course, the problems
517 that it creates with the faculties, mental faculties, and
518 determination or ability to think clearly. We cannot approve of
519 the waste of industry being used to tend to something so trivial as
520 teeth. The side effects are far worse than losing a tooth or two.

521

522 ***: Council, we look at the research and studies and they say it

523 has done this for teeth and there have been forty years of lots of
524 fluoridation in lots of cities and there have been no bad side
525 effects, no one is dropping over dead ...

526

527 C: That is what you think. All the information that you are
528 searching is available if you will get out and do a little work on
529 it. We are telling you this: fluoridation is extremely dangerous
530 when you weigh it against the simple protection of teeth.
531 Store-bought pair of teeth will serve you as well if it comes to
532 choosing between fluoridation and a cavity. Hear what we have to say.
533 It is extremely dangerous. The only reason why it was ever introduced
534 or pushed was because it was a waste product of the chemical industry.
535 They found a new market of profit and pushed it. It is not quite as
536 simple as that. There were experiments done earlier, and you
537 really do not want to know the full story. Take our advice. It is
538 not good for you. If you choose to use fluoride as a preventative
539 for teeth problems, then apply it directly or some other means but
540 this constant intake of it is not good.

541

542 ***: Can I ask one or two other quick questions about it?

543

544 C: That depends.

545

546 ***: Suppose you are stuck in a city that has fluoridated water,
547 can you protect yourself in any way? If you drink distilled water,
548 but still bathed in fluoridated water, is it absorbed through the
549 skin?

550

551 C: It can be to a certain degree. If you had to weigh the choices
552 between drinking it and bathing in it, we would suggest the lesser
553 of the two which would be the bathing.

554

555 ***: Is there any way to get it out of the water, a simple way
556 like boiling it?

557

558 C: If you can prevent the use of it or if you can put yourself
559 into an area where it is not put into the water, that would be the
560 simplest solution to the problem.

561

562 ***: What about those people though that live in areas that
563 already have fluoridated water?

564

565 C: They are stuck. The only thing that we might suggest would be
566 obtaining drinking water from a safe area. Notice the word that we
567 use, safe area.

568

569 ***: Finally, is there any difference between the natural fluoride
570 that occurs in nature in greater and lesser degrees and the waste
571 product from industries? Is there a difference between what I
572 would call synthetic fluoride and natural fluoride?

573

574 C: Anything you receive through the natural elements, now, we are
575 not talking about pollution, that is a different area. Any toxin that
576 you receive through natural elements is so constructed or so suspended
577 that the body can well handle that and not become a detriment. It
578 is when you isolate toxins or create synthetic toxins that were
579 never meant to be that you run into problems. We can call a
580 natural toxin a poison to the body, but that same toxin constructed
581 in a test-tube or extracted from its natural elements becomes far
582 more deadly or, shall we say, a more true toxin than if left in its
583 natural state. Does that make any sense to you all?

584

585 ***: Yes, it does.

586

587 C: Again, if it is necessary to tend to the problems of teeth,
588 then if this fluoride were applied directly to the teeth, it would
589 be far safer than introducing it into the entire body in minute
590 doses. Now, does that answer all the questions?

591

592 ***: No.

593

594 C: We are hinting to leave the situation alone because what you
595 might hear, you will wish you had not. Now, do you want to push
596 the situation?

597

598 ***: No, thank you.

599

600 C: Let us go on. It has its purpose. We have said what it could
601 be used for without too much problem and it would be wise to leave
602 it go at that. Those areas that are already involved with the
603 problem, it was their choice out of greed. Now, they will have to
604 pay the consequences. It is that simple. If your city is thinking
605 about adopting such things, have your chairman or whoever is
606 involved in it do a little homework and investigate the dangers.
607 Also, question why they should want something like that. Why
608 should one person's will be imposed on the other? Why cannot a
609 mutual ground be reached where those who wish to deal with the
610 fluoride problem they can deal with it, those, who wish not to, have
611 that choice too. Just so you know, there are many more side effects
612 to the situation than you know or that has even been made public and
613 quite a few that will more than likely never be made public, but then
614 you can thank your chemical industry for that. Very well.

Food was discussed on 86-07-25, the 140th Trance.

The word “food” was first found on page 2271, line 364.

344 ***: When you were talking about substances that can harm the body
345 or not harm the body depending on how you truly believed and so
346 forth, what about substances that people are not aware of that they
347 take in their bodies? I am thinking about fluoride in the water
348 and some additives in foods and so forth that apparently are
349 harmful or do harm to them that they apparently do not know about.
350 Do they know about them at a soul level, like the fluoride in all
351 the water systems?

352

353 C: Well, there we go into a more complicated picture. We made the
354 statement that it is possible not knowing something to be harmful
355 could keep it from being harmful, we indicated that. That could
356 be, again, a very strong potential, but you must take into
357 consideration what is the karmic condition that exists. Is an
358 individual to experience a sickness or a terrible physical problem
359 in its lifetime? And, if so, how will this come about? Will it
360 come about through a chemical? Will it come about through a viral
361 infection? Will it come about through what have you? Now, if you
362 are not to suffer any ill effects from a chemical, then you will
363 not undergo any ill effects from that chemical, even though it may
364 be pumped into you through your food or through your water or what
365 have you. If you are to undergo a problem, then that would be one
366 of the natural ways that it would get into your system or into your
367 physical body to begin the process of growth. Do you understand?

368

369 ***: Yes.

370

371 C: Now, our advice would be to eliminate as much of that terrible
372 stuff as you can. Some people will get sick from preservatives,
373 from chemicals put in your water supply, because they have not

374 fought against it. They have not taken the initiative to find out
375 just what it will do, what are the real benefits, consequently,
376 because of their lack of interest, they will pay the price which
377 may mean a severe sickness. Others will not whimper a word about
378 such things and nothing will happen to them. Do you understand?

379

380 ***: Yes.

381

382 C: So, our advice would be, if you find out anything like that is
383 going to be put into any of your needs, such as food or water, we
384 would suggest mother nature has provided very good water for you.
385 Man cannot do much improving on it, if at all, except possibly in
386 the keeping of it, if that at all.

387

388 ***: That brings up another question. There are so many different
389 opinions or supposed facts from different experts on everything in
390 life, you really do not know who to believe anymore.

391

392 C: We will tell you. We will tell you exactly what to believe,
393 and all you have to do is use a little common sense, a little
394 common sense. Eat the cleanest food possible, drink the cleanest
395 water possible, and that is all you have to worry about.

396 Whenever you begin to tamper with your food to make it last
397 longer, which is not natural, then you begin to open the door for
398 problems. Once that door is opened, then there will be a second
399 door because you will need something to try to close that first
400 door with, and they will not close once they are opened. The only
401 way you close the door is eliminate it. And so it just keeps
402 multiplying, keeps multiplying.

403 Do you realize there are some people, in this room, mind you,
404 in this room, who eat and drink more chemicals than is good for
405 them? In fact, some of those people eat and drink more chemicals
406 than they do eat or drink real food. Now, that is a fact.

407 You are part of nature; your physical body is part of
408 nature; and if you allow nature to prevail, you will find a much

409 healthier body, a much stronger body. That is why quite some time
410 ago we had strongly suggested that the family pantry should not be
411 stored with boxed food. If you want an instant meal, can it. Take
412 it out of your garden, or purchase it from someplace where you know
413 you can get it in its raw state. Clean it up and preserve it
414 yourself. Then you know you are getting food. But far too many of
415 you, and when we say you we are not talking specifically of just
416 those in the room but you in terms of mankind, you just do not have
417 the time to take care of yourselves, so you run to your little
418 exchange posts or stores or whatever and buy a box of something and
419 then add a little water and wish and pray that it will look fit to
420 eat, and then you eat it, and you call it potatoes or you call it
421 whatever you wish to call it. Well, you are only asking for
422 problems. You are jeopardizing your own health and anyone else that
423 you feed it to.

424 Now, we realize that the world is more complex, and you think
425 that you do not have enough time. Well, remember, there are still 24
426 hours a day now as there was a hundred years ago. I mean, no one has
427 shaven off any time in your day, except yourself. Take time to eat
428 good food. Take time to drink good water. Then what you have succeeded
429 in doing is eliminating that much more opportunity for problems.

430 Your beverages that you drink: terrible, terrible stuff;
431 terrible, terrible stuff. Yet some of these fanatics who are so
432 worried about what food they are eating, then they will turn around
433 and drink this soda pop. Terrible, terrible stuff. Eliminate it
434 all from your diets. Drink teas, coffees, fruit juices, things
435 like that. Soda pops are no good for you. There are more
436 chemicals and sugars that are not good for you in that stuff than
437 your body cares to deal with.

438 So, eat clean food, drink the cleanest water possible. Do not
439 buy food that has the ability to sit around in your house for six
440 months and still find it edible. That is not food; that is what is
441 left of food after it has been embalmed with your chemicals.

442 Answer the question?

443

444 ***: Yes, it does.

445

446 C: We have not told you anything new. We have preached this
447 before.

448

449 ***: There was another question that came from that. If a lot of
450 people ...

451

452 C: In fact, there is a thought. Let us clear the thought up.

453 Excuse us. There is a thought, "Question cigarettes against soda
454 pop?" We would suggest smoke cigarettes and dump the soda pop.
455 That is the danger in soda pop. Now that that question has been
456 answered, let us go on.

457

458 ***: You mentioned a lot of people needing to undergo an illness
459 like with a substance being put in the water in a great many areas.
460 If someone needs to go through an illness and they eliminate this
461 stuff, the illness will still crop up somewhere else? Or by
462 eliminating the stuff they achieve some sort of growth where they
463 do not need the illness anymore?

464

465 C: In some cases, the awareness of bringing about a means of
466 protection or respect for the physical body, that awareness or that
467 effort could very well cancel out the sickness. It could very
468 well, not necessarily, but it could. You see, from the moment that
469 you are physically born to the moment you decide to leave this
470 school, it is a process of growing in awareness, growing in
471 realization, growing in getting yourself to do something positive
472 or productive. Consequently, by making the effort to avoid a
473 particular substance that may be harmful to you may initiate a growth
474 or an awareness that could very well eliminate the possible sickness
475 that you had planned for yourself. Now, you realize we are
476 not saying it will, but it could.

477

478 ***: Yes.

479

480 C: Growth is what is expected out of your efforts in the physical
481 form. Growth is the healing factor in all things. Now, healing
482 factor, not necessarily healing a sickness, but healing you or a
483 soul. Do you understand?

484

485 ***: Yes.

486

487 C: Very well.

Food was discussed on 86-07-25, the 140th Trance.

The word "food" was first found on page 2276, line 1092.

1057 ***: Why is there such an intense conflict now growing between
1058 smokers and non-smokers? If nothing happens by accident, why does
1059 this happen now? We have enough problems without people screaming
1060 at each other because they smoke or do not smoke.

1061

1062 C: Well, tell us why and we will all know the answer. No, it is
1063 really a lot of foolishness. If the overall picture were to be
1064 seen, those people who are harping on smoking are only adding to
1065 the negative effects of smoking, so they are being utilized in the
1066 overall karmic condition of the world. They are bringing a
1067 stronger case against smoking to establish or, how shall we put it,
1068 to influence the consciousness of others more strongly. Do you
1069 understand?

1070

1071 ***: I think so.

1072

1073 C: Are you sure?

1074

1075 ***: What I understand you are saying is that the non-smokers that
1076 are complaining about the smoking are doing so to let everybody
1077 know that if they smoke this is the way they are going to create
1078 more karma?

1079

1080 C: No, it is not quite so benevolent. They are being utilized to
1081 cause more sickness in the world. In other words, by establishing
1082 in the consciousness of those that cigarette smoking is so
1083 terrible, it will only make those that smoke more susceptible to
1084 any possible problems from cigarette smoking. Do you understand?

1085

1086 ***: Is that a good thing they are doing or a not so good thing
1087 they are doing?

1088

1089 C: Well, it all depends on which way you wish to look at it. What
1090 we must ask is, those people who complain so much about smoking, is
1091 their diet so clean and so perfect? Basically, you will find they
1092 do not eat the cleanest food. They do not take the best care of
1093 their bodies that they could in their situation. It is just a way
1094 of gaining attention. If they really believed that smoking was not
1095 good for them, they simply would not smoke, and as far as someone
1096 else smoking harming them, if there is to be any danger in smoking,
1097 it will come because of the reactions within the body itself and
1098 not anything that would transpire from someone blowing smoke in your
1099 face. The air that they are breathing is far more polluted than
1100 that little bit of smoke that they may whiff. It is all
1101 foolishness.

1102 We have said that tobacco is a toxin or nicotine is a toxin,
1103 but there are toxins for the body that are beneficial. Most
1104 medications that are given to you as a cure are basically toxins to
1105 the body, so there.

1106 Now, we are not approving or we are not recommending that
1107 individuals should smoke. If you find a physical or an emotional
1108 need for smoking, then that is your choice, yet at the same time it
1109 is not as bad as some individuals attempt to make the picture.

1110 If you had a choice between drinking a grained alcohol and
1111 smoking a cigarette or a choice between taking a synthetic vitamin
1112 and smoking a cigarette, we would say smoke the cigarette. Now,
1113 that is the way things are.

1114 You take these artificial vitamins, although they may be
1115 identical in their construction, they are not. When truly viewed,
1116 you will soon realize that there is a degree of reversal to them at
1117 the base of construction. You will not find that with the
1118 cigarette; it has a natural form of construction to it.

1119 Grain alcohol is far more dangerous than what anyone would
1120 care to hear about, to the body that is. Not only is it dangerous

1121 to the body but what it does to the system that causes one to have
1122 less control over their own body.

1123 So, make your choice, and take your poison, as they say. Now,
1124 again, we are not condemning cigarette smoking nor are we saying
1125 that go ahead and turn yourself into pot-bellied stoves chugging
1126 away smoke or whatever it is. We are simply telling you what the
1127 story is. Very well.

1128

1129 ***: We had another question on that. Should we take that?

1130

1131 C: Is (***) going to leave it just sit like that?

1132

1133 ***: What is the problem with the reversal of the molecules of the
1134 synthetic vitamins?

1135

1136 C: You have answered your own question. It is unnatural. It is
1137 contrary to what is consistent in the physical body. If you try to
1138 mesh together a helical that runs in a clockwise direction, you try
1139 to mesh that with a helical that runs in a counterclockwise
1140 direction, what do you have?

1141

1142 ***: A mess.

1143

1144 C: Right. You have it grating against each other. Well, the
1145 synthetic construction is far more durable than the natural
1146 construction, consequently, it will grind away the natural
1147 construction. Now, if you can figure out what we are talking
1148 about, you will have a full understanding why we say natural
1149 vitamins are much more beneficial. Very well.

Food was discussed on 86-07-25, the 140th Trance.

The word "food" was first found on page 2288, line 1224.

1208 C: There are ways of cleaning out the system of cholesterol that
1209 would save many heart conditions from getting worse or from even
1210 occurring. You will not come by that because there is no profit in
1211 it. If you do not get sick, how are they going to make any money?

1212

1213 ***: Would you care to share some of those ways? Or is that
1214 privileged information?

1215

1216 C: We would be more than happy to, unfortunately, it is not in
1217 your future to experience. Although try eating an apple a day, try
1218 eating two servings of oatmeal a day. And the snickers, God forbid
1219 if you should ever have to rely on our suggestions, because they
1220 will not work for you. Eat an apple a day or two. Eat two
1221 portions of oatmeal a day. And this will help to eliminate the
1222 cholesterol in your system. And if you think it is funny, if you
1223 think it is a joke, then forget it. If you use this, these two
1224 food items, and you also help yourself by cutting down on the known
1225 foods that add cholesterol to your system, if you bring that under
1226 control, those two food products will begin to eliminate the
1227 excessive cholesterol that exists in the system. Continue it and
1228 control the intake of cholesterol, and you will not have a
1229 cholesterol problem. If you eliminate the cholesterol then, your
1230 chances of a heart problem are diminished, greatly we might add.
1231 Now, these two food products will not work at maximum efficiency in
1232 your body if you insist on eating greasy food that you know is not
1233 healthy for you. Do you understand?

1234

1235 ***: Yes.

1236

1237 C: If a doctor says to you, reduce your cholesterol intake in

1238 order to save your heart, then fine, reduce it. But to your diet
1239 add two portions of oatmeal and at least an apple a day, and you
1240 will find that the cholesterol level will begin to decrease.

1241

1242 ***: Will this help triglyceride level as well?

1243

1244 C: Yes, because triglyceride and cholesterol level go hand in
1245 hand, whether you know it or not. But you cannot eat two portions
1246 of oats and an apple and then go out and eat food that would be
1247 high in cholesterol. You could not eat greasy food, high in animal
1248 fat. By reducing the cholesterol level through dietary means or
1249 what have you, you will be able to decrease the cholesterol intake,
1250 but the actual cholesterol in the arteries cannot be decreased.
1251 The oats and the apple will help to eliminate this plaque or what
1252 have you on the linings of the arteries. Do you understand?

1253

1254 ***: Yes.

1255

1256 C: Now, take it lightly, snicker at our words, and it will not
1257 work for you. At least it will not work as well, let us put it
1258 that way, it will work. In fact, well, while we are in the mood
1259 for giving such information, we might as well go all the way.
1260 You want to eliminate cancer. If you choose to protect
1261 yourself from cancer, now this is to protect yourself from cancer.
1262 Eat all the foods that you can that come from what you understand
1263 as the cabbage family. If you are wise, you will look up in your
1264 botanical books what family the cabbage comes from. Anything from
1265 that family will help to control the potentials of cancer in your
1266 body. The average person eating three almonds a day will also
1267 assist in preventing cancer or at least giving you a higher guard
1268 against it. Such things as cabbage, broccoli, cauliflower, all
1269 those products from the cabbage family, kohlrabi. Combine that
1270 with natural vitamin Cs and Es, should be quite helpful in keeping
1271 you in good health, as far as cancer goes. Now, it is not an
1272 absolute guarantee that you will not have cancer, but if you are a

1273 borderline case as far as what you have chosen as your destiny, it
1274 will help to prevent that. If you should get it, it should be
1275 easier to deal with. Now, this depends a lot on your own karmic
1276 personal situation.

1277 If you also would like to add an additional factor to the
1278 cholesterol problem, dried beans cooked as a portion a day. Your
1279 everyday soup bean or what have you, a portion of that, two
1280 portions of oats, and an apple should help a great deal. Now, of
1281 course, you must also reduce your cholesterol intake. If you
1282 reduce your cholesterol intake, and we are talking about just not
1283 so-so, reduce it as much as is possible, eat these three foods that
1284 we have told you about, it will help to begin to eliminate the
1285 plaque that has built up on the interior of the veins or the
1286 arteries and what have you. Do you understand?

1287

1288 ***: Yes.

1289

1290 C: So, two portions of oats, a portion of dried beans, and an
1291 apple. Now, those should all be cooked of course. The apple can
1292 be substituted for the equivalent amount in applesauce, if you
1293 prefer that.

1294

1295 ***: Do you mean that the apples are to be cooked?

1296

1297 C: No, if you choose to eat applesauce in place of an apple.
1298 There are some people with dentures who have problems eating
1299 apples; they can eat applesauce in place of the apple.

1300

1301 ***: We have several other questions.

1302

1303 C: Well, after that bit of information, we would hope that
1304 everybody is happy. We have given you helpmates to two of man's
1305 very serious problems. Let us hope that that is sufficient for
1306 this evening. Are there any minor questions to clear up any loose
1307 ends. We will take them quickly.

1308

1309 ***: I just had another question. As much as we women read the
1310 foods we should put on the table and yet some of the men insist on
1311 having meat twice a day with a four pound roast for supper, and we
1312 realize that we do not need all that red meat. How are we to convince
1313 them that they do not need all that meat?

1314

1315 C: Well, women have great powers over men if they know how to
1316 utilize them, and the normal average male will pretty well succumb
1317 to the wishes of his wife if she approaches him properly.

1318

1319 ***: That is after the roast is gone.

1320

1321 C: That means that the wife is not thinking quick enough.

1322

1323 ***: Yes, but that is not answering for the men how much meat they
1324 need a day on the table.

1325

1326 C: The people in your country could do with at least half the
1327 amount of red meat that they eat. That is for starters. If one
1328 would like a suggestion for a balance of meat. In a full week's
1329 food supply, one third should be red meat, one third fish, one
1330 third poultry. That would be enough red meat. Individuals can eat
1331 more and it will not cause a problem. Actually, the red meat in
1332 itself does not cause as much problem in the diet as the junk that
1333 goes along with it. Eating a steak and then food that has been
1334 stuffed with preservatives only makes the steak that much more of a
1335 problem with the physical body. Again, eating clean food,
1336 wholesome food, the body can pretty well handle those periods of
1337 time when the taste or the appetite might want to indulge more than
1338 what it should, and most of the meat eating in your country today
1339 is really by habit. It is just a matter of retraining that man or
1340 that husband.

1341

1342 ***: Thank you.

1343

1344 C: Try to just put poultry on the table some day and if he raises
1345 too much of a stink, then maybe you could playfully threaten him
1346 with some more poultry the next day.

1347

1348 ***: Isn't it time to quit?

1349

1350 C: Well, the meat eaters have spoken. Yes, it is time. Remember
1351 those vegetables that come into the same family as the cabbage will
1352 do much to help protect you from cancer. The main or common ones
1353 would be cabbage itself, broccoli, cauliflower, brussels sprouts,
1354 what have you. Those are the common ones, but there are a number
1355 of others. Very well.

Food was discussed on 86-09-14, the 142nd Trance.

The word "food" was first found on page 2326, line 520.

495 ***: Two big servings of oatmeal a day. If one were to put a
496 little cinnamon in there, some apples, sweeten it up a little bit,
497 would that hurt anything or perhaps the amount of cure is directly
498 proportional to the amount of discipline involved?

499

500 C: Well, discipline does not necessarily have to taste bland, now
501 does it?

502

503 ***: No.

504

505 C: Discipline can be in many ways the discipline of restraint.
506 That is, using a substance that replaces some other substance, such
507 as greasy fried foods replaced with oatmeal.

508

509 ***: Yes, I understand that.

510

511 C: The fact that one is willing to settle for that substitution,
512 the fact that one is willing to prepare that substitution is part
513 of a discipline and it is part of a curing factor. Do you understand
514 that?

515

516 ***: I understand.

517

518 C: Now, we are speaking in seriousness, now. Part of the healing
519 factor is the willingness to even prepare something like that. The
520 willingness to replace the normal food with the oatmeal is part of
521 the curative factor. The conscious factor that it does have a
522 cleansing effect in the bloodstream is part of the curative factor.
523 The belief that it will is part of the curative factor. That is
524 just a few of the points. Do you understand?

525

526 ***: Yes. That is clear.

527

528 C: So, there are many factors involved in a discipline, and there
529 are many disciplines involved in a healing. All those that we have
530 stated are disciplines in one manner or another. Discipline does
531 not necessarily mean some activity that is hard to accomplish. It
532 may be a very normal factor in a situation, but yet it still is a
533 unique or discipline of its own. Do you understand?

534

535 ***: Yes.

536

537 C: Now, if you do not like your healings quite so bland, a little
538 seasoning here or there would be acceptable. We would suggest
539 forgetting the pat of butter and forgetting maybe the salt, but
540 something else to make it more palatable would be acceptable.

541

542 ***: Thank you.

543

544 C: Very well.

545

546 ***: What about the insecticides used on apples? Are we safe in
547 eating apples?

548

549 C: Well, it is not as good as if you could get something that
550 would not be sprayed.

551

552 ***: Does making them into applesauce help any or doesn't that
553 affect the insecticide at all?

554

555 C: It depends actually on what insecticide is used. In some
556 cases, certain chemicals like that will break down and deteriorate
557 with the cooking process; others, it has no effect on it other than
558 maybe to concentrate it even more.

559

560 ***: What about taking the skin off?

561

562 C: The cycle of spraying is such that that will not really be that
563 helpful. It will help to a certain degree, but there are
564 insecticides right in the very fiber of the apple itself. If you
565 can receive apples that are not sprayed during the blossoming time,
566 then that would be your safest apple, as far as a clean apple.

567

568 ***: Thank you.

569

570 ***: Speaking of substitutes, ...

571

572 C: While we are on apples, there are certain insecticides that if
573 the apple were washed with soap first. Now, we are talking about
574 soap, not detergents, soap, real soap. If the skin were washed
575 first with real soap and warm water, that is to remove oils and
576 waxes, then after that, the apple rinsed in a mild solution of soda
577 water, this will neutralize many of the insecticides. Very well,
578 now let us go on.

579

580 ***: I wanted to ask one quick question about substitutes. We
581 have this substitute sweetener that exploded onto the market about
582 two years ago called brand-name "NutraSweet." I was wondering if
583 it is any good or if it is harmful?

584

585 C: Just keep wondering and do not take it. Why must you all have such
586 sweet teeth? After all, a little discipline in such areas would
587 prove much wiser and much healthier. If you must have something
588 sweet, then use something that is not scraped out of the bottom of
589 an embalming can.

590

591 ***: Is honey acceptable?

592

593 C: Yes, honey would be acceptable. Raw sugar, if you could get real
594 raw sugar, would be acceptable. Even refined sugar would be better

595 than these poisons that you use for sweeteners.

596

597 ***: What should your diabetics use that cannot use sugars at all?

598

599 C: Possibly they can learn to live without that sweetness. If
600 they were to find an absolute need, a little on rare occasions to
601 add a little spice to their life would be all right or acceptable,
602 but that is part of the ailment. You cannot tolerate sugar, you
603 cannot tolerate sugar, you learn to do without. (pause) My such
604 silence. How many are guilty in this room of using such things?
605 Onward.

606

607 ***: NutraSweet exploded onto the scene so quickly and so
608 all-encompassing in all the foods that use sweeteners that it just
609 gave me the impression that it was all a plot, sort of like the
610 idea that I got that fluoride was a plot to poison our minds.
611 Whamo, all of a sudden, there is NutraSweet. Did somebody higher up
612 in this web of conspiracy know that NutraSweet was not good for us
613 in some fashion?

614

615 C: Well, let us not go so far as to say that it was with such evil
616 intent but it is not healthy. It is not a healthy product as time
617 will prove itself out. And just because something can be made from
618 the by-product of natural things does not necessarily mean that it
619 is good. So, do not be fooled with concepts like that. Even your,
620 well, that should suffice.

621

622 ***: Is this NutraSweet especially harmful to children?

623

624 C: It is harmful to all of you. If you must have something sweet,
625 use honey. If you cannot use honey, use raw sugar, and, now, we
626 are not talking about this flim-flam stuff that is coarse white
627 sugar that has been colored with a molasses or something; we are
628 talking about the real raw sugar. And if that is not even available,
629 we would sooner see you use the white sugar as opposed to these

630 artificial creations. We find it mind-boggling to see some
631 individuals think that refined sugar is so deadly and yet they will
632 turn right around and use true toxins to replace something that is
633 superrefined. Now, it just does not make sense to us. But, of
634 course, we do have recall of times when we probably did not make
635 sense to ourselves either. Just to show we are ...

636

637 ***: Human?

638

639 C: Oh, yes, we are quite human. In fact, we are far more human
640 than any of you, yet. Now, when you shed yourself of those alien
641 trappings, then you will be as human as we are.

642

643 ***: Council, where does brown sugar, light and dark, fall in this
644 scale?

645

646 C: Well, there truly is no such thing as a brown sugar. It simply
647 is a refined sugar that has been dressed up or caramelized in some
648 manner or another. Now, let us get back to something far more
649 serious. Many of you, at times, have thought of aliens. Such
650 things do exist. We have a room full of them right now. (Laughter)
651 Getting back to the fact that there are some souls that have to
652 disguise themselves in things that you call bodies definitely are
653 alien to our eyes. After all, you all do live in a different universe
654 and time frame than we do, so from our perspective you are from outer
655 space. (Laughter)

656

657 ***: I never thought of it like that.

658

659 C: Ah ha, someone gets the point of our little joke. Well,
660 sometimes we enjoy joking with a little ulterior motivation behind it.
661 Something to think about. Who really is the alien? Who really is
662 the spirit? Who really is alive and who really is dead? It just
663 depends on your point of perspective. Ah, if we say so ourselves,
664 words of wisdom. (Laughter) One more question and that should be it

665 for this evening.