Conscious Nutrition

Returning to God's Original Design



Simon Castilloux

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Conscious Nutrition

Returning to God's Original Design

by Simon Castilloux

-A Message From The Future 9 - 17

-Intro 18 - 22

-You are what you eat 23 - 28

-The Food Pyramid: A Monument of Deception 29 - 33

-How My Journey to Proper Spiritual Nutrition Began 34 - 42

-Pranic Energy of Foods 43 - 52

-A Perfect Diet Won't Save a Poisoned Mind 53 - 59

-Spiritually Evolved People Don't Need the Same Diet as the Asleep 60 - 65

-Alkaline Vs Acidic: The most important Nutritional Fact. 66 - 88

-The Truth About Coffee and Tea 89 - 117

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-The New Generation vs The Old Generation: How Food Affects Us 118 - 129
-Why some people fail to go Vegan 130 - 139
-Food is The Devil's Favorite Weapon 140 - 154
-The Body Eats Through More Than Just Food 155 - 195
-Breakfast Is a Marketing Nonsense 196 - 201
-The 3 Modes of Consumption 202 - 210
-Science Is Just Another Religion 211 - 224
-The Truth About Meat: What You Need to See 225 - 291
-Frugivore: The Human Design 292 - 304
-Eat The Sun 305 - 317
-Biophotons — You Are a Being of Light 318 - 323
-Only Fake Christians Consume Animal Products 324 - 334
-Fasting: Why It's Fundamental and How to Do It 335 - 353
-Protein is a Scam and a Trillion-Dollar Industry 354 - 366
-Proper Hydration Is Not What You Think 367 - 379
-Krishna Consumed Dairy, Then Can I? 380 - 391
-Enzymic Action: The Hidden Sparks of Life 392 - 396
-How to Let Go of Low-Vibrational Food 397 - 401
-The 3 Macronutrients & The Misinformation 402 - 411

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-Carbon chain – Eat the stars 412 - 430
-Alcohol is the liquid of the demon 431 - 438
-Healing the Body Beyond Nutrition 439 - 447
-All Studies Are Done on Zombies 448 - 454
-Do you have to eat 100% perfect? 455 - 461
-The truth about milk and dairy product 462 - 474
-The Truth About Getting Sick: It's a Vibration 475 - 482
-Is Sugar in Fruit Bad for You? 483 - 490
-A Part of You Is Always Perfectly Healthy 491 - 494
-Is It Ok to Eat Fish? 495 - 505
-Eating for Maintenance vs. Eating for Healing 506 - 510
-Fat Lost No Bs Guide 511 - 523
-Is It OK to Eat Eggs? 524 - 538
-Mental Trash Bin: Protect Your Peace from Idiots 539 - 543
-The Lie in the Label: Why Numbers Aren't Enough 544 - 568
-Sleep Smarter: Forget the 8-Hour Rule 569 - 581
-Vegetarians Are Half-Hearted, Be Real, Go Vegan 582 - 587
-Snacking Steals Your Vitality 588 - 594

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-The Truth About Honey 595 - 598
-Who's Really Hungry — You or Your Parasites? 599 - 603
-Spiritual non-physical foods 604 - 608
-Be Your Own Doctor — Don't Be a Fool 609 - 617
-The Truth About Salt: A Hidden Gem 618 - 622
-Pick Your Best Poison 623 - 629
-How to Build Your Own Diet 630 - 672
-Final 673 - 677

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A Message From The Future

This entire book is a fictional story of a man named Simon.

It was the year 2091, and the world was accelerating in ways no one had ever imagined. Fast food had become the quickest answer to hunger. Quick hookups through dating websites were the easiest way to satisfy never-ending lust. In fact, most people didn't even need the apps anymore—they could rent a girlfriend or boyfriend for a day, choosing between a human companion or a cheaper, more accessible AI partner. It seemed that everything real was drifting further from reach, while everything artificial was always just a click away. Even the food had become increasingly artificial. Real meat was a luxury, reserved for the wealthy, because for decades the meat industry had ravaged the earth—wasting water, clearing immense amounts of land to

grow feed for animals. The masses now consumed lab-grown, synthetic meat, designed to imitate the real thing but engineered entirely in sterile factories. It went even further than that: most of the food available in 2091 had never existed even in 2050. Almost everything was synthetically created, claiming to contain all the nutrients, minerals, and vitamins humans needed. And, in a sense, it worked—people weren't dying young—but a persistent emptiness gnawed at everyone from the inside, an emptiness whose origin no one could name. Fruits and vegetables were practically the only foods left that remained truly natural. Yet the matrix had brainwashed humanity so deeply through social media that even eating them felt strange, almost rebellious. Why buy a basket of fresh fruit when you could just consume a synthetic chemical bar engineered to fill you up for the entire day? Technology was at its most advanced in two thousand years, but to Simon, it felt like society was moving backward. He felt surrounded by people who seemed less intelligent, less creative, less alive. They moved like zombies, half-alive and half-dead, their eyes

glazed, their minds dulled. He knew something had gone wrong with the world. And deeper still, he understood that this decay was no accident—it was the deliberate design of unseen rulers controlling the planet from the shadows. Tired of the emptiness around him, Simon decided that something had to change. He realized that no answers could come from the outside world—after decades on Earth, nothing external had ever truly satisfied him. Not that he had no joy—he had moments of pleasure—but they were always temporary. His underlying unhappiness resurfaced quickly after every fleeting thrill. He had once believed a car would bring freedom. It didn't. It became a machine to ferry him between home and work, day after day. He had thought a prestigious job and a fat paycheck would fulfill him. They did the opposite. He had believed relationships, even with love and excitement, could fill the void. They could not. He had tried building a stronger physique, acquiring money, cars, girlfriends—yet every gain led to the same outcome: initial excitement, followed by the return of the same emptiness.

The new always felt shiny for a few days, maybe weeks if he was lucky, then dulled into the usual monotony. Everything external was a distraction, a way to forget the suffering inside. With nothing left but to turn inward, Simon began his spiritual journey. He understood that one did not need temples, retreats, or exotic locations to awaken. Traveling had become a luxury of the wealthy—apartments and flights inflated by greedy speculators, leaving ordinary people trapped. In 2091, even simple living spaces had become unaffordable, a reflection of the unconscious greed suffocating society.
So Simon's journey did not take place in a temple or a jungle—it happened between the four walls of his small apartment. And he knew that seeking the answers outside himself was a fool's errand. The truth lay within.

From that day on, he meditated for hours every day. He repaired the geometry of his body through yoga, healed his mind through self-realization, and explored the deepest layers of consciousness through meditation. With

nothing else to occupy him, he gave his entire heart and energy to this inner work. Through honesty, perseverance, and focus, he advanced spiritually in a single month more than most could in ten years—or even a lifetime.

In that small room, Simon experienced the entire cosmos within himself. He astral projected, explored inner dimensions, and liberated himself from years of depression, restlessness, and dissatisfaction. Nothing around him changed—same car, same apartment, same job—but everything inside did. Peace, love, joy, and happiness were no longer distant—they were his. "What a funny joke," he thought. "I searched everywhere, spent years and resources, and all along, God had hidden the answers inside me." One day, after a long meditation session, Simon noticed it was harder than usual. He asked himself why, and realized he had meditated after a heavy meal of meat, pasta, potatoes, and snacks, instead of in a fasted state like usual. Awareness struck him—his food impacted his consciousness and inner state. Curious, he

began researching nutrition online. Social media was flooded with videos that appeared convincing but were entirely AI-generated—synthetic information designed to look real, making it nearly impossible to distinguish truth from fabrication. Frustrated, he turned inward once more, asking God for guidance, and meditated deeply. After forty minutes, he forgot the question entirely, transcending body and mind into a state of nothingness. Suddenly, a voice spoke in his head: "Look under your bed. There is a hidden trap door. There, you will find the answers you seek about proper human nutrition." He did not hesitate. He pushed his bed aside, ran his hands along the floor, and found the trap door. Beneath it lay an old book dated 2025: Nutrition for Spiritual Seekers—The Half-Hidden Truth. His eyes widened as he realized the author's name was his own. Through his elevated consciousness, Simon understood: this book had been written by himself, in a parallel universe, in a timeline earlier than his own. How it arrived here, he did not know—and he did not need to. He sat in his favorite meditation posture, Siddhasana, and

opened the book. A small note slipped onto his lap.

This is a message from Simon to Simon.

I recently astral projected into the future—into your timeline of 2091. I was surprised to see that it took this version of us so long to wake up spiritually! In my time, before artificial intelligence and large-scale manipulation of information, learning the basic truths about nutrition was far easier. I do not claim to know everything about nutrition. It is a vast subject. However, I am certain of this: anyone who reads this book will gain the clearest understanding of nutrition they have ever had in their entire life. The subject may be complex, but its core is simple. To materialize this book into your timeline, I had to give up my physical body. Do not worry—I am completely at peace with this decision. In your timeline, just as in mine, many ancient civilizations mysteriously vanished, leaving everything behind. Modern scientists still do not know why or how this happened. But those who are spiritually evolved

and informed about ancient history understand the truth. When a civilization evolves far enough, it no longer needs to remain on Earth. It has learned what it came here to learn. Similarly, I have learned what I needed to learn. I am at peace—content, loving, and joyful. I am fully aware of the beauty that awaits beyond this realm, in dimensions that vibrate faster than the physical 3D world. I am excited to experience that reality fully. Through my vision, I saw that if this version of us does not learn the basic truths of nutrition, an entire population will be wiped out through malnourishment. Just as cigarettes was once considered healthy before being exposed as a killer, the artificial foods consumed daily in your timeline are slowly destroying people—without their awareness. For this reason, I chose to give up my physical incarnation to bring this book into existence. As you gain this knowledge and share it with the right people, it will eventually save your timeline. I know you will enjoy this book. I am certain of it. I begin this book by claiming to be a crazy man—take what I say with a grain of

salt. I had to say this to protect myself from the matrix, which does not want these words to be shared. But even if I would truly be crazy, the insights contained here might be more real than anything you've ever read. Enjoy the read and keep blooming.



After reading the note, Simon did not hesitate at all. He began reading the book immediately, ready to absorb its wisdom and unlock the knowledge hidden in plain sight.

Intro

Before I say anything, let's make one thing very clear. I have no credentials. I am not a doctor, not a nutritionist, and I have no formal medical or academic training whatsoever. This book is not written to diagnose, treat, cure, or prevent any disease. But hey, I'm just a crazy guy, so take everything I say with a grain of salt.
This book does not give medical advice. What you do with your life, your body, and your diet is fully your own choice and your own responsibility. This book is intended for educational and philosophical purposes only. Any decision you make regarding your health is yours alone. You can decide to trust the mainstream narrative, or you can open your mind to new perspectives and lived experience. The choice is entirely yours. Definitely, what this book shares has the potential to trigger many sleepers who cannot—or will not—think for themselves. After all, the greatest geniuses in almost every field were misunderstood in their time and often persecuted. It is only later, as humanity evolves a little more, that their words

begin to make sense. The geniuses of today are often labeled as clowns or conspiracy theorists, only to be understood, respected, and even loved later on. But if you are reading this book, we are probably on the same page—or at least a nearby one. I am not a scientist either, nor a certified nutrition expert. I am simply a being who thinks for himself instead of blindly following the masses. And I have observed this clearly: the masses are sick, weak, tired, and confused. To me, it became obvious that something has been deeply wrong with the way humans have been eating for a very long time. As I grew more spiritually aware, I began to feel energy more vividly—so vividly that whatever I ate, I could feel its effect inside my system almost immediately. This awareness pushed me to question my old diet, back when I was eating meat, drinking milk, drinking coffee, and eating three times a day with snacks in between, just like everyone else. As my perception sharpened, my entire diet changed almost overnight. I did not transition slowly. I jumped in and learned on the fly. I learned through research, yes—but mostly through

direct experience. If you are on a spiritual path and you resonate with what I'm sharing in this short introduction, then I believe you will find real value in this book. What you're about to read is an accumulation of years of observation, experimentation, self-honesty, and lived insight. I have noticed something interesting: people who are already spiritually evolved tend to intuitively know much of what is written here. And if they don't yet "know" it mentally, they often remember it as they read—it resonates somewhere deeper. My understanding of nutrition continues to evolve year after year. This book does not pretend to cover every detail, and I do not claim to know everything. It simply shines light on some of the most important and often forgotten aspects of nutrition. It is very possible that in a few years, I will write another book with deeper or more refined understanding. This book represents my personal perspective at this point in my journey —nothing more, nothing less. I am aware, however, that I am more informed than most people when it comes to these basics, and I have helped many individuals shift their diet in ways

that noticeably improved their energy and overall state of being. That said, you are always encouraged to do your own research. This is not a religious text to be followed word for word. Use your intelligence. Question everything—including me. If something feels unclear or questionable, investigate it further using sources you trust. This book will not give you a rigid meal plan or tell you exactly what to eat every day. It is not a Wikipedia-style breakdown of every food imaginable. Its purpose is far simpler: to awaken you to key principles that make the entire subject of nutrition dramatically easier to understand. You may not walk away with a perfect diet handed to you—but you will be equipped to build one for yourself. There are far more ways to destroy health than there are to preserve it. Eating well is actually very simple. This book therefore acts as a light—not to judge, but to reveal. Darkness dissolves naturally when light is present. Once you can see clearly, you can act clearly. My goal is not pessimism. It is clarity. We have been misinformed repeatedly about nutrition, and that confusion is a major reason why so many people feel depleted, foggy,

and unfulfilled. Becoming aware of this misinformation is what allowed me to change my own diet and my life. I genuinely wish my future self had handed this book to my past self—it would have saved me years of confusion and unnecessary struggle. So consider this my gift to you: a shortcut, not to perfection, but to clarity, to health, and to expanded consciousness.

And now that I've clearly stated that I am not a doctor, not a nutritionist, not a scientist, and not here to give medical advice, and that this is simply a personal perspective shared through experience, let's begin. After all, wouldn't it be nice if your diet elevated your consciousness instead of suppressing it?

You Are What You Eat

There is a great sentence that I once heard; it went like this: You are what you eat. At first it sounded poetic and nice, nothing more. It is only later on that I learned how it is an actual scientific fact. Your entire body is constantly rebuilding itself from the raw materials you give it. Every cell, every piece of skin, and every drop of blood is literally constructed from what you put in your mouth. Your stomach lining renews itself in a few days. Your skin takes a few weeks. Your red blood cells are replaced roughly every four months. Your liver, the master filter, is one of the most regenerative organs in existence—it can rebuild large portions of itself within a matter of months. Your intestines, where life is absorbed and renewed at lightning speed: the cells there live only a few days before being replaced by fresh ones. Even your lungs slowly repair their lining over weeks and months, constantly trying to return to clarity. Your kidney tissues renew themselves through continuous cellular

turnover. Your pancreas, your hormonal glands, and your immune cells—all of these are quietly refreshing themselves in cycles. Even your heart, which people assume never changes, replaces a percentage of its cells every year. And your bones, which seem fixed and permanent, are not. Your entire skeleton renews itself over about seven to ten years through a process of breakdown and rebuilding. You are never standing in the same body twice. You are a flowing construction site. Even the small things are constantly reborn: your taste buds renew every one to two weeks. Your nails grow millimeter by millimeter. Your hair cycles through growth and shedding. Your body is in a perpetual dance of destruction and rebirth, death and regeneration, all day, every day. And the material for this rebuilding doesn't come from nowhere. It comes from your food—your fruits, your greens, your herbs, your water, your choices. So when people say "you are what you eat," they don't mean it metaphorically. They mean it literally. Your future body—your energy, your mood, your clarity, your strength—is being built right now from the choices you

make today. Food isn't just fuel; it's construction material. It's consciousness shaping matter. It's your next version of yourself being assembled one bite at a time. So I'm asking you, do you want your body to become a disgusting pile of dead bodies (meat), hamburgers, pizzas, fake food like pasta, processed sugar, nasty acidic coffee, and such? Do you think that is a beautiful way to be? To me, it is utterly ugly. A lot of people who seem to be healthy to the eyes of the asleep, but it's obvious when you look at them with clear vision; they are simply skinny, but they are not healthy. They are weak and vibrating very low. Beauty should not just be about the curves of your body and your weight, it should be about your actual level of health. Because good health comes with good vibration. A truly beautiful woman or man is made of fruits, vegetables, plants, nuts, seeds, and such. At first, when you are more like the asleep mass, you probably will not be able to notice what I described. The day that you take your health and nutrition seriously, you will develop a new eye that will see beyond the artificial surface. Many people who were once

beautiful will now become ugly to you. Because a sexy body with a trashy mind and a graveyard stomach due to eating meat is really not that pretty. So the next time that you decide what to eat, just think about it. Is this some building block you would like your heart, your skin, and all your other organs to be made of? Is this the energy you desire to embody? Truly ask yourself every time because as you become aware of this simple fact, it will guide you to make the right nutritional choices. Beyond only the physical side, energetically, your nutrition is also building you. Every food comes with pranic energy, either positive, negative, or neutral. There is a chapter in this book that gives more information on this fact. To put it simple, when you are eating positive pranic food, it actively helps you to grow spiritually; it helps you to be centered, to be vibrant, to be alive, to stay young, and much more. On the other hand, when you eat negative pranic food by choice, you literally become more and more ignorant, you put a barrier between you and your connection with God, your energy becomes

low, and your mind tends to be more negative. Literally everything about you becomes less divine. Even your level of consciousness is affected by your nutrition. Those who do not want to evolve or pretend they want to, will eat food as if they were still in survival mode in an area poor in fruits and vegetables. They become prehistoric, like a caveman that would usually live to 30 years max; they hunt the discount prices in the grocery but surely don't have any energy to truly hunt anything alive. On the other hand, for those who truly evolve spiritually beyond pretending, their third eye opens, and that allows them to see the oneness of life, just like their heart chakra blooms as well. Therefore, they will always consume the food that creates the least amount of suffering and allows them to maintain high vibrations. So let me ask you this, would you build a temple with broken bricks? Would you fuel a sacred fire with garbage? Because that is what the mass is doing, and if you are reading this book, I'm pretty sure you have the necessary intelligence to not wish that for yourself. If you want to access higher states of consciousness, your body

cannot be vibrating like the basement of a slaughterhouse. Your stomach must become a beautiful garden of life, and your nutrition must reflect your high spiritual understanding, or at least your desire to grow and to get closer to God's consciousness.

The Food Pyramid: A Monument of Deception

Have you ever seen that so-called food pyramid they taught us in school? The one presented as settled science, as if it were a universal truth about human nutrition? Yeah — that one.
That pyramid is not education. It's conditioning. It doesn't teach you how to listen to your body, understand food quality, or respect biology. It teaches you what to prioritize — and what to normalize — based on industrial convenience, not human health. Grains are framed as dietary essentials. Dairy is portrayed as a biological necessity, despite the fact that most of the world's population is lactose intolerant to some degree. Animal products are positioned as nutritional requirements. Highly processed foods are treated as acceptable daily staples. Meanwhile, real living foods — fruits, vegetables, freshness, simplicity — are treated as secondary, optional, or interchangeable. That pyramid is not a guide to vitality. It is a hierarchy of profit. A system designed to move

surplus crops, justify mass dairy production, sustain massive industries, and create long-term dependency — not strength, clarity, or health. It was never about nourishment. It was about standardization, scalability, and control. Feed the system, keep people functional enough to work, and normalize chronic disease as "normal aging." That's not a food pyramid. It's a propaganda structure. Another Matrix program disguised as science. A polished lie built to monetize the human body.

Every layer of it is a brick that serves the prison of the modern mind and body. The corporations and "health authorities" who created it knew exactly what they were doing: keep the masses eating the wrong things, keep them tired, inflamed, and dependent—then sell them the cure with disgusting drugs that they call pills. Let's look at where this nonsense began. The original food pyramid came from government institutions "advised" by the dairy, meat, and grain industries. These companies literally sat at the table when the rules were written. The result? A blueprint that tells you to eat mostly

cooked grains—the cheapest, most profitable, and most addictive foods on Earth. Meat is being shown as important, yet it is cancer-forming, acid-forming, literal poison. Milk (dairy products) is for baby cows; it is utterly stupid to consume milk as an adult, even milk from a human being. Can you imagine from a cow? Especially since milk does not contribute to bone growth; that is another lie. It, in fact, contributes to bone destruction. The lightest and most life-giving foods—fruits—are labeled as something to "limit." Limit sunlight. Limit life. Limit vibration. That's the real message.

It's a pyramid of control. The more you eat by following it, the more you sink into density—not just physically, but energetically. You become heavy, tired, submissive, and dependent on the system that poisoned you. Then they come with their fake saviors—pills, supplements, nonsense diets like keto and such, new pyramids, and new "guidelines." It's all the same Matrix game with different packaging. The pyramid was never about nutrition—it was about ownership. Control the food, and you control the people. Make them eat dead, acidic,

mucus-forming foods, and make them spiritually blind. Make them live on cooked grains and animal flesh, and cut their connection to light. Dull their intuition, silence their higher senses, and make them too tired to question anything. But here's the truth they'll never print in a textbook: the original food pyramid is upside down. The base should not be grains—it should be fruit. The real human diet begins at the top of that lie, with living, water-rich, alkaline foods that cleanse, energize, and awaken the system. The closer the food is to the sun, the closer it is to God. The more natural it is, the more truth it carries. When you start seeing the Food Pyramid for what it truly is—a symbolic monument of deception—you begin to understand that this world has been built on inverted values. Lies sold as wisdom. Poison sold as nutrition. But now, the awakening has begun. The new pyramid is not built from food groups—it's built from awareness. If you truly desire for true health and spiritual evolution, you will have to go beyond the mainstream bullshit of the matrix. You will have to learn to no longer follow the mass, because the mass are

pretty much always headed for their own demise. You will have to go against almost everything you have been taught. Because those who taught you are workers for the devil without knowing it. The school, The churches, the authorities, the system—it's all a demonic agenda created to keep the rich at the top and the poor as slaves. That's why they keep you not utterly stupid, just stupid enough to keep working for them and to continue believing them. That's why they don't want you to be healthy, but they still keep you somewhat capable of basic work. So that you will never have the energy to do anything for yourself, for your own future. You'll have just enough energy to work for your boss. The system wants to keep us on, alive, but barely alive, just enough to continue to contribute to the economy. Always remember, a sick man is a money bank, and a healthy man is bad for business. Therefore, I invite you to rise above that matrix attack, to remove all sense of trust and faith in the system and the false authorities. Open your inner eye and eat the true diet that God made available for you.

How My Journey to Proper Spiritual Nutrition Began

I haven't been spiritual or awakened for my entire life. I used to be very asleep, lost in my ego like everyone else and unaware of spiritual truths. Back then, I was following the brainwash of the matrix for my nutrition. I was consuming plenty of milk, cheese, meat, some coffee, and lots of chocolate filled with chemicals, gummies, onions, garlic, and so on and so forth. One day when my spiritual journey started, suddenly meditation became part of my daily life. Day by day my consciousness was quickly expanding since I was truly advancing with real action in my spiritual journey beyond pretending. using pranayamas, the proper meditation method, yoga asanas, kriya, all the practices that I share in my online program, The Soul Growth Blueprint. It didn't take a long time for me to understand that meat-eating wasn't the way, but it took me a while to fully take action. I was acknowledging that one day I shall stop eating

meat, but when? I had my list of excuses for why I would postpone becoming vegan. First I had the false idea that being a vegan was way too expensive, which is purely ignorant. When you have proper raw diet nutrition, or at least a good base of 50% raw food. I can assure you, your bank will be happier than ever before because the cost of eating properly is so low! I was stuck in the illusion that I would have to cook with immense amounts of ingredients, that I would need immense amounts of fruits, vegetables, and such in order to replace the meat that I was eating. Turns out it was all false. I also had the excuse of not being properly informed for now, that I would have to first inform myself. Of course, I had other priorities, so I never really ended up informing myself about it. The switch to proper nutrition came to me all at once in a single day. I ordered my favorite plate from a restaurant, which is filled with chicken, rice, a salad, and some potatoes. It was the same plate as usual, nothing new, yet something amazing happened as I opened the box. When I lift the lid, usually I would be witnessing a beautiful work of art with the warm smell of

chicken that I loved so much. But suddenly, I wasn't seeing this at all; all I could see was pieces of dead bodies. Because of my real spiritual practices, my real inner work, my consciousness truly expanded. Because my consciousness expanded, it changed how I perceive the world. As I looked at the chicken, I started to compare the chicken flesh with my own. What's the difference? It's pretty nasty to be eating a dead body; it makes no sense! Then my subconscious mind flooded with the words of a man that I don't remember the name. He made a video about why we should go vegan; he explained the process chickens and other animals go through, just like I did in this book. I simply could not eat the meat anymore; it was impossible. So I only ate the rice, the potatoes, and the salad. From this day on, I became vegan. Without informing myself about how to do it, without being aware of what food to buy for the week. I just jumped into an abyss and got to learn on the way. Surely I made mistakes as I learned, and that's ok; it's part of the journey. At first my nutrition had a lot of rice, bread, vegan meat, and such things.

Day by day I was learning more and more about the proper nutrition by looking at online videos, articles, and books and most importantly, by experience and being aware of how my body feels. Then I found out that eating fake meat is not healthy at all; it's processed food that is no more natural. Surely it is better than meat, but it isn't the way either. So I decided to fully let go of this. At this moment, I started to have a nutrition that was more raw-oriented. Plenty of fruits, vegetables, and peanuts. Peanuts were my main source of "protein" until the day that I learned the dark side of peanuts and the fact that they are roasted, processed, or cooked in some way. I'm not saying that peanuts are the devil either—definitely not. I was simply depending on them too much in my nutrition. They are still infinitely better than meat and processed vegan fake meat So once again my nutrition reality was shattered and I restarted from a new base. This is when things started to get very interesting and better. When I learned about acidic and alkaline food and when I learned about pranic energy in food. Positive pranic,

neutral pranic, negative pranic. So I began to adjust my diet more and more toward only alkaline food as much as possible and positive pranic food. As I did so, my health was getting better than ever before, so did my energy. Back then, when I was consuming an ignorant diet, I did seem healthy on the outside, but inside I was very unhappy and depressed. As I did the proper spiritual practices and started to eat better, my energy really became more exuberant. Instead of sleeping 8 hours, I started to sleep 6 hours and still had energy for the whole day. My goal for my diet was to find the cheapest food available, which brings the greatest source of nutrition and energy. After trying a lot of varieties, I finally found what works very well for me. What made the process much harder for me is the fact that I was and I still am working out with the goal of bodybuilding, to make my muscles bigger. So if you're not doing any sport in a serious way where you need to grow a bigger body, this process is a piece of cake. If you have such goals, now it's more challenging but still very doable. You just have to find the proper source of

information. Right now my diet is very simple, not expensive, and easy to consume. It might change in the future as I learn more of course, but one thing is for sure: I do not know a single person around me who is as healthy as I am and has as much energy as I do. For this reason, I know it's working very well. Can it be better? Probably! I'm always open for more evolution. Right now my nutrition consists of always eating the same breakfast every day. When I say breakfast, it's not about eating in the morning, I never eat in the morning. Nobody should eat after waking up; it's very dumb. It is instead about breaking your fast. Every day I fast for 16 hours from the evening until the next day around 1 or 2 pm. This is when I break my fast with fruits.I eat apples, bananas, some cantaloupe, and sometimes pieces of cucumber. After my watery food, now my system is ready for more solid food; this is when I eat my dates, tofu, sprouted lentils, peanuts, and seeds. Later on in the evening, I eat my second and last meal. For my first meal, I always strictly follow my base diet. By ensuring to have a powerful base of nutrition on a daily basis, this ensures

great health for me. For the second meal, I allow more flexibility. It's not always the same thing; it does always consist of eating some fruits, which is often more apples, bananas, and oranges or strawberries, blueberries, etc. Of course I do not eat a 100% perfectly. I have a very powerful base, like I said, and I still allow myself to eat some food that is mostly for my taste buds' desire from time to time. I try my best to eat snacks that are natural, that do not come from the brands of the devil, the mainstream matrix brand. Instead I go in those small natural sections of the grocery store; their snacks are way healthier in general. I would never claim that I eat perfectly all the time; that would not be true. I'd rather be real with you so you can also be real with yourself. Another very important part of my nutrition is my herbs and roots. We don't have to eat everything; we can also drink it. Every single day I wake up with my first glass of water infused with burdock roots. Later on during the day, I will drink some of those herbs, which bring lots of benefits and nutritional value, vital minerals, iron, and such. I drink water infused with dandelion leaf,

moringa leaf, stinging nettle leaf, Alfalfa, burdock, spirulina, those are my mains. I also tend to drink chaga, plantain, ashwagandha, and more. Always, as I drink my water, I take several pinches of Celtic salt between my sips in order to get wonderful minerals and truly hydrate my system. So this is the story of how I started my nutritional journey, made short and simple. It was really when I learned about acidic vs. alkaline food, the pranic energy of food, the herbs, the raw form, and fasting that I truly got to the next level for my food consumption. In the chapters of this book, you will get to learn more about all that I quickly mentioned in this chapter. I hope that my instant shift will inspire you to not be stuck in inaction, waiting for information that you never look for and bathing in excuses. Let's jump in an abyss together and learn on the fly. We are made in God's image; we are not weaklings who need a matrix doctor to take action. The matrix doctors know nothing, most of them have a nutrition that is pure garbage, and they still brainlessly worship the fake food pyramid with the dairy product, meat, and such. Their job as a doctor

does not require great nutritional training at all; if there is any, it's almost nothing and probably filled with nonsense. They are here to make the pharmaceutical economy run, and to be a good puppet to their master, following their pre-made narrative. If I break an arm, of course I'll go see them to get it fixed; other than that, I eat an apple a day to keep the doctor away. You are made as a powerful being, you can survive by eating almost anything, so there is no need to be afraid to jump into veganism without being ready; just learn on the fly, have a positive mindset about it, and have faith. You will succeed.

Pranic energy of foods

Prana, Life Force, and the Energetic Engine of the Body.

Ayurveda is one of the most advanced sciences for nutrition. By simply categorizing foods into three segments, it becomes immensely more obvious to know what is good to consume and what isn't. There are positive pranic food, neutral pranic food, and negative pranic food. Prana is a Sanskrit word that means life force or vital energy. It is the invisible essence that animates life—not just in humans, but in animals, plants, air, water, and even space. It is everywhere, yet it flows through us most directly via the breath, food, water, sunlight, and thoughts and emotions. Yes, even thoughts and emotions carry pranic impacts as well. When we speak about prana, we mostly think about pranayama, which are ways to control our breath and use this vital energy. While breath is a major carrier of prana, prana is not just oxygen. You can breathe in air and still feel

lifeless. When you are full of prana in the proper balanced ways, you tend to feel very light, as if you are floating, yet you are still perfectly grounded. You tend to feel much more joyful and alive, clear-minded, and energized without needing any stimulants; you feel connected to life—it's like if your inner lamp is lit. When you are in lack of prana, it can manifest in so many different ways. Such as depression, anxiety, illness, and much more. This is one of the main reasons why I always keep saying that spirituality is so simple. If you just create the proper inner balance and energize your system, pretty much all your issues dissolve. You quickly liberate yourself and elevate. Prana flows through energy channels called nadis. There are 72,000 nadis, and they all act like veins for blood, but instead for this vital force energy. Those energetic, vein-like wires are connected to our chakras, and it turns out that our third chakra act like an engine for this pranic force to properly circulate. It distributes prana—you could say it's the engine room for energy distribution. This chakra is highly connected to the digestive system, so what you eat truly

affects it immensely. So if your diet is not right, surely your third chakra also won't be alright. Knowing that it acts as an engine to distribute this energy, this can give you a clear idea of how the wrong or proper nutrition can truly make a huge difference. So let's focus on the foods themselves; everything we consume either gives, maintains, or drains this life force. food isn't just calories—it's frequency. Everything you eat will either be elevating you to a higher possibility, a greater evolution, or it will be dumping you down toward your grave and a meaningless life without any purpose, a life that is only about work, sleep, lust, and gluttony.
If you want to learn how to store pranic energy within yourself, liberate your mind and body from suffering, elevate your mood so that inner peace becomes your natural state, and accelerate your spiritual growth like never before, join me in The Soul Growth Blueprint. or work with me personally through my 1-on-1 coaching program by clicking right here. Step into your full energy and potential—your inner light is waiting.

Positive Pranic Foods: Living, Light, and Elevating

Positive pranic foods are those that increase the flow of prana (life energy) in the body. They are light, fresh, vibrant, and energetically "alive." These foods support clarity, balance, and vitality—not just physically, but emotionally and spiritually too. You can think of them as high-vibration foods. Positive pranic foods are all plant-based; there is no positive pranic meat. Positive pranic foods are natural and made by God, ready to be eaten without violence. Some examples are mango, papaya, grapefruit, oranges, pomegranate, apples, pears, figs, dates, berries, watermelon, cantaloupe, grapes, coconut, moringa leaves, celery, cucumber, zucchini, many microgreens, bell peppers, lettuce, sweet potatoes, ash gourd, walnuts, chia seeds, hemp seeds, flax seeds, pumpkin seeds, and much more. The foods that are positive pranic are easy to digest and provide you with great energy. Anything that will stimulate your nervous system or make you sleepy is not positive pranic. One thing to know about this

phenomenon is that once you start to mix food together and especially to cook them, even if they were initially positive pranic, they will possibly lose a great amount of their vital energy and might even turn neutral or negative pranic. Even the spices that you use can turn a good meal into a bad one. Beyond this, no matter what you cook, even if it is positive pranic, after about 4 hours of being cooked, it is no more truly fully positive pranic. Even worse, if you put any positive pranic food in the microwave, it has become dead. Anything that is heated by a microwave is no more food; it's a mini Hiroshima bomb. I might be exaggerating a little bit here, my goal is simply to let you know that microwaves destroy nutrients—they turn alive food into dead zombies. Avoid them. Microwaves don't just heat—they disrupt molecular structures in a way that dulls pranic energy. What once had life becomes energetically flat or toxic; even the nutrients are mostly killed. So basically, positive pranic food is what you want to consume for your mental, energetic, and physical health. It is a great helper in your spiritual journey.

Neutral Pranic Foods: Maintenance Without Elevation

Now, about neutral pranic food, it neither uplifts nor depletes your energy in a significant way; it sustains you in the sense that it keeps you alive. It doesn't elevate your consciousness at all. You can think of them as the "background music" of your diet: not harmful, not highly activating—just steady. It is the kind of food that is simply acceptable to consume. For example, cooked potatoes, oats (especially instant), several types of rice, wheat, and more. Since it is neutral, there is no need to spend much time talking about it; it speaks for itself.

Negative Pranic Foods: Energy Drain, Tamas, and Spiritual Decline

Finally, the negative pranic food, the foods that pull you down rather than lift you up. This is what you want to avoid as much as possible. Negative pranic food brings you closer to your grave at each consumption. They lower your spiritual gifts, and they destroy your health, physical and even mental. Negative pranic foods are those that diminish your life force (prana). Any food that is a carcass, that is a dead body, is negative pranic. They create heaviness, mental fog, emotional instability, and physical stagnation. Rather than nourishing your body, they drain your energy, block spiritual clarity, and increase tamas—the quality of dullness, inertia, and decay. So all meat, including fish as well. All fake food created by men is also negative pranic, like the dead pasta, the noodle, the white bread, the chips, and so on and so forth. One of the worst poisons to consume is processed sugar. Anything that will be a nervous system stimulant is also negative pranic, such as coffee and real tea. True energy doesn't come

from stimulation, it comes from stillness, breath, and high-vibrational food. There are two specific foods that people are using almost all the time, in every meal they make, yet they are poison. For many, it will be hard to accept. Garlic and onions are negative pranic food that are greatly impacting your system in a negative way. They disturb the mind and energy field, agitate the nervous system, and pull energy downward into the lower chakras (survival, desire, aggression), they even cloud higher awareness and block subtle perception. Why? Because they are Rajasic and Tamasic. Rajasic means that it is stimulating; it brings restlessness and overactivity in your system. Tamasic means it is heavy, dulling, and grounding in a way that can cause spiritual inertia. So this mix-together is a very ignorant choice of options to make your food tasty. Together, this combo unsettles the mind while numbing the subtle body—a big "no" for anyone on a path of clarity, intuition, and inner stillness. Now I know a lot of people reading this will say, But aren't they medical? Yes, real onion and garlic do have medicinal qualities,

but medicine and food are not the same. Used in healing doses, they can support the body in clearing toxins and such. But used daily, especially in cooked meals, they dull the inner light and make you more and more dumb, less and less open to the beyond. So this is some valuable basic information about positive, neutral, and negative pranic food. As you understand this, it will highly help you to make the right choices in your nutrition. Surely I did not mention even half of all the food connected to each of those energies. The point of this book is simply to bring light to your knowledge of nutrition so that you can do your own research and experiment with a basic knowledge that is already higher than most people ever knew. If you ever wonder if a certain food is positive, neutral, or negative, just ask an trustable AI, and it will tell you right away. Also, feel free to deepen your research because AI is not always 100% accurate. From now on, make sure to be aware of the pranic qualities of everything you eat. You should know it all; you should never consume foods that you are unaware of. I'm not saying be

perfect; I'm just saying be honest. If you do eat some negative pranic food, at least know the truth, know that this is bad for you. If you still wish to eat it, that's up to you only; at least never be the ignorant type of person who lives in his own illusion. If you eat meat, ok, do so, but know it's unhealthy and know you are contributing to torture. The same goes for coffee and everything else, know the truth about their negative impacts. More and more as you become aware that your choices are sometimes not the best. A seed will be planted in your subconscious mind. Slowly you will start to flow more toward that which is positive pranic because you will feel guilty when eating negative pranic food, or you will at least feel the difference in your energy. Similarly, when you eat positive pranic food. You'll notice how quickly you digest it, how you have so much more energy available, and how you feel lighter. You will notice that your meditations will be easier, and all your spiritual practices will bring greater results. This wonderful positive change will inspire you to eat in the right way.

A Perfect Diet Won't Save a Poisoned Mind

No matter how great your diet is, if you do not have any self-mastery, if you live in constant stress, anger, depression, and such low vibrational states of being. No food in the entire earth will ever save you, and you will never truly be healthy. I'm sure you've seen that kind of person. One who is proud to be vegan pretends to be so righteous, but they are a deep mess. Their whole energy is disgusting and filled with anxiousness. The power of the mind is much greater than the power of nutrition. This is why some people end up living for many years, even reaching old age while their nutrition is garbage. It is because somehow in their mind, they have some conscious and unconscious belief that generates a certain level of health, of immunity, and of freedom from stress. While on the other hand, there are some vegans who seem to be eating perfectly, yet they do not have the health they should have.

This is usually coming from an inner issue in the mind. This issue can be millions of different things. It could be stress from work, stress in general, or it could be because of being dry and dull, not seeing any beauty to life, or it could be because of deep ignorance of any spiritual truth, the list is very long. But even if the list is long, there is no need to focus on each thing individually like a hamster in a wheel getting nowhere. With real spiritual practices, such as the proper meditation method, all of this can be solved quickly. In fact, if someone is unhealthy physically, mentally, and energetically. It will be immensely more powerful to begin to meditate on a daily basis rather than to change their nutrition. Of course, the best is both together, to create inner balance and inner freedom from suffering, while at the same time, changing the nutrition for the best. Still, the outside reality that we experience is a direct mirror of our deepest inner thoughts, beliefs, emotions, intentions, and such. Like myself, I did not quit eating meat and all this poison randomly. I simply elevated my consciousness

and liberated myself with real spiritual practices beyond pretending. Because my energy and consciousness elevated, naturally I was no longer in harmony with poisonous food that vibrates low; I was now in harmony with food that vibrates high. Because my heart opened much more, I could not accept contributing to the suffering of animals like a coward who pays others to do the dirty work; I had to go vegan. It is much more powerful to create first an energetic change and then a nutritional change than to begin with nutrition and forget the energetic part. Because in fact, there is a reason people eat meat and all such disgusting food: it is because it is in harmony with how unconscious, ignorant, and unhappy they are. This phenomenon applies to almost everything in life, not only nutrition. When I was depressed, sad, and angry, I was listening to violent rap music and depressive rock and roll. Then the day that my energy shifted from my sadhana, my spiritual discipline, suddenly I began listening to high-vibe music, and my complete taste in almost everything shifted.

In music, in art, in food, in activities, in friends, in passions, in TV series, and so on and so forth. In fact, about nutrition, it is not only spiritually and energetically that an issue is found if one is so low, there are even several scientific facts that back up this truthful claim. Let us not forget that the nervous system rules everything. If your nervous system is stuck in survival mode—constantly tense, always in fight or flight—then no matter how clean your food is, your body will be unable to heal. Chronic stress literally shuts down digestion, weakens your immune system, blocks detox pathways, and keeps the body inflamed. Stress is not just emotional—it is a chemical state of emergency in the body, flooding the blood with cortisol and adrenaline over and over again. This creates the perfect condition for disease to arise, because the body is not designed to heal while under attack. You can't heal in the same energy that made you sick. And here's the part most people don't realize: You are what you digest, not just what you eat. You could eat the most perfect raw fruits and superfoods, but if you are eating them

in a state of anxiety, guilt, or mental chaos—your body will not absorb what it needs. Blood flow gets redirected away from digestion when you're stressed. Your gut tightens. Your microbiome becomes imbalanced. And your body can't assimilate the nutrients properly. That's why some people are so obsessed with nutrition but still bloated, tired, or sick. The gut and the mind are one system. Emotions also don't just stay in the mind—they are stored in the body. Every negative emotion becomes a form of energetic toxicity. The anger, the grief, the fear,—these do not disappear. They get lodged in your organs, your muscles, your tissues. It is no longer just a poetic saying that "your issues are in your tissues"—even modern science confirms that trauma and long-held emotional stress can physically alter your body's health over time. This is why joy, peace, and love are not just nice ideas—they are real medicine. These emotions create hormonal harmony, regulate your immune system, improve heart coherence, and calm the entire nervous system. A single moment of genuine

laughter or heart-centered connection can do more for your healing than a green smoothie. The best superfoods are not on your plate—they are in your energy. Just think about a time when you were sick or suffering in any physical way. Maybe you ate some specific food to heal or took some pills to create the illusion of feeling better. But none of it made you truly feel free. Then suddenly, a loved one comes—a parent, a friend, or a romantic partner. A joke is shared, laughter arises, and for that moment, even in your sickness, you feel alright. You're having a good time. And it's not just emotional—your physical symptoms begin to ease too. You cough less, breathe better, the mucus lightens, your pain reduces, and your body feels more energized—even if nothing else has changed. Then, as soon as your loved ones leave and you're back in your mental prison, your thoughts return and intensify your suffering. And one by one, your symptoms start creeping back in—the heaviness, the tension, the fatigue, and the discomfort—all returning as they are summoned by your inner state.

This is just one example of how your inner state of being is far more powerful than food or pills. And this is without even mentioning the profound healing powers of meditation—the only medicine that touches the root of your suffering and not just the symptoms.
Your vibration is the foundation; food is simply the reflection.

Spiritually Evolved People Don't Need the Same Diet as the Asleep

When you truly take on a spiritual journey beyond pretending, surely, you are gaining more and more self-mastery on a weekly basis. Your mind is becoming more and more silent. Your energy is becoming more calm, zen, and also more intense and powerful at once.
This makes your entire human system of a much higher quality than those who are asleep and ignorant. Who lives with their inner eye shut, with their mind constantly chatting all day long, their emotions with no self-control, their perceptions limited by the 5 senses, Who never meditate, never take a moment to heal their body and mind. You see, the entire nutritional science is based on research that has been done on zombies instead of humans. On half-alive, half-dead individuals who do not have any self-mastery. For this reason, pretty much all the

science which is about the human's need, is wrong. It's kind of like basing research on people who have no legs to find out the correct way to run for people who have legs. It just makes no sense! Every single thought costs you energy; the same applies for every emotion, and even for every scenario that you imagine in your mind. An asleep human has around 60,000 to 70,000 thoughts per day on average. Can you imagine the countless scenarios created in the mind by this? the countless cascades of emotions generated by it? Of course, such a person will need to consume more because they are constantly burning their fuel! When your mind becomes mostly silent, not fully silent, of course, but mostly because you're truly consciously working at it at all times in order to master your mind. If you can lower your amount of thoughts to 5,000 or even 10,000 instead of 60,000, Can you even imagine how much energy you've just saved? Every time your state of being switches from happiness to stress to anger to doubt, to joy, and it goes on and on. Every time this happens, your entire chemical factory needs to readjust itself and create the

proper response. So when you learn to be zen, to simply be above your mind's chatter and emotions. Your energy becomes much more stable, kind of like the flame of a candle that is perfectly still. A still flame will always last much longer than a flame that is constantly moving from side to side, getting stronger and weaker again and again endlessly throughout the day. Therefore, the more that you expand your consciousness, silence your mind, and become above emotions. The more that you live as the witness, as the soul rather than the body and mind, or should I say, illusion. The less fuel you will require because not only your consumption of energy is immensely lowered, you're also generating energy from your meditation, your breathwork, and your elevated emotions. There is a reason why people say the sentence "eating your emotions". A sad, unfulfilled, depressed person will often find comfort in eating; it's one of their only pleasure available. Someone who is constantly burning their energy with a negative state of being, of course, he will be more hungry. Meanwhile, the

one who masters himself, even if he is in intense action, will still be burning less energy than an asleep person sitting in front of a computer. So the next time that you allow yourself to be brainwashed by the mainstream NPC narrative about food, just remember this chapter. Remember that this science is based on zombies rather than realized human beings. It is no more a science that applies to you. The more that I expand my consciousness, the more that I'm becoming silent within, I go on being amazed as I continuously find out that I need even less food than I thought! My nutrition is becoming smaller and smaller by the year, and my health is becoming greater; my muscles are becoming bigger and stronger as I exercise without caring at all about the whole nonsense of huge volume of proteins. There are also some yogis known as breatharians. Their entire diet is found in the breath with pranayamas, which are breathing techniques. Such yogis can go on and do not eat for years and years, yet they are immensely more healthy than the modern man who is eating 3 meals a day with snacks in between. There are even yogis who do not drink any

water for days and weeks because they found out that there is a special liquid that you can find in your mouth as you deeply meditate; as you suck on it, you have the power to hydrate your body. The human body is made in God's image; therefore, surely, we are magnificent, magical beings with the ability of autosufficiency. If animals can go days without food and remain healthy, surely humans do not need their 3 meals a day to cultivate health. Now, of course, the example of the breatharian and the yogi meditating in deep samadhi and hydrating himself might be extreme. This is not the reality for most people, and I understand this. I am not here yet myself; I still consume 2 meals a day and sometimes 1. I shared this information not for you to stop eating and stop drinking but just to awaken you to the magical possibility of the human being. As long as one lives in a compulsive state, he or she will have compulsive eating behaviors. When one has self-mastery, he has a certain mastery over food consumption as well. So the moral of this chapter is the less energy you waste with your thoughts, negative emotions, and imagination,

the less food you will need. Even if you are working hard physically. The awesome thing about this phenomenon is that not only will you need less food, but you'll also gain more energy because every time your digestive system is working. It is using a tremendous amount of your limited daily energy. So all this fuel, which will now be available for you to use as you wish, can be used for whatever goal you have. Eating less will give you more, eating more will give you less.

Alkaline Vs Acidic: The most important nutritional fact.

What is Acidic and Alkaline?

This chapter is surely one of the most important in this entire book because it will share an immensely important nutritional fact that most of humanity is totally disregarding. When you bring this simple change into your diet, it will lead to immense transformation in the human system and especially save you from countless severe health problems in the future.

Every food that you will ever eat will either be alkaline-forming or acidic-forming. The human body needs a certain level of acidity, and it produces it by itself naturally. An example is stomach acid (hydrochloric acid, HCl): your stomach cells produce this on their own to digest food and kill harmful microbes. You don't need to "eat acid" to make it. There is lactic acid, which your muscles and red blood

cells produce naturally during exercise or when oxygen is low. There is carbonic acid that is formed in your blood when carbon dioxide mixes with water—part of your body's natural pH balance system. There is skin acidity (the acid mantle): your skin maintains a slightly acidic surface, around pH 5.5, to protect against bacteria, and it's produced by your own sweat and sebum. There are other types of acid formations and uses in the body, but there is no need to talk about them all. What you must remember is simply that you do not need to consume any acid-forming food for your basic needs. The body takes care of it naturally.

Acidic Food: The Silent Killer

Most of the foods people eat today are highly acid-forming. This includes all meat, all fish, and all dairy, as well as refined grains like white bread, pasta, and pastries. Most of all rices are acid-forming; the most neutral type of rice are black rice and wild rice only. Sugary foods such as candy and chocolate, coffee, soft drinks, and alcohol add even more acidity. Fried and fast foods—pizza, burgers, chips, and other processed snacks—push the body further into an acidic state, and even condiments and sauces like ketchup, mayonnaise, creamy dressings, and barbecue sauce contribute to the load. So as you can see, there is plenty of food we have been brainwashed to believe is healthy, which it is not at all. Lots of people go on constantly eating meat, fish, bread, rice, acidic beans, and such things. Due to their brainwash, they have no idea that they are slowly poisoning themselves. Then one day a severe health issue/illness occurs, and they remain clueless of the reason why. Even the matrix

clown doctors are clueless of the true root, their school program almost teaches them nothing on the subject of nutrition. So they go on naming your illnesses with thousands of fancy names and ingest you with some pills, never addressing the true root cause, which is most often your diet. Then it becomes a never-ending cycle of new pills and new issues. The sleepers think that's how life is, that's what getting old is. They are not getting old; they are killing themselves. It is not related to age at all; it is instead related to wrong choices accumulating for years and years. Since the mass is asleep and dumb, they all convince each other that this is how life is. They, in fact, very much love to share their health issues with each other, they almost wear them as badges. Just take a moment to listen to most regular asleep 40-year-olds and above talk; it is often all about health issues. They are addicted to their own self-created hell. They love to share their stories of experiences with doctors, about how they've hurt certain of their muscles, their stories at the hospitals, and their stories about their surgeries. As if there are any merits to it all. Finally, when they are 65

years and above, they now have a beautiful box of colorful pills looking like Christmas lights or kid's cereal. Now all they can think about is pills, always pills. Any issue they get, they want a new pill. They are eagerly waiting for the new pill to add to their collection, just like kids waiting for Christmas morning. Avoiding at all costs any change of behavior and habits, avoiding the truth, and never changing their nutrition. Then one pill leads to another issue, so another pill is needed to counter it. The asleep mass act like ostriches who put their head in the sand. They continue to endlessly sin, to endlessly poison themselves with food. They never change anything about their nutrition, never open up their body with yoga and free their mind with meditation, and then wonder, "Why is all of this is happening to me?" Why am I suffering so much?

The issue is that most people's nutrition is almost fully acid-forming, and they have no idea about it. Over the years, this creates the perfect inner environment for pretty much any health issue you could think of. When the levels

of acidity are too high, it leads to inflammation, then inflammation leads to mucus, and then mucus accumulation in any organ or part of the body becomes the root of hundreds if not thousands of health problems. When the human being lives mostly on acid-forming foods, the body is forced into survival mode. It must borrow minerals from its own bones and tissues just to keep the blood in balance. This slow robbery leaves the structure weak, the kidneys overworked, and the system inflamed. Energy drops, recovery slows, and disease begins to take root. An acidic body ages faster, breaks down sooner, and loses its natural resilience.

Acid-forming foods are not just harmful—they are enslaving. They create cravings, addictions, and endless cycles of dependence. They are lifeless foods, stripped of vitality, bringing only heaviness to the body and dullness to the mind. Instead of cleansing, they clog. Instead of nourishing, they drain. The body spends all its energy trying to expel their toxic residue, leaving little strength left for renewal. And beyond the physical, these foods anchor human

beings in density. They make the mind restless, the emotions unstable, and the spirit clouded. It is no wonder that those who live on heavy, acidic diets find it difficult to meditate, to be still, or to rise into higher awareness.

Acidity is the hidden thief of life. It drains oxygen from the cells, leaving them gasping for energy. It is the breeding ground for parasites, fungi, and even the C word itself. Just as rust eats away at iron, acidity slowly corrodes the human body from the inside out. The mucus that follows is nothing more than the body's desperate attempt to shield its tissues from burning—but in doing so, it creates the perfect home for disease. And beyond the physical, acidity clouds the mind and weighs down the spirit. A heavy, acidic body cannot sit in stillness or rise in awareness. This is why the ancients lived on fruits and herbs: not simply to feed the body, but to keep their inner temple pure, light, and open to higher states of being.

Alkaline: The Fruits of the Awakened and Healthy Man

This chapter would not be complete without speaking of alkaline foods, for they are the very opposite of the poison of acidity. Alkaline foods are the foods of life. They are the foods God created for man from the very beginning, before any industry, before any corruption, before any illusions of nutrition built by the matrix. Fruits, herbs, leafy greens, and seeds, and such—these are not inventions; they are divine gifts. They grow under the sun, energized by light, watered by the rains, and nourished by the earth. They are living packages of energy, designed to cleanse, to nourish, and to support spiritual evolution.

When you eat alkaline foods, you are not just filling your stomach. You are feeding your cells with light, with minerals, and with vibration. These foods carry the code of life itself, the exact frequency your body was designed to thrive on. They purify instead of pollute, they build instead of break down, and they leave behind

no toxic burden for the body to fight against. They bring oxygen, not mucus. They create clarity, not confusion. They are the true natural medicine, not only in the sense of fighting disease, but also in the sense of keeping the temple so pure that disease cannot even enter.

Alkalinity is the environment of vitality. In it, parasites cannot multiply, fungus cannot take root, and decay cannot thrive. Instead, cells regenerate, organs rest, the blood flows free, and the mind becomes still much more easily. This is why alkaline foods are the foundation of a proper diet for any human being and especially for one who is taking on the spiritual journey beyond pretending. They make the body light enough to sit, to breathe, to meditate, to rise. The ancient sages did not feast on flesh and fried poison; they lived on fruits, herbs, and living plants, because they knew the secret: you cannot ascend with a body weighed down by filth. You cannot pretend to be spiritually evolved as you consumed flesh uselessly. Because a truly evolved man or woman has an open heart. An open hearth

would never create useless suffering for the animals when, in fact, we are made to thrive on fruits, and we have it all accessible so easily in this modern era for those who live in the cities.

To live on alkaline foods is to live in alignment with nature, with truth, with God. It is the path of freedom. Where acidity enslaves, alkalinity liberates. It liberates the body from disease, the mind from restlessness, and the spirit from heaviness. It makes you transparent, open, radiant, and capable of receiving higher energies. It is no exaggeration to say that eating alkaline is not just a choice of diet; it is a choice of destiny—the choice to live as a child of the light instead of a slave of the dark.

The highest of all alkaline foods are fruits. They are the true food of man, the original design of nature. Fruit is unique among all foods because when you eat it, you are not destroying life but actually helping life multiply. You eat the fruit, and the seed inside is meant to be spread, to create more plants and trees. It is a system of abundance, harmony, and intelligence.

Compare this with meat: when you eat flesh, all you create is suffering, death, and decay. Nothing multiplies from it, nothing good comes forward—only pain, mucus, and heaviness.

Fruits are digested and assimilated faster than any other food because they are already made for human consumption. They don't need heavy breakdown like meat, grains, or vegetables. Within minutes their natural sugars, minerals, and hydration reach the cells, giving real energy instead of draining it. That's why when you eat fruit, you feel light and energized, while other foods often leave you tired or sluggish.

Vegetables do have their place, but they are not on the same level as fruit. They are denser, harder to digest, and many need cooking before you can even eat them. Fruit requires No cooking, no transformation, no killing. Just pick, eat, and be nourished. Fruits are digested incredibly fast—often within 30–60 minutes. Vegetables, on the other hand, take much longer to fully digest, sometimes 2–3 hours or

more, which is 3 to 5 times longer than fruits. This slower digestion requires more energy from the body and leaves more residue behind. This is another reason fruits are the highest vibration foods—they were clearly made for us, efficient, clean, and life-giving.

Living on fruits or mostly on fruits cleans the blood, hydrates the system, and keeps the body light enough for higher awareness. They don't clog you, they don't enslave you with cravings, and they don't age you. They free the body and calm the mind. Fruits make meditation easier, silence deeper, and life more joyful. This is why the ancient sages lived on fruits and herbs: they knew the truth, that you cannot rise while eating flesh and poison, but you can rise naturally when your system is clean and fueled by living sunlight.

When you start eating a diet that is mostly alkaline, a new reality opens up to you. You begin to develop the ability to feel the alkalinity or the acidity of your body. I had never been aware of such a thing before. For those who do

not eat an alkaline diet, they most likely have no idea what this feeling is, because all they know is acidity. They are like a fish unaware that it is living in water—they are living in acidity and oblivious to the issues it causes in their body because that is their usual state, the only thing they know. The more I eat alkaline foods, the more I can sense the acidity of bad food. It's not easy to put this feeling into words, but if I had to try, I'd say it feels like a heavy, sluggish liquid, vibrating at a low frequency. Sometimes, I can even sense the upcoming acidity just in the taste of food. When I eat healthy, alkaline foods such as fruits, I feel vibrant, my digestion is smooth, and I'm energized. On the other hand, when I eat acidic foods, my stomach feels heavy, my focus weakens, and I become so tired that all I want to do is take a nap. This leads to laziness and wasted time. Eating the right diet is of immense value for anyone with goals in life because of the energy it provides.

Before we list alkaline fruits, it's important to understand something most people get wrong: a food's pH on the tongue or in the raw state does not determine whether it is acid-forming or alkaline-forming in the body. We judge acidity or alkalinity by the effect on the body once metabolized. For example, lemons and limes taste sour, but once digested, they are alkaline, cleansing the system and leaving no toxic residue. Apples, though slightly sweet, are also alkaline-forming. It's all about what happens after digestion, not how it tastes.

Some of the alkaline forming fruits you can eat include citrus like lemons, limes, oranges, and grapefruit. Melons such as watermelon, cantaloupe, and honeydew hydrate, refresh, and keep the system light. Berries—blueberries, strawberries, raspberries, and blackberries—are small but packed with minerals, antioxidants, and life-force energy. Tropical fruits like mango, papaya, pineapple, and kiwi are high vibration, easy to digest, and energizing. Pome fruits such as apples and pears are gentle, sweet, and nourishing, while stone fruits like peaches,

plums, cherries, and apricots provide minerals and sweetness in a form that feeds the body without heaviness.

All of these fruits digest quickly, usually within 30 to 60 minutes, providing immediate nourishment and hydration. They oxygenate the cells, energize the system, and leave the body light and free, ready for higher awareness. Consuming a variety of these fruits daily is a simple, natural way to maintain alkalinity and support both physical and spiritual health.

Now, about alkaline vegetables: when I said vegetables are not on the same level as fruits, I'm not condemning them. Vegetables are still highly beneficial and provide essential nutrients, fiber, and minerals. The point is to make sure we understand that fruits are the number one, highest-vibration alkaline foods, the ones that feed the body fastest, cleanse the system, and elevate the spirit. Vegetables are awesome too, but they digest slower, are denser, and often require more energy from the body to break down.

Some alkaline vegetables include leafy greens like spinach, kale, romaine, and Swiss chard. They are rich in minerals, chlorophyll, and life-force energy. Cruciferous vegetables such as broccoli, cauliflower, brussels sprouts, and cabbage provide detoxifying compounds and support the liver and digestive system. Other alkaline forming vegetables include celery, cucumber, zucchini, bell peppers, asparagus, and green beans. Root vegetables like sweet potatoes, carrots, and beets are also alkaline but heavier, taking longer to digest.

Grains like millet and legumes such as lentils are acceptable; they are more neutral rather than alkaline-forming, but they do provide valuable minerals, protein, and sustained energy when prepared properly. From lentils, quinoa, amaranth, buckwheat, or chia, they are concentrated life-force energy and packed with nutrients. Sprouting them makes them more bioavailable and nutrient-dense. This makes them a potent way to nourish the body and elevate the spirit, even if not fully alkaline. I

understand that not everyone is ready to make the jump and go fully on fruits and only fully alkaline foods right away.

Seeds and nuts are nutrient-dense and provide minerals, healthy fats, and protein. Chia, flax, pumpkin seeds, and raw almonds are easy to snack on and offer sustained energy. When consumed raw or lightly soaked, their nutrients are more bioavailable, making them efficient fuel for the body. While not alkaline-forming, they can still support a balanced, healthful diet when combined with alkaline fruits and vegetables.

Mushrooms are more than food; they are living beings with a rich history of connection to humans. Adaptogenic mushrooms like reishi, lion's mane, cordyceps, chaga, and eleuthero can support resilience, energy balance, and mental clarity. While generally mildly acid-forming or neutral rather than fully alkaline, they are nutrient-dense, nourishing, and provide concentrated life-force energy, helping the body adapt to stress while maintaining vitality and alignment.

Sea vegetables, or seaweeds, tend to be mineral-dense, alkaline-forming foods. Kelp, nori, dulse, and wakame are rich in trace elements, iodine, and ocean-born minerals that support cellular function, detoxification, and overall vitality. They are easy to add to soups, salads, or simple infusions, offering concentrated nourishment with minimal effort. These gifts from the ocean expand the range of alkalizing foods, providing a different depth of minerals than land-grown plants. As for fish and supplements, let's be clear: fish are not the source of omega-3. They are merely a storage vessel. Fish do not create omega-3 fats — they accumulate them from algae. When you eat fish, you are consuming a middleman. When you swallow fish oil capsules, you are taking a processed extract of a degraded source. If you want omega-3, go to the origin. Eat algae. Eat sea vegetables. Consume the source itself. This approach is cleaner, more direct, and aligned with intelligence rather than habit. The modern obsession with fish and supplements is not nutrition — it is conditioning, marketing, and convenience masquerading as health. Once you see this, the illusion collapses.

Alkaline foods aren't limited to fruits and vegetables. Herbs and roots are some of the most powerful tools you can use to nourish the body, cleanse the system, and lift your vibration. When infused in water—as decoctions, or simple infusions—they release their minerals, chlorophyll, and life-force energy directly into your system. These are concentrated forms of nature's energy, designed to support the body, mind, and spirit in ways that heavier foods cannot. Some of the best alkaline herbs and roots include burdock root, which is deeply cleansing, purifies the blood, and supports the liver and lymphatic system. Dandelion leaf is high in minerals, naturally detoxifying, and supportive of digestion and kidney function. Moringa is packed with vitamins and minerals, a high-vibration superfood that energizes and strengthens the body, and it contains all nine essential amino acids, making it a complete source of plant-based protein. Stinging nettle, or Urtica dioica, is rich in minerals, supports circulation, and balances pH

while providing life-force energy. Alfalfa is dense in nutrients, alkalizing, and supportive of bone, blood, and overall vitality.

There is a beautiful herb called Tulsi, also known as holy basil, which is a sacred herb that is powerful for the mind and spirit, reducing mental heaviness and elevating awareness. Tulsi is revered in Krishna temples across India, where it is grown, worshipped, and offered to Krishna every day. In these traditions, Krishna is said to love tulsi, and it is considered a direct connection to the divine. Drinking or consuming tulsi is not only nourishing for the body, but it is also a way to honor this sacred plant, align with its high vibration, and invite spiritual grace into daily life.

Other powerful herbs, roots, and mushrooms you can include in your diet (often as powders mixed with water) include ashwagandha, reishi, eleuthero, turmeric, rosemary, chamomile, lion's mane, cordyceps, blue lotus, chaga, tongkat ali, tribulus, sage, brahmi, lavender, red clover, passiflora, kudzu, maca, spirulina,

marshmallow, anise, mugwort, plantain, and more. Many of these herbs and superfoods are alkaline or neutral-forming, nutrient-dense, and high in life-force energy, making them excellent additions to a healthful, energizing, and spiritually supportive diet.

As you might have noticed, I've put some neutral and mildly acidic foods in the alkaline chapter on purpose. Not everyone is ready to be perfect and eat 100% alkaline all the time, and that's okay. Mushrooms, chia seeds, flax, pumpkin seeds, and a few other foods are not fully alkaline, but they still have a lot of benefits—nutrients, protein, minerals, life-force energy. When the greater part of your diet is high-vibration alkaline foods, these neutral or mildly acidic foods are acceptable. They nourish the body, support energy, and don't overwhelm your system. They are nothing like the dumb acidic trash bombs—like meat, fish, milk, and processed junk—which bring too much negative impact to digestion, vitality, and overall health to be truly beneficial. Those foods are simply

not valuable for a modern human with access to all the foods nature provides. Including some neutral or mildly acidic, nutrient-rich vegan foods in an otherwise alkaline diet is acceptable and a smart way to transition—slowly, practically, and effectively. Your body gets the benefits it needs without being weighed down. The key is balance: make the majority of your fuel alkaline, and the rest—if chosen wisely—will enhance your health and energy instead of harming it.

Eating alkaline foods is not just about nutrition—it is about reclaiming the original design of the human body, honoring the intelligence of nature, and choosing freedom over heaviness. So many fruits, leafy greens, sprouted seeds or microgreens, mushrooms, and sea vegetables are living packages of light, vibration, and prana. They cleanse the system, energize the cells, and leave the body light enough to breathe, to meditate, to ascend. When you choose these foods, you are not following a trend or adhering to rules built by the matrix—you are aligning with life itself. You are feeding yourself in the

same way the sun feeds the earth, in the same way the rain nourishes the soil, in the same way the ocean pulses with energy. Alkaline eating liberates. It frees the body from decay, the mind from distraction, and the spirit from heaviness. It makes meditation easier, focus sharper, and presence deeper. It turns your body into a temple of clarity, your mind into a field of stillness, and your life into a channel for higher energies. Remember this: fruits are the highest of all alkaline foods, and the frugivore design is the true blueprint of human nutrition.

We thrive best when we live in harmony with this natural pattern, eating what our bodies were made to digest with ease and joy.

The Truth About Coffee and Tea

If I could delete a couple of things from existence, surely, coffee would be part of my list. In fact, I call this nasty, devilish liquid "slave juice" because people have been brainwashed to drink it—to become better mindless slaves. They are tired from overworking and equally from neglecting proper inner work like meditation and pranayama. So they feel lethargic and sleepy. A false belief forms about the cause of low energy, and it always blames the external world rather than one's habits, mindsets, and lack of inner work. When we are inspired with purpose and meaningful action, together with proper daily maintenance of the human system through meditation and such, this slave juice is never required. Not only do we not need it, but it also poisons us deeply. There is a phenomenon called confirmation bias—coffee drinkers search online for its benefits so they can be like ostriches with their heads in the sand, ignoring the immense red flags coffee

carries. It doesn't matter if you find ten so-called health benefits; if these come with immense negative effects, the positives are canceled out. Some laugh when they see memes saying, "Don't talk to me until I've had my coffee." I'm telling you, such jokes are not funny; they are shameful. This chapter will explain why.

Coffee is just slave juice: Your energetic high is fake.

If there could be a way to violate your nervous system, coffee would be the perfect weapon. It is pure abuse to the nervous system. You might wonder, if it is so bad, then how come it gives me so much energy? For your information, surprisingly, coffee does not give any energy at all. In fact, it takes away your energy rather than giving you any of it. The feeling of being energized is simply the body's emergency switch being flipped. You see, when you drink coffee, your body treats it not like a food but like a threat. Caffeine stimulates your adrenal glands to release adrenaline and cortisol—the same hormone your body pumps out when

you’re being chased by a lion, in danger, or under threat. This shifts you into the sympathetic nervous system, aka "fight-or-flight" mode. So you’re not energized; you’re stressed, even if it feels good at first. The energy that coffee gives you is utterly fake, one of the greatest scams in nutrition history. The energy is that fake because coffee doesn’t give you any of it; it forces your body to release stored energy (from glycogen, fat, and adrenal hormones). Therefore, that rush you feel, It’s your survival system kicking in—not real vitality at all. It’s kind of like getting a cash advance on energy, but later you’re stuck with debt: crashes, fatigue, irritability, and burnout. Ironically, pretty similar to the university, it wastes your time and energy, making you believe that you will benefit from this, that you will make plenty of money later on. Yet, you end up just being another slave of the matrix, working your life away, and you are in heavy debt. Your brain naturally produces a chemical called adenosine throughout the day. Its job is simple: it tells your body you're getting tired. The more adenosine

builds up, the sleepier you feel. This is part of your natural energy cycle. It's how your body knows when to rest and recover. But here's where caffeine hijacks the system: Caffeine doesn't give you energy; it just blocks your tiredness! Caffeine hijacks your brain by jamming itself into the receptors meant for adenosine—the chemical that tells you you're tired. But it doesn't activate them. It's like shoving a fake key into a lock—nothing opens, but now the real key can't get in. So your brain has no idea how exhausted you actually are.
So you feel awake, but it's a lie; your body is still tired, it just can't feel it. Meanwhile, adenosine keeps building in the background. Once the caffeine wears off, a flood of adenosine hits your brain all at once—that's the crash. You go from fake energy to heavy fatigue, often worse than before. Over time, your brain catches on to the scam and starts making more adenosine receptors to balance things out. That means you get hit with even more tiredness the moment the caffeine wears off. So what do you do? You drink more. And then more. You need higher doses just to feel "normal," and the crashes get

heavier every time. It's a downward spiral—the more you drink, the worse it gets. When your body is stuck in stress mode because of coffee (the "fight or flight" state coffee triggers), it can't switch into calm mode—the part of your nervous system that handles digestion, healing, and deep relaxation gets shut off. You basically become a malfunctioning human being in so many ways. So basically, coffee is a fake energy trap that goes on scamming you on a daily basis as you act like an ostrich with its head in the sand, refusing to see the daily damage it is accumulating. You feel tired, so you drink coffee, and you get a fake energy spike. Then later on you crash, and that crash feels even worse than your initial tiredness. So you drink one more cup again. This toxic cycle goes on and on for years and years. Over time, your body stops making natural energy because it's always being pushed by caffeine. This is how dependency forms—not just physically, but spiritually. You're no longer living from your natural rhythm but from a stimulated, artificial state, and that is a shame to humanity. Within you, there is the reservoir of all energy. You are

a particle of God; it is a shame to need little coffee to be energized. You must learn to tap into your own powers; you must learn to be well rested with meditation, to be well energized with proper breath work, and to feel free and balanced in your body with yoga asanas. Beyond this, if your life is meaningless and without any purpose, it is natural to feel a lack of energy. So start doing some stuff you actually love. I understand it can be challenging because many of us need a regular job to meet our financial needs. So at least make sure at work to keep a good state of mind, a good attitude, and to consciously maintain your energy high and alert. While also using some time daily to work on your goals and your passion. Being overworked is rarely the true cause of fatigue; it is mostly doing meaningless things that eats us alive. When you work on your own goal, write your book like I'm doing now, and work on your business that you're passionate about or at least hard-working because you visualize the benefits that will come out of it, You end up getting almost infinite energy. We tend to believe that we get tired

from doing things, but ironically, it is the opposite. We are getting sleepy from not doing enough purposeful actions. As we increase our purposeful actions, we notice that an almost infinite source of energy becomes available, to the point that for some people, sleep starts to feel like a waste of time, so they sleep less than usual. Remember the power within. Coffee is a drug; if you drink one coffee a day, you're just like any cocaine addict. The only difference is that the cocaine addict is socially not accepted, and the coffee addict is socially accepted. Every time that coffee brings you higher, it then dump you down lower than you were before you initially drank this slave juice. Every time, lowering more and more your natural state of being until you become like a dead battery that always needs to be jump-started. Don't be that weak; take back the power and let go of this slave juice.

Coffee Is a Poisonous Acidic Bomb

As explored in this book, pretty much all health issues and illnesses begin or thrive in an inner

acidic environment. High levels of acidity are really one of the greatest killers of humanity. When acidity levels rise, inflammation rises; when inflammation rises, mucus production rises; and when mucus accumulation happen anywhere in the body; here are some deep health issues of all kinds. In fact, if one needs to heal from pretty much anything, it is always best to consume a fully alkaline diet. When we are not in healing mode, of course, it is still always best to focus on consuming mostly alkaline food. Because yes, we need acidity in the body, and it is already self-created. By consuming any food that raises this level, it quickly goes too high and creates severe imbalances. Over time, this excess acidity drains essential minerals like calcium and magnesium, weakening your bones and muscles and leaving your body fragile. Acidic internal environments impair oxygen delivery to cells, slow cellular repair, and disrupt immune function—this is a reason why acidity "feeds" illness. One very stupid habit that most slave juice drinkers have in common is the mistake of drinking their

coffee as the first thing they consume in the morning. They get up from their bed, feeling like a zombie from their lack of meditation, inner work, and purpose, and right away, like a drug addict, they carry their weakened body to the kitchen and get themselves a coffee.
Drinking coffee as the first thing of the day is literally the worst moment possible.
It is bad at all times, but upon waking up, it is definitely the worst by far because it deeply destroys your acidity balance, leaving you as a deficient human being that doesn't work as it should internally. Your stomach is naturally acidic, designed to break down food gently and steadily. But when you slam it with coffee on an empty stomach, it triggers a spike in hydrochloric acid that throws your digestive system out of balance. It's like lighting a fire before you've even set the table. Without food to soften the blow, coffee's acids and oils irritate the stomach lining, stirring inflammation and that familiar burning, hollow feeling. Acidity also disrupts your gut flora, throwing off the delicate balance of beneficial bacteria that support digestion, immunity, and even mood.

At the same time, coffee floods your body with cortisol—the stress hormone. When your stomach is empty, this cortisol surge hits even harder, ramping up acidity and tension and wearing down your adrenal glands over time. Your body tries to keep the pH balanced, but starting your day with such an acid assault forces your kidneys, bones, and cells to work overtime from the moment you wake.

Inside your cells, acidity slows down mitochondrial energy production, leaving you tired and unable to sustain vibrant health. This isn't just about discomfort—it's about how you begin your entire day. Acidity doesn't just affect the body; it agitates the mind and emotions, promoting stress, anxiety, and disconnect from inner peace. It disconnects you from your own center and makes you much more imprisoned in maya, the illusory energy of physicality.

Do you want to start grounded and calm, or already fighting an uphill battle inside? You must make a choice. Be an ostrich with its head in the sand, knowing that your morning coffee is pure poison and that it is still poison at any time of the day. Or wake up, take back the

power, overcome your addiction, and become a full-fledged human being that is made in God's image.

Coffee Slave Juice Dehydrate and Steal Your Minerals

Not only does coffee give us a large variety of health issues, but it is also a thief! It steals away very important resources from your body, such as hydration and vital minerals. Coffee is a diuretic, so it forces your body to flush out water and essential electrolytes faster than normal. Along with water, it robs critical minerals like magnesium, potassium, calcium, and zinc, leaving your body drained, weak, and constantly working to compensate. This chronic mineral loss thickens your blood, making the heart work harder, reducing oxygen delivery, and leaving your cells undernourished. Even if you drink water, the constant diuretic effect of coffee keeps you in a state of chronic dehydration. This dehydration shows itself in dry skin, brittle hair, faster aging, lower energy, and a mind that feels foggy and

disconnected. It dulls intuition, blocks energetic flow, and leaves you feeling stuck in your own body. So basically, coffee doesn't just wake you up—it drains your life force, stealing water and minerals like a sneaky thief in the night. Less magnesium and potassium, and your heartbeat, hydration, and nerve function all suffer. Less calcium, and your bones weaken. Less zinc, and your immune system falters, making you get sick more easily and slowing recovery from even minor illnesses. Every cup is a drain on your energy, leaving you dehydrated, depleted, and disconnected from your own center. For women, this is absolutely ridiculous. Women naturally need more iron than men, yet many continue to drink coffee daily, sabotaging their nutrient absorption, and then run to the doctor asking for iron pills. Coffee contains compounds like polyphenols that block iron absorption, so every cup directly undermines their health. Stop being a drug addict. Eat properly, nourish your body with real food, and your iron levels—and overall health—will naturally improve. There's no need for pills when your diet actually supports your body.

Coffee slave juice: Coffee or cake?

One thing I've noticed over the years about slave juice drinkers is that they don't even really like coffee at all. They like the effect of coffee, yes, but most of them are heavily modifying their coffee to hide its true bad taste, just like meat eaters go on seasoning their expired flesh with herbs. Obviously, for a great majority of people, drinking a coffee is really just an excuse to eat a cake in disguise. They don't like the taste, so they change it with milk, creams, and lots of sugar. They even go ahead and buy those fake chemical creamers filled with a mountain of processed sugar and a little taste of nuts, vanilla, caramel, and such. Their coffee is no more only about feeling more energized; it has also become a comfort to forget how meaningless their life is. They are pissed to wake up and prepare to go to work, but as they drink their coffee, which is now a cake, it satisfies their taste buds and make them forget their suffering for a little while. Later on, whether they have an energy crash or not, such people deeply crave another coffee because of

how tasty it has become with all those modifications. The funny thing is, it's not even them who is craving it; it's the parasite inside of their body that are hijacking their brain to create this feeling of craving. This is how the parasites feed themselves, by making you believe that you are the one craving it. I remember when I used to drink coffee before; it was always a two-two, two cream or two milk, with two spoons of processed sugar. Why did I start doing this? Simply because that's what everyone does, too! Mindlessly saying two two, two two, two two, like if this is their new animal shout. One day I wondered what coffee would be like without it, so I tasted it, and wow, it was horrible. Some people do brainwash themselves to enjoy coffee without milk (or vegan milk), and added sugar. Such people always find a way to justify brainwashing themselves to enjoy such a nasty taste. For men, they pretend it's manly; real men drink their coffee like this. For some, they might have their own other reasons. In the end, it's the same cultural brainwash that has happened with alcohol and its monstrous nasty taste. Still, all

coffee is poison, and surely, with added sugar and milk, it becomes an even greater poison. So if you are part of those people who enjoy eating multiple liquid cakes daily, start to ask yourself questions. Become aware from now on that every time you are having a strong craving, it's not you; it's your parasites.

Coffee slave juice: Alternatives

There are some people who genuinely wish to let go of coffee, but they find it very difficult because they have overloaded their nervous systems so much and created so much overall damage that they have become dependent. Now when they wake up in the morning, they really feel more sleepy and tired than ever before. So what should such a person do? The answer is very simple: find another natural way to energize yourself! A cool thing about doing so is that you will start to slowly rebuild your own natural energy as you detox from the slave juice. Even I, who is very healthy, sometimes wake up feeling a bit sleepy or unmotivated to go to

work. If I did not perform the simple and easy practices I do every morning, I would feel very different within my body. I know it because I have experienced it. Sometime in a rush, I went on, and I started my day without those small life-changing and energy-boosting acts. I felt a difference in my energy level the entire day. This gave me the ultimate proof that my simple morning routine truly does energize me for the entire day, and much more than coffee. Because I've been working with slave juice drinkers so many times. I even used to be the guy who collected trash with the big trash truck. I had to run all day, throw big heavy bags of garbage, and carry heavy trash bins for hours. Yet, those weak coffee drinkers never had enough energy to keep up with me, except for one guy, and that's why I always wanted to work with him. The other workers already had 1 to 3 coffee cups before starting to work, yet they did not even have half of my energy. It is also not a matter of age because many of those weak workers were my age. And my favorite working friend who was keeping up at the same pace was about 45 years old. So what are those simple practices to

generate energy in the morning? First of all, start right; never start by scrolling on your phone; start with immediate action. The first thing that I do is sit and manifest. I close my eyes and experience an inner virtual reality of my goals being already accomplished. I go on and create elevated emotions to truly feel it all being true. I then get up and drink one cup of water with infused herbs and celtic salt. The herbs I drink don't give any immediate energy; I simply never drink water without herbs and celtic salt. Right after this, I do some basic yoga asanas for about 8 minutes. the sequence I do is called Hatha Yoga Surya Namaskar, also known as sun salutation. Very easy, yet immensely effective because you absolutely need to stretch and open up your body to allow energy to flow properly. especially upon waking up, and even more importantly if you sleep in bad positions like a cooked shrimp rather than on your back, straight. Right after my yoga, I expand my oxygen capacity by about 100 to 200% with a simple yogic breathing method called Simha Kriya, directly followed by another similar breathing practice. I share the complete tutorial

in my online program, The Soul Growth Blueprint. After immensely energizing my system by bringing huge amounts of oxygen inside and expanding my oxygen capacities. I then sit and meditate for 15 to 30 minutes in order to get my mind right. You must overcome yourself before you start your day, or else you are shooting yourself in the foot. Finally, after my meditation, I go ahead and take a cold shower. This cold shower works like a miracle and has effects on the body and mind that last for several hours. I simply put the water at the coldest it can be, and I rub my body with my hands to clean it without soap. I stay for just about 1 minute. You could stay for longer; it would be even better. At first, cold showers might be challenging, so your first cold showers can even be only 15 seconds until you get used to it. If for any reason you don't want to take a cold shower, maybe because you're one of those delicate flowers who do not want to wet their hair, or are just too mentally weak to do it, there is an alternative which is much cheaper, yet still very effective. You can use an ice cube and rub it on your face for a while, also on your

neck and especially on the back of your neck. So this is how I get at least triple the amount of energy coffee gives, without coffee. P.S. remember, coffee doesn't give energy; it gives the illusion of energy. While on the other hand, my series of simple practices gives real energy and has a tremendous amount of benefits.
But then what about the satisfaction for your ego as a drug addict trying to recover? You probably need to drink something tasty, perhaps with a similar taste to coffee. Chicory is the answer; you can use chicory in a mix to create a drink that tastes similar to coffee, without the huge list of negative side effects. An example of a tasty mix I tried is chicory, barley, rye, and beetroot. A bag of this mix cost me only $10 and lasts much longer than $10 worth of slave juice. So not only will your health get better, but your bank account as well. You can even pimp your drink just like you did with coffee. For example, with unsweetened vegan milk of any sort. You can add the chocolate taste with cacao, and you can even add cinnamon and so many other things. At some point, it becomes even tastier than the coffee liquid cake. So this taste bud

satisfaction can also be of valuable help in order to let go of coffee completely.

Coffee slave juice: Decaf is Bullshit

Sometimes when people are too mentally weak to quit coffee because they have truly become drug addicts, instead of finding a natural/healthier way to find a similar taste, they cheat themselves with decaf coffee. By doing so, they deeply fail to understand the basic science behind coffee and its destructive effect on the human body. It is a bit less bad, for sure, but I don't call that a real step toward success. When going to decaf, most people only think about the energetic high that coffee gives; they think it's ok now because it's mostly gone. and that makes sense because regular coffee obviously contains caffeine, which is what puts your body into fight-or-flight mode (stress response). While decaf has little to no caffeine, usually 2–5 mg per cup vs 80–100 mg in regular. So it doesn't trigger the same stress response. What they deeply and ignorantly fail to grasp is the fact that one of the greatest poisons of coffee

is not only this. It is the fact that it is way too acidic, dehydrating, and steals your minerals. So even if you drink decaf, you are still creating within you the perfect environment for all sorts of diseases and health issues, which is an acidic environment. Regular coffee is acidic. Most types have a pH around 4.5 to 5, and unlike some fruits, which seem to be acidic but then become alkaline once metabolized. Slave juice is just poison; it remains acidic even after being metabolized. Even if it is decaf, it still contains chlorogenic acids, tannins, and other natural coffee acids. It still lacks alkaline minerals (like magnesium or calcium). So when metabolized, it leaves an acidic "ash" in your system—just like regular coffee, but slightly less intense. In fact, decaf may even be more poisonous on some levels because it goes through some nasty processes that regular coffee doesn't go through. These methods strip caffeine but also alter the bean and leave behind trace chemical residues—things like methylene chloride (a potential carcinogen) or ethyl acetate (synthetic and industrial), chemicals you really don't want in your body every day. Those nasty chemical

processes modify, poison, and destroy the beans on a molecular level. The cheapest and most common method uses harsh solvents like methylene chloride or ethyl acetate. They steam the beans open, then soak them in these toxic chemicals that latch onto caffeine and pull it out. After that, the beans get rinsed and dried, but trace chemical residues remain. Methylene chloride is a harmful poison. About ethyl acetate, even when called "natural," is still an industrial synthetic when used in mass production. Methylene chloride is bad because it's a toxic chemical solvent linked to health risks like headaches, dizziness, damage to the nervous system, and even cancer. It's even classified as a potential carcinogen (cancer-causing substance) by agencies like the EPA. The tiny residues left in decaf coffee are legal and accepted by law, or in other words, the coffee industry is so rich that once again, just like the protein industry, they can buy some legal right to poison us and lie to us. There is no such thing as a safe amount of a chemical poison like methylene chloride and so many others. To be legally accepted does not mean it is right.

After all, slavery was legal, and burning a woman because you believe she is a witch was also legal. Law is not here to protect you; it is here to protect those in power and the economy. It's even harmful to the environment during production and disposal. In short, methylene chloride is a nasty industrial chemical, not something you want anywhere near your food or drink. It's literally a strong industrial solvent used in paint strippers, metal degreasers, pharmaceutical manufacturing, and the production of foams and plastics. About ethyl acetate, it is widely used as a solvent found in paints, coatings, nail polish removers, adhesives, printing inks, pharmaceuticals, cosmetics, etc. It is also true that there are cleaner methods like the Swiss Water Process, which only uses water and charcoal filters to strip caffeine without chemicals, or the CO_2 process, where pressurized carbon dioxide selectively extracts caffeine. These keep more flavor intact but cost way more and are rare in regular decaf brands. Decaf made with these methods can cost up to 2 to 3 times more than regular chemically processed decaf. You'll

mostly find these pricier decafs in specialty or organic brands, not in cheap supermarket bags. To identify if you decaf is made in the worst or better way, If they use a clean method like Swiss Water or CO_2, they'll proudly put it on the label or website. It's a selling point. If they use chemical solvents (like methylene chloride or synthetic ethyl acetate), they'll usually say nothing—or use vague phrases like "naturally decaffeinated" to make it sound harmless. So, no info = probably chemical. Loud about the method = likely cleaner. But even with the cleaner methods, even if the process is better, it still has all the other side effects, like the acidity, stealing your minerals, dehydration, and such. So, most decaf isn't just caffeine-free—it's chemically altered, flavor-compromised, and still leaves you with poison in the cup. So decaf isn't the safe middle ground people think it is. It's a half-measure that keeps you trapped in the same acidic cycle with added chemical baggage. If you want real freedom, you need to quit the whole coffee ritual—not just the caffeine. It really just becomes another mindless destructive habit, and you cheat yourself thinking that

you're being good and healthy. Without caffeine, there's no energy boost, so it becomes a ritual of taste and stimulation—a form of fake comfort. Spiritually, it's like clinging to the shell of a habit without substance. Decaf is expensive and pointless. You're paying the same—or sometimes more—than regular coffee, but without the buzz. At the end of the day, you're just buying a ticket to keep the same limiting ritual alive, pretending you've made progress when really, you're stuck in the same loop. Let's be real and rename decaf. Coffee is slave juice; therefore, from now on, decaf is delusional slave juice. It's a placebo with poisonous side effects. If you're going to break free from caffeine, go all the way. Decaf just drags the chain a little longer. It's coffee without the purpose. So be real and fully stop; you have the power to. There are no magical tricks; you just have to get mentally stronger and have control over your own life rather than being a slave to a lifeless liquid.

Coffee slave juice: Tea is just coffee's cousin.

Tea lovers, don't fool yourselves. Real tea is just a lighter cousin of coffee—it's still a drug that hijacks your nervous system with caffeine and tannins. You might think sipping green tea is some health miracle, but science shows how it is filled with destructive effects. Many people think they are much healthier as they drink their tea. While it is true that tea surely will be less Detrimental to your health than coffee, it still is something we should avoid. First, let's talk about what real tea actually is. People mindlessly mix any herbs and call it tea those days, but that is not what tea is. It's an ignorant and uninformed way to go at it. Real tea comes only from the leaves and buds of the Camellia sinensis plant—nothing else counts as "true tea." This plant manifests itself in black, green, white, oolong, and pu-erh teas, it all comes from the same plant—differences are from how the leaves are processed and oxidized. So all other "teas" on the market—chamomile, peppermint, hibiscus, rooibos—are actually

herbal infusions or tisanes, not real tea, and have different effects. Real tea is a bitter, tannin-rich, caffeine-containing leaf that stimulates your system but offers minimal nutrition. Basically, tea does contain caffeine, just like coffee—though usually less per cup. Coffee typically has about 80–100 mg of caffeine per 8 oz cup (can vary by brew strength).
Tea usually has 20–60 mg of caffeine per 8 oz cup, depending on the type and brewing time. Black tea has the most caffeine among teas, followed by oolong, green, and then white tea with the least. Tea might feel gentler, but it plays the same dirty trick as coffee.
Just like coffee, tea stimulates your adrenal glands to release cortisol (the stress hormone) and adrenaline (the fight-or-flight hormone). This creates a false sense of alertness and temporarily blocks your natural signals of fatigue. You feel "energized," but really you're just pushing past your limits, using a chemical whip. I could go on and explain more about it, but that would be pretty much useless because it was already explained in the subchapters about coffee. It's literally the same poison for the

subject of putting your whole body in stress response. After all, it has caffeine in it, so it's pretty obvious and simple to understand. Also, just like coffee, tea contains tannins that block nutrient absorption; it binds to minerals like iron and zinc in your gut and prevents absorption. This can lead to deficiencies. Though less acidic than coffee, tea still contains natural acids, and remember, an acidic inner environment is the best friend of pretty much all illnesses, small and big. Tea is also dehydrating; despite being a liquid, it acts as a mild diuretic. The caffeine and tannins increase urine output, which can cause dehydration. It also contains compounds that interfere with digestion enzymes, slowing protein and carbohydrate breakdown. This can reduce nutrient uptake and increase digestive burden. Tea plants accumulate fluoride from soil. Some teas, especially cheap or low-quality ones, can have high fluoride content, which may contribute to thyroid issues or bone problems when consumed regularly over years. In fact, fluoride is the enemy of spirituality, as it calcifies the pineal gland, which is the physical

manifestation of the third eye; therefore, it keeps you trapped in maya, in the illusory energy of physicality. It suppresses all your spiritual traits. Funnily enough, it actually has nothing to offer. Unlike whole foods, tea is basically a “dead ”extract”—stripped of real nutrition. It gives a mild stimulant buzz but offers nothing your body can build or repair itself with. If you write down on the internet the benefits of coffee, you surely will find some information because there are always those delusional drug addicts that try to justify their bad choices in any way they can. Just like coffee drinkers and meat eaters. Basically, tea consumption becomes kind of like a ritual that can mask addiction because it is socially accepted, making you sound fancy and elegant while you're just ignorantly destroying yourself. People often use tea as a “healthier” caffeine habit, but it still creates dependence. You get hooked on the ritual, the slight buzz, and the taste, keeping you trapped in the same adrenal exhaustion cycle as coffee addicts.

The New Generation vs The Old Generation: How Food Affects Us

The Changing Nature of Food

Have you ever noticed how the older generation seems to get away with things we can't? They grew up on sodas, white bread, bacon, and butter—and somehow, many are still walking around almost like nothing happened. Meanwhile, the new generation tries the same and ends up tired, inflamed, or sick before thirty. People think it's genetics or bad luck—but it's not. The truth is, the world changed quietly. The food isn't what it used to be. The ingredients, the composition, and even the standards behind it all shifted. What our grandparents called "food" might share the same name today but not the same building blocks. This has become a very dangerous phenomenon because people keep saying some nonsense like, "Well, look at Grandma; she's still alive, and

she's 70 years old; her nutrition must not be so bad." What such people fail to understand, because they push away the truth as much as possible, is that the food our grandparents ate had about 3 to 5 ingredients. Today, the same brands selling the same foods with the same name suddenly have a list of 15 ingredients or more—mostly preservatives, stabilizers, sugars, and chemicals. Take something as simple as bread. Back then, it was made of flour, water, yeast, and salt—that's it. Real ingredients, nothing hidden. Today, you grab a loaf from the same brand, and the label looks like a chemistry experiment: preservatives, emulsifiers, conditioners, seed oils, sugars, and additives you can't even pronounce. It's not bread anymore—it's a lab creation shaped like bread. And that's the trap—same taste, same name, completely different composition. The same goes for something like peanut butter. It used to be nothing but roasted peanuts and a pinch of salt. That's it. Now, most jars are loaded with hydrogenated oils, corn syrup, and sugar—things that were never supposed to be there in the first place. They turned a natural food into a

spreadable toxin that still gets advertised as "healthy." Or take cereal. Back then, it was just oats, wheat, or corn—simple grains toasted or flaked, maybe with a touch of natural sweetness. Today, the same boxes are packed with sugar, artificial flavors, preservatives, colorings, and mystery chemicals. It looks familiar, but it's nothing like what our grandparents ate. And here's the cruel twist of the modern world: we pay MORE for fresh vegetables, fruits, grains, and legumes, or foods with 3–5 ingredients—while we pay LESS for fake foods overloaded with chemicals and additives. We pay LESS for fruits that are filled with pesticides and chemicals, and we pay MORE for food that naturally grows. The system is upside down, rewarding shortcuts over health, appearance over substance.

The Lost Connection Between Food and Mind

It gets even worse when you consider how fast we now live. Back then, meals were slower, intentional, and eaten with awareness. Today, we live at a pace where convenience and distraction rule. We eat while walking, while driving, while scrolling through social media, while working, and while binge-watching series. The act of eating has become rushed and mindless. We no longer connect with our food, no longer taste it fully, and no longer give our bodies the focus they need to properly digest and assimilate nutrients. Even the healthiest raw foods lose much of their effect when consumed in this constant state of distraction and stress. The deeper connection between mind and food has been severed, and with it, the ability to truly thrive on the nourishment nature provides.
And this is where it really starts to hit the new generation. All these extra ingredients, preservatives, and hidden chemicals don't just change taste—they change the way our bodies

function. Constant exposure leads to inflammation, digestive issues, fatigue, and weakened immunity. What seems like "tiredness" or "bad luck" is actually the body struggling to process foods it was never meant to handle. Processed foods are also designed to be addictive, tricking your brain into craving more and more while giving little real nutrition. The result? Cycles of overeating, crashes, and a slow buildup of metabolic stress. Meanwhile, long-term consequences like autoimmune tendencies, mental fatigue, and chronic inflammation appear much earlier than they did in previous generations. So when people compare themselves to their grandma, thinking she survived on junk and we're just weaker, they're missing the bigger picture. She didn't have to fight this cocktail of 15+ additives every time she ate. She didn't live in a world where "food" was rewritten to work against the body. And that's the silent danger no one is talking about.

Modern Psychological Stress

And it doesn't stop at food. The new generation isn't just dealing with altered ingredients—we're living under unprecedented psychological stress. Social media amplifies comparison, envy, and distraction. Every scroll, every notification, every post of a "perfect life" triggers our brains to feel inadequate. We see influencers and the wealthy living luxuries we can barely dream of, and it eats at us from the inside. The irony? Back then, those same people could buy a house for what now barely covers a used car with 180,000 kilometers. This constant comparison compounds the pressure we already face from bills, rising prices, and economic instability. Stress, anxiety, and burnout directly interfere with nutrition—when our nervous systems are overtaxed, digestion slows, nutrient absorption drops, and inflammation spikes. It's not just food—it's the environment around it that breaks us down. Meanwhile, the illusion of choice makes it worse. Brands market "healthy options" everywhere, but most of them are just slightly dressed-up lab foods. We think we're

making better decisions, but the same traps are waiting—more additives, hidden sugars, and chemicals we didn't need in the first place. The system has been designed to keep us dependent, exhausted, and unaware of what real nutrition even is.

Generational Contrast and Its Consequences

Add the modern pressures to the mix, and it becomes obvious why the new generation is struggling. Every day we're hustling for money, paying more for less, trapped in endless bills and skyrocketing prices. We live faster, louder, and more stressed than any generation before us. Meanwhile, the older generation barely thought for themselves. They followed society blindly, obeyed authority without question, and treated the news on TV as if it were gospel. Their ignorance became their bliss—they didn't need to challenge the system because they never even considered it. They built their lives around what was presented to them: get a house for cheap, marry, have kids, and quietly follow the rules.

Safe, content, never asking questions, never pushing boundaries. It's almost like that scene in The Matrix: the guy chooses to return to the illusion because he'd rather live in ignorance than face reality. That was them. Ignorance became comfort, simplicity became satisfaction, and a family, a house, and a stable routine were enough to be happy. Contrast that with today. We have all the information, but it doesn't feel like it helps. We see the system for what it is, yet we're trapped. Nobody is content anymore. We are constantly fed images of wealth and success online, and even when we try to improve our lives, the gap feels impossible. Social media makes comparison unavoidable, and comparison feeds frustration, self-doubt, and resentment toward the system. And this stress, this constant tension, even bleeds into how we process food. Studies—even in animals—show that stress directly impacts nutrition. A cat fed with love and calmness absorbs nutrients properly and thrives. The same cat, unhappy or anxious, struggles to assimilate even the same food. Humans react the same way: stress, burnout, and envy interfere with nutrient

absorption, leaving us inflamed and undernourished even if our meals are technically healthy. Now imagine this at scale, across a generation living in constant pressure, fear, and dissatisfaction. No wonder we are tired, inflamed, and undernourished despite supposedly "eating well."

This isn't about complaining, blaming, or feeling hopeless. It's about awareness. What the older generation says—the advice, the "this worked for me" stories—comes from a world that doesn't exist anymore. Their food, their environment, and their rules of life are prehistoric in today's context. We must wake up to our current reality. We can't use Grandma surviving on white bread and bacon at 70 as a license to justify our modern habits. That "food" isn't the same food anymore. What we eat today, even under the same names, is often a chemical-laden imitation of the simple, nourishing ingredients of the past. The goal here is clarity, not despair. Once you truly see the difference—how the world has shifted, how

our bodies respond, and how our choices now matter more than ever—you gain power. Awareness is the first step to freedom. Awareness is the drill. Awareness is why this chapter exists. It's about preparing your mind and body to operate in today's world—with intention, knowledge, and conscious choice. This is a wake-up call, not a history lesson. And the next step? Learning how to thrive despite a world designed to keep you distracted, stressed, and misfed.

Returning to Simplicity

Here's the deal—the fix is stupidly simple, but it takes discipline. Stop eating bullshit disguised as "food." Stop letting shiny packaging, clever ads, and fake health claims decide what enters your body. Your nutrition has to go back to basics, the way nature made it. Raw, mature, ready-to-eat food—apples, bananas, berries, oranges, fresh vegetables, nuts, and seeds. That's it. That's your foundation. When you eat this way, you automatically dodge almost all the hidden garbage—preservatives, stabilizers, sugars, and

chemicals. You don't need complicated rules, recipes, or expensive "superfoods." Nature already did the work. Eating raw puts energy, light, and life force back in your body. Your digestion wakes up, your energy rises, and your body starts doing what it was designed to do. Here's a tip: you can spot the difference between a dumbass and an intelligent eater at the grocery store. The dumbass? They grab whatever looks colorful, fun, or "cool," no questions asked. They shop by emotion, impulse, and advertising. The intelligent person? They read every single ingredient, they check, they pause, and they often put it back on the shelf. They know what goes in their body matters. You must start doing the same. Read the ingredients of everything you eat. It's simple, but it flips your brain from autopilot to conscious mode. The core of this approach is raw fruit and mostly raw foods. Fruits, nuts, seeds, and vegetables—live foods. Sunlight in a bite. Water in a bite. Life in a bite. Cooking, processing, or overcomplicating your meals kills that energy. Raw is where the power is. Raw is where the real nutrition is. Raw is where your body

thrives. So here's your action: eat raw, eat simple, eat consciously. Don't let flashy marketing, convenience, or laziness steal your health. Strip it down to what grows naturally, what you can pick and bite. Read labels. Pay attention. Taste your food. Feel it. That's how you take back control. That's how you turn awareness into real power. Moral of the story: don't take advice from people who haven't done the work, who don't see the modern reality. Your grandma at 70 surviving on white bread and bacon? Irrelevant. Don't ever use that as an excuse for your choices today. And don't expect people to understand what you're doing—most are asleep, running on autopilot, and that's fine. You don't need their permission. You just need the truth and the discipline to follow it.

Why Some People Fail to Go Vegan

Why do some people go vegan, then fail and come back to meat? Before I say anything more, I want to make it clear right now. There is not a simple vegan on earth who went back to meat; that is impossible. Such a person has never been vegan even for one second in their life, they are only impostors, fake vegans. The reason that I say this is because true veganism is not just a random choice that you make. It is an awakening. An awakening of your heart because you no longer desire to pay for the immense suffering of animals. Also an awakening of intelligence as you get to understand why meat, eggs, milk, and such is just garbage. So if you ever awaken for real beyond pretending, you will never go back to eating meat because you will feel bad in your body, you won't feel healthy as you consume meat. You will also feel tremendously guilty for the fact that you are once again paying for immeasurable suffering. This is why I want to

talk about this — not to attack those who “quit veganism,” but to expose the difference between experimenting with a diet and actually awakening to truth. People love to say, “I was vegan, but it didn’t work for me.” But the truth is — veganism isn’t a diet that works or doesn’t work. It’s a moral and spiritual awakening that changes your perception of life itself. You don’t “stop being vegan” any more than you stop being awake. The only thing that ever stops is the pretending.

Veganism never fails you — only you can fail veganism.

So now that we made it clear that there isn't a single vegan on earth that went back to meat, only impostors, let's talk about the reasons some people fail veganism. Because it is a fact that one can fail veganism, but never ever can veganism fail you. The reason that I say this is because most people brainlessly jump into it with half their heart and intelligence. Their change in nutrition is nothing more than

changing shirts from Thursday to Friday. When approaching it with such little conviction, such people always have those things in common. One, they approach the whole vegan journey with zero intelligence. They only think about not consuming meat and that's it. They do absolutely no research at all, and if they do any, they watch one or two videos online and that's it. They are utterly uneducated about the science of nutrition and they do not try to learn enough. They often end up having very poor nutrition that does not truly give them all they need — such as eating a boring salad for a meal, filled with chemical salad dressings. You must understand that being vegan does not mean being healthy at all! It would be vegan to eat a huge amount of bread daily as your main source of food — does it mean it's healthy? Surely not. We cannot judge veganism by analyzing it through the failure of a few specific people. Vegan meats are processed food; they are not the way. It's okay to eat a vegan burger for pleasure, like a semi-healthy cake, but that is not true nutrition. Tofu, tempeh, and all such

things definitely have great value when choosing the right ones; still, on their own they are not enough. Just like with the necrovores (humans who pretend to be carnivores), it's obvious: being a carnivore does not mean being healthy. There are so many humans who eat meat and end up being deeply unhealthy — most of them, in fact! Those who seem healthy simply appear so, while a severe illness is silently growing in the shadows, waiting until the right age to take over and destroy them. The funny thing is, meat eaters never talk about the countless millions and billions of people who have died because of meat consumption, because of the cancer meat has created in them. But as soon as one vegan dies, it's everywhere on the internet. It's because it's a controlled agenda! There was one woman who was very skinny — way too skinny — and she was promoting veganism, fasting, fruit juices, and such. There was a lot of good things in what she was promoting, but she was not doing them in the right way — she was malnourishing herself. As she died, she became one of the most used

examples to claim that veganism is unhealthy and makes you weak. But that is just being cunning and lacking self-honesty. This is the work of cowards who want to justify eating meat. Because never do they post anything about the athletes who are vegan. Never do they post anything about the wonderful people who are 70 years old or more, yet look like they are 30 because they are glowing with life. Their skin is flawless, their energy radiant. They never post about all the vegan bodybuilders who have more muscle than 90% of humanity. You see, what you consume as online content is always controlled and posted with a certain agenda. So if you want to know why veganism is so bad, you will surely find plenty of content from imbeciles giving you a huge list of reasons why veganism is bad. Just like if you go on the internet and look up why veganism is good, you will find a huge amount of reasons why it is good. That is one of the reasons why going vegan requires intelligence. Because when you truly desire to give the right fuel to the human body, you must understand that the entire

matrix is trying to brainwash us into eating the wrong nutrition. Because the meat industry is a billion- if not trillion-dollar industry, and the healthcare, the pharmaceutical economy, and such, it's all connected! They want you to eat the wrong food so you get sick, go to the doctor, get some pills, and become dependent. It's a whole cycle of lies. So one who truly desires to go vegan will do proper research — online, in books, and most importantly, through personal experience. Going vegan is not just a choice you make like the color of shirt you picked for today. It's a journey that requires effort, learning, and especially unlearning the lies. You adapt, overcome, and realign as many times as you need, but you never remain stagnant. Your nutrition must be well balanced and it must have a dominant percentage of raw food. Your main source of fuel must be fruits. Going vegan is not just about eating differently — it's also about thinking differently. The failure always comes from ignorance, not from plants.

Why Some People Experience Weird Symptoms When Going Vegan?

There is another phenomenon that happens to some people when they go vegan, even if they eat the right diet. When they do not understand what is happening to them, they might blame the vegan diet, even though that is not the true source. If they go ahead and tell their doctors, doctors are ignorant about nutrition; they don't learn about this subject at all in school, only about illnesses, symptoms, pills, and such nonsense. So of course, they cannot guide you to understand what is happening. Some people experience increased bowel movements, loose stools, or mild diarrhea, which is often caused by sudden high fiber intake from fruits, vegetables, and whole grains. Sometimes they feel fatigued, as if they are lacking energy. The body is simply adjusting to a new fuel source and flushing out toxins. It's just a matter of time before energy returns stronger after a few days to weeks. Some experience headaches or mild brain fog. Detox of caffeine, processed foods, or

animal products can trigger headaches, and brain fog is often due to the body recalibrating blood sugar and nutrient balance. Some might have skin reactions like pimples, rashes, or temporary breakouts. Fruits and vegetables are detoxifying us, and they can release stored toxins through the skin. Better to have ugly skin for a couple of days than feed cancer inside yourself. Some experience mood swings or emotional waves. Emotional release is common when dietary toxins and inflammatory foods are removed. After all, it's the parasites inside of you that are reacting because they want to be fed, so they hijack your emotions. However, the mind may amplify this discomfort if one fears it, so awareness and mindset are key. It's important to emphasize that these experiences are temporary and natural, not signs that veganism is unhealthy. Those are some of the main unpleasant phenomena new vegans sometimes go through. Personally, I never experienced any of this, because, after all, much of it is a creation of the mind due to limited belief. Mindset truly matters — some people simply do not experience these symptoms because they approach the diet

with understanding and confidence. Coming back to basic physical science, fruits are the greatest ally for detoxifying the body. When you've been eating a garbage diet filled with meat, milk, processed food, pasta, and such, it is totally normal that your body tries to flush out all the bad stuff in you. It thinks, “Oh my God, finally he decided to eat proper food! I can finally let go of all this garbage!” And here come the digestive struggles, the low energy, and all that was mentioned above. These unpleasant happenings do not come from being vegan; they are simply the product of finally detoxifying from all the garbage you’ve been eating. With time, proper mindset, and patience, the body settles into its natural, healthy rhythm. Embrace the process, trust your body, and remember — every challenge is a step closer to vibrant health, clarity, and freedom.

Veganism is not a trend, a fad, or a simple diet to test. It is a journey of awareness, intelligence, and integrity. It asks you to see beyond habit, beyond fear, beyond the lies that surround us. Those who truly awaken to it will not fail —

they evolve, they learn, they strengthen. Every challenge along the way is a sign of growth, a signal that the body and mind are aligning with truth. Remember, being vegan is not about perfection; it's about commitment, clarity, and choosing life over convenience. Step forward with courage, and let this path transform not just your body,
but also your consciousness.

Food is The Devil's Favorite Weapon

When we think about the devil, we often tend to picture him as a red man with a tail and a trident for a weapon. Yet, the devil is infinitely more intelligent than this. This whole idea of the devil as a red man even works in his favor because it allows him to hide in the shadows while people try to avoid a form that does not exist—it is the perfect camouflage. His true form is instead an energy, a type of consciousness that thrives on all the negative emotions of the world. The devil's body is immaterial, beyond physicality. Just like every particle of matter has its antimatter counterpart, there is the energy of God, of light, and there is the energy of negativity. The light and the darkness. The light tends to be more subtle, simply available like a book on a shelf; it doesn't jump in your face, and it does not control or possess you. On the other hand, the energy of the devil, of the negative side of life, behaves in a very different

way. As I mentioned earlier, the devil is not a red man, and is not even physical. That works in his favor because it allows him to delude people, taking control of them without them even being aware of it. His preferred methods are not to look demonic and make you run away; in fact, he prefers to use charm. He convinces you to want something by charming you with all the wonderful feelings that will come from it, while keeping you totally blind to the downfall that will follow. The more you become enslaved to short-term pleasures that come with long-term issues, the more you become like an ostrich with its head in the sand, ignoring the upcoming downfall and only seeing the immediate pleasure. That is how the devil operates: as a charmer, as a magician who deludes his audience with sleight of hand, he is romantic, he is pleasure, he is all about exciting you enough for one night, then leaving you to suffer alone, repeating this cycle again and again, until your downfall.

The Devil's Cunning tricks

Some of the devil's favorite weapons are fear, all sorts of fear. Fear of death, fear of poverty, fear of judgment. Another of his beloved weapons is lust, but his greatest of all is gluttony created by the wrong consumption of foods. Fear can be overcome by turning off the TV
and ceasing to see the lies of the matrix. Lust tends to come and go for most people, sometimes charmed by it, sometimes consumed by it, and sometimes more calm about it; it goes up and down. For food consumption, this is a reality that we are dealing with every single day, for 2 to 5 times a day for most people. It is the perfect opportunity to enter the mind and body of the population without them even being aware of it. Unlike lust that naturally ends at a certain age, this food poisoning goes on from birth to death. This scam of the devil in fact begins even before birth. How could the devil possibly affect someone who isn't born yet with food? Easy, the devil has thousands and thousands of workers and most of them are not

even aware of working for the devil; this is how cunning he is. He uses the school system as one of his greatest weapons to brainwash people into ignorance and stupidity. By teaching them everything about nothing, and as this scam goes on without us being aware of it, slowly we are being tamed into blindly accepting the nutrition of the demons. Children are being fed acidic breast milk from cows every single day, they are even forced to finish their milk or else the teacher makes them feel bad, as they did to me. They are told milk is good for your bones, it makes you strong. While in truth, due to how acidic milk is, the body wants to alkalize itself so it looks for alkalizing minerals in the body, more precisely, it extracts calcium from the bones in order to make the body less acidic and more alkaline. So milk does not make bones stronger, it makes bones much weaker, it's all lies. Then the children are all fed animal carcasses, pieces of dead bodies, but no one awakens them to make the connection between the animal and the meat. It might sound funny to an adult, of course chicken

comes from the chicken animal, bacon comes from pigs. But almost all children will have to grow to at least teenagers before ever making the connection, and if they do, it's not a true connection at all because by then they are already brain dead due to the brainwashing they received from school, from church or any other religion, and from their parents, who all are brainwashed by the devil unknowingly. Why do you think it's illegal to go in slaughterhouses as you wish and film? Why do you think the slaughterhouses want to be unseen as much as possible? It is because we are living a lie, we have totally disconnected from the true reality of what meat is, and if we were able to see it easily on a daily basis, the world would turn vegan very quickly. So children are brainwashed to consume meat as if it is normal to eat dead bodies in countries that are abundant in all the plant-based food they require, which again increases acidity immensely, which is the best friend of all illnesses. Alkalinity is true health, illnesses cannot survive in an alkaline environment, which is why the devil does all

that he can to use schools, authorities, religious establishments, and brainwashing parents, in order to ensure that every future child will be filled with acidity and parasites. Parasites love acidity, the more parasites you get, the less you can think for yourself as they hijack your brain, your hormones, and even your feelings in order to control you with cravings. Cravings for food, unconscious cravings for stress, and even sexual cravings. Those parasites are the true demons of this era, little puppets of the devil.

Since they love acidity so much, the devil also uses another very clever weapon to ensure poor health and mind control. In fact, mind control is of immense importance because one who can think for himself is one of the greatest enemies of the devil. So his recent weapon is coffee, which I call slave juice. Now an immense amount of people on earth start every single one of their days with a coffee, which is one of the greatest acidic bombs of all time. They wake up sluggish from all the poison they have consumed the day before, and right away one of the first things they do is drink An acidic bomb on their empty stomach. This messes up their

alkaline level for the rest of the day, stops them from properly getting iron, creates immense stress in the human body, and removes your ability to feel fatigue. It literally acts as an acidic weapon and also a curtain that hides the truth from your eyes. It hides the truth that you are a broken, malfunctioning human being by not allowing you to feel your fatigue—but you should feel it! Because it is pointing to the fact that you must take your life back into your hands; you must control yourself, eat properly, and make the right lifestyle choices. I wish the scams would end here, but unfortunately, they don't. From parent to parent, the brainwashing is passed from generation to generation: the brainwashing of accepting utter garbage as food, chemical slop made by scientists rather than a chef, and they consume it every day. As a reward for being good, for finishing your entire plate of idiotic fake food like meat, pasta, fish, eggs, and such, they go ahead and allow you to eat candy and chocolate bars, which, of course, are also heavily acidic. In this modern era, candy and chocolate bars are part of our nutrition almost as if they were an ultimate

requirement. Most people could not imagine a life without candy, chips, chocolate, and such. All simply because they have been raised that way; it is not a matter of value, it is simply a matter of addiction and parasites hijacking your brain to make you crave those sugary snacks. Those snacks, of course, don't end as a child becomes an adult; in fact, they get even more wild as there is no longer a mother and a father to control how much they eat. Sugary poison becomes the emotional support after a long day at work, after a sad event, or to celebrate anything. Talking about celebration, here is another acidic bomb we have been brainwashed to consume since we were children: alcohol! Yes, I say since we were children because even if children don't usually consume alcohol, they get brainwashed about it millions of times. They see movies with teenagers who party and drink alcohol, they see their fathers drinking alcohol every Friday as they watch sports, every weekend with their friends, they see them laughing and all, and they think it's cool. They notice their mothers celebrating every birthday

with wine. So even if alcohol actually tastes horrible, the brainwashing goes so deep that even if their first sip of alcohol is absolutely disgusting, they will take a second, a third, and so on and so forth. Until the day they become like the usual mindless sleepers who always look for excuses to drink this devilish drink, which is actual poison. Every Friday is an excuse, every Saturday, every family birthday, friends' birthdays, school graduation—they find excuses everywhere to poison themselves, and they are even proud of it, because it supposedly looks cool to become a dumbass who can't walk or talk properly. The health damages of alcohol are so deep that if alcohol wasn't a thing and someone were to invent it today, it would be illegal due to how poisonous it is. So years go on passing one by one; you never question anything, and instead of growing wise, you grow old and weak. You go on and accept that all of your bodily pains, your stiff joints, your inflammation, and your lack of energy—you go on and accept that it is all simply a natural phenomenon of years passing by, but I am

telling you, it is not. You are not meant to grow old and weak like this; you are rather growing sick and bending toward the grave due to poor choices of food consumption and lifestyle habits. Frugivores and raw vegans who are 70 years old have prettier skin, eyes, energy, and health than most 30-year-old regular sleepers. Yogis of 120 years old go on bringing their feet behind their heads, while the 30-year-old man struggles to tie his shoes and makes some bear noises when getting up from the couch.

I used to think that becoming old came with wisdom, but now it is clear as crystal: a young fool becomes an old fool, and a young wise man becomes a mature, wise man. Remember how I mentioned that the devil's trickery with food starts before birth and goes on all the way until death? Now that my grandma has been getting old, she's been at the hospital for a while, and even in this place that pretends to work for the good of health, they pretty much only serve acidic garbage as food, which is utterly stupid. Yet, it is not a mistake; it has been designed to

this way by the enemy, by the matrix. Even the old people and the sick people who need healing, who need an inner alkaline environment, and even more importantly, need to fast—they are forced to consume unhealthy food every single day. Meat, eggs, fish, bread with sugar—they even get to have their daily coffee! After a while, my grandma got to leave the hospital and go live in a place where old people live when they are no longer autonomous enough to be home alone. In this new establishment, same story: meat, eggs, dairy products, sugary snacks, and a daily coffee, never missing a day. So even those who pretend to teach children are workers of the devil, brainwashing them into stupidity. Even the healthcare workers who pretend to be here to heal us are workers of the devil, using false science and being totally ignorant clowns about nutrition. Even most of the religious establishments, which are supposedly working for God, are in fact workers of the devil, spreading fear, wrong nutrition, and such. So if you have no control over your nutrition, I want

to make it clear: you are currently a worker for the devil. You either work for God or for the devil; there is no in-between. After all, inaction is the best friend of the devil as well. So at every meal, make a choice: who do you serve?

Why The Devil Like You Being Unhealthy?

There is even a reason deeper than bad health as to why the devil manipulates all of us to fall into gluttony and a diet based on total ignorance. After all, the devil doesn't want us dead; he needs us alive to continue to serve him on earth, because he truly has absolutely no power in the beyond—earth is his only field to play in. One of the greatest reasons why he wants us all to eat like idiots is because it turns us into drifters. What is a drifter? It is someone who drifts around his whole life and never truly gets anywhere. Someone who has no goals, or might have some but never takes action toward them due to a lack of energy and willpower. Guess why they lack energy and willpower? Because

they are now broken human beings that are malfunctioning due to how acidic their inner environment has become. They have no control over their body and over their mind; no wonder they can't get anywhere in life either. A drifter is healthy just enough to continue contributing to the matrix as he works like a good modern slave, but never energized enough to work on his business once he gets home so he can finally be free financially. A drifter is intelligent just enough to obey like a good dog to the orders he gets from his boss, from society, the matrix, the religious establishment, family, and school. But never intelligent enough to think for himself and use the power of critical thinking or manifestation. The reason why the devil wants us all to be drifters is because his greatest enemies are those who go against the masses, those who think for themselves, those who take meaningful action to build a wonderful life that impacts them and other people in a beautiful, positive way. Even worse than this, the greatest enemy of the devil is an awakened man / woman, or even better, an

enlightened man / woman. Which is why he ensures that we are filled with parasites and high cortisol, high stress, so that our mind stays in a constant state of inner tornado, of lack of consciousness. Ignorance is the root of all injustice and suffering, while enlightenment is the key to world peace, intelligence, wisdom, and the mode of goodness that is in harmony with God, with light. I've seen it through my own experience: as I was driving back home from work, already sluggish and tired from this meaningless 9 to 5, the first thing that I was craving was to get some candy, some chocolate, sit on my butt, and watch anime. Of course, as I was eating bad food, I then had even less energy; sometimes I would take a nap or go to bed earlier. It also often would lead to having a beer, then one beer would lead to two beers, then two beers would lead to a shot of vodka. All of those habits that are in the mode of ignorance and darkness were stopping me from taking the action I must take to create the life I truly desire and to become the person I truly know I should be. Then on the weekend, it was always some restaurant; I was looking forward

Of course, after eating the food from the restaurant, I was always sleepy and lethargic, which would often lead to a lazy day. The wrong food consumption leads to inaction. Inaction leads to a meaningless life and a pathetic character. The right choice of food consumption leads to great health, good vibrancy, which immensely helps to take action to build the life you want and to become your greatest self. To eat right even requires being able to think for yourself. Because if you eat badly, you're just another of those mindless sheep, but if you eat healthy, truly healthy, which means plant-based, alkaline, and mostly raw, then you are going against the masses. You are being authentic even if most of the people around you do not agree with truth, and this, my friend, makes you a true warrior of light. so much to eating some yummy restaurant food.

The Body Eats Through More Than Just Food

When we hear the word "nutrition," we often only think in terms of the physical food that we eat with our mouth. But what if nutrition is much more than just what you put on your plate? After all, in this book, you will see clearly that your state of being, your mind, your thoughts, your emotions—all of this greatly impacts your ability to absorb nutrients, either poorly or richly. Nutrition isn't just about filling your stomach—it's about what you feed your entire system, your energy, and your consciousness. Every input, from the air you breathe, the sounds you listen to, the sights you take in, the people you spend time with, and even the products you put on your skin all carry energy that either nourishes or depletes you.
So in this chapter, you will discover several ways your body can nourish or poison itself beyond the simple act of eating food, and how becoming aware of these invisible "diets" can dramatically transform your health, your

energy, and your life. Because true nutrition is holistic—it's not just what goes into your mouth; it's what you allow into your life.

The Skin is a Mouth: intro

Your skin isn't just a covering—it's a living, breathing part of your body that absorbs everything you put on it, like a sponge soaking up energy. Every perfume, deodorant, lotion, or makeup product is food for your body, whether you realize it or not. It's very important to be aware because almost every mainstream brand of creams for the body or face is actually poison. Once again, this is a scam to make billions of dollars out of your ignorance. Take pimple cream, for example—such a pointless creation. Pimples are not the real issue; they are an indication that a part of your body is having problems, such as an organ, or that your nutrition is not good. Yet, we only focus on being pretty and removing pimples. The thing is, people are lazy and weak and don't want to hear that truth, so they keep running after miracle creams all the time. Even if they find

one that removes their pimples, they are actually only hiding the ugly truth—that their organs are having troubles, most likely because their diet is inadequate for a human being.

The Skin is a Mouth: makeup

Let's start with makeup. Did you know that there are three subjects on which it is the easiest to make money? Those are, first, beauty/appearance—mostly marketed to women: cosmetics, skincare, diet products, and fashion. Anything that appeals to the desire to look attractive. Secondly: Sex/Lust—Mostly marketed to men: pornography, dating apps, sexualized entertainment, and grooming products. Anything that taps into desire and instinct. And lastly: Fear/Control/Safety—this is the big one that affects everyone: health, security, insurance, news/media, and authority-driven products. People buy when they feel threatened or unsafe. It turns out that the makeup business is so lucky that it is categorized in those three subjects. Beauty—that one is

obvious; no need to say more. Sex and lust, because we crave being wanted even if we do not admit it. Saying we put makeup on for ourselves is just pure nonsense. You would not need to poison your skin if it was for yourself only; it is rather because we fear not being enough—not pretty enough, not sexy enough, not noticeable enough. So even fear has its place with makeup. If women did not fear their natural beauty, they would not need to buy such immense amounts of makeup. Due to the makeup industry being so lucky in having those three factors that push human behavior to swipe their credit cards, they have been doing business with zero ethical respect for anything. No respect for the women, because they are putting total garbage in the makeup to the point that they are painting their face with petroleum. Yes, most inexpensive or mass-market makeup and skincare products contain petroleum derivatives, like mineral oil, petrolatum (petroleum jelly), paraffin, and other petrochemicals. Very often, the marketing hides it: labels often say things like “moisturizing” or

“hydrating,” but it’s really just coating your skin rather than nourishing it. They promise beauty while silently trapping toxins that damage your skin over time. These cheap ingredients don’t feed your skin like natural butter, like shea butter or cocoa butter, which actually nourish, protect, and restore your skin. They trap toxins in your pores, creating a toxic cycle where you buy makeup to feel prettier, but your skin gets uglier each year, forcing you to buy more and more makeup. This cycle manipulates your fear, vanity, and desire for social approval.

And remember, you also eat from your skin! Everything you put on your skin ends up entering your body. So when you put on such nasty makeup, you are literally eating petroleum and other toxins. This exposure slowly alters your body chemistry and can affect your hormones, nervous system, and overall health. Cheap makeup isn’t just petroleum—it’s often full of parabens, which disrupt hormones and mimic estrogen; phthalates, found in fragrances and nail polish, which harm reproductive health; synthetic fragrances that can trigger allergies, headaches, and hormonal imbalance;

talc, which can be contaminated with carcinogenic asbestos; formaldehyde and formaldehyde-releasing agents, which are toxic preservatives; heavy metals like lead, cadmium, and mercury in pigments, which harm the nervous system; silicones such as dimethicone that block natural absorption and clog pores; and BHA/BHT, synthetic preservatives linked to endocrine disruption and irritation. All of this is used to increase shelf life, improve texture, maximize profit, and manipulate human behavior, while your skin suffers. These toxic ingredients also lower your energetic frequency, dimming your natural radiance and vitality, turning what should be nourishment into a silent attack on your body, skin, and energy. Natural oils and butters, like shea or cocoa butter, nourish and elevate your skin instead of harming it.

Animal testing

Remember how I said that the makeup is made with zero ethical value and zero respect for the women? Well, for a good number of brands, their lack of respect and ethical value does not

end here. They even torture innocent animals to ensure their poison won't affect humans too quickly to notice.When I was younger and I heard that makeup was tested on animals, I always pictured a pig or another animal getting some makeup on their face. It seemed kind of funny. I even saw some cartoons showing this. Turns out this is another total lie—in reality, the cruelty is extreme and systematic. When we say makeup is tested on animals, it's not a cute cartoon—it's torture. Rabbits, rats, guinea pigs, and other animals are shaved, strapped into devices, and forced to endure chemicals on their eyes, skin, or even swallowed, all while they cannot move or escape. In the Draize eye test, chemicals drip directly into their eyes, causing pain, burns, and sometimes blindness. Skin irritation tests burn or inject chemicals onto shaved skin for days or weeks. In toxicity tests, animals are forced to ingest massive amounts of chemicals to see what dose kills them.
Some wear gas masks filled with toxic fumes for long periods, while others are exposed repeatedly to test long-term damage, cancer

risks, or effects on reproduction. They cannot defend themselves, no blinking, scratching, or moving away, while humans profit. This is systematic cruelty hidden behind “safety testing,” a grim side of an industry built on profit over ethics. So the next time you buy makeup to feel prettier, first of all, if you are paying for a brand that tests on animals, no makeup in the world will hide how ugly your heart is. And even if not tested on animals, it might most likely still be filled with toxins that harm your body. So I suggest eating a proper diet so that your skin can glow naturally, and if you do want to get makeup, at least be conscious in your choices of makeup for the animals and for yourself.

The Skin is a Mouth: perfume

Several years ago, before my spiritual awakening, I started using perfume. I never used a lot of it, just a little bit. Then somehow after I awakened, I never wanted perfume again without really knowing why, and my intuition kept pushing me away from it even when I didn't understand the reason. It is only later on that I found out how much this crap is poisonous if it is not fully natural. In fact, today it has become a clear indication of people's level of consciousness. If someone passes by and they smell like a mountain of chemical perfume, it is clear—they are asleep; they are not conscious at all of how the smell is terribly fake and filled with chemicals and how blindly people accept it, never questioning what they are actually putting on their bodies. And they don't bother doing any research. It came to the point that I cannot even tolerate those disgusting odors; it feels like a weapon entering my nose. It feels as bad as a cigarette. So let's find out why perfume is such a nasty garbage thing to use.

Chemical perfume is honestly one of the most unconscious habits people still cling to, and it blows my mind how nobody questions it. Most of these scents are literally made from petrochemicals—petroleum byproducts, solvents, and synthetic compounds born in the same industrial labs that create plastic, gasoline, and antifreeze. People walk around thinking they smell "fresh," but in reality they smell like a walking chemical plant trying to cosplay as a flower, completely unaware of how unnatural that truly is. And the funniest part? The whole perfume industry hides behind a single word: "fragrance." That innocent little label is a legal garbage bag stuffed with thousands of chemicals that companies aren't even required to disclose. Three thousand-plus toxic ingredients can be hiding under that one word, and people just spray it all over their skin and neck without ever asking what the hell they're absorbing. That's how asleep society is—they don't even question the poison they inhale all day, trusting it simply because it's sold. Inside these perfumes you'll find phthalates that mess with your

hormones and fertility, synthetic musks that accumulate in your fat and even show up in breast milk, benzene derivatives linked to cancer, formaldehyde-releasing preservatives used to preserve corpses, and VOCs that assault your lungs and nervous system every time someone walks by like a chemical tornado. Yet people still call this "luxury." It's beyond ridiculous—it's delusion, a fake sense of elegance built on toxicity and numbness. And here's the thing people don't realize: when you smell something, you're absorbing it. The nose is not just a scent detector; it's a direct highway to your bloodstream and brain. That's why perfume gives people headaches, migraines, brain fog, dizziness, and nausea—your body is literally sounding the alarm, but most people are so numbed by stimulants and bad habits that they don't notice. Their senses are asleep right along with their consciousness, completely disconnected from what their body is trying to tell them. These artificial scents also override your natural smell, which carries real information about your energy, your health, your hormones, and your true state. Perfume

smothers that signal with fake chemical noise, disconnecting you from your body and confusing the biology of everyone around you. People end up walking around smelling fake, acting fake, and wondering why they feel disconnected from themselves, never realizing the artificial scent contributes to that disconnection. And yes, it doesn't just affect you, it pollutes your environment too. These synthetic fragrances seep into the air, the dust in your home, your clothes, your bed, and your walls. They build up everywhere, even in breast milk. The planet doesn't need more artificial toxicity floating around pretending it's "pretty," especially when it silently lingers in places people would never imagine. Once you awaken, once your intuition sharpens and your senses come back online, you can smell this stuff instantly. It hits your nose like a weapon—sharp, aggressive, unnatural. It feels as disgusting as walking through cigarette smoke. Perfume stops smelling like beauty and starts smelling like unconsciousness, like a cloud of denial people willingly bathe themselves in

without thinking. This isn't just about perfume—it's about awareness. It's about listening to your body when it says, loud and clear, "This is not natural." Let the asleep cling to their chemical clouds. Once you're awake, you can't go back, because truth has a scent of its own, and it never smells artificial. And if you stink in your natural state, don't go looking for a fake image to cover it up with chemicals—be real, look within, and find out why you stink, because the answer is almost always your nutrition.

The Skin is a Mouth: deodorant

For so many years I always thought that it was basic cleanliness to wear deodorant. I thought that only unclean people don't wear deodorant. I kept seeing so many ads on TV about how deodorant makes you look, smell, and feel manly with their supposedly manly odors. The brainwash, of course, was also aimed at women, making them think they have to be a delicate flower, and for that, they absolutely need this poison under their armpits. After all, it was true

that after sweating, exercising, or moving, at some point there would be an unpleasant odor. It was only later, when I finally turned my nutrition toward veganism, that suddenly I never stank again. At this very moment, it became obvious that the reason people smell so horribly is not because it is natural to smell this way or because they forgot their deodorant. No, the real reason is that their nutrition is total trash; they are filled with corpse and chemical cocktails inside their stomach. Their body is desperately trying to get rid of all those toxins, and sweating is one of the ways to do so.

Plus, when you are vegan, because of fruits and vegetables, you already have a kind of natural deodorant inside you due to how your system behaves. When you eat mostly fruits and vegetables, your digestion produces far fewer smelly byproducts. Meat, dairy, processed foods, oils, and chemical junk create sulfur compounds, ammonia, and acids—all of which come out through sweat. Clean food equals a clean smell. Nasty food equals nasty smell. Fruits especially are full of structured water and natural

fibers that flush your system. When your body has less metabolic garbage, your sweat is lighter and almost odorless. When you smell like a garbage truck as soon as you move your body, your body is actually trying to push out what your liver and gut can't process, sending a clear signal that your internal system is overloaded and desperately needs detox.

So now, let's talk about the dark side of deodorant that most people are completely unaware of. Most conventional deodorants are absolutely ridiculous when you really think about it. Antiperspirants, the so-called "blockers," contain aluminum compounds that literally shut down your sweat glands. Your body is trying to release toxins, heavy metals, and metabolic waste through sweat, but these products trap all that inside you. Your skin becomes a toxic sponge, your body storing what it should be expelling, while people walk around thinking they're "clean" or "fresh." Then you have deodorants that claim to fight odor. They don't block sweat, but they coat it

with synthetic fragrances, alcohol, and antibacterial chemicals that you absorb straight through your skin. So yes, you're sweating, but now you're layering more poison on top. Both types are unhealthy—one traps toxins, the other adds more, and neither addresses the real cause of odor, which comes from diet, toxins, and lifestyle. Natural deodorants are better because they don't contain aluminum or the other toxic chemicals found in conventional products. They let your body sweat naturally and avoid blocking your detox pathways, allowing your body to function as it should. But here's the truth: if you stink, you don't actually need natural deodorant either. The smell is a message from your body. Covering it with anything—natural or synthetic—won't fix it. What you need is to clean your body from the inside: improve your diet, eat more whole foods, fruits, and vegetables, and hydrate properly, and support your detox pathways. When your body isn't producing stinky byproducts, you won't need anything on your skin to mask it. And if you stink in your natural state, don't look for a fake image with chemicals — be real, look

within, and find out why you stink. Most likely, the answer is your nutrition, your internal health, and the way you care for your body from the inside out.

The Skin is a Mouth: Oral health

One of the greatest Matrix attacks has been happening for decades, and almost no one noticed. Only recently have people started to question, to see, and to wake up. We've all been taught to brush our teeth two to three times a day—but what we were never taught is what's actually inside the toothpaste we're putting into our mouth every single time. You see, pretty much all conventional toothpaste is packed with chemicals that have no business being in a human body. And the worst part? These ingredients weren't chosen by accident. They're not there to "protect" you. They're there to numb, weaken, manipulate, and disconnect. The most dangerous one, the one that deserves its own spotlight, is fluoride. Fluoride is presented as this "miracle ingredient" that

supposedly prevents cavities. That's the Matrix narrative. But the truth is that fluoride doesn't "protect your teeth"—it attacks your consciousness. Your pineal gland, the spiritual eye, the antenna to higher intelligence, the bridge between the physical and the divine—is extremely sensitive. And fluoride's number one job is simple: calcify it. To shut it down. To keep it stiff, dormant, asleep. Because if your pineal gland is awake, you are awake. And an awakened human is impossible to control. This is not conspiracy, it's documented: Fluoride accumulates in the pineal gland more than anywhere else in the body. It hardens it. It limits its function. It dims your inner light. And a society with millions of dimmed pineal glands becomes exactly what the system wants: obedient, confused, disconnected from intuition, and stuck in survival mode. It makes you spiritually deaf. And here's the trick: they hide this attack inside something as innocent as toothpaste. Something you use every day. Something kids use. Something no one thinks to question. That's how the Matrix works—not with big dramatic moves, but with tiny daily

rituals that slowly numb your inner senses. Because here's what the Third Eye really is: not a literal physical eye, but your inner vision, your direct perception of truth beyond the five senses. When the pineal gland is open and alive, you don't just see the world, you see through it. You recognize that you are not the body, not the mind, and not the emotions. You realize you are the eternal soul witnessing this temporary human experience. A clear third eye lets you feel the unity beneath all forms—that all beings are one, that consciousness is the true fabric of reality. It keeps you anchored in the real, even while moving through the illusion. It keeps you rooted in awareness instead of confusion. It keeps you aligned with your true self, untouched by fear. Without this inner vision, humans get swallowed by maya—the hypnotic physical dream, the noise, the distraction, the endless chase for external identity. But with the third eye awake, you stay centered in soul. You live from awareness, not conditioning. You see the Matrix, but you're no longer consumed by it. You remain the witness—free, conscious, untouchable. You move

through life with clarity, remembrance, and inner power.

But fluoride is only the beginning. Conventional toothpaste also contains SLS (sodium lauryl sulfate)—a harsh foaming agent that irritates the gums and mouth lining, weakens the oral barrier, and inflames sensitive tissue. Artificial sweeteners, chemicals like saccharin that exist purely to manipulate taste, conditioning you to crave chemical sweetness instead of trusting the natural signals of your own body. Triclosan—an antibacterial pesticide banned in several countries for safety reasons, yet somehow still allowed in products you put in your mouth, despite its known impact on hormones and microbial balance. Microplastics and synthetic dyes—because yes, they literally add plastics and coloring to something you swallow every single day, turning a daily ritual into a slow chemical accumulation. Preservatives and industrial detergents—ingredients closer to cleaning a garage floor than caring for the human body, coating your mouth with compounds never

meant for human consumption. When you brush your teeth with these substances, you're not “cleaning” anything. You're feeding your cells a cocktail of chemicals, and because the mouth absorbs directly, it goes straight into your bloodstream and your brain within seconds. This is why I call this chapter The Skin Is a Mouth—because whatever touches your skin, your tongue, your gums, your lips, your saliva… all of it enters your system. Nothing stays on the surface. Nothing is neutral; nothing is without an effect. And when you see it like that, toothpaste becomes a daily microdose of spiritual sedation, a quiet attempt to keep the pineal gland dull, sluggish, and disconnected from its higher intelligence.

Dental floss

As if the toothpaste Matrix attack isn’t enough, they have even more weapons in their arsenal to make sure we never become too healthy, too vibrant, or too awake. Even something as small and innocent as dental floss is loaded with nonsense. Because nothing in this system is

ever truly harmless. Most people have never heard of forever chemicals—yet they're one of the biggest silent threats hiding in modern "hygiene." Forever chemicals are fully man-made compounds engineered to be indestructible. They don't break down in soil, in water, in fire, or even in the human body. Nothing in nature can decompose them. Your liver can't metabolize them. Your kidneys can't filter them out. Once they enter, they stay forever, accumulating in your tissues like microscopic plastic landmines that only grow with time. And guess where one of the most common exposure points is? Dental floss. Many popular floss brands coat their threads with these indestructible chemicals to make the floss glide smoothly between teeth. Every time that coated thread slides across your gums, tiny particles get absorbed directly into your bloodstream—straight into your system, with zero way out. It's the perfect trap: a toxic substance delivered through one of the most absorbent tissues in your entire body, hidden inside a "health" routine. And you know those flosses that feel practically unbreakable, almost

like some advanced micro-rope instead of a simple thread? There's a reason for that too. Their strength doesn't come from magic—it comes from synthetic industrial fibers created for durability, heat resistance, and mechanical strain. These are the same types of materials used in high-performance fabrics, chemical-resistant gear, and industrial equipment. They were engineered to survive harsh environments, not to connect with living cells. So what do you get? A nearly indestructible synthetic fiber, coated in a chemical that never decomposes, rubbing against one of the most permeable entry points of your entire body. A delivery system disguised as "dental care," operating each time you pull that thread through your teeth. And it doesn't end there. Many flosses are also coated with petroleum-based waxes that belong more in a factory than in a human mouth. Then they layer on a "mint flavor" that isn't mint at all—no peppermint oil, no plant extract, nothing natural. Just artificial flavor molecules, created in a lab, absorbed through the gumline the same way toothpaste ingredients are. So now we have

synthetic industrial fibers, forever chemicals, petroleum coatings, artificial flavors, all blended together in a product marketed as “care.” All entering your bloodstream within seconds. This is the hidden design: to turn something as small as floss into another quiet, daily microdose of toxicity. Another subtle way to keep the body sluggish, the energy low, and the spiritual senses dulled. Even floss — the thing that’s supposed to “clean” you — becomes part of the Matrix machinery meant to sedate, weaken, and disconnect.

Mouth wash

Just when you thought the toothpaste and floss were enough, here comes mouthwash—another hidden weapon in the hygiene matrix. Most conventional mouthwashes kill bacteria indiscriminately, wiping out both harmful pathogens and the beneficial microbes that naturally protect your mouth. Your mouth is home to a delicate microbiome. These good bacteria defend against disease, regulate pH, aid

digestion, and even communicate with your immune system. When you flood your mouth with alcohol or chemical-based rinses, you destroy this natural army, leaving your mouth imbalanced and vulnerable. And, of course, mouthwashes often contain fluoride, triclosan, artificial flavors, and preservatives—chemicals that get absorbed through your gums, just like toothpaste. What feels like "clean" is actually chemical exposure plus microbiome destruction. The result? A sterile mouth that feels healthy but is biologically weakened. Your natural defenses are gone, your inner ecosystem disrupted, and your body becomes dependent on manufactured hygiene rituals. Another subtle way the system keeps you controlled, disconnected, and unaware. Even something as simple as a rinse can become a daily microdose of suppression, sedating your body and your senses while pretending to protect you.

Breaking Free: Natural Alternatives

The first step in escaping the oral care matrix is simple: stop feeding your body chemicals disguised as "protection." There are natural alternatives to conventional toothpaste, but you must be careful. Look for toothpaste that is truly natural, fluoride-free, and free of artificial flavors, preservatives, or industrial additives. These products exist—though they aren't promoted on TV or in glossy ads. Even then, not all "natural" brands are equal. Some still use harsh abrasives or artificial sweeteners, so if you want to go further, making your own homemade toothpaste is surprisingly easy, giving you total control over what touches your mouth. But there's an even older, wiser, and more radical approach: abandon toothpaste entirely. Across many parts of the world, in countries often labeled "poor" by Western standards, people rely on miswak or siwak sticks —natural twigs from the Salvadora persica tree. to clean their teeth effectively. And yet, their teeth are white, strong, and cavity-free, often healthier than those of people in industrialized

nations. How does miswak work without modern toothpaste? It's simple: the twig contains natural minerals and antimicrobial compounds that clean, whiten, and protect teeth while stimulating and massaging the gums. The natural fibers act like a brush, the minerals remineralize enamel, and the antibacterial compounds fight harmful bacteria without harming the beneficial ones. Essentially, miswak does all the jobs of toothpaste without chemicals, fluoride, or preservatives, in a way your body can actually use. Using miswak is ancient, effective, and spiritually aligned. It connects you to a rhythm of natural care that doesn't rely on corporate products, advertisements, or chemical dependence. For those seeking the highest level of autonomy, it's a path that protects both your body and consciousness while cutting through the deception of modern oral care.

When it comes to dental floss, ditch the synthetic, chemical-coated threads. Look for 100% natural, biodegradable floss made from silk, bamboo, or other plant fibers. These glide smoothly without toxic coatings, protect your

gums, and avoid forever chemicals. As for mouthwash, forget the commercial, alcohol-laden garbage. Those products kill all your good bacteria, disrupting your natural oral ecosystem. If you want a real, safe alternative, try oil pulling or a warm clove water rinse—both clean, strengthen, and detoxify naturally. Natural floss combined with oil pulling or clove water gives you a fully natural, chemical-free oral care routine. You don't need corporate products to maintain health, whiten teeth, or protect your gums. Simple, ancient, effective, and spiritually aligned.

The Sound Diet – Music

Would it sound crazy to say that you are even digesting the music you listen to—the lyrics, the instrumental, the emotion behind it? Well, it's already clear that water responds to every word, emotion, and vibration. Years ago, the Japanese researcher Masaru Emoto showed this in his famous water-crystal experiments. He exposed water to different words, intentions, and pieces

of music, then froze the droplets. Under the microscope, the crystals formed completely different mandalas. Harmonious, geometric patterns appeared when the vibration was positive. Chaotic, broken shapes when the vibration was negative. I already went into this in another chapter, so I'll keep it short—but the point is simple: if water changes that dramatically from sound and intention, imagine what happens inside you. There have also been simple experiments with plants that show the same principle. Certain types of music—especially softer frequencies like 432 Hz, calming classical, or gentle instrumental—tend to make plants grow faster, stand taller, and look more alive. But when exposed to chaotic noise, aggressive violent rap, or depressive rock full of distortion and emotional heaviness, plants grow slower, droop, or even retreat. They respond to vibration exactly the way we do: they open under harmony, and they contract under noise. And if plants react that strongly, imagine you. Your body is mostly water—every organ you have, including your brain, heart, and nervous system, sits in that liquid matrix.

Knowing that you're essentially a walking ocean shows why sound hits you so deeply. Every time you turn on the radio or put music in your headphones, you're literally shifting your internal waters. You're either elevating yourself… or poisoning yourself. The vibration you choose becomes the vibration you carry, consciously or unconsciously shaping your state of being. Manifestation isn't some mystical accident. It's literally the repetition of a thought until it becomes an emotion, and that emotion becomes your state of being—whether you're conscious of it or not. What you repeat inside your mind eventually becomes what you live outside. And here's something people don't realize: manifestation works even better when you sing it. The brain remembers sung words far more easily than spoken words. Melody anchors meaning. Rhythm stamps it into the subconscious. Every music lyric becomes a mantra. It's a phrase that the mind absorbs, repeats, and builds into your reality. It's automatic. You're either brainwashing yourself into stupidity… or into wisdom. You can't expect to be loving, peaceful, and blissful while

feeding your mind rap that glorifies violence, chaos, ego, and treating women like objects. And the same goes for depressive rock that drags your energy down with hopelessness, heartbreak, and emotional heaviness. You become the vibration you consume. And trust me, I'm not speaking from judgment; I lived that phase too. I had my chapter with negative rap. I had my chapter with depressive rock. I've been there. I know exactly how those frequencies shape your mood, your thoughts, and even the destiny you walk into. You can pretend that you're "just vibing," that the music doesn't affect you, and that you're only jamming to the beat. But that's pure delusion. It doesn't matter how spiritual you think you are, how advanced your meditation is, or how "above the mind" you claim to be—words still slip into the subconscious. They enter quietly, settle deeply, and manifest in your life in countless ways you don't notice. There is zero logical or spiritual reason to justify listening to low-vibrational lyrics. It's poison, and the subconscious doesn't care if you say, "I don't pay attention to the words." Your body pays

attention. Your energy pays attention. Your destiny pays attention. And it's not even just about the words. People love to say, "Well, this rap doesn't talk about violence," or "This rock song isn't depressing." That completely misses the point. Even if the lyrics were neutral, the instrumental itself already affects your nervous system. Sound is vibration first. Meaning comes second. The beat, the bass, the frequency—that's what your body absorbs before you even notice the words. The heavy bass in rap you feel in your chest and lungs, the piercing high-pitched sounds, and the ultra-low frequencies all create ugly vibrations. They form chaotic internal mandalas and patterns you carry without realizing it. And rock is the same. Even if the lyrics aren't depressive, the melody almost always leans toward sadness, tension, turbulence, or emotional heaviness. That's the signature of the genre. I'm not saying there's zero good rap or good rock in existence—but it's extremely rare. Almost every time someone tried to "prove" to me that there was high-vibration rap or rock, it turned out to be the same chaotic, destabilizing energy underneath.

So become extremely aware of this. Choose your music like you choose your food—consciously. When you listen to positive lyrics, uplifting words, and harmonious instrumentals, they don't just sound nice… they literally shift your chemistry in beautiful ways. Your mood rises, your thoughts clear, and your energy field expands. You become lighter. You become clearer. You become more you. Now, what does high-vibrational music look like? Some of the most elevating sounds are ancient mantras—especially the Hare Krishna mantra. Its rhythm, devotion, and repetition lift your whole field instantly. Another one is Om Namah Shivaya, a mantra that purifies the mind and calms the nervous system—and you can also explore the Shiva Shambho chants and songs, carrying the same ecstatic, liberating Shaivite energy. Any music that gives glory to the Divine with a positive, harmonious instrumental will naturally raise your vibration. Some classical music can work too—but not the mainstream sad, lifeless pieces you hear everywhere. I'm talking about music with soul, depth, and intention.

Very often, some of the most powerful music doesn't come from the West at all. It comes from more "exotic" cultures, places where sound is still seen as sacred. Indian ragas, for example, are crafted to activate chakras, shift blood pressure, and influence your emotional state. This music is designed with the human body and soul in mind—everything is intentional, everything is energetic. There are also beautiful tribal and indigenous traditions with deep rhythmic drumming and ancestral chants you can feel straight in your bones. These sounds ground you, reconnect you to the Earth, and recalibrate your nervous system in ways modern music can't replicate. Then there's the oud, with its ancient, warm, soul-piercing sound. There is the handpan, a modern instrument but incredibly high-vibration, calming, healing, and almost celestial. And of course, you can explore pure healing frequencies, tones designed to realign your inner state. There are so many possibilities. Opening yourself to new horizons, to new styles, to new spiritual rhythms, it transforms you. Your taste changes, your

vibration changes, and you change—in the most beautiful way.

The Emotional Diet

Having proper nutrition is immensely powerful—I would never deny that. But to think that it alone is enough to make you vibrant and healthy would be missing a crucial part of the puzzle. You've likely seen it: someone who is a "health freak," who seems to do almost everything right when it comes to nutrition, yet still isn't truly healthy. The truth is, as long as your emotions are out of balance, it doesn't matter what you eat—your body cannot properly absorb nutrients, vitamins, and minerals. Stress, sadness, anxiety, and unresolved emotional tension create a physiological state that directly blocks digestion and absorption. When we are stressed, the body activates the fight-or-flight response, flooding the system with cortisol and adrenaline. This shifts energy away from the digestive system and toward muscles and vital organs needed for immediate survival. As a result, enzymes,

stomach acid, and intestinal motility slow, making it nearly impossible to fully break down food and extract nutrients. Even if you are eating the most nutrient-dense diet, chronic stress can make your body effectively starve from the inside. Sadness and emotional heaviness have similar effects. Studies show that depression and prolonged negative emotions can reduce gut microbiome diversity, impair liver function, and interfere with hormone balance, further disrupting nutrient absorption and overall health. In essence, your inner emotional state acts like a gatekeeper. No matter how "perfect" your diet looks on paper, if your mind and heart are weighed down by unresolved feelings, the nutrients never reach where they are needed. Healing and true vitality require both physical nourishment and emotional balance—you cannot thrive without aligning both.

The Thought Diet – What You Feed the Mind

Every day, the average person has somewhere between 50,000 and 70,000 thoughts. Yes, thousands of moments of mental activity, many of which we barely notice. Each thought is a spark of energy—invisible, yet powerful. Every single one of these thousands of thoughts either elevates you or drains you. Most people live their lives on autopilot, allowing negative, anxious, fearful, or self-sabotaging thoughts to run unchecked. This is like feeding your body a diet of junk food—energetic malnutrition. Thoughts of fear, doubt, comparison, or resentment weaken your mind and your body, cloud your perception, and even influence your physical health. But the mind is not a slave to this chaos. You have the power to decide what you consume mentally. Just as you would choose fresh fruits and vegetables to nourish your body, you can choose thoughts that uplift, clarify, and expand your consciousness. Meditation, silence, and mindful reflection

are like a detox for the mind, cleansing the palate and making you aware of what is being fed to your consciousness. You can choose to think like a loser—trapped in fear, anxiety, anger, or negativity. These thoughts chain you to limitations, suffering, and external circumstances you cannot control. Or, you can think like a winner, a conscious, intelligent being who recognizes the power of every mental moment. You can decide to create your reality intentionally, feeding your mind with positivity, light, love, clarity, and creative vision. Every thought you allow becomes the building block of your internal and external world. When you consistently choose uplifting thoughts, your mind becomes fertile soil. When you repeatedly dwell on fear or resentment, your mind becomes barren and toxic.
Awareness is the first step: notice your habitual thinking, then consciously redirect it toward what nourishes you and the life you wish to manifest. The Thought Diet is the practice of feeding your mind as carefully as you feed your body. Just as the body cannot thrive on sugar

and processed food alone, the mind cannot thrive on worry, complaint, or fear. Start by replacing every single negative thought you notice with three positive ones that affirm the opposite. For example, if a thought says, “I’m not good enough,” immediately replace it with three affirmations: “I am capable,” “I am powerful,” and “I attract immense success, and luck is always on my side.” As you do this consistently, you are slowly reprogramming your mind. Each positive replacement strengthens a new mental pathway. Over time, this new program grows stronger, gradually overshadowing the old negative program. This is the birth of a new mindset, one that automatically favors constructive, empowering thoughts and naturally supports your growth and success. Remember, your thoughts are not passive; they are active forces shaping your energy, your body, and your reality. Feed your mind well, and your life will follow. Starve it of negativity, and you will experience the consequences everywhere—in your emotions, your health, and your capacity to manifest your dreams.

The Information Diet – What You Read and Scroll Through

In the same way that the food you eat affects your body, the information you consume affects your mind, your energy, and your reality. Not all knowledge nourishes; some is mental junk food, while some expands consciousness and sharpens discernment. The modern world bombards us with endless streams of news, social media, and "expert advice," most of which is fear-based. Headlines designed to provoke anxiety, outrage, or despair lower your vibrational energy, leaving you weaker emotionally, mentally, and even physically. Fear is a low-frequency state, and feeding your mind with it daily is like trying to grow a garden in barren soil. Listening blindly to authorities or self-proclaimed experts is a fast track to mistakes in every area of life—relationships, career, health, and especially nutrition. If someone teaches you how to eat for health but eats meat themselves, they are a clown. No exceptions. Likewise, those who talk

about nutrition but push a bunch of supplements are also clowns. A proper vegan diet, done correctly, requires no supplementation—anyone saying otherwise is misleading you. Following either type of teacher will confuse you, weaken your body, and misalign your understanding of what truly nourishes. True discernment is like digestion for the mind. You must separate what elevates your consciousness from what drains it. Ask yourself: does this knowledge make me stronger, clearer, and empowered, or does it leave me fearful, confused, or dependent on external authority? A conscious information diet means curating what you read, watch, and listen to. Favor content that inspires, educates, and uplifts. Limit exposure to fear-based media, gossip, and shallow trends. Seek teachers who actually practice what they preach. By filtering the mental "food" you consume, you protect your energy, sharpen your discernment, and create fertile ground for growth, clarity, and real understanding.

Breakfast Is a Marketing Scam

It is only after being on earth for more than 20 years that I finally understood the meaning of the word breakfast. Why break? Break what? Why fast? Do I have to do it quickly? The name just made no sense to me until I received the true meaning. We have been deeply brainwashed to believe that we must eat in the morning, not long after waking up. Not only have we been lied to about it, but they also emphasized that it is the most important meal of the day! Have your bacon, your eggs, your sausage, your bread, your dairy product, and your fake chemical orange juice. Only then is it a true complete breakfast, right? Turns out this has been nonsense since day one, and it all began when it got largely popularized by food companies and marketing campaigns, rather than solid scientific evidence. The true purpose of all of this is to make money on your back like always—to keep you dependent and profit off your habits. There are probably several

individuals who are part of this lie to humanity, and one of them is Edward something, known as the father of propaganda. He launched the breakfast campaign because the meat industry came to him saying that they are slacking in meat sales, especially bacon. They needed more money, more customers, and more sales.
So Edward knew that it would be too hard to convince the people toward a new idea. Therefore, he instead went directly to the sources of authority. He went to convince the health care workers. He convinced them that breakfast is the most essential meal of the day and that it should be a bigger meal than what it was before and that it should consist of meat, eggs, bacon, and such foods. Many said yes, but they weren't promoting bacon—just the idea of more food. Edward took this and spun it into: "Doctors recommend bacon and eggs for health!" He planted articles in newspapers about the dangers of skipping breakfast. Radio ads and print campaigns pushed bacon and eggs as a "doctor-approved" meal even though it was not true. He was very successful with his marketing campaign; it brainwashed almost the whole

earth! Just to give you an idea of how much this man works for financial gain only. He is also one of the greatest sources that marketed cigarettes as being healthy and cool. In the 1920s, smoking was mostly a male habit, and tobacco companies wanted to expand their market. Edward was hired by a tobacco company to make smoking socially acceptable for women. He hired fashionable women to smoke cigarettes while marching in the Easter Sunday Parade in New York City to influence the people. Newspapers covered it as a feminist act—smoking became a symbol of female empowerment. He pushed ads that made cigarettes seem like a way to stay slim, targeting women's insecurities. He again manipulated public opinion by going to sources of authority. He had doctors endorse smoking in ads, making it seem safe. He used Hollywood and celebrities to glamorize smoking. It is such a manipulative individual that made us all fall for the idea of breakfast. This can give you a clear understanding that it does not come from someone who wants your highest good. It

comes from a cunning and shameless marketer who only thinks about money, even if it harms all his brothers and sisters. So let's come back to the meaning of the word breakfast. It consists of two words, break and fast. Because that is exactly what it is, it is breaking your fast. Even if you might not be trying to fast, every evening you end up ceasing food consumption, even if it is in the last minutes before you go to sleep. You go on and fast the entire night until you eat again the next day. Most people sleep 6 to 8 hours, but most people rarely do not eat for 6 to 8 hours during their waking hours. So it truly is a little fast; it is a moment for your body to heal and do whatever maintenance job it has to do. When we break our fast, it is very important to never break it in the next hours of waking up. Upon waking, your body is still in a fasted state, and eating immediately interferes with its natural processes. Hormones like cortisol are elevated, helping you feel alert, while insulin sensitivity is lower, making it harder to process food effectively. Digestion is also slower, and eating too soon can lead to indigestion or

bloating. Additionally, your body is in a natural repair phase, called autophagy, which is disrupted when you eat too early after waking up. I could go on and on and give you more reasons why you should not eat as you wake up, but it should be pretty obvious by now. You should only break your fast several hours after waking up. For example, I tend to get up around 7:30 am, and I only break my fast around 1 or 2 pm every day. If I break it much earlier, I truly feel a difference in my state of being. I feel my digestive system is active, and it feels like my stomach is heavy. I feel less alert, less awake, less conscious, and even more prone to negative emotions. On the other hand, when I fast until 1 or 2 pm, my energy levels are rising, I feel awake and energized, and it is much easier to meditate. So a breakfast is really breaking your fast. The only foods you should be consuming are fruits whenever you break your fast. No meat, no bread, no milk, no cereal, none of those nasty garbage foods. The best is really to only eat fruits, but I also understand that most of us are limited in our

freedom of time by our jobs. So sometimes we are forced to eat everything at once, especially if we want to eat only 2 times a day. That has happened to me as well. So what I do is, I first eat all my fruits to prepare my digestive system, and only then I eat my more solid food, which tends to be tofu, sprouted lentils, and such at the moment. It is possible that one day I will let go of it and only eat fruits. I am still on the journey, slowly overcoming my limited beliefs. More and more I'm finding out that fruits are actually a complete meal, especially if you have any level of true self-mastery and perform breathing practices. As your breakfast will be pushed many hours after your waking time, and as your breakfast will mostly be made of fruits, you surely will feel a difference in your energy level. You will notice that when you eat real food instead of poison, your digestive system digests it quickly. Which allows you to have so much more energy throughout the entire day.

The 3 Modes of Consumption

According to the Bhagavad Gita—which I consider the greatest spiritual book ever written—there are three modes of food consumption: the mode of goodness, the mode of passion, and the mode of ignorance. Each of these modes affects human consciousness differently. Some elevate it, while others suppress it. Let's begin with the mode of ignorance, because that's the one you want to avoid at all costs. Any food that comes from death—a dead body, essentially—is rooted in ignorance. Whether it's chicken, pork, fish, shrimp... it's all pure ignorance to consume such things, especially when fruits and vegetables are abundantly available. These foods not only bring suffering to other beings, but they also slowly poison you. It's the exact opposite of intelligence. Any food that harms the human system belongs to the mode of ignorance, because it promotes more ignorance—by suppressing your consciousness and contributing to collective misery.

This category is also known as Tamasic. Its main characteristics tend to be: stale, old, overcooked, reheated multiple times, heavily processed, preserved, chemically altered—basically, foods that cause lethargy, depression, and dull awareness. Even if you cook a beautiful, alkaline, pranic meal, after just 2 to 4 hours, it begins to decay. At that point, it shifts from the mode of goodness into the mode of ignorance, becoming energetically dead—even if it looks fine on the surface. In Sanskrit, Tamas means darkness, inertia, confusion, and decay. Tamasic food pulls your consciousness downward. It promotes heaviness, dullness, depression, fear, and spiritual forgetfulness. It might satisfy your senses or numb your emotions temporarily, but afterward, it leaves a residue of mental fog, heaviness, and disconnection from higher awareness. Eating in the mode of ignorance isn't just about what you eat—it's also about how and when you eat. For example: eating late at night before sleep, eating right after waking, eating unconsciously or out of boredom, eating to suppress emotions rather than nourish the body. Craving greasy, heavy,

or sugary food when you're depressed or fatigued—all of this is tamasic behavior. Examples of tamasic foods include all forms of meat (including fish and sea creatures), refined sugar snacks, fake food like white bread and pasta, alcohol, canned or overly preserved goods, deep-fried, burnt, or blackened food. It's pretty much the same list you'd find under negative pranic foods. If your diet is mostly in the mode of ignorance, you'll develop a tamasic mind—lost in illusion, unable to see truth from illusion. You'll live in survival mode like a beast, dropping your intelligence to the level of animals. After all, you are what you eat. So if you constantly eat dead animals, don't be surprised if your mind starts to resemble a dead body—unresponsive, resistant to change and growth. Just like that guy in The Matrix who eats the steak and says, "Ignorance is bliss." You may begin to feed on victimhood, hopelessness, and denial. You may feel disconnected from your purpose, from others, and from the Divine. Some signs that you're consuming too many tamasic foods might include: oversleeping, living in clutter, addiction to substances or

media, emotional numbness, escapism, resentment, or avoidance of truth and self-reflection. As Krishna says in the Gita (17.10): "Food that is stale, decomposed, tasteless, impure, and unclean is dear to those in the mode of ignorance."

Now let's talk about the mode of passion. These are foods that may not be as destructive as those in the mode of ignorance, but they still cause turbulence in the system. If consumed only from time to time, they won't necessarily create serious issues—but they're not ideal for anyone seeking balance and inner peace. This mode is known as Rajasic. In Sanskrit, Rajas carries meanings like activity, desire, restlessness, and ambition. Rajasic foods stimulate the senses. They awaken craving, competitiveness, and emotional intensity. While they may energize or excite you temporarily, they often lead to restlessness, stress, overactivity, and imbalance in the long run. This kind of food consumption amplifies the ego. It can easily lead to anxiety,

irritability, and difficulty focusing. It keeps the mind entangled in the outer world, chasing gratification and searching for fulfillment in everything except your true self—the soul. In other words, rajasic foods keep you trapped in maya—in illusion—because they reduce spiritual sensitivity. They agitate the mind so much that it becomes almost impossible to turn inward. Some characteristics of Rajasic food include: overly spicy, salty, or sour flavors. stimulating, but not necessarily nourishing. Too hot or too cold. They tend to create heat in the body and tension in the mind. They encourage attachment, agitation, and constant desire. Often, they're eaten with emotional intensity, strong cravings, or in haste. Examples of rajasic consumption include: hot chilis, overly spiced dishes, garlic and onions in meals, heavily salted food, energy drinks, strong black tea, carbonated sodas, and fried or greasy foods (even if they're not tamasic). So basically, the seeker who is truly looking for peace and clarity must eventually move beyond passion—beyond overstimulation—and toward the stillness of sattva, the mode of goodness. That's where food

becomes more than just fuel—it becomes a gateway to harmony, presence, and spiritual lightness. The mode of passion is not the path of the spiritually intelligent man or woman. Because true nourishment doesn't inflame the senses it awakens the soul. As Krishna says in the Bhagavad Gita, Chapter 17, Verse 9: "Foods that are too bitter, too sour, salty, very hot, pungent, dry, and burning, are dear to those in the mode of passion. Such foods cause pain, sorrow, and disease."

Finally, let's talk about the good stuff: consumption in the mode of goodness — also known as Sattva. In Sanskrit, Sattva means something close to purity, harmony, balance, and light. Foods in this mode are the most supportive to the entire being — body, mind, and soul. They nourish without overstimulation. They calm the mind, purify the heart, and uplift consciousness. This makes them ideal for anyone walking the path of truth — whether you're a meditator, a healer, or just someone seeking peace and inner clarity.

Sattvic food helps cultivate clarity, contentment, and joy. It balances the nervous system. It deepens concentration and introspection. It reduces emotional reactivity and cravings. It fosters a gentle, stable spirit — and helps you radiate an energy that is more and more like God, more and more like light, rather than darkness. The characteristics of Sattvic food are simple yet powerful: fresh, natural, and full of prana (life force). Light and nourishing, never heavy or overstimulating. Eaten with awareness, peace, and gratitude. This kind of food supports mental clarity, compassion, emotional balance, and inner strength. Some examples include: a lot of fresh fruits and vegetables, legumes and lentils, some seeds, herbal teas like tulsi, chamomile, and fennel, and clean, energized water. So basically, whether your goal is spiritual growth or just to feel truly alive in your body, the answer lies in the foods rooted in the mode of goodness. Because Sattvic food isn't just nutrition — it's a vibration. It's not about rigid rules or dogma, it's about choosing what uplifts your energy and aligns with your higher self. In this mode, food

becomes a bridge — to peace, to clarity, to devotion. Not a doorway to your own slow self-destruction. As Krishna says in the Bhagavad Gita, Chapter 17, Verse 8: “Foods that increase life, purify one’s existence, give strength, health, happiness, and satisfaction; that are juicy, fatty, nourishing, and pleasing to the heart — such foods are dear to those in the mode of goodness.”

So whenever you eat, you’re making a decision — to either nourish yourself or to poison yourself. To either uplift your consciousness, or to drag it down. Every true spiritual practice, whether it’s breathwork, kriya, or meditation, brings prana into your system. That’s the energy of life. The more prana you store within your system, the more your consciousness expands, and the more magical and peaceful your inner world becomes. But here’s the thing — even if you’re meditating every day, doing breathwork, going deep within, if you keep eating food in the mode of passion, and especially in the mode of ignorance, you’re

canceling much of the progress you're trying to make. For someone who is asleep spiritually, it may not matter much — they're already at zero, there's not much lower to fall. But for the one who is doing their best to embody truth, to liberate themselves, to rise above illusion and manifest their highest reality — nutrition in the mode of goodness becomes absolutely essential. It is one of your most powerful allies on the path to light.

Science Is Just Another Religion

Just like some people laugh at those who follow a religious book word by word, even though the religious book itself has been modified through translation and actual alterations, it is time we start laughing at the sheep who follow science as if it were the ultimate proof of everything. After all, if you take a moment to think about it, which one of these two statements is the most idiotic? The religious man believes that a form of intelligence created this universe and maintains it, while the scientific man believes that absolutely nothing created everything—that this entire perfect geometry, perfect natural system, immensely complicated and sophisticated human body is just the byproduct of randomness. A probability lower than 0.000000001% would be the entire reason why we are here and how things are. Honestly, the scientific/atheist approach is infinitely more stupid than believing in a giant man with a

white beard in the clouds. Nothing becoming everything, so perfectly, out of nowhere? No thank you, I'll pass on that scientific nonsense. In fact, science denies God, yet it has never once provided a single proof in thousands of years that non-life can create life, so why are they still that delusional? The goal of this chapter is to wake you up to the fact that science is not the absolute truth. Science is an ever-changing phenomenon that is greatly controlled and influenced by social circles, money, and systems of power.

Examples of science being the clown it is

So let's start by talking about a couple of times where science was wrong, yet they believed to be right so strongly, and convinced millions of people to believe their supposedly proven nonsense, to the point that they would in some cases even cut off the head of anyone who dared to say the opposite. First, look at Galileo Galilei. At the time, the dominant belief was

geocentrism — the idea that Earth was the center of the universe. This wasn't treated as a theory, it was treated as absolute, unquestionable truth. When Galileo defended heliocentrism, the idea that the Sun is at the center of the solar system and Earth (and other planets) orbit around it, he directly challenged that system. For this, he was put on trial by the Roman Catholic Church, forced to publicly deny his own findings, and sentenced to house arrest for the rest of his life. His ideas were not destroyed, but he was silenced, controlled, and isolated from the world of science until his death.

Second, Ignaz Semmelweis discovered that doctors not washing their hands were causing deadly infections in hospitals. He proved that simple hygiene dramatically reduced death rates. But instead of being accepted, he was mocked, rejected, and pushed out of the medical community. He died without recognition, and only later did his discovery become standard medical practice. It's the same pattern in both

cases: truth appears → authority rejects it → the person is punished or ignored → later it becomes obvious.

Back then, it was an absolutely undeniable truth that the Earth was flat. If you dared to say that the Earth wasn't flat, you would be made into a victim of ridicule. You would be called a conspiracy theorist, a crazy witch that should be burned. Many years later, the clowns of science suddenly all agreed that the Earth is not flat, it's a sphere. Then many years later, in this modern era, the Earth is no longer just a spinning ball. The Earth is no longer a perfect sphere — it's basically a round ball, but slightly squished at the top and bottom and a bit wider in the middle. Honestly, I'm starting to wonder if the Earth is a shapeshifter at this point, changing shape like we change clothes. A funny thing is, the space agency I'm referring to, which starts with an N and whose name means "to deceive," still shows outdated CGI images, where their Earth is still a perfect sphere. So what is the real shape of Earth? The imbeciles go on arguing

whether it's flat, a sphere, a dome, or that new pear shape, while the intelligent people simply accept that they don't know the shape of the Earth and understand that if there is so much misinformation and control of information, then clearly there is something the matrix wants to hide about the truth of Earth. We won't get too deep into this one, though.

Even about continents, this phenomenon of science being a bunch of clowns and a social circle appears. People used to believe the continents were completely fixed in place, like they were nailed onto the Earth forever. When someone suggested that the land might actually move slowly over time, they were laughed at and dismissed as ridiculous. One man, Alfred Wegener, pushed this idea anyway. He said the continents were once connected and slowly drifted apart. At the time, there was no accepted explanation for how it could happen, so most scientists rejected him and treated the idea like nonsense. Only much later did evidence confirm that the ground we stand on is not still at all, but slowly shifting over time.

Doctors once recommending cigarettes is one of the clearest examples of how "authority" can be shaped by marketing. In the early 1900s, tobacco companies understood something powerful: people trust doctors. So they built entire advertising campaigns around that trust. They paid actors dressed as doctors, used real-looking medical language, and placed cigarettes in ads with claims like "soothing," "recommended," or "less irritating." One of the most famous examples came from the cigarette industry using slogans like "9 out of 10 doctors prefer…" — not based on real independent science, but on controlled advertising surveys created by the companies themselves. The image of the doctor was basically hijacked and turned into a marketing tool. Even some real physicians at the time repeated these claims, because the long-term effects of smoking weren't fully understood yet, and tobacco was socially normal. But as time passed, independent research made it undeniable that smoking was harmful. So what looked like "medical truth" was actually a mix

of early ignorance about long-term damage, aggressive corporate marketing, and the power of authority being used as branding.
Later, the entire narrative collapsed when evidence became impossible to ignore — and cigarettes went from "doctor recommended" to one of the most warned-against products in medicine.

About studies, a study is not the ultimate proof either. Only a fool would base their life and absolute truth on studies. There are countless studies that show supposed evidence of coffee being good for health, while there is a huge amount of studies that show the opposite — that coffee is not good for health. The same goes for meat: some studies prove it's good, some studies prove it's bad. The thing is, a study is immensely affected by the beliefs of the people who conduct the study, and also by the people who fund it, who ultimately decide which studies get published and which ones exist in the first place. You can even test it out: take a subject similar to those and write down

on the internet why "X" is good, read about it, then go and do research about why the same thing is bad. There are simply studies everywhere about everything, proving every possible opposite. This is why you absolutely need to develop the ability to center yourself beyond the mind — in inner silence, as the soul. You need to allow your intuition to flow freely, and you need to use basic critical thinking and intelligence. You cannot base your whole knowledge upon borrowed data only.

For example, is coffee good or bad? If you are informed at all and have basic nutritional intelligence, you will be aware that health is alkaline and illness is acidic. Coffee being immensely acidic therefore can only be unhealthy. It doesn't matter how many health benefits one may assign to coffee — the overall effect is pure poison. It would be like saying cutting your finger is good for weight loss because you just lost one pound in a second. But what are the side effects of losing a finger? Clearly not worth the temporary benefit.

The same goes for meat. You could find some

positive things about meat if you look at each aspect individually, but you must look at it as a whole. People are dying every year, millions and millions, because of meat — they die with their arteries clogged, they die from cancer, and from many illnesses that come from meat. Once again, meat is not alkaline, it's acidic, therefore not a superfood for optimal health.
You see, it's easy to separate every little fact about one thing to create a false reality. Yet we must learn to look at the big picture to see the truth when it is possible to see it. That's why you need intuition that comes from being centered beyond the illusion of the mind, and you need basic intelligence with critical thinking. Always remember to also use your own experience as well. Only a fool will fully follow modern science.

For a long time, people were taught that the atom was the smallest possible building block of matter — the final, indivisible piece of everything. That's how it was presented in school, like a fixed truth. Later, science

discovered that atoms themselves are made of smaller parts — electrons, protons, and neutrons — and even those are made of deeper layers we are still studying today. So what was once called "the smallest thing" turned out to be just another level in something much deeper and still unfolding.

As you can see, science is not the same as absolute truth. Science is a process — not a fixed belief system. It is built on questioning, testing, correcting, and refining what we think we know. What is considered true today can be improved, expanded, or even replaced tomorrow as new evidence appears. The examples above are just a few among many in history where ideas were debated, rejected, later revised, or better understood over time. This does not mean science is useless — it means science is alive. It changes because it is constantly being challenged. The real point is not to follow science blindly, but also not to reject it blindly. The point is to understand it. To question it. To observe how conclusions are

formed, and to stay aware of the difference between simplified explanations and the full complexity of reality. Science was never meant to be a belief system — it is meant to be a tool. And like any tool, its value depends on how consciously it is used.

Science likes to pretend it is this clean, objective machine that only follows truth, but in reality it behaves a lot more like a social circle. People get accepted, rejected, promoted, or silenced based not just on what they discover, but on how well they fit into the system that already exists. History shows it again and again: when someone comes in with an idea that doesn't fit the current model, they are not welcomed with open arms, they are questioned, dismissed, and often pushed out. Not because the idea is false, but because it threatens stability, reputation, and control. The uncomfortable truth is that science doesn't move forward with truth freely, it move foward and also backward, the money is the one leading the direction of the current. The moment you start following it like a sheep,

repeating “studies say” without understanding who made the study, who funded it, and what they wanted to prove, you are no longer thinking—you are just obeying. And the one who funds the research has enormous influence over what gets studied, how it is studied, and how the results are presented. Money doesn’t just support science, it shapes it. Entire industries depend on certain outcomes, and when billions are on the line, you would be naive to think that every study is neutral. Studies can be designed to lean toward a desired conclusion, inconvenient results can be ignored, and what gets published is often only a fraction of what actually exists.

Scientists themselves are not immune to this. They are human, with careers, reputations, and egos. Admitting you were wrong after building your entire life on a theory is not easy, so what happens? Many double down, protect their status, and reject anything that threatens it. It’s safer to defend what is already accepted than to risk everything on something new. And then

there is the issue of measurement. If something cannot be easily measured with current tools, it is often dismissed entirely, even if it can be repeatedly observed. That's ironic, because repetition is supposed to be a foundation of science. If something consistently happens, it should at least be investigated, not ignored just because it doesn't fit into existing instruments or models. Take the placebo effect as an example. People experience real, measurable changes in their bodies based purely on belief, yet this is often treated as a nuisance in experiments rather than something deeply explored. Think about that for a second: the mind alone producing physical effects, and instead of fully diving into it, it gets pushed aside because it complicates the system.

Then there are figures like Nikola Tesla, who clearly thought beyond the limits of his time. He imagined ways of distributing energy wirelessly and making it more accessible, ideas that challenged existing economic structures. Whether every claim around him is true or

exaggerated, the pattern is still clear: when an idea threatens established power or profit systems, it faces resistance. Not everything rejected is secretly true, but not everything dismissed is nonsense either. The problem is that most people never even get to see these ideas clearly, because what is unknown, hard to control, or uncomfortable tends to be ignored rather than explored. And that's the core issue: science, as practiced by humans, does not just chase truth—it also avoids what destabilizes it. So if you really want to think, you can't just follow conclusions handed to you. You have to question where they come from, who benefits from them, and what might be missing from the picture.

The Truth About Meat: What You Need to See

Before this chapter begins about the consumption of meat, I want to make something clear. If you eat meat, definitely, shame on you for that, yet, it does not mean that I hate you. Pretty much my entire family and the majority of my local friends currently eat meat, eggs, and dairy products. I do not agree with those actions, this part of them is committing horrible sins, but if I hated everyone who consumes meat, I would be the one suffering. Just like a friend can be wonderful in every way, yet, completely suck about one thing, it does not mean that friendship is impossible. Even myself I had been contributing to this crime upon God's creation for most of my life, only a couple of years ago did I turn to a fully plant-based diet after my spiritual awakening. My ex back then was a vegan while I was not, even though I never went vegan while we were together, she surely

planted a seed within my mind. She would tell me that since I was now spiritual, I must go vegan at some point or it makes no sense. I did agree that someday I would be vegan, but not now of course, I had my list of excuses. Yet, here I am today, saving millions of animals by spreading the truth to those meat eaters, whom I call sleeping beauties, sleeping on the truth and dreaming about an idiotic illusion. So yes, I hate the part of everyone that eats meat, but it does not mean that I hate them as a whole.
In fact, meat eaters need vegan friends and vegan family members because without them, how will they ever see the light? So if you currently consume any animal product, I want to make it clear, it does not mean that I hate you. This chapter is written without the need of wearing soft cashmere gloves because I am not a fake either. I love you, yet, I must serve the slap in the face and the kick in the butt that you require to wake up from your slumber if you eat meat. Not out of hatred, out of love, because I know that you deserve better than eating carcasses, dead bodies, babies, and insects of the

sea. You are made in God's image, you are not supposed to be a nasty graveyard, your stomach is supposed to be a garden. So in this chapter, vegans might find immensely valuable information to use in order to awaken others, powerful arguments and counter arguments, even perhaps new knowledge. For meat eaters, this chapter is a torch finally bringing light into their dark delusion. Because if a room is filled with snakes and dangerous venomous beasts, and on top of that, filled with junk and messiness. As long as the light is off, it will not be known. Only once the light turns on, now you can see truth for what it is, It might be a mess, it might not be so pleasant, yet it is a fundamental requirement to create change which will be for your highest good and the good of all.

Apex Predator or Apex Coward?

Whether you're looking for spiritual growth or simply for health and vibrancy, in all cases, eating meat will always remain utterly stupid. Before I say anything more, let's make it clear that if you must hunt in order to survive, meat eating is fine; it is natural. Now that we've removed the small percentage of the earth's population who still hunt by pure necessity, let's focus on you, the one sitting in comfort while having the privilege to read a book. Meat definitely has its use; it's a survival mean. The human is a bit similar to the cockroach in the sense that it can survive by eating almost anything. Sometimes it is even very surprising to see how bad someone's diet is and yet they are still alive. This does not mean that we should go on making the wrong nutrition choices just because we might survive. We all have a desire

deep within to become our greatest self physically, mentally, and energetically. I can assure you that this greatest self will never be achieved by consuming dead bodies. Yes, plenty of people in the past have achieved great goals and evolution even though they ate meat, because nothing else was available; imagine just how great they could be if they would eat properly, it would be magnificent. It amazed me to see that even now, with all our modern scientific experiments, with all our knowledge and proof that meat is harmful rather than enhancing, people still go on defending meat. So before we get into more esoteric knowledge, let's see why it is stupid to eat it on a physical and scientific level. First of all, what is a cancer? A cancer is a dead cell or many dead cells that have been growing into something pretty nasty and dangerous. What is meat? Meat is literally a dead body. Since we now know the danger of dead cells, since we know it can potentially take away our lives as it did to countless people. How is it that with any basic intelligence someone would still believe consuming a dead body will

be beneficial? Just some dead cells cause so much trouble; why feed them with more carcasses? Biologically, we are not designed to thrive on meat. There are clear body attributes that show if an animal is meant to eat meat, herbs, fruits, or certain mixes. For example, if your jaw can only move from up to down, you are a carnivore. If your jaw can make a grinding motion, you are meant to eat herbs, fruits, vegetables, etc. Tell me, what's your mouth's motion like? Are you stuck with only an up-and-down movement? I doubt. There is so many evidence that shows humans are not made to eat meat. The teeth also clearly show what kind of diet an animal should be eating. Carnivore has very sharp like dangerous teeth, you really don't want to be bitten by that. It would do immense damage and potentially kill you. Omnivores tend to be a bit less extreme with their pointy teeth, but they still do usually have a couple of pretty sharp ones that you would not want to be bitten with. They tend to have a mix of teeth that is like an herbivore and a carnivore, an in-between of both. Then there

are the frugivores, who are meant to thrive on fruits, vegetables, herbs, etc. What do their teeth look like? They look exactly like your teeth. If any animal is meant to be a hunter, to eat meat, They are properly equipped to kill and also to directly bite through the fur and the skin, rip the skin off, and eat the raw meat immediately. They even eat the organs; they eat everything just the way it is. They are not picky wusses like the human fake carnivores. The humans who think they are carnivores are purely delusional with their weak little harmless teeth. Just go ahead and try to bite into a zebra and eat it. You'll find out how weak your jaw and teeth are very quickly. The human needs his fancy knives, and even with a knife, most people struggle. Did you see any carnivores out there in the wild who need their little knife? probably not, because they are not fake delusional carnivores. They are meant to hunt, their teeth are powerful and to be feared. Another point proving that the human is not meant to thrive with meat. Now what about the digestive system? Carnivores generally have shorter

digestive tracts designed to quickly process meat, which breaks down faster and doesn't require long fermentation. Their stomachs also produce strong acids to efficiently break down proteins and kill harmful bacteria. On the other hand, herbivores have much longer digestive tracts, and their levels of acidity are much lower, just like the human being. So how long is your digestive tract? A lion's digestive tract is relatively short, about 7 feet (84 inches) in length—roughly 3 to 4 times their body length. This short tract allows them to rapidly digest meat and expel waste quickly to avoid rotting food in their system. Yes, I said to avoid ROTTING in their system, a very important fact to remember. Humans, in contrast, have a much longer digestive tract — about 25 to 30 feet (300 to 360 inches), which is roughly 5 to 6 times their body length. This longer system is better suited for breaking down plant fibers, absorbing nutrients, and supporting a mixed diet of herbs, fruits, vegetables, nuts, roots, etc. So once again, biology is clearly pointing to the same fact; the human being is not meant to

thrive on meat. Did you know that each time you consume dead bodies, it takes you a good 2 to 3 days to digest it? Most people eat meat at least once every 3 days; this means they are constantly in the process of digestion. Their digestive system never gets any break. Yet it is well known that when your digestive system is working, you are much less intelligent because a great amount of energy is used in your stomach rather than your brain. Every day we only have a certain amount of energy available. If you waste it all because you want to eat dead bodies, that's up to you, but clearly you could be more intelligent than what you are right now. Who knows all the wonderful things you could do as you'd be smarter and more efficient? When we eat meat, it literally rots inside of us. It feeds the sleeping cancers within us and every bad bacteria. Eating meat is literally asking for death. Just like some years ago, everyone was smoking cigarettes and believed it was healthy, and then suddenly it is now well known to be poison. The future generation will say, "I can't believe we used to eat meat. How stupid did we

have to be to believe eating dead bodies would be healthy when cancer comes from dead cells?" There is something that I find particularly funny about meat consumption and men. They think they are so manly because they eat meat. They call vegans soy boys and plenty of other terms; they feel superior. They think they have more testosterone. They believe they are apex predators even though the only things they cowardly hunt is discount prices in their local groceries. But we now clearly know by scientific experiment that a man who consumes meat has a weaker erection than a man who is on a plant-based diet. Isn't it funny how manly they feel with their weak, soft third leg? It is also very well known that the sperm of a man who eats a meat diet is disgusting; the same applies for the women's genitals. So by eating meat, not only are you destroying your health, but even sexually you're becoming nasty. There are so many reasons that even science and biology are giving us to let go of meat; I haven't even spoken about the spiritual reasons yet nor half of the physical reasons; I could go on and on. If

cancer, biological proofs, weak genitals, and countless studies/experiments are not yet enough to convince you, perhaps the spiritual part of this book will awaken the light in your eye and dissolve the darkness. If you already know, then surely you'll find more depth to your knowledge, so stick around with me, my friend.

Sun energy

Let's get deeper now; all this science and biology is simply the surface. If humanity were currently intelligent enough, there would be no need to even speak about it all. There are much simpler ways to look at it, which again show countless pieces of evidence that meat-eating is not the way. I'll begin with a bold statement; there is only one food that exists. This unique food can be seen and felt every day; if you just look up right now, you might see it. It is the sun. The sun is the giver of all food on earth for animals and human beings. There might be some weird microscopic bacteria and life forms

that can survive without the sun, but that is pretty irrelevant to you, since you're a human being, hopefully. Of course, there is no way to take a bite from the sun and nourish yourself; instead, the sun goes on sending its beautiful nourishing energy to the plants. The plants consume the solar energy, it consumes minerals from the soil and pranic energy from the air. This makes them the most potent food in order to thrive as a human being. We have the choice to get our solar energy in the most efficient and direct way by following our true path as a frugivore. Or we can be a little bit dumb and decide to put a barrier between us and the sun by consuming meat. As we consume meat, we benefit from the herbs, grains, and fruits that the animal has eaten while it was being kept alive before being murdered to be on the plate of the greedy unconscious people. Not only does it put a barrier between you and the sun. It is also a fact that most of the meat everyday people eat comes from disgusting sources. The living beings whom the sleepers call livestock are often eating very low-quality food. That too is

removing your ability to properly feed yourself with the sun even more. So the choice is yours; be intelligent and consume that which is the closest to the sun and most pure. Or add extra useless steps to the whole process, making it harder for your body and digestive system just because you haven't grown beyond the brainwashed narrative. To me, the choice is very simple, and I surely hope it is for you as well.

Life or death energy.

You probably want to be alive and vibrant, filled with positive energy and the capacity to take actions. So how does it make sense to consume death rather than life? You are what you eat; if you go on eating dead bodies like if you were some kind of vampire, for sure, there will be a lack of energy. There will be a lack of vibrancy and a lack of expansion of consciousness. The more you eat death, the more dead inside you become, mentally, energetically, and physically. In fact, there are no true human carnivores — only human

necrovores. What's the difference? A carnivore hunts and eats its prey immediately; that is natural. A necrovore, on the other hand, consumes dead bodies that have been chemically treated, colored, preserved with additives, and packaged in plastic. Necrovores eat old meat disguised as fresh, long past its natural state.
It might be hard to quickly notice how bad meat is because a lot of meat eaters actually do take a lot of actions; they can have nice muscles and look healthy. But it really is just a matter of time before their mechanism blows up. The hospital beds are filled with meat eaters; their arteries are getting more and more blocked by the years, their hearts weaker and weaker, and their digestive systems are getting tired of working so hard endlessly. While all of this is happening, there is someone who is very happy about it. the happy one is the dead cells inside of you. They are slowly growing in the shadow until it is too late. That's why they are so powerful; they are experts at hiding. You believe you are healthy for years until it is too late. Therefore, we should eat LIFE rather than

death. How can we consume life? Very simple, yet many don't get it. The fruits, the herbs, the vegetables, the seeds, and more; it is all still alive as you consume it. When you pluck a fruit from a tree, sometimes it is not ready to be eaten yet. You have to wait a little bit for the fruit to fully bloom, and if you wait too much, the process of death begins, and the fruit is no more eatable. This is clear evidence that even when the fruits are separated from the original plant, they go on living, they reach a certain blooming point, and then after a while begin the process of slowly dying. It's happening right in front of our faces; it is so evident. Don't be like those brainwashed people who follow fake science ruled by money. Just use your own eyes and your own experience, and you will see that it is true. So if you want to be vibrant and alive, eat alive food. If you want to be a walking zombie that is slowly rotting in the shadow without seeing it for now, but surely will in a close future, eat meat, eat death! To my side, I'm going to break my 16 hours of daily intermittent fasting with some tasty fruit after I write this chapter. Bon appétit.

You don’t need to replace meat — You transcend It

One of the biggest mental traps people fall into when they stop eating meat is the belief that it must be replaced. As if meat were a biological necessity, something the human body cannot function without. This idea is not based on truth or physiology, but on conditioning.
You do not replace poison. You stop consuming it. Meat is not a necessity. The human body does not require meat; it requires nutrients, and above all, it requires what it can actually assimilate and use efficiently. This is where the illusion around meat collapses. Meat is said to contain “more,” especially more protein, yet what matters is not what a food contains on paper, but what reaches the cells. Meat is dense, acidic, and difficult to digest. A large portion of its nutrients is not properly assimilated and instead becomes waste or toxicity. When assimilation is considered, meat does not truly offer more. Plant foods, especially the right

fruits and leafy greens, are the opposite. They are simple, clean, and highly bioavailable. The body recognizes them instantly and absorbs their nutrients with minimal effort, which is why people often feel lighter, clearer, and more energized after removing meat. Protein itself is widely misunderstood. The body does not use protein as a finished block; it uses amino acids. Amino acids exist in all living foods, including fruits, vegetables, greens, seeds, and nuts. The body then assembles exactly the proteins it needs, in the precise form required. The idea that one must eat immense amounts of protein to build muscle ignores the intelligence of the human organism and reduces the body to something far more primitive than it actually is. Vitamin B12 is often presented as the final argument in favor of meat, yet B12 does not originate from meat. It is produced by bacteria that exist in soil and in natural environments. Animals do not magically create B12 inside their bodies. In modern industrial farming, many animals are routinely supplemented with B12 or with cobalt through fortified feed, mineral

blocks, or direct injections, precisely because they no longer live in contact with healthy soil and natural bacteria. When people claim they get B12 from meat, they are often getting it indirectly from supplementation given to the animal. The nutrient simply passes through another body first. This makes the argument for meat even more stupid, because it reveals that meat is not the source of B12 at all, only a middleman created by an artificial system. For this reason, asking what to replace meat with is the wrong question. It keeps the mind trapped in the very framework that needs to be abandoned. Meat does not need replacement. It needs to be forgotten. The most intelligent approach is to build a balanced diet as if meat never existed at all, centered on living, hydrating, and easily assimilated foods. When this shift happens, there is no sense of loss or compensation. The body simply remembers how to function, heal, and thrive.

Karma and meat

As Nikola Tesla so well said: If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration. Everything that you consume has an energy, and it comes with memory as well. It is now known by science that water has memory; Masaru Emoto has proved it. If you say something nice to the water, such as I love you, beauty, harmony, peace, etc. Once you freeze the water and look at it with the proper instrument, you can notice a beautiful mandala/form taking place. On the other hand, if you say something negative to the water, such as I hate you, fuck you, you suck, and other bad affirmations. Once you freeze the water and look at it with the proper instrument, there is no beautiful mandala and form to be found. It is instead some very nonharmonic forms; they are not even forms in fact, they have no geometry, they even look evil. So this scientist has shown us that water truly has memory. Guess what? There is water in meat. Not only does water contain memory;

every single atom does as well. I am simply focusing on water because at least there is a scientific experiment that proves it. Now think about the kind of emotions the animals are feeling as they live a life of pure cruelty and suffering. Their entire existence is pain and fear until the day that they wait in line as they see or feel their brothers, sisters, and friends being killed in front of their eyes. Waiting in line, knowing that their turn is coming. Please take a second to imagine what it feels like and what you would be thinking about. If you were living in a dark, unclean room where you hear screams of suffering on a daily basis. If you were trapped in a small cage that does not even allow you to ever get up, or move, or turn around. If you were raped by a human being who inserted a big tube in your genital and forced sperm into you. You would have to deal with this disgusting lifestyle while being pregnant for months. When you finally give birth, all your children are taken away from you, and you know that the same experience is awaiting them and probably awaiting you again. Unless, of

course, they are murdered at a young age because the fake carnivore humans like their meat to be tender, and if the animal grows too old, the meat is not as tasty. Finally, after your life of constant suffering, which was way more pain than what I described, here you are, in line, waiting to be killed and having nowhere to escape. I'm sorry for putting such a negative experience into your mind, but it is a necessity in order to understand the kind of energy and thoughts they are having. Every feeling they ever had and every thought they ever had, it is all deeply saved into the memory of every atom of their body, every drop of water, every piece of muscle tissue, in all the meat. Do you think this is producing a nice mandala like when the scientist Masaru Emoto said I love you to water and crystallized it? Definitely not; it is worse than any single affirmation. It is months and years of constant agony. This is exactly what you are eating when you eat meat from the grocery. You are what you eat; you take on all of their emotions, and then you wonder, why am I so depressed? Why am I hating the world

so much? Why am I so stressed? You literally eat those emotions on a daily basis. There is absolutely no ethical way to take the life of any living being who desire to live. The term "ethical" in this context usually refers to minimizing the animal's suffering during the process, such as using swift and less painful methods, providing better living conditions before slaughter, or ensuring they experience less fear. But guess what, they are still killed as they desire to live a happy life. No commercial meat production system operates by letting animals live until they die naturally—that would be economically unsustainable for the industry. Even in so-called humane farms, animals are killed at a young age, far earlier than their natural life expectancy. Cows may live naturally for 20 years, but in the meat industry, they're often slaughtered at 1–2 years. Pigs can live 12–15 years, yet they're typically killed at 6 months. Chickens can live 5–10 years, but broiler chickens are usually slaughtered at just 6–8 weeks. So if anyone is stupid enough to believe that there can be an ethical way to kill an

animal; I'm sorry, but you need to increase your level of intelligence. If you already feel and know that it is wrong, thank you for being part of the human beings who are intelligent and compassionate. The term "ethical" is more about marketing than true compassion, especially when you compare it to the idea of letting animals live out their full lives. It's all a lie. Some people think their grass-fed meat is better and more ethical. Most of it is just a machine passing by and throwing the grass on their face as they still live a miserable life confined in small areas and end up being killed as well. So about Karma, this is really what you are consuming. Not only are you inviting this energy within you, but you are also giving your money to murderers. People think it's ok because it's not them who are killing, but they are the ones demanding it and paying for it. If I pay a killer to come and murder you, am I pure? Am I totally alright and free of any karma? Of course not, because someone has been killed for my demand. Some people say they don't eat red meat, just chicken and such,

as if the chicken doesn't suffer or create bad karma. If you do eat chicken or know someone that does. Remember the experiment with water, how every emotion is stored in it? Well, imagine what kind of energy is stored after the process chicken goes into. Here it is: The chickens are grabbed by their legs, one by one, and hung upside down on metal hooks. They flap and struggle, but there's no way out. The conveyor belt moves them forward, their heads dragging through a pool of electrified water—meant to stun them, but it doesn't always work. Some birds lift their heads, missing the shock completely. Still wide awake, they're carried to the next station where a spinning blade slices their necks. For some, it's quick—but not all. Some are left hanging with half-cut throats, still blinking, still gasping. And if that doesn't finish them, the next step will—a boiling water tank meant to loosen feathers. Birds who survived the blade go in alive, scalded to death in the name of efficiency. It's fast. It's messy. And for the chickens, it's pure horror. As you eat chicken, this is the energy you're inviting into

your system and the karma you're accumulating. I could go on and on, telling you the agony each animal experiences, but if you have any intelligence at all. As you read those words, you either already knew that meat is not the way, or you are awakening to the fact that meat is not the way.

Stuck in survival chakras

The human system is made of 7 main chakras. The first 3 are dealing with the physical aspect of the illusive material world. They are your survival chakras. Because in order to rise beyond survival, to take time to look within, to take on this spiritual adventure, of course it would make sense to no longer be stuck in survival mode. If you're always afraid, living in stress and anxiety, you're stuck in the first chakra! There is no question of true joy for such a person. When we elevate beyond fear, we now become more available to joy and creativity, which is connected to the second chakra. Once we are

more joyful and playful, it becomes much more effortless to take action in the world in order to make your dreams and your visions come true. Such willpower is connected to the third chakra. Those 3 lower chakras must be thriving to a certain extent in order to rise beyond to the fourth chakra, which is the heart, love. How can you be filled with love if you're always in fear, unhappy, and feeling guilty of procrastinating all the time? Finally, to reach the last 3 upper chakras, which are the ones for spiritual evolution, to expand your consciousness. You need your lower chakras to be somewhat open to allow the flow of energy to rise upward to your heart and for your heart to act as a bridge, which will bring this energy to your 3 higher chakras. So you see, the human system is kind of like a chain reaction. If something goes wrong at the bottom, something will be limited at the top. This applies to your energetic body just like it applies to the physical body. If your feet are having trouble, your ankles are not properly aligned, and you'll probably have some sort of pelvic tilt,

and this pelvic tilt will make one of your shoulders drop. Everything is connected like a chain. For the chakra system, it's more like a flow of water that is going from the bottom to the top. When you go on and eat meat, which is absolutely disgusting energy, like the previous chapters explained. For sure you will be creating great limitations in your 3 lower chakras because the meat is filled with the energy of stress, fear, no joy, no happiness, and no possibility to do anything because they are enlaved, imprisoned. Eating meat is always connected to the survival chakras because the true purpose of meat to the human being is for survival! If you were stuck in the wild and your only option was to hunt, then you would hunt, and it would totally be ok; it would be natural. Once we become more comfortable as we build society and cities; we are no longer supposed to live in survival mode. Therefore, we are no longer supposed to consume survival foods. The 3 lower chakras are also highly connected to your digestive system. Remember in the previous chapters how eating meat actually

takes 72 hours to fully digest. If your digestive system is constantly working hard to break down the meat you've eaten, definitely your 3 lower chakras also will lack of energy from this useless, never-ending digestive process. This is not a mistake; it is happening on purpose. It is one of the greatest weapon of the matrix. They ensure that you go on eating garbage as nutrition to keep you stuck in your 3 lower energy centers. Why? Because an unintelligent, sick, lazy, lethargic human being is always easier to control. They want you to be as sick as possible but just healthy enough to continue working your slave jobs. Almost every devilish business of the matrix is using the color of the 3 lower chakras in order to awaken your survival instinct. Red for the first chakra, orange for the second, yellow for the third. I could go on and make a list of their business names to expose them, but I don't want any problems. So I will simply leave you with the understanding that, from now on, every time you see a business using those colors, just be aware and ask yourself, are they selling health or actual poison?

They are all doing this on purpose because they want to trigger your survival instinct. to force you to consume out of unconscious fear of lacking even though you never lack food. They awaken your hunger, they awaken your lust, they awaken your need for dopamine, your need to feel joyful, by stuffing yourself with poison food that tastes good. The same science is also used for other shops that sell other things than only food. All of those are weapons of the matrix, all working all together to make you as unconscious and lethargic as possible and to make you consume as much as possible. Those businesses pretend to compete with each other, as if they were not connected. Yet they are all owned by the same devil. When you start to understand how badly the matrix wants you stuck in those 3 lower energy centers, you start to question the system and to think more deeply about what you want to consume. So if you want to be like a caveman stuck in survival energetically and mentally, eat meat. If you want to elevate, eat a mostly raw, fruit-dominant vegan diet.

Meat & reincarnation

When we take on this spiritual journey, we can no longer live in the ignorance and limitation of one incarnation. We must become aware of the bigger picture of life, of the cycle of reincarnations. As you took on this human journey on earth, it most likely isn't only a human journey. So calling it the earth class or the earth game would make more sense. When we decide to jump into this journey in order to grow as a soul, we already know what it consists of. We are aware that we will forget everything we know, we will forget our true identity, and we will forget the proper understanding of God, we will forget all the existential laws and restart from zero in order to learn and evolve as much as possible. Before acquiring a human body, usually there is a very long process of birth and death. You first begin at the very bottom of the system, and when I say bottom, it does not mean some life forms are less valuable; they are simply levels of the earth game with different types of consciousness. For our first

life, we tend to simply be a particle, a particle of the atmosphere. Then when we learned what we had to learn there, we moved to a more specific life form, such as being part of the ocean, being part of the sand, being part of a rock. Once you are done learning from the life forms that seem to not be animated to the human eyes, even though they are. You are now ready to become a living organism. Probably beginning as a form of bacteria, then a small insect, then a bigger insect. You've probably been an aquatic creatures as well. Finally, you began to step up in the game and acquired a land animal body, such as a fox, a cow, a cat, and so on. Then finally, after all those life and death, you became ready to acquire the human body, which is the hardest part of the game and the final level. When you are no longer living in ignorance and you have expanded your consciousness enough to understand this process of life. It is now clear to you that the same type of soul that is in the human body is also in the animals. You just happen to be lucky right now being a human

being, but you were an animal before as well. Therefore, you could also have suffered as the animals did in the slaughterhouses and such disgusting places where they kill in order to make the meat industry rich. With this understanding, your compassion is enhanced like never before. The matrix has brainwashed us to see animals as unconscious, stupid, robotic life forms who don't feel much. Who doesn't have deep connections with their loved ones, who doesn't have personalities, who cannot have any sorts of thoughts as if they are totally stupid. Yet, I've seen so many animals smarter and sweeter than most humans. They have brainwashed us to see them as livestock. When your heart and your intelligence are open, you understand that the meat you're eating could potentially come from a soul that has been your mother in the past, or a friend. This is a reason why some Buddhists do not eat meat. They have this understanding that you might be eating a soul that has been your mother. They understand the big picture better; they see the karmic wheel of reincarnation for what it is. Of

course, not only them, plenty of others. True Christians were also all vegans before the Romans came to destroy their religions and modify their book. Any true follower or lover of Krishna also is vegan. So always remember that you might be lucky today with your human costume, but you've had several animal costumes as well, and everyone you love also probably did. In every life form and even in that which do not seem to be alive, there is a soul equal to you. All souls come from the same source, come from God. They just play different roles in the game of earth for a short period of time. So get over your high horse and understand the true position of all, which is the equality of the oneness. Yes, plants also are souls, and we eat them. It is simply a fact that in order to consume anything, there must be a sacrifice; something must be killed. Even as you inhale and exhale, you are surely disturbing and killing many life forms. So how should one approach life if he or she wants to live in harmony and love? It is very simple: use basic intelligence to make the most sensible choice by

consuming that which will suffer the least. There are several levels of consciousness, and each of them experiences life in a different way. This is what we should focus on when deciding what to eat. When you eat an animal, only death, suffering, and agony, are created. When you eat fruits, plants, vegetables, and all such things, you actually help the earth to grow more of it for all your soul friends. The seeds of the fruits fall on the ground and create a new plant. A leaf or a part of a plant falls on the soil and ends up sending roots into the ground, becoming a new plant once again. Consuming the proper frugivore diet is actually helping the whole because it propagates more food. Eating meat does not propagate anything except ignorance and suffering. As you understand that veganism is the right way to go and that you also acknowledge that the plants are alive. Always remember to give thanks to the plants; have a little prayer for them. Not a pre-made ugly prayer, a prayer that comes from your heart to show your gratitude and send good elevating energy.

They eat meat, why not me?

There are some arguments that the meat eaters use in order to justify their sins. Of course, when trying to justify something that is wrong, something that is purely ignorant, surely the arguments will also be of very low quality. Some people claim that they should eat meat because this is what their ancestor did. First of all, it is now well known by up-to-date knowledge that our ancestors weren't mainly eating meat at all. Anywhere where it was possible, they were having a diet that was much more rich in fruits, vegetables, and nuts rather than meat. Because meat is a survival food, it takes much more energy to acquire it. But let's pretend all of our ancestors were only meat eaters just for this argument. If anyone wants to justify eating meat because their ancestor did, then if they are honest at all, they should drop their phone, never use a computer again, and never use electricity again. never use a car again. They should live just like their ancestor supposedly did. To only pick one thing someone did or

does and ignore all the rest in order to justify your sin is pure cowardice. There is no reason for us to try to imitate an ancestor who lived a lifestyle that has nothing to do with yours. Then there is the other argument about lions. If lions eat meat and it's ok, then why can't I? Again, this is trying to justify ignorance by selecting only one behavior of the lion while ignoring the others. Lions, like many other animals, use scent to communicate, and sniffing each other's butts is a normal part of their social behavior. Their sense of smell helps them gather information about the other lion, such as identity, mood, and even reproductive status. It’s kind of like a handshake or greeting in the animal kingdom—just a bit smellier. How funny thoughts; I've never seen those meat eaters sniffing each other's ass. If a lion's cub is very weak, injured, or sick, the mother might abandon or even eat it to focus energy on healthier cubs. Also When a new male takes over a pride, he might kill the cubs of the previous male to bring the lionesses back into heat so he can pass on his own genes.

The lions do it; does that mean the human should? Clearly not! So we should never compare ourselves with other people or animals who do not live as we do. Animals being carnivores is real, and it's totally okay and pure. On the other hand, the human beings consuming meat in our modern society have nothing natural to it. They do not hunt and eat; they steal animals away from their homeland, imprison them, rape them to enforce reproduction, and continue this cycle of agony. I won't go too much into the details since the previous chapters already did. So no, it is not natural at all to consume meat as we do; no other animals in nature could or would ever do such a thing. They only take what they need, and it is done in a natural way.

The true source of war.

What I'm about to say is greatly spiritually advanced, but if you're here reading this, you probably have what it takes to easily understand it and accept it. As long as we continue to

consume meat, the wars will go on continuing around the world. Everything that has ever happened as an event first began in the mind of man. Not only in the mind of man, but also from the collective mind of all the living entities of earth. Just like your human body is made of trillions of cells, which are alive beings of their own. All together, all our minds create the collective mind. All is connected; we are all connected. Therefore, all the suffering, the misery, and the agony the animals are feeling—all this energy is directly sent to the collective mind. It manifests itself in an infinitude of different ways. As depression, stress, violence, greed, and so on. According to estimates, about 70 billion land animals, such as cows, pigs, and sheep, and chickens are slaughtered each year for food. In addition to land animals, billions of fish and other sea creatures are also killed for food each year. In fact, fish are the most consumed animals by weight, with estimates suggesting around 1 trillion fish are caught and killed annually for human consumption.
Can you even imagine the amount of suffering

that is caused by such large numbers? It all goes directly into the collective consciousness. Then people wonder why life is the way it is. Peace begins on your plate. You cannot pretend to be a peaceful being if your plate is filled with violence. You cannot pretend to be an animal lover or someone with an open heart if you consume meat by choice. It is often said by the meat eaters that being vegan is not better because plenty of rodents, insects, and such are killed in the process of growing crops. It is a fact that many are killed and it should not be ignored. It is also a fact that the current way the matrix is cultivating food is wrong. They are killing our soil; everything they do is wrong. It should indeed be done in a much more conscious way to minimize death and to stop destroying the soil. But this argument of the meat eaters is surely one of the funniest because of how unintelligent it is. If the crops for our frugivore diet create so much suffering, then can you imagine the amount of crops that is uselessly being used right now in order to feed the animals who will be turned into meat? A

very large proportion of global crop production is used for feeding animals. Around 36-40% of the world's grain production, including corn, wheat, and soy, is used to feed livestock. In some countries, such as the United States, the percentage can be higher, with up to 70% of corn being used as animal feed. Other crops like alfalfa, oats, and barley are also grown specifically for livestock. Just take a moment to see how senseless it is. We are meant to thrive on a frugivore diet, yet we are wasting immense amounts of resources, land, labor, and money just to feed animals that we will then eat later on even though it makes us unhealthy. Since the beginning of human society, meat consumption has been bringing nothing but suffering. It influenced wars because of greed, wanting more animals, wanting more meat, and wanting more leather. There is literally nothing peaceful or positive about meat eating. It is even the greatest or one of the greatest sources of death. So many viruses humankind had in the previous years all came from animal consumption. Someone stupid enough to eat a

bat, all kinds of birds, or improperly cooked carcasses. If we had been frugivores as we were supposed to, we would have saved ourselves from many wars, many viruses, and billions of deaths.

Humans, the fakest carnivores

Humans claiming to be carnivores is one of the most hypocritical claims I've ever seen. In nature, animals eat whatever they eat in their natural raw forms because they are truly meant to eat it. Frugivores eat fruits as they are. They don't make smoothies or fruit popsicles and all that. Carnivores, they just go ahead and bite into the animals like if it was an apple; they eat it directly. Only the human is dumb enough to believe themself to be a carnivore when they cannot even eat raw meat! It can literally kill them as it may contain harmful bacteria, parasites, and viruses. So the humans go ahead and cook their meat in order to survive from eating it. Funnily enough, not only to survive but also for the taste. To us, eating raw meat is

absolutely disgusting, even when it's all cleaned, artificially colored with chemical red, and damped in blood so it doesn't look as expired as it actually is. All of this packed in plastic in your local grocery, yet you still need to cook it and disguise it in look and in taste. Now can you imagine having an animal with fur and all in front of you, in your plate, ready to be eaten as it is? Surely not, because modern human carnivores are hypocrites! Meat is a survival food, and yes, we can be thankful for it. When we are no longer in survival mode, there is no reason to eat such a thing. A dog who is a real meat eater, if you take a piece of raw chicken and throw it at him, he will be the happiest dog on earth. It feels to him like you gave him the greatest cake in the world. He bites it and runs away with it to ensure no one steals it away from him. He loves it so much; it's so tasty! But the little fake human carnists, they go ahead and use plants to make their meat tastes better after being cooked because deep down, unconsciously, they know they are meant to thrive on plants. They dare to call vegans

hypocrites because they eat fake vegan meat. They say, Why do you have to make your vegan food look or feel like meat? Me personally, I don't care about looking or feeling like meat. Still, it's a very unintelligent argument from those meat eaters who are always modifying their meat as much as possible so they can forget that it actually comes from a living being. They have totally disconnected the animals from the flesh in their minds; it is an easy way to cope with their unconscious guilt and shame. They make chicken popcorn, fish sticks, hot dogs, corn dogs, patties, and so on and so forth. Even calling chicken meat as chicken is a lie, the truth is that they are eaten chicken carcasses. Chickens mean an alive being, the meat of a chicken mean pieces of a chicken corpse, but hey, those name would not sell well! We can't provoke the meat flakes too much or they will all get together and cry. The funniest thing in this to me is that pretty much all meat eaters have one thing in common, which makes them all equally fake. They are utterly mad when they hear on social media that

a country has been eating dogs, yet they call their junk food made from other animals as hot dogs. Pretty ironic, isn't it? So basically, to know what type of food any animal thrives on, you can simply give it the raw form of it. A true carnist will be given a full animal with its complete body, fur, eyes, teeth, bones, organs, everything. And it will bite through it like it was a cake. They will eat it all; they don't care if there is a piece of organ with the meat they are chewing on. If you go ahead and try to feed them a vegan diet made of whole foods, they will most likely get sick and eventually die because they are real carnists. Animals who are omnivores eat raw meat just like I described, and also plants/fruits. So obviously, not only are we not carnivores, but we also are not omnivores because we cannot eat raw meat like any normal omnivore does. When it comes to frugivores, though, this is exactly what we are meant to be! Or at least vegan, this is the greatest way for the human being to fully thrive beyond the survival mode. As we eat raw fruits, we don't need to modify them, we don't need to

add spices, we don't need to cook them, and all that hypocritical nonsense. We bite into it and we eat it just like it is! Just like a lion would bite into a zebra as it is. We bite into an apple as it is, and we thrive.

Fruits are GMO so eat meat instead.

Meat eaters always surprise me in how funny they can be and especially how misinformed. They often use a certain argument to justify their sin of eating meat. They go ahead and say that meat is better than our modified fruits and vegetables, they also use pesticide to make their argument stronger. About pesticide, it is utterly dumb to claim this because the meat they eat—those animals ate plant-based food, which was also probably genetically modified and surely filled with pesticide. Therefore, the meat already has all the negative chemical stuff fruits and vegetables have. Beyond this, the animals are not fed top-quality food at all. A part of their diet is real food (still GMO and on pesticides), and another large part is pure garbage that is even less natural. Meat has its own version of

"pesticides." While we think of pesticides as something sprayed on plants, animals raised for meat are also pumped with huge amounts of chemicals to control disease, force unnatural growth, and preserve the flesh. It's the animal version of pesticides—and it's just as toxic. Animals are kept in filthy, crowded conditions where disease spreads fast. Instead of cleaning up the system, they drugged the animals constantly with antibiotics. This isn't just to treat illness—it's used preventatively and to make them grow faster. It goes on wrecking your gut, weakening your immunity, and creating antibiotic-resistant bacteria. Growth hormone is also used, especially in beef and dairy cattle. These hormones force animals to grow faster and bigger than nature allows. Natural chicken (before industrial farming) reached full adult size in 12–16 weeks (3–4 months). They were lean, active, and small-breasted, and they could run, flap wings, and live a normal lifespan if not killed. On the other hand, modern broiler chicken (factory-raised) reaches slaughter weight in 5–7 weeks. It

actually grows so fast that it can't walk, their legs buckling under unnatural weight. They have giant breast muscles, bred for profit, not function. In fact, they are so genetically modified and disgustingly overgrown too quickly that many die of heart failure or organ collapse if not slaughtered. Natural pigs took 1–2 years to reach full size; they were muscular, hardy, adapted to foraging, and had low body fat compared to modern pigs. Factory-raised pig Grows unnaturally fast due to selective breeding, grain feeding, and drugs, to be slaughtered at 5–6 months. They are bred to be fat, docile, and immobile; they are prone to illness and often kept on antibiotics from birth. Natural cows (grass-fed, heritage breeds) used to reach maturity in 2–3 years; they had leaner meat, slower development, strong bones, and were adapted to grazing. On the other hand, feedlot beef cattle are slaughtered at 12–18 months, as they are fattened unnaturally fast with GMO corn, soy, and growth hormones. They are often sick due to diet and conditions, requiring antibiotics. So the

argument to eat meat because vegan foods are genetically modified is utterly stupid and lacking in basic information. We've turned animals into meat machines—swollen bodies, crippled bones, and factory-timed deaths. A chicken that once grew in months is now force-grown in weeks, barely alive by the time it's slaughtered. This isn't farming—it's manipulation of life itself. You know what? This is far from the end; it goes much further than being drugged, forced to grow, and such. Did you know that all the animals you eat today did not naturally exist? Pigs were wild boar (Sus scrofa), a powerful, lean, intelligent forest animal, muscular, fast, sharp tusks, lived 15–20 years. What did we do to it? We selectively bred for size, fat, and docility. We turned it into a soft, fast-growing creature that can barely move by 6 months. Chickens were red junglefowl (Gallus gallus); they were rich in color, having blue, red, orange, and green, a real piece of art. They were small, lean birds found in the forests of Southeast Asia. Agile, vibrant, laid few eggs per year, lived freely. They lived 5–10 years

naturally, could fly short distances, and were alert and wild. Now chickens are colorless; they lost their beauty, and most live in cages, under artificial light, never see the sky. Now chickens are no more a bird but a growth experiment with feathers, born to feed, not to be free. The cow's (beef) natural ancestor was the aurochs (Bos primigenius), a massive wild ox that roamed Europe, Asia, and Africa. They were fierce, majestic, and deeply connected to the land. They ate wild grasses, roamed vast plains, and were not easily domesticated. Once again, through selective breeding, modifications, and such. It was domesticated over time into docile, meat-producing animals that we know today. So I could go on and tell you more about how every animal that we eat today is not natural at all, but you should get the point by now. So, meat eaters, your argument is unintelligent and denied!

The Cowardice of Indirect Violence

Most people never even take a moment to think about this, but they should. They say they could never kill an animal themselves. They say they don't have the stomach for it. They say it's "too brutal," "too sad," "too intense." Yet three times a day, they finance it. Because if they are too much of a coward to take a knife and end a life with their own hands, they simply pay someone else to do it for them, and somehow that makes them feel clean, somehow that makes them feel innocent. But little do they know who they are often paying to do this work. In many slaughterhouses, the jobs nobody wants — the killing, the bleeding, the dismembering — are given to people who have very few options: former prisoners, current inmates on work-release programs, people who are already psychologically fragile, people society has already labeled as "criminal," as if that makes them disposable. They are told this is work, a second chance, a privilege. But what kind of rehabilitation is daily exposure to death? What kind of healing comes from holding down a

living being who is fighting for its life and cutting its throat? Do you really believe this does nothing to the human nervous system? Do you believe killing hundreds of animals per day leaves the mind untouched? Even those who have committed crimes, even those who have hardened themselves through violence or trauma, are not immune to what repeated killing does to the psyche. Many slaughterhouse workers suffer from severe depression, anxiety, emotional numbness, substance abuse, psychological breakdown, and yes, many of them take their own lives. The weight of constant killing crushes them from the inside. Because no matter how much society normalizes it, the human organism knows. It knows when it is violating life. And if even someone who has committed crimes can feel the weight of that violation, if even someone society calls “bad” can be internally destroyed by the act of killing animals day after day, what does that say about you? You, sitting comfortably at home. You, who claim to be sensitive. You, who say you “love animals.”

You, who would cry if you saw it happen in front of you, yet you still pay for it. You outsource the blood. You outsource the screams. You who think you outsource the karma (but you don't). And then you pretend your hands are clean because you never held the knife. If the act is so heavy that even those with criminal histories collapse mentally and spiritually under its weight, what does that tell you about the act itself? Killing is not neutral. It is not spiritually empty. It leaves a mark — on the one who dies and on the one who kills. The only difference is that you have chosen to hide behind money. You are not braver because you eat meat. You are not innocent because someone else did the dirty work. You are simply comfortable enough to pay for something you are too afraid to witness due to your cowardliness. And if even the so-called criminal can eventually see how dark and degrading this system is, then what does that make you — the coward at home funding it?

Eating meat is part of the natural cycle says the idiots.

There is one thing that meat eaters tend to repeat like broken DVDs to justify their sin, which baffles me due to how ignorant this statement is. They claim that eating meat is fine because it is part of the cycle of life; it is part of the food chain. Those very words show immense ignorance or a refusal to see reality. Animals in nature hunt for survival; they work hard to find their prey, and they only hunt when necessary, because after all, it takes a lot of energy to hunt, especially since it often comes with many failures before getting a success. The animals that they hunt still have the freedom to fight, to flee, to do their best to stay alive. I've seen lots of animal documentaries, and it can be magical, almost a miracle, to see how some animals actually flee their predators sometimes. Within this natural cycle, when it is their time, it is their time. When they are meant to escape, they escape. But what about what humans do to animals? You would have to be a

complete idiot to believe that your meat from the grocery actually comes from someone who went hunting in nature purely for survival. If that were the case, we'd have humans hunting animals everywhere! The meat that we eat is simply no longer connected to any natural cycle of life at all. It is rather a cycle of torture, suffering, and death. The animals that are the victims of meat eaters are born between four walls, often on metal floors or even worse, on caged floors. Most of them will never see sunlight nor grass even once in their entire lifetime. As soon as they are born, they are separated from their mother. As for the father, there is usually no true father because the animals were raped by a human inserting his entire forearm into the animal's genitals to forcibly impregnate it. There is simply no touch of nature left whatsoever. It is literally psychopathic behavior; I can't imagine what kind of piece of shit you have to be to desire to rape animals, then steal their children, keep them enslaved until you take away their life. I will spare the details because this chapter already

shares a great deal of the horrific situations of those poor animals. Therefore, the goal of this chapter is simply to let you know that what is natural is for a lion to courageously and powerfully hunt for his prey, sometimes after days of not eating, sometimes even on the verge of death due to failing too many attempts. This is a true natural warrior. The carnivores in nature are not cowards who pay evil companies to infinitely breed animals into a living hell. The prey who gets eaten by the lion still has the chance to live, to know their parents and siblings, to feel the grass, to feel the sun, to learn, to be free, and to experience. Meanwhile, the animals from the meat industry suffer from the second they are born until the end. May this chapter destroy the idiotic argument that eating meat is part of a natural cycle, because it could not possibly be more wrong than that.

Plant are alive too and have feeling they say.

I honestly cannot believe I'm making this subchapter because it is utterly stupid, but what can I say, many meat eaters truly say so much nonsense, it is my duty to destroy their delusion. So here we go. Some very unintelligent people try to use the argument against vegan people that plants feel pain too, plants are alive. They think they make such an intelligent argument when they say so, but it's probably the lowest IQ argument I've heard in my life, so dumb that most meat eaters will also agree that it makes no sense. So are plants alive? Of course they are alive. Do plants have a soul as well? Yes, all living principles have souls. So why do vegans eat them then? The answer is very simple. A man or a woman who lives on a plant-based diet usually does it for two main reasons. One, because of health—there is no way to have optimal health while you eat carcasses, that's why every day hundreds, thousands, if not millions of people die from the meat they ate

their whole life as their arteries are clogged, their blood is thick and ugly, and their heart is getting weaker by the day. Other than health, the main reason is compassion and love. They see that there is an equal living principle in humans as in animals, and of course, in plants too. We understand that there is no way to eat without taking a life. So with such compassion and intelligence, we decide to make a conscious choice and consume that which suffers the least, it's as simple as that. An animal has a brain, a nervous system, and organs just like humans. Plants do not have a brain and do not have a nervous system. It should be obvious to state such facts, but I have to write it down for those ostriches with their heads in the sand. Pain cannot be felt without a brain. That's why if you are unconscious, we can cut your arm and you will not feel any pain. Because without consciousness mixed with a brain, pain simply does not exist. Plants do sense things in their own way by electrical signals, they can sense their environment and what is happening to them. Notice how I'm not saying feel, I'm

saying sense. It is because the electrical information that passes through them is simply information that changes their behavior. For example, if an elephant eats leaves from a certain type of tree, it will send electrical signals to itself and the trees around to make the leaves bitter and poisonous. Not because it felt pain and screamed in agony, only because it received a signal, and the signal led to a change of behavior and such. So no, plants cannot feel pain, fruits cannot feel pain, vegetables cannot feel pain. But hey, let's pretend that plants do feel pain just for now, just to show you how stupid this meat eater's argument is. If plants would truly feel pain, then the answer to diminish the suffering of plants would be for all humans to be vegan. Why? How does that make sense? Because basic biology and physics show that animals act just like inefficient boxes that bring plant food to us. All essential amino acids come directly from plants, and our entire body is made of what we eat. The animals people eat are simply living on a plant-based diet themselves. Every single year, around 80 to 92

billion land animals and anywhere from 1.1 to 2.9 trillion aquatic animals are killed globally for human consumption.

To keep all those tens of billions of land animals alive, humanity gives massive amounts of plant food to them. In places like the US, up to 67% to 70% of crops like corn and soy are given to animals. This is entirely useless and wasteful because animals burn off almost everything they eat just to stay alive, move, and keep warm. For every 100 calories of plant food given to a cow, we only get about 3 calories of meat back. For pigs, it's about 9 calories, and for chickens, around 13 calories. You are literally wasting 87% to 97% of the plant food just to eat a carcass that slowly takes away your life by making you unhealthy and weaker over the years. If humanity were to eat a plant-based diet and everyone were vegan, we would need to grow and eat drastically less plant food than what we currently give to animals. In fact, total global agricultural land use would shrink by 75%. So even in this fake scenario where plants feel pain, being vegan is still the only choice that makes

sense, because you end up destroying significantly fewer plants than if you eat the animals that consumed all those plants first.

Meat eaters are destroying the planet

If you are an environmentalist, if you pretend to care about Mother Earth, but you eat meat, I'm sorry, but you are a total clown and a total fake. I honestly laugh out loud every single time I see these fake-ass eco-warriors walking around with their reusable tote bags, proudly buying local honey or "cruelty-free" animal products, thinking they are saving the planet. You go to these eco-friendly shops, and they act like they care so much about Mother Earth, yet their shelves are still packed with products born from animal exploitation. They preach to you about saving the turtles by banning plastic straws, while they sit down for dinner and eat a beef steak that required thousands of liters of clean water and destroyed acres of rainforest just to end up on their plate. You want to raise

awareness about the environment, but you stay dead silent about the single biggest destructive force on the planet? You are not an environmentalist; you are a performer. And let's talk about the utter insanity of world hunger while we're at it. Every single year, humanity breeds, feeds, and slaughters over 80 billion land animals. Think about that number for a second: 80 billion livestock animals raised for slaughter, while there are roughly 8 billion humans on Earth. We somehow have enough food, grain, land, and water to feed tens of billions of animals every year, yet we have human beings, children, starving to death every single day because "there isn't enough food." How blind do you have to be? We funnel over two-thirds of the world's crops into feeding animals who act as terrible, inefficient middlemen, burning off almost all their energy just to stay alive, so meat eaters can consume their corpses. If we actually fed humans directly with the crops we grow, world hunger would vanish practically overnight. But no, the meat industry would rather let humans starve so meat eaters can

indulge their selfish addictions. Let's talk about the rest of the absolute devastation meat eaters are causing to the Earth every single second. Where do you think your meat comes from? It comes from clear-cutting millions of acres of rainforests and ancient woods, wiping out pristine ecosystems just to create space for livestock pastures and monoculture feed crops. By destroying these forests, we are literally driving wild animals to extinction and shattering global biodiversity, all so people can satisfy a temporary taste preference. And while these forests are burned down, the livestock industry is pumping massive amounts of heat-trapping methane and potent greenhouse gases straight into our atmosphere. To feed these billions of land animals, industrial feed farming and over-grazing are completely ruining the Earth's natural topsoil, leading to catastrophic soil degradation and topsoil erosion. Then there is the water crisis. The sheer amount of clean, fresh water wasted to produce a single pound of meat is beyond insane. Thousands upon thousands of liters of precious water are drained

while millions of people around the world lack basic access to clean drinking water. And what happens to all that waste? Millions of tons of animal manure and toxic urine leak directly into our rivers, lakes, and oceans. This nitrogen-rich farm runoff creates massive ocean dead zones, starving the water of oxygen, suffocating marine life, and turning thriving ecosystems into aquatic graveyards.

As if that wasn't enough, meat eaters are also destroying the oceans through industrial overfishing and trawling. Heavy commercial fishing nets drag along the ocean floor, ripping up coral reefs and delicate marine habitats while discarding tons of plastic gear directly into the sea. To top off this utter insanity, factory farms pump these miserable animals full of antibiotics just to keep them alive in filthy, unnatural conditions. This toxic runoff leaks into our environment, creating antibiotic-resistant superbugs and dangerous bacteria that threaten all of human health. So please, spare me your plastic straw speeches and your fake eco-

friendly lifestyle. If you claim to care about Mother Earth while simultaneously funding the daily torture, global hunger, deforestation, ocean destruction, and pollution caused by the meat industry, take off the mask. You are directly contributing to the collapse of our planet, and it is time you wake up to the truth.

If you must eat it but don't want to.

I understand that as you elevate your consciousness and accept that meat is not the way, it can still happen that you must consume it temporarily. One great example that I've often seen is a young man or woman who is still living with their family. Some of them do not work so they don't have their own source of income to buy food. Therefore, they end up eating whatever their parent eats. So if you are in any situation like this, if your desire to no longer eat meat is truly real, beyond pretending. Then there is nothing to worry about. God, the universe got you. Just do your best to cultivate a

positive mindset and to send loving and grateful energy to the meat before consuming it. Look for ways to solve the situation in order to fix your nutrition as soon as you can; simply do whatever you can. Act as soon as possible, don't bath in excuses either, take back the power as soon as you can. There is no need to feel guilt or any negative emotions; it will simply add more negativity to the situation and poison you further than the physical meat already will.
Just like if you were currently living in a third world country, for example, where all food is very scarce and hard to get. That situation is simply not the same as people living in Canada or the USA. So everything I've said about meat eaters does not apply to such a person. If you must eat rat to survive, do what you must. Survival is survival. Simply remain a vegan in your heart, and the very second when life gives you the opportunity to be vegan, jump into it immediately, without consuming any more flesh at all from that moment on. People who live in modern cities in comfort but still decide to eat meat, those are sinning and the meat will poison them as it should, as they deserve it. But

if you live somewhere where you have absolutely no choice, do not worry, the meat will not poison you because God has your back. This can sound very contradictory to everything I've said, and that is natural. Because life is often not only one truth; it can be, but not always. The situation you are in, the time in which you live, and such phenomena can deeply change what is right and what is wrong to do.
So keep a positive mindset, pray for your meat, have elevated emotions, and you'll be fine as long as you are truly forced to eat meat beyond pretending. This only applies to the people who truly wish to let go of meat but cannot for temporal reasons. If you pretend to want to stop eating meat but you're bathing in excuses like I don't know how to do it and such, then what I said does not apply to you, you need to man up or woman up, get to the next level and stop living with your tails bewteen your legs. The universe knows your deepest truths; you cannot fool it. To just be too lazy to inform yourself or to be too cowardly to jump into the abyss of change, that is not holy. If the universe

AA truly feels your intention and your understanding, if the universe truly sees that it is the situation that is forcing you to eat meat. It got your back. Just do with what you have for now and change the situation as soon as possible. Remain guilt free, grateful, and fill your heart with as much love as you can.

Frugivore: The Human Design

This might be hard to believe for those who cannot feel energy, and yet it might be easy to understand for anyone who does feel it. Whatever food we eat, it makes us feel a certain way. I am not talking about your ego's desires and ego satisfaction here. I am talking about how you feel lethargic, sleepy, dehydrated, and heavy after eating a specific food. Or how you are feeling energized, hydrated, fresh, and light. At first, when I used to be a meat eater, I could not feel much at all; I was just unconscious and ignorant. I would eat and feel so full and heavy, but I would not question it at all. I just thought that's how it was supposed to be. It was only the day that I went plant-based that I started to notice: wow, I have so much more energy after a meal than before! Even when my plant-based diet wasn't that great since I was a beginner, I still felt that I had so much more energy than before. This phenomenon didn't happen just

with me, but with everyone I know who quit eating nasty, dead bodies. This phenomenon didn't stop here though; it went even further than just going from meat-based to plant-based. More and more, the food that once felt light and energizing started to feel heavy. For example, I used to eat green lentils every day, then the next day it would be little millet, and I would alternate from one day to the other like this. it felt great at first, immensely greater than when I used to eat meat. My nutrition also had a good amount of fruits as well. More and more, I started to notice that after eating my fruits, I was feeling good, energized, hydrated, and everything was fine. But as soon as I would finish eating my lentils or my little millet, my vibrancy was greatly diminished; I felt heavier and less energized. Until one day I fully ditched the green lentils and little millet. Instead, I started to eat even more fruits, and on the side, I had nuts, seeds, and tofu. Back then, I was eating a great amount of seeds and nuts, until the same phenomenon started to manifest itself: the seeds and nuts started to do the exact same

thing as the millet and the lentils. So I didn't fully cut my consumption of nuts and seeds; instead, I only lowered them and enhanced the amount of fruits in my diet. This phenomenon just goes on and on, even to this day as I write this book. I currently eat tofu on most days, as it is a source of so many nutritional values that we require, it's easy to cook, and very cheap to buy. Yet, I'm feeling it again: the tofu lowers my energy, while fruits keep it stable. So by my own experiences, more and more I'm finding out that every other food than fruits will lower our energy and make our human system work more than it should to digest. As I write this book, I'm still eating tofu, some seeds, and nuts. Yet I feel that naturally I will go toward being fully frugivorous someday. After all, it's mostly a matter of gradual change in our body and energy. The healthier we get and the more our energy elevates, the more we become in harmony with fruit and in disharmony with other foods that dehydrate us. Which is why I suggest to most people to start with a plant-based diet. Just make sure to get all the

nutritional value you need, and slowly, day by day, the same phenomenon that is happening to me will happen to you. I feel this is the best way to become what we are truly meant to be: a frugivore. Because you become the living proof through your own experience that the greatest food is fruit, which slowly removes all doubt. Because, after all, your mind is so strong that even if you eat a perfect frugivore diet, if you have negative beliefs about it, you might manifest some issues that shouldn't be there at all—but they will, simply because you create them with your mind.

Designed by Nature for Fruit

Look closely at your own body for a second. Forget what society or mainstream science told you to believe, and just observe how you are built. Our physical design is direct proof of what we are meant to eat. Start with your eyes. Humans have full color vision. We see a vibrant spectrum of reds, oranges, yellows, and deep greens. Why do you think that is? In nature, fruits intentionally change color to show

themselves to us when they are perfectly ripe and ready to be plucked. A carnivore doesn't care about color—it tracks movement and smell. But we are hardwired to spot a bright red apple or a glowing mango hanging in a dense forest canopy. The fruit is literally calling out to our eyes, signaling that it is time to eat. Then look at your hands. You don't have sharp, curved claws meant to slice through tough animal hide, tear open flesh, or break open bones. You have soft, dexterous hands with opposable thumbs. What are they perfectly shaped for? Picking, peeling, holding, and enjoying fruit. Our hands were designed to gently pluck a fruit from a branch without destroying the tree or making a bloody mess. Now pay attention to your teeth and jaws. People who claim humans are meant to eat meat because we have "canines" are complete clowns. Look at human "canines"—they are flat, dull, and completely aligned with our other teeth. They couldn't pierce a leather boot, let alone tear open a wild animal's thick hide. Real carnivores have massive, pointed, overlapping fangs built to puncture and kill.

Furthermore, look at how your jaw moves. True carnivores can only move their jaws up and down in a rigid crushing motion so they can slice and swallow chunks of flesh. Humans, on the other hand, have flexible jaws that move side to side. That side-to-side grinding motion exists specifically to pulverize soft plant matter and juicy fruits before swallowing. Next, look at what happens the second food enters your mouth. Human saliva is loaded with an enzyme called ptyalin, or salivary amylase. This enzyme exists for one main purpose: to start breaking down carbohydrates right there on your tongue before you even swallow. True carnivores don't have this enzyme in their saliva at all because they don't eat carbs—they swallow chunks of meat whole. We were built to process carbs from the very first bite. Notice how your body cools itself down, too. Carnivores do not sweat through their skin—they have to pant out of their mouths to release heat after a high-speed hunt. Humans have millions of active sweat glands all over our skin, designed for long, endurance-based foraging under the sun while

gathering from trees and plants. Finally, consider what happens deep inside your gut. Our digestive tract is long—roughly 9 to 12 times the length of our torso. This long, winding inner pathway is ideal for slowly processing and absorbing nutrients from water-rich, fibrous foods like fruits as they move gently through us. Compare that to a carnivore: their digestive tract is extremely short and smooth so that decaying meat can be expelled as fast as possible before it putrefies inside them. Put heavy, rotting flesh into a long human gut, and it sits there, slowing your energy down and making your entire system heavy. Think about how your natural instincts and emotions react to real nature. If a true predator sees an animal bleeding, torn open, or suffering, its instinct is pure excitement—its mouth waters, and it rushes in to devour the raw flesh, bones, and warm blood on the spot. But when a human sees a bloody, torn-open body or an animal suffering, our immediate, involuntary reaction is total disgust, horror, and unease. We turn our heads away. If you put a child in a room with a live

rabbit and a sweet apple, the child plays with the rabbit and eats the apple. Nobody naturally feels called to chase down an animal, bite into its raw flesh with blood running down their face, or munch on live insects. Insects and raw carcasses naturally disgust us because we aren't built for them. Anyone trying to argue humans are natural meat-eaters ignores the fact that a true carnivore or omnivore eats animals raw as they are. Humans have to bake, boil, heavy-season, and cook meat just to tolerate it. Even the food industry and the Matrix unconsciously acknowledge what our bodies truly crave. Look around at artificial flavorings—from candy and sodas to vapes and energy drinks. What flavor is almost every single one of them? Mango, watermelon, strawberry, peach, blue raspberry, grape. Nobody makes a raw-steak-flavored vape or a raw-pork-flavored candy. Even when society tries to trick human senses with synthetic products, they use fruit flavors because the human brain and soul are unconsciously hardwired to crave the sweet, vibrant taste of fruit. Everything about our anatomy—from our

vision to our hands, our teeth, our jaws, our sweat, our intestines, and our deepest instincts—screams that we are natural-born frugivores.

The Nutrition from fruits

When it comes to nutrition, modern society has everything completely upside down. We've been told to fear fruit because of sugar, or to obsess over heavy protein, but when you look at how human cellular energy actually works, the truth becomes undeniable. The primal source of fuel for the human body is simple: carbohydrates, specifically glucose. Glucose is the exact fuel your brain runs on every single second of the day. It is also the primary fuel for high-intensity training, movement, and explosive energy. When you feed your body clean fruit, you are giving it instant, direct cellular fuel without forcing it to do heavy chemical conversions that drain your vitality. On top of that, fruits feed you and hydrate you at the exact same time. The water in fruit isn't dead tap water; it is living, mineral-rich cellular

hydration. Because carbohydrates bind to water and draw it directly inside your cells, fruit hydrates you at the deepest cellular level. High-protein foods do the exact opposite—digesting heavy protein forces the body to flush out huge amounts of water and nitrogen waste, leaving your cells completely dehydrated and depleted. When you eat a watermelon, an orange, or a papaya, you are flushing your cells with clean water while feeding them pristine fuel simultaneously. This is why you feel so light, clear, and vibrant after a meal of pure fruit—it gives you everything you need without taxing your system. People always bring up the protein argument, asking, "Where do you get your protein?" But the human body doesn't even use whole protein; it breaks it down into individual amino acids. What we actually need are the 9 essential amino acids, which fruits contain in perfect, clean quantities. We only need a small amount—around 0.3g to 2.5–3g max per essential amino acid per day to thrive. You do not need heavy, dense sources of protein to build a strong, functional body. Look around—

plenty of long-term frugivores have wonderful, lean, muscular physiques just by living on clean plant foods and fruits. Your body knows exactly what to do with clean, natural building blocks when your digestive system isn't bogged down by heavy, dense matter. And then there's the issue of pesticides. People always panic and say, "What about all the chemicals sprayed on fruit?" Look, organic is great when you can get it, but honestly, who cares if it's not perfect? Fruit is the ultimate detoxifying food on Earth, meaning the fruit itself actually helps your body flush out and detoxify a huge percentage of those pesticides naturally. The life force, electricity, and clean fuel inside fruit are so powerful that people have literally healed themselves from the C-word even while eating fruit that was full of pesticides. People constantly go on temporary fruit cleanses to detoxify their entire system—so why not just stay clean all the time by making fruit your primary lifestyle? The pure vitality, antioxidants, and living water in the fruit far outweigh the chemical burden, allowing the

body to cleanse itself and elevate its energy. When you give your system pure fuel, it naturally knows how to thrive.

If there is one thing to take away from all of this, it is that you do not need to force a sudden, radical shift overnight. Shifting your diet isn't about rigid rules, restriction, or punishing your body—it is about raising your energy and coming back into alignment with how you were naturally designed to thrive. Start where you are today. You can take this step by step, just as I did. Begin by letting fruit become the dominant foundation of your day. Notice how you feel when you break your fast with living, water-rich fruit instead of heavy, dense foods. Pay attention to your energy levels, your clarity, your digestion, and the light, vibrant feeling that naturally follows a meal of pure fruit. As your body cleanses itself and your internal energy elevates, you will naturally start craving lighter, cleaner foods and feeling less drawn to heavy matter that weighs you down. Listen to

your own body over any outside noise or dogma. Trust your direct experience—because when you feed your system clean fuel, living hydration, and the vibrant life force found in fruit, you aren't just changing what you eat. You are stepping into higher vitality and becoming the living proof of what humans are truly meant to be. Give yourself permission to evolve gradually, make fruit your primary source of life, and watch how effortlessly your energy transforms.

Eat the sun

The Only True Food & The Matrix War Against the Sun

There is only one true food — and that food is the sun; it expresses itself in countless forms through the loving alchemy of Mother Gaia: through her soil, her water, and her breath of oxygen, sunlight becomes fruit, vegetables, nuts, seeds, and every form of nourishment we know; in truth, every food chain begins with the sun — through photosynthesis, plants absorb sunlight via chlorophyll and transform it into sugar and oxygen, the very foundation of life on Earth. Every fruit, leaf, tree, and grain is stored sunlight, crystallized into form; the sun is not just a distant star in the sky — it is the original life-giver, the cosmic fire, the source from which all living energy flows. For most of human history, the sun was revered as sacred — a healer, a guide, and a source of divine light. Entire civilizations built temples to greet it,

aligned their lives with its rhythm, and honored it as a living being. What almost no one talks about is the fact that a lack of vitamin D can actually prevent you from properly assimilating what your body needs. Vitamin D is not just "nice to have" — it plays a central role in calcium absorption, phosphorus uptake, and it strongly influences magnesium balance, zinc function, iron metabolism, and even vitamin A signaling. When vitamin D is low, many minerals and nutrients are simply not absorbed or used by the body; instead, they pass through and are excreted without doing their job. The body then compensates by pulling minerals from the bones, which weakens the system over time. This is why supplementation often feels useless, and why so many people say, "I eat well, but I still feel deficient." The nutrients are there — but without the solar signal, the body doesn't fully receive them. In the modern world, something shifted. The matrix began teaching us to fear the very force that gives us life. They began brainwashing us about skin cancer from the sun; they pushed fear into our minds and forced us to wear

sunscreen. Sunscreen is pure poison, a direct matrix attack against human consciousness. It is filled with toxic chemical ingredients like oxybenzone, octinoxate, avobenzone, and homosalate. These ingredients have been linked to hormone disruption; they even mimic estrogen, so basically it is another attack against the masculine energy again. To ensure men are weak and lacking in testosterone, since manly, powerful men are the greatest danger to the matrix, they must be suppressed. Those chemical ingredients also reduced sperm quality and fertility. Increase body fat, creates mood swings, low energy, and even mild depression. It even unbalances the androgen-to-estrogen ratio, which affects strength, libido, and muscle building. Such chemicals are classified as endocrine disruptors — meaning they interfere with your natural hormonal system. The sun is actually giving us a vitamin, as we know, vitamin D, which is so important to us. But sunscreen blocks the UVB rays of the sun, which are required for your skin to make vitamin D. The matrix pretends to save you from the sun, to save you from cancer, while in

fact they are truly poisoning us and ensuring that we will not be able to get this vitamin D we need so badly. While fakely trying to “protect” us from one type of cancer (skin), we increase the risk for way too many others by lacking this sun energy. After all, the sun isn’t just about UV; it helps regulate melatonin, serotonin, testosterone, and cortisol, and the sunscreen blocks the light codes your body uses to sync its biology with nature. It's basically a barrier from the devil to ensure the light of God does not enter you. In fact, this so-called cancer from the sun does not come from the sun at all; several studies have been done by now. The true root of this cancer is garbage American nutrition.
Those who eat pure crap like meats, processed food, processed sugar, refined oil, pasta, and all those types of low-consciousness food on a daily basis, they are the ones who are unbalanced within. Because of their inner imbalance, they have become so unnatural that they've begun reacting to the sun in negative ways.
While those who eat a proper diet in the mode of goodness can go ahead and enjoy the sun without any problems.

Relearning Sun Intelligence

Very often the pain we get from being sunburned is simply due to poor choices without logic. Here in Montreal, Canada, we have several months of cold winters with plenty of snow. It's so cold that most of us don't want to go outside much. So day by day we are becoming white like ghosts. Then, finally, when the beautiful summer comes, people go ahead and sit in the park to enjoy the sun for hours. After all, they've been missing such pleasant weather. The thing is, their body and especially their skin are not ready to receive this much sun at once. It got used to living in a cave by always hiding home. So here goes the big sunburn. The answer is not sunscreen, and the answer is not to hide from the sun. The answer is basic logic and intelligence. If you are as white as a sheet and you decide to get some sun suddenly, take it easy. Go in the sun for maybe 15 to 20 minutes, letting the rays hit the front of your body for half the time, then the back of your body for the other half. Then go

rest somewhere where there is shadow, and later on go back into the sun. Or simply go out for 30 minutes today and get used to it. Next time an hour, next time two hours. And here you go, you are now ready to enjoy the sun without any issue. Of course I'm not saying to be facing the sun without any movement for 8 hours straight; simply use basic intelligence to get the message I'm sharing. For example, every new summer when it gets hot and sunny, I go ahead and enjoy the sun; I don't even care about being sunburned. I do usually get my first sunburn, and it tends to be my last one. It's my first sun kiss, my initiation to the return of the sun. After this sunburn, I'm pretty much immune for the rest of the summer. Unless, of course,
I would exaggerate and sit still for 8 hours facing the sun on a 40-degree Celsius day. So the sun is not our enemy to avoid; it is the source of life, and we deeply need it and should not allow the matrix to brainwash us into using sunscreen all the time. After all, all the nasty, devilish chemicals of the sunscreen end up entering your body just like if it was food, it affects your brain, it affects your organs, it

affects pretty much everything. Yes, there are some sunscreens that are much better than the chemical ones, such as mineral sunscreens. But a healthy sunscreen does not exist because they all have negative side effects in the end, and they all block you form the source of life that your body is begging for. Another thing that makes our body respond negatively to the sun is sunglasses. Sunglasses block the eyes, not the skin — but your body works as one whole system. Your eyes signal your body to prepare for sun exposure. When natural light enters your eyes, your brain gets the message, "We're in the sun — protect the skin." This activates melanin production (your body's natural sunscreen) and triggers protective hormonal responses. Sunglasses block that signal because if your eyes are in darkness behind tinted lenses, your brain thinks you're in the shade. Therefore, your skin doesn't prepare — and you're more vulnerable to burning, even though you're in direct sunlight. So even though you might look cool with your sunglasses, in general, it's not cool at all to wear them because it tends to not be healthy at all.

Solar Consciousness & DNA Awakening

So what should you do with all this information? Now that you are aware of how important the sun is, even if I did not even speak about 20% of the benefits and needs we get fulfilled from the sun. And now that you are aware of how badly the matrix tries to block the sun away from your life. What should you do about it? I highly suggest ensuring you have a couple of sunbaths on a weekly basis. At least 2 to 3 sunbaths of 10 minutes each minimum. This means that if you are someone who doesn't usually go ahead and sit in the grass to just enjoy the sun several times a week, you must absolutely take some time to sit on a bench or stand somewhere facing the sun for at least 10 minutes, 2 to 3 times a week. The best is if you go ahead and meditate at the same time as doing so. The act of meditation will allow you to absorb much more solar energy much more quickly than if you were just walking around, lost in your never-ending thoughts. As you close your eyes and meditate, feel the sun's

energy acting like a warm blanket on your entire body. While also feeling that the sun is radiating from inside of your body. After all, you do have solar energy within. You can even picture your DNA disassembling and reassembling with the energy of the sun. Based on studies, to picture this in your mind truly helps to directly affect your DNA. After all, the sun has always been strongly related to the human collective consciousness. Whenever the sun has been having strong special activities, there have been important events taking place in the collective of humanity. It can manifest itself in many different ways, which tend to be intense. Intensely positive, just like it can be intensely negative. Whether good or bad, that is not the sun's work; that is humanity's work. It can manifest itself as wars, as big crisis. Just like it can manifest itself in the discovery of a new technology that changes our life in a positive way, a new movement that enhances our quality of life. The possibilities are endless. Right now it has been happening for several years; we have been in a certain sun process for a while, and it has probably been reaching its

peak. This is why in the last 2 to 3 years we have witnessed the greatest mass awakening we have ever seen. People are awakening spiritually more than ever before. There is a phenomenon inside of us that the matrix have lied about, like always. They call it junk DNA. Of course, by using the word junk, they are obviously trying to misguide us. In the 1970s, scientists found that only 1–2% of human DNA codes for proteins — the “building blocks” of the body— while the other 98–99% didn't seem to do anything useful at the time. So they labeled it "junk DNA"—assuming it was leftover evolutionary waste. Of course, all of this is bullshit. Those DNA are not junk; they are dormant, waiting to be activated, and the sun plays an immense role in activating those DNA. Those dormant DNA are linked to consciousness and higher brain functions. In fact, some scientists believe these regions coordinate brain waves, intuition, and subtle perception. This idea aligns with ancient wisdom traditions that say the human body has dormant abilities waiting to be activated. So the new sun that we are now experiencing has been

working directly on those sleeping beauties that want to see the light, that want to awaken us. I've been looking at the sun for several years since I've been doing sun gazing pretty often. Just looking at the sun for some seconds and then closing my eyes and looking at the inner light. I've noticed that for about 2.5 years, the sun has changed color and energy. It used to be yellowish-orange. And now it has turned white. The halo of light and energy around it has immensely enhanced; it got much stronger and bigger. This is what many call the Christ consciousness shining upon us. It has many other names as well; there is no need to limit it to this one label. Basically, we are at a point in time where humanity is ready to transcend the illusion of the material world. Most of us have gotten purely bored with the mundane materialistic lifestyle, and we are no longer interested in working like slaves until we turn 65 years old. We used to be looking for comfort, and now we have received this comfort. Now we are bored and looking for meaning, looking for greater depth. We are ready, and the sun is shining the key to activating those dormant

DNA. We are witnessing the mass awakening. By now it should be obvious to you that the importance of sunbathing is no joke, and it must be done. If for any reason, maybe because of weather or because of your job, you cannot really do much sunbathing at all. If you truly cannot do it, there is also another way. Vitamin D supplement is one of them, and there is a deeper spiritual way as well. Everything that is external also exists within. There is a spiritual practice where you meditate while at the same time imagining yourself as being the sun itself. You feel yourself as a big ball of warm energy shining in the cosmos, you are part of the solar system; you are the sun. You go on alternating this idea, feeling, and imagination with this second one: You imagine that the sun is located at the base of your spine, shining solar energy upward into your entire system. As you go on alternating between those two realities and get to truly feel them. Something happens within you, and you get to cultivate the sun's energy even if you do not have access to the sun. If it is possible for you to go outside and get the real deal. Go ahead; that is always better. You can

even enjoy the real physical sun and do the method, both at once. So let go of any fear and limited belief you might have about the sun; it's a matrix attack, and we are too mature to fall for it now. Let's enjoy the beautiful solar energy and allow it to awaken our dormant inner gifts.
So let go of any fear and limited belief you might have about the sun; it's a matrix attack, and we are too mature to fall for it now. Let's enjoy the beautiful solar energy and allow it to awaken our dormant inner gifts.

Biophotons — You Are a Being of Light

There is something beyond macronutrients, minerals, calories, and such physical factors that is of immense importance in food. It is light—in scientifically known terms, biophotons. "Human" comes from "Hu-man," which literally means man of light, or light being. You are literally an electrical machine that works on pranic energy, chi, vital energy—however you wish to call it. This is the true foundation of your being beyond the physical aspects. It turns out that food can either be rich in light energy, or utterly poor—dead in energy. When you look at modern nutritional science, it is trapped in a completely dense, material mindset. It measures food by burning it in a lab, counting calories, and weighing protein grams as if you are a furnace burning coal. But you are not a combustion engine; you are an electromagnetic, light-driven biological organism. Every single one of your cells is

constantly receiving, storing, and emitting tiny particles of light called biophotons. Back in the 1970s, a German biophysicist set out to measure the light stored inside living cells using sensitive photomultiplier equipment. What he uncovered changed everything. He discovered that all healthy living cells emit a continuous, coherent stream of biophotons. More importantly, he measured different types of food to see how much light energy they contained. The results were undeniable: fresh, raw, sun-ripened organic plant foods—especially fruits—were packed with concentrated biophotonic light. Fruits sit high up in the tree canopy, exposed directly to solar radiation for months. They absorb photons from the sun and store that pure light inside their water, sugars, and cellular matrices. When you eat a raw fruit, you are literally consuming condensed, stored sunlight. Now look at what happens when you measure animal products or processed junk. Meat, dairy, and dead animal flesh emit virtually zero biophotons. The moment an animal is slaughtered, its cellular light field collapses. It is

dead matter. By the time it is cooked, seasoned, and served as a rotting mass, its energetic frequency is completely extinguished. Meat is utterly poor, dead in energy, and devoid of light. When you put dead, lightless animal carcasses into your body, your system receives no living light—instead, it has to burn up vast amounts of its own internal prana just to digest, process, and expel that dense, rotting mass.

It is also critical to understand what happens when you heat and cook your food. Fire and extreme heat completely destroy biophotonic energy. Even if a plant or vegetable originally grew under the sun and was filled with rich light energy, the moment you boil, bake, fry, or microwave it, that delicate biophotonic structure is completely shattered. High heat neutralizes the electrical charge, destroys the living enzymes, and drains the light right out of the food. What was once a living, light-emitting plant becomes dead, degraded matter. While cooked plant foods are infinitely better than dead animal flesh, cooking nevertheless strips away the primary thing your light body

actually craves: raw, unadulterated biophotonic energy. Raw fruit requires zero cooking, zero heat, and zero processing—preserving 100% of its natural solar light intact. The same energetic truth was demonstrated through Kirlian photography—a high-voltage technique that captures the electric and energetic fields (auras) surrounding physical objects. When you take a Kirlian photograph of a freshly picked, raw piece of fruit, it shows a bright, expansive, vibrant glowing field of energy radiating outward. But take a picture of a piece of cooked food or dead meat, and the energy field is dim, broken, or completely nonexistent. Now, some people and brainwashed followers of modern mainstream science will try to label this as "pseudoscience," but it is an undeniable physical fact. I couldn't care less if the cultists of modern science agree with it or not. Don't wait for the Matrix to approve a truth before you accept it as truth, because the system is constantly lying to keep you asleep, low-energy, and dependent. We have the photography, we have the biophysics research, we have the direct physical

proof, and most importantly, you have your own living experience. That is all we need. Ancient spiritual traditions understood this thousands of years ago without modern lab equipment. They called it Prana, Qi, or Life Force. They knew that true vitality doesn't come from heavy, dense mass; it comes from clean, high-vibrational energy. Biophotons might simply be the modern quantum biology term for Prana, who knows. When you eat fruit, you are drinking in biophotonic light, structured cellular water, and clean glucose that flows instantly into your bloodstream without draining your vitality. The biophotons in the fruit instantly recharge your cellular battery, restoring clear communication between your cells and elevating your overall frequency. This is why a fruit-rich diet leaves you feeling light, clear-headed, and energized, while animal products and heavy foods leave you feeling drained, heavy, and lethargic. If you want to operate as a true being of light, you cannot continuously feed your temple with dead, lightless matter. Fruit is the ultimate food on

Earth because it is pure, condensed solar light—the highest vibrational fuel available to human beings.

Only Fake Christians Consume Animal Products

It utterly baffles me to see people who claim to love Jesus and follow him actually consume animal products. Doing so is so shameful and so fake—it's crazy to me! If you know Jesus at all, even a little bit, you know that he is a symbol of love, peace, justice, and compassion. If you are informed at all, you also know that Jesus wasn't a Christian, that Jesus never wrote the Bible, and more importantly, that the Bible we have today has nothing to do with the original one. Not only does it lose its true meaning by being translated, but it has also been heavily modified. The true Bible used to be much bigger than what we have today—so big that it was a collection of many books. Those books were hidden and burned by the enemies of Jesus—the Roman Empire, the matrix and system of today. They cunningly crafted the Bible we know today using only specific passages and modifying words to give us false meaning.

One of the greatest examples is the word dominion. Unconscious, shameful people dare to say that animals were put on Earth for humans to consume and exploit—that is disgusting. The true meaning of the word dominion in its original language did not mean that animals are for us to exploit. Rather, the true word in the original text carries the meaning of caretaking, like a loving father toward his child—that we must take care of the Earth and the animals, not exploit them. Because if it were otherwise, what kind of devilish God would that even be? It's time that Christians wake up to this fact and use basic intelligence and critical thinking to do some simple math. Jesus is love; there is no way he would agree with taking a life away from a baby animal that desires to live, just for one useless meal that isn't even healthy—especially when God gave us access to all the plant-based foods we will ever need to thrive, not just survive.

Jesus stood up against slaughterhouses

This deception goes even deeper when you look at what was actually happening in the temples. In the Gospels of Matthew, Mark, and Luke, Jesus enters the temple, overturns the tables of the money changers, and shouts: "My house shall be called a house of prayer, but you have made it a den of thieves!" (Matthew 21:13). People have been conditioned to think he was just mad about currency exchange, but look closer at what was actually being bought and sold: animals for slaughter. They were selling doves, sheep, and cattle under the guise of "holy animal sacrifices." In reality, it was nothing more than an early slaughterhouse system run for greed, profit, and control. They were taking innocent lives, shedding blood inside a place dedicated to God, and charging people money for it. Even in the Old Testament, the original scriptures made God's stance on this completely clear. In the Book of Isaiah, God says: "I have no pleasure in the blood of bulls and lambs and goats... When you lift up your hands in prayer,

I will not listen; your hands are full of blood." (Isaiah 1:11, 15). And in Jeremiah, God exposes the corruption of the written texts directly: "How can you say, 'We are wise, for we have the law of the Lord,' when actually the lying pen of the scribes has handled it falsely?" (Jeremiah 8:8). Jesus stood up against that entire bloody, greedy matrix. He didn't come to promote slaughter; he came to put an end to it.

fish and lamb sacrifice is total bullshit

Meat eaters are so weak and afraid of change that they will do anything they can to excuse their shameful behavior. One of their ways to cope is to say, "But Jesus ate the lamb and fish." Well, guess what—he didn't. This is once again a lie of the matrix: the original books being modified and words being willfully mistranslated. Take the word "fish." In the original Greek, the word used (opson) didn't mean a dead animal from the water—it meant a simple side dish eaten with bread, like dried fruit or carob beans. Furthermore, "fish"

(ICHTHYS) was used by early followers as a secret code word for Jesus himself and to identify each other during periods of Roman persecution. During the 1st and 2nd centuries, if a Christian met a stranger, they would draw one arc in the dirt, and if the other person completed the second arc to form a fish, both knew they were safe. Jesus and his followers were deeply connected to this symbol—not because of diet, but because he was the usher of the astrological Age of Pisces, calling his disciples to be "fishers of men" and feeding the crowds through spiritual miracles. Corrupt translators took a profound secret code and a spiritual symbol, turning it into dead flesh on a plate. The exact same cover-up happened with the Passover lamb. In suppressed early texts written by those who actually walked with him, Jesus rejected eating the lamb with anger, stating directly that he came to put an end to slaughter, not to participate in it. Jesus never ate fish, and he never sacrificed animals. The system simply twisted the text to justify its own greed. The Bible that we know is literally created and modified by the greatest enemies of Jesus, and

people go on following it brainlessly, pretending to follow Jesus while they actually follow the devil—the matrix. It wasn't just Jesus—his closest followers and early leaders of the movement were completely plant-based as well. Historical church writings explicitly state that James the Just (the brother of Jesus and head of the Jerusalem Church), the apostle Peter, and Matthew ate no meat, living strictly on bread, olives, seeds, and plants. They understood the true teachings of compassion that modern churchgoers choose to ignore. I know Jesus more than anyone who believes word-for-word in the modern Bible. I know Jesus is love, and I know that a loving man would never uselessly cause suffering to the children of God.

The bible's original nutrition recommended by god is fully plant based

Another thing that baffles me is that the Bible itself—even the modified version—clearly explains that the nutrition God recommended is

fully plant-based. It is only after the fall of mankind that humanity began to eat meat. It is literally right in front of every Christian's face, in their own book, and they ignore it as if it doesn't exist. Why? Because they are too weak to change. Change requires willpower, intelligence, and other powerful qualities that most people simply don't have. Most people are not serving God at all; they just pretend by going to church once a week, while the true person they serve is the parasites inside of their stomach. When you eat meat, you are filled with parasites—this is a fact. And those parasites hijack your brain to make you crave more meat. Slowly, people lose their intelligence and integrity and consume blindly, not knowing that they have lost control over themselves, and that the parasites are in control of their lives more than they are. Most people are barely alive, running on the autopilot of their subconscious minds, and that is why they will do anything they can to avoid the truth—so they can stay comfortable in their delusion.

Look back at how it all began—the very first rule of human nutrition given directly by God in Genesis 1:29: "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." In the original, uncorrupted design of Eden, there was no slaughter, no bloodshed, and no consumption of flesh. God's original blueprint for humanity was 100% plant-based. It was only after humanity fell into deep violence, greed, and lost its connection to the Divine—leading up to the Flood—that dead animals even entered the conversation. The allowance for eating meat in Genesis 9 was not a blessing or an ideal state; With all plant life temporarily destroyed by the flooding waters, meat was only permitted as a survival necessity when there was nothing else to eat. So continuing to consume meat in this modern era —where an immense variety of plant food is abundant everywhere and supported by massive infrastructure—is utter hypocrisy. it was a concession to a fallen, violent world that had turned its back on God's original harmony.

If anyone has any basic intelligence or critical thinking left, it doesn't take a genius to connect the dots: the nutrition that leads us back to God, to the mode of divine goodness, compassion, and purity, is plant-based. The diet aligned with blood, violence, disease, and the spiritual downfall of mankind is the consumption of dead bodies. The scriptures state this contrast clearly. In Daniel 1, when Daniel and his companions refused the king's meat and ate only plant food (pulses) and water, they appeared healthier, wiser, and physically stronger than those eating flesh. Hosea 6:6 reminds us: "For I desire mercy, not sacrifice, and acknowledgment of God rather than burnt offerings." And Isaiah 66:3 exposes the reality of animal slaughter in God's eyes: "Whoever slaughters an ox is like one who kills a person." The truth is staring people directly in the face, but they act like coward ostriches with their heads buried in the sand—too afraid to confront their own habits and align their actions with true divine love.

If you want the ultimate proof of where God is leading us, look at the prophecies describing God's ultimate Kingdom. In Isaiah 11:6–9, the prophet paints a picture of divine paradise where violence and slaughter are completely wiped out: "The wolf will live with the lamb, the leopard will lie down with the goat, the calf and the lion and the yearling together; and a little child will lead them... The lion will eat straw like the ox... They will neither harm nor destroy on all my holy mountain, for the earth will be filled with the knowledge of the Lord as the waters cover the sea." And Isaiah 65:25 echoes this exact truth: "The wolf and the lamb will feed together, and the lion will eat straw like the ox, and dust will be the serpent's food. They will neither harm nor destroy on all my holy mountain, says the Lord." Look at what this means: Eden started with 100% plant-based peace, and God's ultimate Kingdom ends with 100% plant-based peace. In God's vision for the world, even lions stop eating meat and eat straw instead. There is no blood, no slaughterhouses, and no taking of innocent life. So if Eden was

plant-based, and the heavenly Kingdom is plant-based, how can anyone claim to represent God today while participating in the brutal, bloody slaughter of his animals? To eat meat is to align yourself with a fallen, broken world—while choosing plant-based life is aligning yourself directly with the Kingdom of God.

Fasting: Why It's Fundamental and How to Do It

Why fasting is important.

Every ancient culture knew this truth: purification comes before revelation. You can't expect clarity in a body that's constantly digesting, consuming, and reacting. Fasting is the pause that lets both the body and the soul finally breathe. The sun doesn't shine by taking — it shines by burning its own light from within. Fasting follows the same principle applied to humanity. When you stop taking from the outside, your inner light begins to rise. Fasting is often seen as something special — something done only by warriors or so-called health freaks. But I can guarantee you that fasting is as fundamental and basic as brushing your teeth, drinking water, or eating food. It has been removed from our lifestyle once again by our greatest enemy: the matrix. The matrix has brainwashed us with marketing and false

science from doctors and so-called authorities. I find it fascinating when I'm fasting and people who are stuck in the mainstream narrative are almost afraid for me — saying that I should be careful, that I'll be malnourished, that I should consult a professional first. Yet, they don't even have one-third of my health. They can't run, they can't lift, they are depressed, unhealthy, and on pills. So I want to make it clear: fasting is not something to be afraid of, nor something that requires professional help. Because there is no such thing as a fasting professional in the matrix — only doctors selling pills. The real knowledgeable people about nutrition and fasting are never working for the matrix; they work independently, guided by truth rather than profit. One of the reasons fasting is so important is because it's the key to healing and maintaining your body. To truly allow our natural healing powers and inner maintenance to activate, we must give the digestive system a break. If your digestive system is working every day of your life until you die, it means you've never received any true healing or maintenance — only a very small and temporary amount.

Some people are lucky and only get sick around 40 or even 70 years old, but it's just a matter of time. Because any machine that constantly runs without rest is bound to destroy itself. The same applies to your human system. Even when you sleep and don't eat, your system is still processing food. When you eat fruits, it takes about 30 minutes to 2 hours to digest at most. When you eat vegetables, it might take around 4 to 6 hours to fully digest. When you eat meat, it takes 48 to 72 hours to fully break down. When you eat fake food — like instant noodles, pasta, and all that kind of nonsense — I'm not even sure I can tell you how long it takes to digest, because most of it isn't even digestible. The body will find any way it can to get rid of it, but there's no nutrition in it. It's simply dead matter — material, not even food. This gives you an idea of how easy it is to overwork your digestive system. You eat meat just once in the evening, and your body processes it for 2 to 3 days. You might have a meal filled with vegetables, meat, pasta, and sauce loaded with chemicals and anti-nutrients for dinner — then wait 4 or 5 hours before eating again. There

goes the false sense of accomplishment, believing that you successfully waited before your next meal. But in truth, you've never stopped eating; the body is still eating and working very hard. If you want your healing powers and inner maintenance to activate, you have to fast for at least 16 hours. Most popular fasts are 12 hours (which is not enough) or 16 hours (which is great for intermittent fasting). I say 12 isn't enough and 16 is great because it takes about 16 hours to activate autophagy — and autophagy is one of the main goals of fasting. Sixteen hours is the threshold where the body begins its deep cleansing, where true healing starts. Meanwhile, longer fasts, from 24 to 72 hours is where the deepest magic and cleansing happens. That's what the system tends to need most. And this is only the beginning — beyond the physical, fasting awakens the soul in ways you've yet to imagine.

Beyond the Physical: Spiritual and Ancient Roots of fasting.

Once you understand why fasting is essential, it becomes natural to explore the many ways it can be practiced — each with its own purpose and depth of impact. There exists more than one type of fast; the most popular is the water fast, which means you do not eat, but you may drink water. There is dry fasting, which is the most intense and also the most powerful. There is also the juice fast, where no solid food is consumed, only fruit and vegetable juices. Juice fasting is usually undertaken for longer periods to deeply cleanse the body, sometimes lasting weeks or even months. When you fast, many wonderful things happen, such as detoxification—removing toxins from the body; autophagy—cellular repair and regeneration; gut rest—healing digestion and improving the microbiome; insulin sensitivity—balancing blood sugar and preventing diabetes; and fat burn—promoting weight loss and metabolic health. Fasting also reduces chronic inflammation, enhances focus and cognitive

function, strengthens willpower and resilience, and balances mood and stress hormones. I've heard plenty of stories about people who had several pains in their body, especially in the joints, whether they go to the gym or stay at home without much movement. As they began fasting, suddenly all of their pains disappeared. There are so many health benefits that it would be impossible for me to share them all in this book. In fact, you do not even need to know them all. You just need to take action and fast. All the knowledge in the world is meaningless without action. So yes, learn about it to inspire yourself; that's totally fine, but make sure you act on it. Beyond the physical reasons why fasting is so important, there are deep spiritual dimensions as well. Several key figures in the Bible completed 40-day fasts, often for spiritual purification, seeking God's guidance, or preparing for a divine mission. Jesus Christ fasted 40 days and 40 nights in the wilderness, overcame Satan's temptations, and prepared for His ministry. Moses fasted 40 days on Mount Sinai and received the Ten Commandments from God. Elijah fasted 40 days and nights while

traveling to Mount Horeb; he found divine guidance and strength from God. Of course, the Bible is not the only source that inspires fasting. As I write this chapter, Ramadan just ended a few days ago. In Islam, fasting is a significant spiritual practice with deep roots in the Qur'an and the sayings of the Prophet Muhammad. Fasting is seen as a way to purify the soul and strengthen the relationship with Allah. Muslims believe it helps remove sins, negative emotions, and bad habits by teaching self-control and discipline. I can assure you, this is not just belief — this is truth. Even the Gita and Bhagavatam speak about nutrition and fasting in their own ways. In the Gita, Chapter 6, Verse 16-17, it is said: "There is no possibility of one's becoming a yogi, O Arjuna, if one eats too much or eats too little, sleeps too much, or does not sleep enough." These texts emphasize the importance of moderation, self-discipline, and control over desires — all of which are directly related to fasting. Almost all religions promote fasting in their own ways as a method to help practitioners achieve self-discipline, purification, spiritual growth, and closeness to

the Divine: Judaism, Buddhism, Hinduism, Sikhism, Jainism, Zoroastrianism, Taoism, and more. Each tradition has its own methods and timings for fasting.

The Inner Battle and Hidden Rewards

Fasting has given me so many realizations. One of them is the fact that fasting pushes out the devilish energy from your vessel. I felt dark, dense energy being exposed and expelled as I craved food like it was cocaine. It's not truly about hunger. Most people have never actually experienced hunger. All they experience is gluttony. The gluttonous desire to taste pleasant food, to feel better emotionally, or simply to kill time. It became obvious to me that this isn't hunger at all, but desire, because the hardest moments of any of my fasts are always the same: the beginning. When coming back home in the evening, the cells and the brain are programmed to expect food, and it is this expectation that makes the start so challenging — the craving for taste dominates. True hunger

is sharp; a mild desire to eat is not hunger at all. Then, magically, when I wake up the next day after the first challenging night, my strong craving for food disappears. The second day is easy, and the third day is easier still. Finally, when I break my fast, it is not even about being hungry anymore. It becomes a simple choice — and this choice is often clouded by limited beliefs about when and why we "should" eat. Another profound effect of fasting, which helps purge devilish energy from your life, is that it dissolves impurities. Any toxic desires — for alcohol, drugs, or other distractions — begin to fade. You become lighter, purer, and enter a state of conserving energy rather than seeking ways to escape boredom or lack of purpose by eating or consuming endless content online. Fasting is the sword that cuts through illusion — the illusion that pleasure equals peace. One who masters the tongue can masters almost everything else. This makes overcoming addictions far easier once fasting is understood and practiced. It even adds hours to your day because eating unconsciously wastes so much time every day. The time spent getting to the

grocery store or restaurant, cooking, finding a video to watch — all while eating mindlessly — creates a loop of dissatisfaction that leads to more snacking. The eating period just expands exponentially: 30 minutes to get the food, another 30–60 minutes to cook, then 30–60 minutes to eat. Finally, the time-wasting isn't even over! Afterward, you feel lethargic, sleepy, and drained, accomplishing almost nothing. When I fast, it feels like my days gain an extra 3 hours — time that I can dedicate fully to my goals and passions. For spiritual practices, fasting is immensely valuable. Time is one of the few things you cannot truly buy. Fasting allows you to meditate with ease; your mind becomes naturally quieter, and your body more still, because you are conserving energy rather than wasting it. It even facilitates astral projection, because the heavier your energy, the more stuck you are in physicality. The lighter your energy, the more open you are to higher densities, the spirit world, or whatever you choose to call it.

The Practice: How to Fast and Evolve

So again, I could go on and on and give you a list of benefits of why you should do it. I could go on and on and tell you all the respectable people and religions who fast. But I think it's time to get into the how — how to actually practice it efficiently in the coming days.
The first thing to do is to implement daily intermittent fasting into your life. Intermittent fasting is not an event to do occasionally, like a 3-day fast; it is a lifestyle. It means that from now on, you decide how many hours you will fast each day before eating. A good and powerful number of hours that is easy to follow is a 16-hour daily fast. Sixteen hours out of 24 might sound like a lot, but there's a simple way to make it effortless; it's all about timing it correctly. For example, every day after 8 PM, you could stop eating and only eat again the next day at 1 PM. See how simple that becomes? For half the fast, you will be relaxing, preparing for bed, and sleeping. Then you will wake up and go through your usual morning routine. It's much easier than it sounds. I personally do

intermittent fasting of 16 hours every single day of my life. You can also start with a lower amount, like 14 hours. But I don't suggest doing so because I do not believe in baby steps. You were once a baby; now that you are an adult, there's no reason to still take baby steps. You have the power to quantum jump now. Start in any way you wish, but ensure you reach your daily 16 hours as soon as possible. The benefits will be immense. By the way, this is a water fast, which means you can drink water anytime. Avoid any nervous stimulants like tea or coffee, and stay away from all acidic drinks during the fast. So this is the first step — a new lifestyle. Then, the second step is to experience your first 24-hour water fast. An easy way to do this is to align it with your dinner. For example, you could eat today at 2 PM and eat again the next day at 2 PM. Proper timing makes the whole process much smoother and more enjoyable. Once you are used to 24-hour fasts, you could explore a 48-hour or even 72-hour fast. I personally do a 24-hour fast once every week. For a 3-day fast or even 5-day, I do it a couple of times per year to fully cleanse my body. I know

some people who also do a 48-hour fast weekly — I have done this before as well. So that is really up to you. Learn as you go, adjust as necessary, and you will be on your path to fasting success. An important thing to know is that how you break your fast determines whether it is mostly wasted or maximally beneficial. If you break your fast with meat, processed sugar, bread, pasta, noodles, or other junk, you are harming your system. Yes, you'll still receive some benefits from the fast, but you will lose a significant portion by shocking your system. Breaking a short fast of 24 hours or less should always be done with fruits first — nothing else. For a 2- or 3-day fast, I suggest not even eating fruits at first, but rather drinking a homemade fruit juice. This prepares your system fully for more solid foods. In this book, there is plenty of valuable information about fasting — but it's only a fraction of all that exists. I strongly recommend doing your own research and experimenting as you go. For example, fasting for women can be more complex, as it must align with their cycles. Men's cycles are short, mostly one day, while women's cycles last

about a month. As a woman, I suggest learning about proper timing to maximize the benefits of fasting. Something that is highly important is mindset. If your mindset is fearful, negative, or doubtful, fasting may not be as effective for you. Your deepest beliefs influence reality more than any food or fast could. So first, get your mind right. Overcome limiting beliefs and fear. Cultivate positivity and faith toward fasting — this will make the process exponentially more powerful. For example, many men believe fasting will reduce muscle mass — this is pure nonsense. Intermittent 16-hour fasts and 1- to 2-day fasts will not make you lose muscle mass. In fact, it will increase it, as testosterone levels rise and growth hormone is activated like never before. Those who are truly into bodybuilding, beyond just pretending, know that whenever they have to take one week off for any reason, they always come back stronger. If you come back stronger, this is direct proof that you haven't lost — you have, in fact, overcompensated. As strength increases, muscle mass increases, and more glycogen storage comes along with greater physical strength and

endurance. The reason you might not notice it in the mirror after a week off is simply because your muscles are no longer under the constant tension and pump from training. They relax and temporarily lose that full, swollen appearance, even though the actual muscle fibers have not shrunk. This is purely a visual change — your muscles are still there, and the strength and endurance you gained through previous training remain. Essentially, your muscles look a bit softer or less 'pumped,' but that doesn't mean you've lost anything; it's just the short-term relaxation of the tissue. Usually, after your first workout from those days off, you tend to notice your body swelling up very quickly and might look even slightly bigger than before, or at least the same as before.

So I greatly hope that this chapter inspires you to make fasting a part of your lifestyle, because it truly has the potential to elevate you physically, mentally, and energetically in incredible ways.

Understand Autophagy

There comes a point on the path of inner purification where the body begins to feed on itself — not destructively, but in the most intelligent and sacred way possible. This process is called autophagy, which literally means "self-eating." It is the body's divine recycling system, a built-in intelligence that cleanses, repairs, and renews every cell once our outer fuel has run out. When autophagy begins, your system starts to break down old, damaged, or useless components — dead cells, waste proteins, toxins — and transforms them into fresh energy and new material. Autophagy doesn't just remove old or useless material — it targets the very cells and components that could become dangerous. Damaged or malfunctioning cells, including those with mutations that might lead to cancer, are broken down and recycled. In this way, fasting and autophagy act as a natural safeguard, reducing the risk of disease and protecting the body at its most fundamental level. It is a process of deep rejuvenation that no

supplement, diet, or external product can ever replace. It is your body's way of returning to balance, purifying itself from within. Autophagy only awakens when the body has used all its available resources. It does not start immediately after your last bite — it takes around sixteen hours for your system to truly enter this sacred state. That's why fasting works: not because of deprivation, but because it gives your body time to turn inward, to consume what no longer serves, and to renew itself through silence and emptiness. Any form of intake interrupts this process — even the smallest amount of nutrients, or a single calorie, tells your body that new fuel is available and halts the cleansing. Even water can slow it slightly, signaling the system that something external is present. This is why deep fasting or dry fasting has such profound effects: it gives the body no choice but to rely on its own innate intelligence. But autophagy is only part of the story. Fasting also awakens the body's most profound healing agents: the stem cells. Dormant and quiet, these master repairers lie within your bone marrow, ready to step into

action when called upon. Once activated, stem cells can rebuild tissues, repair tendons, restore organs, and regenerate functions that pills, supplements, or even movement alone often cannot touch. This is why people sometimes experience what feels like miraculous healing after a fast: chronic aches fade, inflammation drops, energy surges, and issues that once seemed untouchable begin to resolve. Fasting signals the body to stop patching and start true regeneration, harnessing its deepest, most intelligent repair systems. As you come to understand this, you begin to see fasting not as suffering, but as sacred alchemy. You realize that the feeling of an empty stomach, that strange wave moving through your body, is not hunger — it is healing. It is the sensation of the body transforming, burning away the old, and regenerating the new. What once felt uncomfortable becomes blissful. You start to love that emptiness, because you know it is filled with light. Autophagy is the bridge between physical and spiritual purification. It is the body's meditation — a silent process of

letting go, transforming density into clarity. When you align with it consciously, you move closer to your true nature: pure, light, and self-renewing.

So remember — fasting is not starvation, it is transformation. It's not about denying the body, but about returning it to its original intelligence. The less you consume, the more light you become. And the more light you become, the closer you move to your true essence — beyond hunger, beyond fear, beyond flesh. In those quiet hours of emptiness, you meet yourself — not the self built from cravings or habits, but the one that was always whole. Each fast becomes a mirror, showing you how little you need to feel complete, and how much peace awaits beneath all the noise. True nourishment doesn't come from what you eat, but from what you awaken within.

Protein is a Scam and a Trillion-Dollar Industry

THE PROTEIN ILLUSION AND WHAT PROTEIN REALLY IS

The idea of protein as we know it is pure nonsense that we have all brainlessly accepted without pushing our research further. Of course, once again, this is the doing of the matrix—always ensuring that we have false information while at the same time making the real information available only for those who are self-learned, who do not allow the educational system to be their only source of information. Today is the day we are breaking this illusion and bringing light to this topic. Lots of people go to the grocery store looking for protein as if protein were a type of food, especially those who exercise. Protein, protein, protein—that is all they can say and think about. They take any piece of food from the shelf and right away look at the back; they skip every piece of information and directly go to protein. If they see a high

number, they are satisfied and believe they made a good choice by buying whatever food this is. But what if protein is not really a thing? What if it is an illusion, or perhaps only a small part of the truth that has been exaggerated in order to forget the deeper truth about it? You see, protein is not one thing at all. There are 20,000 to 25,000 different types and subtypes of proteins in the human body, if not more. This fact can already show you how utterly stupid it is to just look for the word protein on a sticker. People are looking for it as if it is a golden treasure, but they are, in fact, fully ignorant of what it is. So let's get into what it actually is right now. Proteins are made of chains of amino acids. When amino acids are all packed and folded together, this is what we call protein; it's kind of like the carcass or the box that is holding the good stuff that we need inside of it. I say a box only to make it simpler, because in fact it's not even a box; it's nothing at all. Nothing is containing the amino acids. It is simply that when amino acids are folded and packed together, their name changes to protein. As soon as our system begins to work with the

so-called protein, it immediately breaks it down and focuses on the amino acids, because this is the true thing we need. This is clearly indicating that the label we use is only to hide the truth about amino acids. Once the body breaks the chains of amino acids down, it recreates a new chain based on whatever need your body has; now it becomes a usable protein—in other words, a usable chain of amino acids placed in a specific order. Some dumb and brainwashed people claim that we need the protein that specifically comes from animals, as if it's some sort of magical protein. The pre-made proteins found in animal flesh were built by that animal's system to serve that specific animal's body—its eyes, its skin, its muscles. They were never designed for you. Your body cannot accept or absorb an animal's complex protein structure as it is. The moment it enters your system, your body must expend energy to break those foreign chains down into raw amino acids, discard what it doesn't need, and reassemble those amino acids into the precise human protein chains required for your own

tissue. You see, amino acids are kind of like Lego blocks for the construction and maintenance of your body—your brain, your muscles, your skin, and the list goes on. There are 20 amino acids, and by using them, this is how we create the thousands of types and subtypes of proteins that exist. Just like if you play with some Lego blocks, the Lego blocks alone, by themselves, are not doing much, but when you assemble them in the right way, suddenly you find yourself with a Lego house, a Lego car, a Lego robot. Proteins are amino acids packed and folded together for your system to receive, and once it is received, it then breaks down the protein into singular or smaller packs of amino acids and uses them to build whatever it needs.

THE TRUTH ABOUT AMINO ACIDS & MEAT

There are only 20 amino acids, and out of those 20, there are 11 that your human system already creates on its own without any external help. This means that what you actually need is only 9 amino acids. Guess where those 9 amino acids come from? They all come from plants. Once plants perform photosynthesis, absorb nutrients from the soil, and take in water, this is how the 9 essential amino acids are created. This fact is so huge, so important. It should be basic knowledge that we learn at school. But they never told me anything like this at all; in fact, they never taught us a single thing about nutrition. This fact is so huge because it clearly indicates how utterly ignorant it is to consume meat. The main excuse to consume meat is always the same brainless sentence: where are you going to get your protein? Obviously, now you know true protein comes from plants because it actually is only 9 essential amino acids. Whenever you consume meat to get your

always the same brainless sentence: where are you going to get your protein? Obviously, now you know true protein comes from plants because it actually is only 9 essential amino acids. Whenever you consume meat to get your protein, you are actually getting the 9 essential amino acids from the plants the animal has been eating. It is very unintelligent because you are putting a barrier—an extra step—between you and your 9 essential amino acids. That is without even speaking of the fact that most animals are not fed properly at all; they eat plenty of fake foods and chemicals, so surely they have lower-quality amounts of those 9 essential amino acids. This is also why all the usual animals that we use as food are herbivores. It is even very unsafe to consume animals who eat other animals—for many reasons: health risks, disease, digestive stress, and so many other issues, all the way to possible death if things really go wrong.

Excess Protein & The Electrical Body

Now what about the idea of consuming protein in very big amounts? Once we consume protein and our body breaks it down into amino acids, they will be circulating in our bloodstream for only about 2 to 3 hours. After this time, they are no longer used as building blocks anymore. Unlike carbs (stored as glycogen) or fat (stored in fat cells), the body cannot store excess amino acids. So the body breaks down the extra amino acids in a process called deamination. The nitrogen part is removed; this becomes ammonia, which is toxic, so the ammonia gets converted to urea and is sent to the kidneys so you can excrete it through urine. The remaining part (carbon skeleton) can be burned as energy, converted into glucose (sugar), or turned into fat if there's excess energy. If you're constantly eating more protein than needed, your liver and kidneys work harder to process all that nitrogen, and it can create acidity, inflammation, and waste buildup, which lead to a lot of health issues. There is a reason why most

of the biggest bodybuilders who are on steroids and eating immense amounts of food tend to not live very long, fall ill, and lose their faculties. It is because they are destroying themselves. They might look good because of their big muscles, but really they are just a bomb that will explode at any moment. In fact, many bodybuilders are very aware that amino acids only circulate for 2 to 3 hours, and this is one of the reasons why they eat so many times in a day —which makes everything even worse.

The only reason there is a window of time before they get sick or die tends to be because of steroids, which allow muscle repair to happen much faster; therefore, more amino acids are being used than normal, but still, there is a huge excess, which leads to many health issues. There is one thing that we must understand about the human body, and it is the fact that we are an electrical machine. Therefore, surely we are required to eat that which has electrical properties. Proteins are not really electrical, so this is another clear indication that the idea that we need protein is nonsense. Amino acids, on

the other hand, are electrical. Now you might wonder, if proteins are fully made of amino acids folded and packed together, how come protein is not electrical? It is because once you pack and fold a bunch of amino acids together, in this temporary state, they greatly lose their electrical properties. From now on, I hope that you will remove the brainless idea of consuming protein and that you will look for the 9 essential amino acids instead, which all come from plants.

Strength, Nature & Simplicity

We do not need to consume meat in order to be strong, and nature has been showing us this in various ways. Elephants, gorillas, bison, horses, rhinoceroses, hippopotamuses, water buffalo, and more—they can all destroy you so easily. Even the big steroid meat-eating people are a joke next to the strength of those animals. This is another ultimate proof of the fact that consuming meat does not mean being strong or building muscle. The 9 essential amino acids can

be found in so many simple ways. For example, alfalfa herbs and stinging nettle herbs both have all 9 essential amino acids. Little millets and lentils also have the 9 amino acids, as well as tofu, tempeh, edamame, quinoa, buckwheat, hemp seeds, chia seeds, and spirulina. In fact, it is utterly irrelevant whether a singular food has all 9 essential amino acids or not, because as you now know, no matter what protein you intake, the body will break it down into amino acids. So there is absolutely no need to get the 9 from just one food. You can get 3 from a specific fruit, 2 from another fruit, and the rest from spirulina. By the way, this is just a quick example. So this is why even fruitarians who eat absolutely only fruits can still get everything they need to build muscle. Something almost everyone fails to understand—because the matrix tries so hard to hide this fact—is that all fruits actually contain all 9 essential amino acids. When I first asked AI, it said no, which is by design to keep the truth hidden. But when I pressed further and asked, "Are you sure? It seems they have small amounts of all 9," it

finally admitted the truth: yes, all fruit contains all 9 essential amino acids. They always add the phrase "in very small amounts" to make you believe fruit is not enough. Yet, if you are knowledgeable about nutrition beyond the mainstream lies, you know that you only need these essential amino acids in small amounts anyway! You only need roughly 0.3 to 3 grams of each essential amino acid per day. That sounds completely different from the stupidity of trying to force down 120 grams of protein or more, doesn't it? After all, remember: your body makes its own non-essential amino acids! The essential amino acids you consume through food will be used alongside all the amino acids your body already produces by itself. Together, they allow thousands upon thousands of types of proteins to be created. You don't even need to figure out which proteins to make; luckily for you, God gave you an intelligent body that handles it all automatically. The idea of a “complete protein” is just an idiotic label. Each food will have a certain amount of certain amino acids, and each of those 9 will play

different roles that complete each other. There is also no need to get crazy about the exact amount of everything. As long as you have a balanced nutrition and a certain level of self-mastery, as you meditate daily, and do your best to only manifest that which is for your highest good through your thoughts and emotions, as you move your body and get some sun—you really need less than you might believe, and especially less than what modern nonsense science is claiming. It does not have to be complicated; it can be so simple.

So how much protein does a human being require to build muscle? First you must understand what muscles are made of. Muscles are primarily made of water, about 75% water. Protein makes up only about 15% of muscles. This simple fact should already show you how absolutely stupid it is to believe that you need huge amounts of protein to build muscle. Because if you follow this retarded logic, then you should not even be obsessed with protein—you should be drinking massive amounts of

water to make your muscles bigger. After all, muscles are mostly water. But no one does that. Somehow when we talk about water, people become intelligent enough to know drinking more of it won't magically build more muscle. So why does that intelligence disappear when it comes to protein? Now let's say you are a natural bodybuilder and you've built 10 pounds of muscle in one year, which is very powerful—most people fail to do so. How much muscle is that per day? 10 pounds in a year equals 12.4 grams of muscle per day. So how could it possibly make sense to overfeed yourself like crazy and consume 120 grams of protein or more on a daily basis, just to build 12.4 grams of muscle per day? That 12.4 g of new muscle per day is made of only 2.48 g of protein. Don't you see how the math just doesn't work at all?

In fact, protein intake is not dependent on activity much at all. It is rather dependent on your weight. This entire misinformation is truly a scam of the protein industry in order to make money off your ignorance.

Proper Hydration Is Not What You Think

The Myth of Hydration and the Power of Fruits

The lies about nutrition are pretty much never-ending, to the point that they even reached hydration. We have been sold the false idea that the right way to hydrate ourselves is simply with water. That is not true at all; almost all the water anyone ever drank who lives in the city is "dead water." The water from the sink is dead, the water from the bottled water industries is dead, and they do not hydrate you. The real way to be truly hydrated is not with such dead water; it is instead with structured water found in fruits. After all, fruits are mostly 70 to 90% structured water themselves! This information is kind of new to the mainstream and not fully accepted yet, even though it is the absolute truth. If you are wondering whether it is really a fact, just do this experiment: go ahead and have a gym session, a run, or any activity that truly

makes you use energy and leaves you thirsty. When you are finished, drink a cup of water and see how you feel. You probably won't feel much; you probably won't be satisfied and will want more. If you do drink more, you'll just end up lethargic and heavy. The next time you have the same physically demanding session, this time when you are done, do not drink any water. Just eat some watermelon or oranges and see how you feel. If you have the ability to feel at all beyond the matrix brainwash, you will clearly see that just one bite of a piece of orange or watermelon will immediately make you feel infinitely more hydrated than an entire cup of water. The water from fruits is much easier for your body to absorb and use at the cellular level. It doesn't flush through you like plain, meaningless water does. Fruit naturally contains potassium, magnesium, calcium, sodium, and much more — the minerals your body needs to balance fluids. It is also filled with electrolytes to help you retain water, not just pee it out. You can think of fruit as nature's built-in sports drink — but way cleaner and filled with everything you need. Because of the fiber in

fruit, water is absorbed more gradually in your system, which keeps you hydrated longer. Whenever I eat a dry meal to satisfy my taste buds rather than nutritional need — for example, a hamburger made with vegan meat — I feel pretty dehydrated afterward. If I try to solve this issue with water, I'm just drinking cup after cup after cup, never feeling satisfied. So I developed the idea of always eating fruits first in order to have the proper hydration and enzymes to fully process the food I'm about to eat. And once I'm done eating, instead of just stopping, I eat an orange or some watermelon, even if I feel full. I don't know the exact scientific things that are happening, but whenever I eat foods which are not for my highest good, as soon as I consume fruits directly afterward, I immediately feel an instant sense of healing. I am inviting you to try it out for yourself next time. Turn your intellectual knowledge into experience. It is said that it is best to eat our fruits and other food separately, but we have to be honest: if you want to eat only two meals a day and you live as a modern man or woman with work and all, you'll have to eat everything pretty much at the same time, even if it is not the absolute best.

The Problem with Modern Water and the Gift of Gaia

There also exists water that truly hydrates and brings lots of benefits. You just don't find it in the matrix's stores. Instead, you find it in nature with Mother Gaia, flowing naturally in springs — especially moving ones. Such water is pressurized and filtered by earth layers, naturally rich in minerals, and often energetically charged as it carries electromagnetic energy from the earth. There is also rainwater — fresh and untouched. If collected directly in clean environments, it's full of natural structure, charged by the atmosphere, and infused with lightning-born ozone. Some ancient cultures even saw it as sacred water — blessed by the sky. Glacial meltwater or icebergs can also be highly beneficial. Dew and morning condensation collected from plants or grass in the early morning are, in some traditions, considered the purest form of water — imbued with the spirit of the earth and sky. So the problem with the water from the sink and the plastic bottle business — and I say plastic bottle

business because they truly don't sell water, they are just selling plastic and poison — is that it's been stripped of all its natural structure. It is filtered, chlorinated, pressurized, and piped through long metal or plastic systems. This mechanical treatment disrupts the natural structure of water molecules; it is no longer living, structured water. Without structure, water becomes inert, energetically flat, and less compatible with your cells. It also goes much farther than just losing all its natural benefits and properties — this is only the beginning of the problem. All the water from the sink and the plastic bottle business is heavily loaded with chemicals, with literal drugs and poisons. Some examples of these poisons are chlorine, which is supposedly used to kill bacteria but is also toxic to us. There is fluoride, one of the greatest weapons of the matrix, designed to prevent us from awakening spiritually. Because fluoride calcifies your pineal gland — the third eye chakra — it blocks your ability to expand consciousness beyond the five senses. It is what connects you to the spirit world, to the astral realm, to the beyond. It is done consciously by

the matrix with this exact goal. They lied to you, making you believe fluoride is in the water to save your teeth, but that is complete nonsense — a lie. Fluoride has absolutely no value to offer. I even went recently to the dentist and spoke with them about it. I was curious to find out what people working for the system would say since they are very limited and controlled. Turns out she openly said that fluoride is totally useless for adults. She said it can be useful only for children — but of course, that too is a lie that she believes due to the brainwash. The water from the city is also filled with heavy metals and pharmaceutical traces of leftover meds from people's urine and waste. The matrix is literally injecting chemicals into our water to keep us from awakening and from being too healthy. Because remember, a sick man is a money bank, and a healthy man is bad for business. Among the chemicals they put in the water, one is specifically made to lower men's testosterone. Because a strong and disciplined man is the greatest danger to the matrix. They want to keep men weak and as feminine as possible. Of course, they do not only suppress men — they

also suppress women by forcing them to become man-like in order to succeed materially. But that's a completely different subject, so let's focus on the water.

Practical Steps to Transform Your Water and Hydration

Like always, I could go on and on and tell you why the water from the matrix is pure nonsense that doesn't hydrate you, and I could also go on and on and tell you why the water of Mother Gaia is better, but let's get to the point — to what you can actually do. The first thing to do is to ensure that you do not drink too much of this dead water, just enough. Every time you drink this dead matter, you should drink it with infused herbs and roots to have some benefits, and sometime also add a slice of lime for electrolytes and a couple of pinch of Celtic salt. Do not put the salt directly in the water — instead, place it on your tongue first and let it melt and move it around. This allows your system to absorb it properly. The salt attracts and binds water, helping your cells pull water

inside themselves to hydrate efficiently. Celtic salt is extremely important because of its mineral content; it contains around 80 trace minerals. For this purpose of drinking, avoid table salt or even Himalayan salt — Celtic salt is the best choice due to its richness and balance of minerals. Just drinking plain water is useless. In fact, drinking too much plain water can be very harmful because it flushes out essential minerals from your body. When you over-hydrate, your cells lose sodium, potassium, magnesium, and other critical minerals that they need to maintain proper function. This not only diminishes hydration at the cellular level but can also lead to imbalances in electrolytes, leaving you feeling weak, bloated, or even lethargic. This is why structured water from fruits, or water enriched with minerals like Celtic salt, is far superior — it hydrates without stripping your body of vital nutrients.

Make sure to eat a great amount of fruits; every day you should never eat less than five fruits — they have to become your main source of hydration. Back then, when I was asleep, I was

barely eating one to two fruits a day, and I was drinking lots of water. As soon as I began eating fruits in bigger quantities, suddenly my water intake dropped significantly. I now drink about only four cups a day, sometimes three, because I get plenty of structured water from all the fruits I eat, which keeps me fully hydrated.

And here's something even more fascinating — your body also creates its own water. This is called metabolic water. When your cells break down carbohydrates, especially the natural sugars found in fruits, they produce water as a byproduct of energy creation. This is nature's built-in hydration system working from within you. So, every time you eat fruits or living foods rich in natural carbohydrates, your body literally generates fresh, pure water internally — water that is more aligned with your biology than anything you could drink. On the other hand, when you eat processed food, meat, pasta, or coffee, the opposite happens: instead of creating water, your body has to spend it to digest and eliminate all the waste and acid residue. These foods dehydrate you.

you, while fruits replenish and create water in you.

Should you drink tap water or bottled water? Of course, the best is none of them, but let's be real — most of us are still left with only those two options. Personally, I always go with tap water, because bottled water is just tap water in plastic, with even more chemicals in it. Many companies also add addictive drugs in their water in small quantities to make sure that you always want their water. I personally drink tap water all the time, but my water is not like any other tap water — my water is much more divine because of what I do with it, and you can do the same if you desire. Even though my water comes from the tap, filled with all the chemicals and the fluoride, because of what I do with it, it totally changes; it resets itself to a great percentage and even charges itself.
I have destroyed my closet to rebuild it as a water and herb temple. There is one floor for my water, one floor for my herbs, and another floor to store random items. What I do is: I have about ten big bottles made of glass, and I fill

them all with tap water from my apartment. I leave the lids of the glass bottles open and store them all in my little water temple. I then wait a minimum of 48 hours before ever drinking this water. This waiting period of 48 hours with an open lid allows the water to vibrationally reset and also allows a lot of the bad stuff to evaporate from the water. You will clearly see and taste it if you try; water from the tap drunk immediately and water from the tap drunk after 48 hours does not taste and feel the same at all. During the whole process, there is more happening, which immensely elevates the quality and energy of my water. There is a bunch of crystals all around my water, which energetically charge and purify it. I even have three copper cups filled with crystals that can be infused with water, such as amethyst, rose quartz, normal quartz, golden healer, and citrine. There is also a singing bowl that vibrates at 432 Hz, which is the natural frequency of the earth — of healing, of elevating. I hit this singing bowl several times a day, every time I take a cup of water infused with herbs or add a new bottle to this temple.

There is also an artificial sunlight at the top of my water temple that nourishes the water. Because when you leave your water exposed to the sun, it becomes highly purifying and energizing. So sometimes I do it with the real sun, but most of the time just with my light, keeping it simple. I also energetically bless and charge my water by sending it intention and affirmations. Every time I do this, I infuse the water with positive energy, aligning it with the vibration I want to receive when I drink it.
I put my 48-hour water that I will consume for the day in a copper water bottle because copper has natural antibacterial, antiviral, and antifungal properties. It helps kill harmful microbes and bacteria that can thrive in water, reducing the risk of waterborne diseases. It also highly purifies and energizes the water because it activates the water molecules, improving the water's overall energy and quality. Some studies even suggest that water stored in copper vessels can have a more vibrant, structured feel, which is similar to how living water from fruits or natural sources feels. Drinking from a copper bottle also helps maintain a healthy pH balance

as it reduces acidity in your body because of its alkaline properties. Copper is a trace mineral that your body needs for various functions, including the production of red blood cells, and it plays a role in collagen formation; it even aids in better digestion and boosts the immune system. It has anti-inflammatory properties that can help with joint pain or inflammatory conditions. So copper is more than just a trendy way to drink; it is clearly understood by science and traditional wisdom to be extremely powerful.

I hope this chapter will awaken you about true hydration and that it will remove the utterly stupid idea that you must drink a gallon and more every day. You know, those huge, nasty plastic bottles people use, pretending it is something healthy to do, this is not the way; this is pure ignorance. Store your water properly, purify it, energize it, and mostly, eat your water more than you drink it. Always remember that the greatest hydration comes from eating fruits.

Krishna Consumed Dairy, Then Can I?

When I first started spirituality, I started with meditation of course, because without that, how can you even dare to say you are spiritual? Since the five senses only show illusion, truth can only be realized beyond the five senses, therefore in meditation. On the side, I also started to learn about Buddhism. I was learning about so many Buddhist labels and their meanings, and the deeper I went, the more I understood that this was not the way. Not that Buddhism is wrong, but that learning intellectual knowledge and labels is utterly worthless. Only embodiment is real, and that happens through true spiritual practice. So at first, when I was learning so much about Buddhism, every time I saw an Asian person outside, I would think, "Woah, he or she might be meditating, might be spiritual." Yet, more and more as I saw the truth, I found out that being Asian has nothing to do with being spiritual. I found out that ignorance is found in

every single nation, every single ethnicity, and every single religion. I made the same mistake with India. As I got into the Gita, the Bhagavatam, and everything else—which I still deeply love today— I started to feel the same about Indian people. "Oh wow, an Indian man or woman, he or she must be so spiritual, that's awesome." Again, as I started to speak with many Indians, I was quickly deceived, just like I was with Buddhism. I found out that just because you are Indian doesn't mean you are spiritually evolved at all. In fact, in America, it's just total ignorance—almost no spirituality at all. But in India, it's total pretending; pretending to be spiritual just because you know some verses, while you don't embody your knowledge at all. Of course, I'm not saying that about all the citizens of India. My message is rather to say, I quickly found out that no country is truly spiritually evolved, no religion is truly spiritually evolved, and no ethnicity is more spiritually evolved than another. It is, in fact, very rare to find a truly spiritually evolved man or woman, and if you do find one, it could be

anywhere! It could equally be in a Krishna temple, a Buddhist temple, or at a grocery store in Canada or the USA. There is one specific thing about India that really baffles me, though. It is the fact that they pretend to be the most spiritual country, yet most of its population still consumes animal products. They pretend to be vegan, yet consume ghee. They have totally failed to make the mental connection between dairy products and ghee, as if ghee falls from the tree magically and doesn't come from animals. I find this very shameful for a country that speaks of itself as being so highly spiritual. So let's speak about why ghee and all dairy products are wrong, even in India.

The Illusion of Modern Indian Dairy

India loves to showcase itself as a spiritually advanced nation, yet the majority of its population still actively consumes dairy products. To me, this is an absolute shame. People love to point to Lord Krishna consuming butter and milk thousands of years ago as their

lifelong excuse to keep drinking milk and pouring ghee over everything today. But they are completely blind to the reality of time. Krishna lived in a completely different Yuga. Back then, angels, demons, and subtle cosmic realities were openly visible and normal. We are currently living in Kali Yuga—the age of hypocrisy, darkness, and degradation. To take a reality from a higher Yuga and try to blindly apply it to modern times makes zero sense. Furthermore, the cows that exist today didn't even exist naturally in the wild! Their wild ancestor was the Aurochs (Bos primigenius)—a massive, fierce, and powerful animal that roamed naturally. Modern cows, on the other hand, are the result of thousands of years of human intervention and selective breeding. We selectively bred them over generations to strip away their natural wild strength, turning them into docile, weak, high-yield milk machines built purely for human exploitation. Their physiology has been artificially altered, and their milk is completely different from anything found in nature. From a physiological

standpoint, health and spiritual advancement require an alkaline environment in the body; acidity causes disease, inflammation, and physical degradation. Modern milk is highly acidic. Back in Krishna's time, the milk was likely alkaline or possessed properties completely beyond what we can comprehend or buy in a supermarket today in Kali Yuga.

If you actually look into sacred scripture, the original ideal for humanity was entirely plant-based. In the highest age, Sat Yuga, humanity did not rely on animal secretions for sustenance. The Srimad-Bhagavatam clearly describes how the earth naturally provided all nourishment through vegetation, rich fruits, and wild herbs without requiring a single drop of animal exploitation. Milk in ancient times was only ever a rare, revered concession during eras when cows lived as true family members until their natural death. Using a rare concession from a higher cosmic age to justify modern, industrial animal exploitation in Kali Yuga is a complete inversion of spiritual duty (Dharma).

Beyond that, dairy creates heavy mucus throughout the respiratory and digestive tracts. This clogs the physical system and dulls the nadis—the subtle energy channels required for deep pranayama, meditation, and true spiritual perception. How can you expect to realize the Supreme when your subtle channels are completely congested with acidic mucus?

Supply, Demand, and the Myth of "Ethical" Dairy

People like to pretend that cows in India are treated like goddesses and live wonderful, pristine lives. Modern Indians use this illusion to comfort themselves, but in reality, there is nothing godly about how cows live in this modern era. The conditions are nowhere near what cows experienced thousands of years ago. And even if you found a rare farm where a cow was treated nicely, it doesn't change the fact that milk itself is physically unhealthy and acidic for the human body. The fundamental law of economics is supply and demand. As long as you purchase milk, butter, or ghee, you are

directly feeding an industry that relies on exploitation. In order for a cow to produce milk, she must be impregnated. What happens to the baby male calves? They don't produce milk, so they are seen as useless financial burdens. Supply and demand in any animal industry will always lead to slaughter and suffering. The cold, hard economic data completely shatters this myth of sacred protection. India is consistently ranked as the fourth largest exporter of leather goods globally, generating billions of dollars annually and supplying roughly 10% to 13% of the entire world's raw hides and finished leather. On top of that, India stands as one of the top global exporters of beef (primarily buffalo meat, known as carabao). Where do people think all this leather and hide come from? They are direct byproducts of the dairy trade. When a dairy cow stops producing high, profitable yields of milk, she doesn't get retired to a luxury farm. She is funneled straight into the illegal slaughter pipeline, trafficked across state lines, or abandoned on busy city streets where millions of stray cows wander, starving and consuming

toxic plastic bags and trash out of garbage piles. Buying dairy anywhere—including India—directly feeds the economic engine of the slaughterhouse, beef, and leather industries.

Culture and Ritual Are No Excuse for Injustice

The most common defense people throw at me is culture and ritual: "Ghee is part of our ancient culture! We need it for Vedic rituals!" To that, I say: culture and ritual have absolutely nothing to do with morality or what is actually right. Throughout human history, horrible atrocities were done in the name of culture and ritual. In the name of ritual, innocent women were burned alive and called witches. In the name of culture, human beings of different skin colors were enslaved for centuries. Was it right just because it was "culture"? Absolutely not! Culture is not an excuse to continue injustice. I am speaking on this topic as someone who loves Krishna, Shiva, the Gita, and such. I have read the Bhagavad-Gita and listened to the

audiobooks at least ten times. I have studied eleven out of the twelve cantos of the Srimad-Bhagavatam. I am a lover and devotee of Krishna and Shiva. I am not against India or its rich heritage at all; I am against the refusal to evolve and open one's eyes. It genuinely disgusts me to watch people use ghee and hide behind religious excuses while actively participating in cruelty, creating injustice, and consuming acidic nutrition that builds the perfect internal environment for illness

The Aghori Excuse: Self-Deception and True Godliness

Another common way people dodge accountability is by pointing to the Aghoris: "Look at the Aghoris! They eat raw meat and meditate on corpses, so why can't I consume animal products?" This is complete cowardice. People love to cherry-pick one extreme, misunderstood exception just to justify their own bad habits and avoid changing their daily lives. If you are not an Aghori living in a

cremation ground, you need to stop using them as an excuse for your diet. Furthermore, simply engaging in shocking, extreme rituals does not equal high spiritual evolution. Real spiritual authority is revealed through a person's presence, conduct, and energy. If you are truly in tune with God, light, and the ultimate truth of existence, why would you need to meditate on dead bodies, handle human bones, or smear physical ashes all over yourself? Everything divine is already within you. You do not need gruesome external displays to realize the Supreme. This isn't about hatred toward Aghoris—it is about exposing the mental gymnastics of modern society. It is time to stop hiding behind extreme ascetic practices just to excuse personal sins, remain comfortably brainwashed, and avoid doing what is right on your own plate.

True Bhakti Transcends Rigid Tradition

True devotion (Bhakti) is not about blindly repeating rituals while causing harm. In the "If one offers Me with love and devotion a leaf, a flower, a fruit, or water, I will accept it." Notice what Krishna requested: leaves, flowers, fruits, and water. He prioritized the absolute purity of love and devotion over animal-derived ritual items. Furthermore, Lord Shiva is known as Pashupatinath—the lord, protector, and guardian of all animals. Practicing true Ahimsa (non-violence) on your plate every single day is a great form of worship to both Shiva and Krishna. It honors the living soul (Jiva) within every creature rather than clinging to rigid, outdated, and harmful cultural habits. I am often told that I am more Indian than most Indians. I am a true lover of Krishna; I know Him through true devotion, and I can tell you that the Krishna I know is love—just like Jesus. He would not agree with us exploiting animals for any reason, and He would point us

toward a nutrition that is fully plant-based and fully alkaline, as this is for our own highest good, for our own health and spiritual evolution, and also for the good of all.

Enzymic Action: The Hidden Sparks of Life

Before we dive in, let's clarify what enzymes actually are. Enzymes are made of chains of amino acids, folded into precise shapes that allow them to catalyze and control every chemical reaction in your body. Think of them as tiny living machines, invisible architects, and workers that make life possible. Without enzymes, the reactions that keep you alive—from digesting your food to repairing your cells, from sending nerve signals to contracting your muscles—would be far too slow, or wouldn't happen at all. They are the spark plugs of life, silently powering everything you do. Now that you understand what enzymes are, here's something fascinating: did you know that enzymes are not just for digestion? In fact, every single action your body takes, from blinking your eyes to lifting your hand, from thinking a thought to breathing deeply, relies on enzymes. They are the silent conductors of the orchestra that is your body, working tirelessly behind the

scenes. Your heart beats because enzymes direct the chemical reactions that make it beat. Your muscles contract because enzymes signal the energy within them. Even your mind's thoughts, the flow of neurons firing, the release of neurotransmitters—enzymes are at the core of it all. Without them, nothing moves, nothing functions, nothing lives as you know it.

Enzymes are not borrowed—they are self-created. Your body produces an immense variety of them, each specialized for a particular task. Some break down proteins, others carbohydrates, others fats. They keep your digestion smooth and efficient, and they keep your metabolism alive. But here's the secret most people don't realize: your body can't do it alone. Every enzyme you consume from your food reduces the burden on your body to create all of it internally. The difference is staggering. Imagine carrying a boulder up a mountain versus letting someone else carry part of it. That extra energy you save doesn't disappear—it flows into your life. Into your creativity, your focus, your meditation, your ability to act without fatigue, to pursue your goals without

depletion. Enzymes are energy itself; they are liberation from internal struggle. This is why raw foods, especially raw fruits and vegetables, are the highest form of nourishment. They come loaded with living enzymes, ready to assist your body instantly. But cook those foods, even slightly, and you destroy them. Heat above roughly 47–48°C (116–118°F) begins to denature enzymes. By the time you boil, roast, or grill, they are gone. Poof. Dead. The food is still technically edible, but your body now must expend its own precious energy to create the enzymes needed to digest it. Every bite of cooked food is silently asking your body to work harder, to burn its internal reserve, to deplete its energy before it can even nourish you. Meat? Forget it. Meat is enzyme-free. None. Zero. It's heavy, dense, acidic, and unnatural for your system. Every molecule of meat is a tax on your energy, forcing your body to generate all the enzymes required for digestion from scratch. It is literally the opposite of vitality. It is fatigue packaged as sustenance. Eating meat is like choosing to carry a mountain of stones when you could be walking

freely in the sun. And yes, it is completely unnecessary. So think of enzymes not just as helpers for digestion—they are the spark plugs of your life, the invisible fuel that powers every movement, every thought, every breath. The more living enzymes you supply externally, the less energy your body must burn creating them internally, and the more energy you have available for your consciousness, for your creativity, for your meditation, for your work, for your dreams. It is a subtle but profound way that food touches your spirit, not just your body. When you eat raw, living foods, you are not just nourishing cells—you are freeing yourself. Freeing yourself from internal fatigue. Freeing your mind from the burden of unnecessary work. Freeing your energy to rise into higher states of being. That is why raw veganism is not just diet—it is a spiritual technology, a key to sustaining yourself at your highest potential. The universe provides everything you need, but only if you respect the intelligence of life within the food itself. Heat kills that intelligence. Heavy meat bypasses it. Raw, living foods preserve it. Every enzyme alive in your food is a

whisper of life, a pulse of energy, a spark for your own inner fire. Consume it, honor it, and watch how your vitality, your clarity, and your stillness expand. Because enzymes are more than molecules. They are life in motion. And when you align with them, you are no longer just surviving—you are fully alive.

How to let go of low vibrational food

Over the years, as I have guided hundreds, if not thousands of people individually into their spiritual journey, they often became aware that their diet had to change. The thing is, even if they were aware of it, many could not find the strength to make the jump, to create the change. Even though they know the refined sugar, the chips, the gummies, the meat, and such are all poison. They fail to make the switch, and at some point they even become mad at themselves. So the question often comes, how can I stop eating low vibrational food and go beyond the craving? Unfortunately, there is no secret technique, pill, mantra, or such trick to just magically make it happen. After all, it is part of the spiritual journey for most of us. To learn to eat in order to fuel the body rather than eating just for distraction and ego desires. If there was such an easy way out, america would not be filled with fat people, because everyone wishes to be healthy and beautiful deep down.

There is a good news thought; the good news is that you have planted a seed in your mind. Simply by desiring to eat healthy and to let go of low-vibrational food, you've already got yourself to a higher level than most of the sheep people who cannot think for themselves. You are now exercising your power of thinking in the right direction, which will eventually truly manifest something. So be aware of it; know that the seed of eating healthy food is in your subconscious mind. Keep feeding it every single day by being aware of the bad food you eat and being aware of the good food you should have eaten. Every time that you feel ashamed by your choices of nutrition, you are pouring water on the soil where the seed of healthy food is sleeping into your subconscious mind. Every time that you will be mad at yourself for eating badly, the seed will push a little harder to see the light. Keep thinking about it; keep being aware of it. One day, out of nowhere, the seed will finally pierce through the soil and see the first sunlight. Suddenly you will be sick and tired of eating like a sick pig,

and you will say, "Enough!" From that moment on, you will create change immediately. You might throw away your bad food, or you might force yourself to eat some fruits and vegetables. This is the beginning of a new life. It might go all well and be positive and filled with sunshine, just like it might be a roller coaster, which it tends to be. You might go back in your own trash to retrieve that bag of chips you threw away yesterday; you might not eat a single fruit someday. But the roller coaster continues going on. Up and down and up and down. It becomes like a cycle, like a spiral. But not a stationary one, one that slowly goes upward, and at some point, here you are. You have overcome your bad food addiction. So keep thinking about it; this is the first step, a very good step that most people never take.

There is another side beyond the power of the mind, which is more of the surface level of life, the physical level. There is a spiritual/energetic way to go at it also. The reason we crave low-vibrational food is because we are vibrating low ourselves. Filled with negative thougths, with

negative emotions. All our thoughts, emotions, intentions, actions, and even inaction create an energy that is our karma. Whatever your karmic energy is, you are in harmony with everything that is of a similar energy. So instead of only thinking on the physical plane, you can start taking energetic action to change your frequency. How do you do that? By using real spiritual practices that are efficient, such as meditating with the right method and using pranayamas daily, which are ways to control your breath, you can start doing some yoga asanas to open up your body. As you rise beyond the body and the mind as you learn to be centered within, as the soul rather than a limited mind. Your energy will start to greatly elevate. At some point, when you are peaceful, happy, and zen, the craving that used to be part of your daily life will simply disappear because they are the byproduct of unhappiness, of a suppressed soul, of a meaningless life without purpose. When your inner reality becomes of a higher quality, you no longer act like a beggar to the external world; you no longer need to

distract yourself endlessly with bad food. As you get to experience how it is to vibrate high and positively, You will develop the desire to sustain that good feeling. You will be aware that by eating garbage food, your vibration will go down, and that is something you want to avoid. As your frequency will be higher, you will now be in harmony with higher-frequency food such as fruits and vegetables. So keep thinking about it, work on a daily basis to elevate your energy by finding inner peace and joy, and you will be on your way to success. You will finally let go of your low-vibration nutrition, and you will thrive on a healthy diet that fuels the body rather than satisfies your ego.

The 3 Macronutrients & The Misinformation

When people talk about nutrition, they almost always come back to the same three words: protein, carbohydrates, and fats. These are known as macronutrients—the three fundamental components that make up every food you eat. Every meal, every snack, every bite is a different combination of those. They influence how your body builds, repairs, produces energy, and sustains itself on a daily basis. On the surface, it seems straightforward. Almost like there's nothing left to question. But that's exactly where most people get it wrong. Because what you've been taught about these macronutrients isn't neutral. It didn't come from your own understanding—it was shaped, repeated, and passed down until it became something you no longer think to question. And those beliefs don't just stay in your head. They guide your choices. They shape what you eat, what you avoid, and what you believe is "good" or "bad" for your body. When those

beliefs are off, your decisions will be too. Before you can truly understand how to nourish yourself, you have to become aware of the ideas you've been operating from—and be willing to look beyond them. In this chapter, you'll start to see these macronutrients from a different perspective, so you can move with more clarity and make choices that actually serve your body.

THE SUPERSTAR MACRONUTRIENT

Protein is the rockstar of the fitness world. The one nutrient everyone worships, markets, and obsesses over. Protein shakes, protein bars, powders, supplements—you name it. If it doesn't scream "protein," does it even exist?. At least, that's what the industry wants you to believe. But here's the truth: muscles are mostly water. About 70–75% water, 15–20% protein, and the primal fuel for high intensity training that activate muscle growth is glycogen from carbohydrates. That's right—protein is a fraction of what actually makes up your muscle. So when people say "eat more protein to grow

muscle," they are following a logic as absurd as saying "drink more water to bulk up" because muscles are mostly water. There was a man who decided to test this obsession. He trained, worked hard, fueled his body, but instead of chugging endless protein shakes, he focused on real food, natural sources of protein, and sufficient carbohydrates to fuel his workouts. His muscles grew. His energy soared. But he never went overboard with protein. Why? Because the body only needs a modest amount of protein—just enough to supply the 9 essential amino acids it can't make on its own. And here's the kicker: fruits, vegetables, nuts, and seeds already provide all of them when eaten wisely. In fact, sorry to the cavemen still eating meat, but the nine essential amino acids don't originate from meat. They are created through the photosynthesis of plants. So the essential amino acids people get from meat actually come from the plant foods the animal consumed. Meat eaters are essentially adding a useless extra step—then wondering why they lack energy. How idiotic is that? Meanwhile, the protein

craze continues to dominate. Protein bars with more sugar than protein? Still called protein bars. Powders with a laundry list of chemicals? Still called protein shakes. The marketing machine doesn't care about what your muscles really need—it only cares about selling identity: strength, discipline, masculinity, "I'm serious about my body." The reality? Protein is expensive for your body to process, doesn't hydrate your cells, and in excess, can be harmful. Muscles don't need mountains of it. Your body doesn't ask for more than it can use. The obsession with protein is not biology—it's advertising and it has been convincing millions to follow a path that's unnecessary, costly, and often counterproductive. Protein is important—but not the hero everyone claims it to be. The real muscle-building fuel? Carbs for energy, water for hydration, and just enough protein to supply the essentials. This is why so many fruitarians today are building truly impressive physiques, even though they eat much smaller amounts of protein. But society doesn't want you to think that, because then no one would

buy 50-dollar protein bars every week. Marketing doesn't care about your physiology—it cares about your wallet. And it works. You buy it, you feel strong, you think you're doing the right thing, and your body slowly becomes miserable from imbalance.

CARBS: YOUR SECRET ALLY

Now let's talk about the most misunderstood macronutrient: carbohydrates. For decades, carbs have been painted as the enemy. Diets demonize them, marketing calls them fattening, and people avoid them as if they were poison. Bread, rice, pasta, cereal—these are not food. They are survival rations, empty calories, dead energy that does nothing for your body except make it sluggish, inflamed, and craving more. But here's the truth: carbohydrates are the primary fuel for your brain and muscles. Without them, your energy falters, your focus fades, and your performance drops. Cut them too low, and it's no wonder you feel foggy, slow, and unmotivated. The body needs carbs.

The brain needs carbs. Your muscles need carbs. Period. In fact, carbs is the main source of fuel for the brain, The brain requires a constant supply of energy and primarily uses glucose for fuel. Glucose comes mostly from carbohydrates in your diet. So no wonder why those low carbd diet people tend to be a bit slow. The system has tricked you into thinking carbs are only bread, pasta, rice, and processed junk. That's the lie. Real carbohydrates come from living foods—fruit, root vegetables, sweet potatoes, dates, and other plants that are naturally rich in sugar, water, and nutrients. These are the carbs that nourish your body, hydrate your cells, and fuel your muscles for growth and strength. In fact, what people call "sugar" in fruit is actually carbohydrate. We've been conditioned to group all sugars together as if they are the same as refined table sugar. But they are not.

Refined table sugar is stripped of its natural context—no fiber, no water, no vitamins, no minerals—just isolated sweetness, its garbage and poison. Fruit, on the other hand, contains carbohydrates in the form of natural sugars, but

they come packaged with fiber, water, vitamins, minerals, and plant compounds that work together in the body. Bringing the greatest benefits next to all other food on the planet. So stop feeding yourself "dead carbs." Stop thinking that survival foods like white bread or cheap pasta are nutrition. Start eating real, living carbs, and your energy, mental clarity, and physical performance will finally make sense. Your muscles will feel full, your workouts will feel stronger, and your body will finally get what it has been screaming for all along.

FAT: NOT THE VILLAIN

Now let's talk about fat. For decades, we've been told, "Eating fat makes you fat." Heard that one a thousand times? It's repeated so often that people accept it without question. And yet… it's completely false. You do not get fat from eating fat. You get fat from too many calories, period. It doesn't matter whether those calories come from carbohydrates, protein, or fat. Overeating in total = weight gain. Yes, fat is denser, with 9

calories per gram compared to 4 for carbs and protein, but density is not evil. It's just math. Nothing more. There was a man who decided to trek deep into the mountains for several days. No restaurants, no convenience stores—just the path, the rocks, the air, and the sun. He carried with him only a few high-fat foods. That was it. No "protein shakes," no diet tricks. Just fat rich foods and the will to move. Day after day, he climbed, walked, scrambled over uneven terrain, and pushed his body harder than it had been pushed in years. And when he finally reached the end of his journey, the results were obvious: he was leaner, more defined, more alive than when he had started. His body had thrived, his energy had soared, and his physique had transformed—not because he avoided fat, but because he moved, used energy, and ate according to what he had available. Calories mattered, yes, but fat itself was never the culprit. Fat is vital. It fuels your energy, supports your hormones, nourishes your brain, and keeps your cells healthy. Fat is not the enemy. Fat became the easy target, blamed for problems it never

caused, while the real issue—how we eat and move—was ignored.

BALANCE, NOT OBSESSION

If there's one thing this chapter should make clear, it's this: nutrition isn't about fear, rules, or blindly following trends. It's about understanding how your body actually works and giving it what it truly needs. Muscles thrive on glycogen and water, not mountains of protein. Your brain runs on carbohydrates from living foods, not empty, processed "energy." Fat fuels your energy, hormones, and cells, and it doesn't make you fat by itself. The solution is simple, yet revolutionary in today's world of marketing and misinformation: focus on real, living food, respect your body's natural signals, and stop buying into hype. Eat fruits, vegetables, roots, nuts, seeds, and natural fats. Hydrate. Move. Fuel yourself with energy that nourishes, hydrates, and activates your body and mind. Forget the obsession with one nutrient, the miracle powders, the bars with misleading labels. Balance, variety, and awareness are the

true keys to performance, health, and vitality. When you finally see food as energy and life, rather than rules and guilt, your body rewards you with strength, clarity, and resilience.

Nutrition is not complicated. It's not expensive. It's not a marketing scheme. It's a return to common sense—and to your body's intelligence. Feed it wisely, move it freely, and let it thrive.

Your nutrition should be largely dominated by carbohydrates; they should make up the highest percentage by far of the three macronutrients. Fat should represent a low percentage of your total intake, and protein should fall somewhere in between the two. An example could be 70% carbs, 15% protein, and 15% fats.

By saying this, I'm being very polite to the mainstream. In fact, protein should be even lower than 15%. I'm currently building my best muscular physique ever, and I'm eating a protein percentage that is lower than 15%.

Carbon chain
Eat the stars

The True Origin of Nutrition

Long before your first breath… before plants, animals, or even Earth itself… there were stars. Massive, burning furnaces that lived, died, and scattered their sacred ashes across the cosmos. From that stardust, something miraculous was born. An element that would shape every tree, every fruit, and every organ in your body: carbon. This isn't just science. It's divine poetry. It's the cosmic thread that links the sun, the soil, and you. Every time you eat, you're not just consuming "food." You're taking in carbon chains.— Long, flowing structures formed by nature to carry the blueprint of life. These chains store sunlight, deliver energy, and speak directly to your cells. But here's the problem: In the modern world, most of what we eat contains broken, synthetic, or corrupted carbon chains. Chains that the body doesn't recognize. Chains that steal your energy instead of giving you

some. That's a reason why you can eat a full plate and still feel tired, or why you can "hit your macros" but miss your vitality, and why you can diet and still feel disconnected. So before we get anywhere further, what actually is carbon? Carbon is the backbone of life. Not metaphorically—literally. Every living cell on Earth is built upon it. It's the base element in your DNA, your muscles, your nervous system, and even your breath (as carbon dioxide). Without carbon, there is no life as we know it. But based on modern science, carbon didn't start on Earth; it was forged inside ancient stars, in the fiery depths of stellar cores through a process called nuclear fusion. When those stars died and exploded into supernovas, they scattered carbon across the galaxy—which eventually became part of planets, plants, and people. You are, in the most literal sense, made of stardust—and carbon is the dust that breathes. As Earth cooled and formed oceans and continents, carbon became the framework of biology. It bonded with hydrogen, oxygen, and nitrogen—forming the first molecules of life.

From simple algae to fruit trees, from birds to human beings, carbon is the unifying language—the divine building material that allows cells to divide, organisms to grow, and energy to flow. Every time you bite into a piece of fruit, you're eating a piece of that same cosmic story: sunlight captured by plants through photosynthesis, structured by carbon, and offered back to you as energy. That's why carbon isn't just a "chemical"—it's a spiritual scaffold. It's the bridge between matter and life. And just like a house built from quality bricks lasts longer and feels better to live in, your body thrives when it's nourished by clean, natural carbon chains—not factory-made imitations.

The Food with Fake Carbon Chains

So now that you can have a clear picture of the importance of carbon, let's understand how it is connected to your diet. Literally every natural food that has been made by God is made with carbon as its fundamental building block. In fruits, even though there is pretty much nothing natural left in this matrix, still, the fruits

maintain their natural carbon chains because their structure is still formed by nature through photosynthesis. The carbon in the natural sugar, fiber, and phytochemicals is real, not synthetic. Yes, it is a fact that the pesticide and some of the processes fruits go through weaken and lessen the quality of those carbon chains, but they still remain real carbon chains, real blueprints of life. So what kind of food is the culprit of having fake nasty carbon chains? Here is a list of some examples: Artificial sweeteners like aspartame, sucralose (Splenda), and acesulfame potassium. These are lab-made molecules that simulate sweetness but contain unnatural carbon structures foreign to your body. Next we have hydrogenated oils like margarine and shortening and any "partially hydrogenated" vegetable oils. Artificial sweeteners and hydrogenated oils are often found in the same fake food. In fact, artificial sweeteners and shortening are commonly found together in many ultra-processed, shelf-stable foods. These products are designed to be: cheap to produce, long-lasting without refrigeration, hyper-palatable (sweet + fatty + soft). Nasty garbage

food that contains this tends to be packaged snack cakes, ready-made cake frostings or donut glazes, low-carb cookies, protein bars, keto snacks, cream-filled cookies/sandwich treats, Frozen Desserts / "Lite" Ice Cream. In general, industrial processed foods pretty much all have fake/modified carbon chains. candy bars, cookies, fast food buns, pancakes, and frozen pizza. We find those fake carbon chains also in refined sugar & high-fructose corn syrup, soda, ketchup, cereal, etc. It is also found in the dumb whey powder the unconscious gym people drink: whey protein isolate, soy protein isolate, and casein protein powder. Here are some more examples: chips, most breads, energy drinks, processed meat products, instant noodles, candy and gummy sweets, flavored yogurts, commercial salad dressings, microwave popcorn, breakfast cereals, protein bars, frozen ready meals, most cheap basic cheese, flavored coffee creamers, powdered drink mixes, fast food sauces, canned soups, flavored nut butters, Commercial mayonnaise (pretty much all condiments), most commercial coffees (especially instant coffee and pre-ground

supermarket blends), and more. That's a big list, and yet, it does not contain all the devilish fake foods that have this poison. The list of foods that have modified carbon chains is very long; by now you should start to have a good idea about it, which will help you to identify such shameful man-made products. Pretty much any food that feels fishy and that doesn't seem to be made by God is usually filled with modified fake carbon chains. The more steps a food takes away from the Earth and the Sun, the more fragmented its carbon chain becomes. Your body isn't just digesting molecules—it's reading information. And corrupted carbon chains = glitched data.

How Fake Carbon Chains Are Made

Natural carbon chains are formed by plants and all living organisms through photosynthesis and biological synthesis. They create stable arrangements of carbon atoms bonded to hydrogen, oxygen, nitrogen, and other elements in specific patterns. These bonds and structures are precise, consistent, and

“recognized” by your body’s enzymes. Fake carbon chains, however, are produced by industrial chemical processes like hydrogenation and polymerization. Small molecules called monomers are chemically bonded into long chains or networks, often creating plastics, artificial fibers, or synthetic additives with carbon chains unlike those found in nature. These methods use high heat, pressure, and catalysts to alter the molecular structure. For example, hydrogenation adds hydrogen atoms to unsaturated fats, changing flexible double bonds—called “cis” bonds, which bend naturally in a gentle curve—to
“trans” bonds, which are straighter and more rigid. This subtle shift in shape interferes with how your enzymes fit and process these molecules. Synthetic sweeteners, like aspartame or sucralose, have carbon atoms arranged in configurations that don’t occur in nature, creating molecules your body doesn’t recognize. At the atomic level, natural carbon chains are like carefully crafted jewelry—each bond and angle placed with perfect harmony, allowing enzymes to easily interact and unlock their

energy. In contrast, fake/modified carbon chains may include foreign atoms or synthetic groups not found in natural food. These irregular or looped molecular shapes disrupt the natural flow of energy and function, like a broken key trying to fit into a lock. Unlike the slow, sacred dance of sunlight, water, and air that plants use to craft natural carbon chains, fake/modified carbon chains are born in harsh industrial labs. High heat, pressure, and processing agents force simple raw materials—often derived from petroleum—into rigid, artificial structures at breakneck speed. This cold, mechanical process strips away the life and harmony that nature weaves, leaving behind molecules your body can't fully recognize or process. These molecular changes are not just chemistry—they determine how alive, nourishing, and compatible your food is with your body's intelligence. They are the difference between eating the stars and swallowing shadows. Choose wisely what fuels your inner light.

WHY FAKE CARBON CHAINS ARE SO BAD

So now that you are aware of the importance of carbon and also where the fake ones can be found, let's talk about why modified carbon chains are so bad. First of all, it is very hard to recognize & digest for the human system. Your body is an intelligent system, designed to read food like a sacred language. Each molecule you consume carries information—a code that your enzymes and cells decode to release energy and nourish your being. When you eat clean, natural carbon chains, your body recognizes the pattern instantly. The enzymes fit perfectly like keys into locks, breaking down food smoothly and efficiently. Nutrients are absorbed, cells are nourished, and energy flows freely. But with modified or fake carbon chains, the message becomes scrambled. The body's digestive enzymes struggle to break down these unnatural structures—like trying to read a book printed in a broken alphabet. The result? Food sits heavy, digestion slows, and vital nutrients pass through unabsorbed. You might be full, but your cells remain starved. This confusion not

only wastes your meal but also puts extra strain on your digestive system, leading to discomfort, bloating, and sluggishness. Over time, this creates a cycle where you eat more to compensate, yet feel less energized. In short: if the carbon chains are distorted, your body can't translate the energy locked inside—leaving you depleted even after eating. It's like trying to charge your phone with a broken cable: the plug fits, but the juice never flows. You keep plugging in, hoping for a spark—but the battery stays empty.

INFLAMMATION TRIGGER

Nasty fake/modified carbon chains also are an amazing trigger for inflammation. Fake carbon chains are like sparks falling onto dry wood—small, almost invisible at first, but enough to ignite a slow-burning fire inside you. This fire is chronic inflammation. a hidden blaze that smolders day and night beneath your skin. Your body's immune system senses these corrupted molecules as threats and responds with constant alarm. Instead of quick healing, it stays stuck in

fight mode, sending waves of irritation through tissues, joints, and organs. Over time, this invisible fire wears down your body's foundation, draining your energy reserves and making you feel stiff, achy, and exhausted. It's like carrying a small ember in your pocket—you can't see it, but it burns away your vitality bit by bit. Inflammation is meant to protect you, but when fueled by fake carbon chains, it becomes a slow poison, stealing your health and clouding your mind. Chronic inflammation triggered by fake carbon chains doesn't just stay hidden—it shows up as joint pain, muscle stiffness, and poor posture. When your body is inflamed, movement becomes restricted, forcing it to compensate with shifts and imbalances. Over time, this creates a "bad geometry" in your structure, leading to ongoing discomfort and further inflammation. The quality of your carbon chains truly shapes not only your energy but also your physical form.

MODIFIED CARBON CHAINS MAKE YOU SLEEPY

How come most people eat plenty of food but always still feel tired and not energized? When you put fuel into your car, it is ready to go and drive for a good while, so how come your fuel is not working? Have you ever eaten a full plate—maybe even a "healthy" one—and still felt tired, foggy, or flat an hour later? It's not a mystery. It's the energy lie of modern food. Most people still believe food gives you energy just because it has calories. But calories mean nothing if the carbon chains Inside that food are corrupted, synthetic, or stripped of life force. Think of your body like a battery-powered device. Natural carbon chains—built by sunlight, water, and earth, are the clean electricity. They charge you. They flow. They nourish every cell. But fake/modofied carbon chains? They're like plugging your charger into a flickering, unstable socket. The device lights up for a second… then dies again. Over and over. This is what keeps so many people stuck on the hamster wheel of exhaustion: eating often, craving more, but never truly receiving.

our cells don't want more food. They want real energy—food that speaks the same language as your biology. When the body doesn't recognize what it's given, it burns through its reserves trying to make sense of it. That's why one bite of fruit can make you feel alive. and a whole box of "protein snacks" can leave you needing a nap. It's not about how much you eat—it's about how alive the carbon chain is that you're eating.

TOXIC BYPRODUCTS

hen carbon chains are broken, cooked to death, or chemically engineered, they don't just lose their energy—they leave behind trash. Molecules that never existed in nature. Strange, fragmented compounds that your body has no blueprint for. Your liver—your internal alchemist, has to step in and clean the mess. But detox isn't free. It pulls energy from your brain, your mood, and your recovery. That's why after eating fake food, you don't just feel tired… you feel foggy, irritated, or low. Over time, these byproducts build up. Not just in your

bloodstream, but in your tissues, joints, and even your fat cells—waiting to be burned or cleansed. And the longer they stay, the more they block clarity, flow, and inner stillness. You were designed to run on light. Not chemical residue and metabolic junk.

GLITCHED SIGNALS, BROKEN HEALING

Your body isn't just made of flesh—it's made of communication. Every cell is in constant conversation with the others. A healing cut, a growing muscle, a strong immune response—all of it happens through microscopic signals, carried through carbon-based molecules. These signals only work if the code is clean. When you eat real food, made by sunlight and nature, it enters your system with a message your body instantly understands. It says, "Here's energy. Here's harmony. Let's repair, grow, and evolve." But when you eat fake carbon chains—distorted molecules made in labs. The message gets scrambled. Your cells try to listen, but all they hear is static. Confused instructions lead to

confused outcomes: Inflammation instead of healing. Fat storage instead of energy. Weak immunity instead of strength. Your body is not broken—it's just receiving glitched data. Corrupted carbon chains jam the signal between your cells. And when communication breaks down, so does everything else.

HOW FAKE CARBON CHAINS WRECK YOUR GUT

Your gut isn't just a tube for digestion—it's a living ecosystem, home to trillions of bacteria that guide your health, mood, and even your thoughts. But not all bacteria are your friends. Some support healing, clarity, and balance. Others promote inflammation, cravings, and chaos. And here's the catch: the food you eat chooses who thrives. When you eat clean, natural carbon chains from fruits, roots, and real plants—you're feeding the bacteria that love light and life. The kind that boosts digestion, creates natural vitamins, protect your immunity, and keep your gut-brain connection clear. But fake/modified carbon chains? They feed the wrong tribe. Sugar alcohols, synthetic

sweeteners, and lab-made additives fuel pathogenic bacteria and yeast—creating bloating, irritation, and inner toxicity. Your gut becomes overcrowded with noise, like a city filled with rioters instead of healers. And the effects ripple outward: poor digestion, weak immunity, and foggy, anxious thinking.
Clean carbon feeds harmony. Fake carbon feeds confusion—in your gut and in your mind.

HIJACKED BY FLAVOR

Fake/modified carbon chains don't just fail to nourish you—they trick you. They're designed in labs to hijack your brain's reward system with artificial sweetness, fake fats, and chemical flavorings that feel good… for a moment.
But the satisfaction never lasts. Instead, they create false hunger, pushing you to eat more, snack more, and chase that hit again. It's like being fed dopamine without real nutrition—pleasure without power. Over time, you end up in a cycle of overeating and undernourishment, always full but never fulfilled. These foods don't just harm the body, they dull your awareness

and disconnect you from natural desire. When food becomes stimulation instead of nourishment, you're no longer eating—you're escaping.

SPIRITUAL DULLNESS

Food is not just physical—it also carries energy, vibration, and memory. Clean carbon chains, formed by the sun and the Earth, carry a natural radiance. They uplift your system. They sharpen awareness. They make you feel more like your true self as the soul. But fake/modified carbon chains? They come from factories, not fields. Their energy is heavy, dull, and tamasic—and that weight doesn't just stay in your gut. It clouds your mind, fogs your intuition, and drags you away from stillness. Away from clarity. Away from God. This is why so many feel spiritually numb, disconnected, and uninspired—not because they lack willpower, but because their fuel is dead. This is also why meditation feels harder when your body is full of fake food. Corrupted carbon chains create static in your nervous system—like trying to tune into silence

through a buzzing speaker. The mind won't settle. The breath feels shallow. The connection feels far. But when you nourish yourself with clean, natural food, the stillness comes easier. Thoughts slow. Awareness sharpens. You don't have to force presence—it arises.

THE BODY'S FINAL CRY

At first, fake carbon chains just confuse the system. Then they irritate it. But if the chaos continues, the body eventually breaks down. Over time, this cellular confusion becomes chronic illness—inflammation turns into arthritis, and energy drain becomes adrenal fatigue, and broken communication mutate into autoimmune disorders. The body gets tired of sending gentle signals, so it screams. Heart disease. Diabetes. Gut dysfunction. These aren't just ""genetic"—they're the result of long-term malnutrition and disconnected fuel. Disease isn't random. It's the body's final cry when it's been fed lies for too long. But here's the truth: Your body is made to heal, to regenerate, and to thrive—when given the right fuel. Clean,

natural carbon chains aren't just food—they're medicine from the Earth, a blueprint for restoring balance and vitality. By choosing life-filled nourishment, you're not just preventing disease; you're reclaiming your energy, your clarity, and your power to heal from the inside out. Healing begins the moment you decide to feed your body truth. To step off the hamster wheel and step into your radiant health.

So if you have been eating this chemical garbage and feel doomed, do not worry; it is not too late to shift to the light. Within your human body is the divine intelligence that created this entire machine with just one sperm and one ovule. If there is the intelligence to build, there clearly also is the intelligence to heal.

Alcohol is the liquid of the demon

THE BRAINWASH

Alcohol is one of the most disgusting matrix attacks ever disguised as something “fun.” Society packages it as a party drink, a symbol of freedom, laughter, and good times—yet it is one of the greatest poisons. The taste of alcohol is horrible. Beer tastes like piss, and wine tastes like sophisticated piss. High-percentage alcohol feels like it’s burning you from the inside. For most of us, the first time we took a shot, we had to grab a water bottle immediately. We made that face of pure disgust and rushed to wash away the burn and the atrocious taste. If an animal tastes something that horrible and feels that kind of fire, it’s intelligent enough to never consume it again. So how come human beings do not have the intelligence to avoid alcohol after their first try? Because society brainwashed them. Men have been brainwashed to believe that drinking alcohol is “manly,” yet they

ignore the fact that it lowers testosterone, reduces strength, slows recovery, kills motivation, and increases fat. With every sip, they pretend to be strong, but they are becoming weaker—less of a man. People act like it's totally normal. They laugh, they pressure you, and they hand you a second shot. And you accept—not because you like it, but because you want to be accepted. You think this is just part of life, some rite of passage. "It tastes bad now, but soon you'll get used to it." If you have to get used to it, it's probably because it's pure garbage. Over the years, as the brainwashing gets deeper, you create a fake personality that pretends to enjoy the taste of beer and the taste of wine. But really, you're lying to yourself—and the worst part is that eventually, you start believing your own lies. This conditioning happens at parties, at gatherings, and anywhere the herd mentality is strong. You do your best to keep a straight face while drinking wine, beer, or another shot. You want to look tough, to look strong, to show that "it's nothing." Marketing, movies, advertisements, and peer pressure all reinforce

this illusion of alcohol as a symbol of strength and masculinity. From billboards to Hollywood films, the message is everywhere: real men drink, and real fun requires alcohol. This cultural conditioning ensures the brainwashing never stops. And slowly, you brainwash yourself into becoming a poison-drinking imbecile.

BODY EATING SPIRIT

Some people say the word "alcohol" comes from "alkuhul," which would mean "body-eating spirit." I don't know how much of this is literally true in terms of language, but what I do know for sure is that when I posted it on a certain social media page, they went out of their way to remove it, calling it fake information. And we all know—they wouldn't waste time doing that if there were no truth to it. All of this is deeply connected to spirituality. When you meditate, do breathwork, or practice any form of energy work, you are accumulating pranic energy within your system. The more pranic energy you accumulate, the easier it is to grow spiritually and see beyond the illusion. On the

other hand, the less pranic energy you have, the more ignorant and asleep you tend to be. Alcohol literally removes your pranic energy. That's why when you drink, you become a dumbass—a pure imbecile. You say things you normally wouldn't say and do things you normally wouldn't do. Your intelligence fades, your soul consciousness dims, and you become consumed by maya—the illusory physical energy of life. You become more lustful, greedy, loud, and unconscious. You start taking on the attributes of the opposite of purity. On top of that, you literally lose your physical balance. You can't even walk straight anymore because you are also deeply losing your inner balance. The inner manifests in the outer. So always remember: if you are on a spiritual journey, every time you drink alcohol, you are undoing your spiritual work. It's like building a house and then smashing holes into it once in a while—utterly stupid. If you are on a spiritual path, I suggest consuming alcohol as little as possible. And if you're not on a spiritual journey, well… you're wasting your life anyway, so who cares?

Still, here are some reasons why you should avoid alcohol for the sake of your health.

PHYSICAL SIDE

Alcohol doesn't just mess with your spirit—it attacks your body like a slow-burning poison. Your liver takes the first hit, forced to process a toxin it was never meant to handle. Over time, this leads to inflammation, fatty liver, and eventually serious liver disease. Your heart isn't safe either. Drinking regularly strains it, raises blood pressure, and can even trigger arrhythmias. That "fun buzz" is actually your cardiovascular system screaming under stress. Muscles and strength? Forget it. Alcohol disrupts protein synthesis, slows recovery, and robs your gains. All that time you spent in the gym? Diminished with each shot, beer, or cocktail. And your brain? Oh, it's getting hammered too. Memory falters, focus fades, reaction times slow, and your ability to make sharp decisions? Gone. Alcohol literally dulls your intelligence and weakens your mental edge. Hormones take a

beating too. Testosterone drops, estrogen can rise, and your metabolism takes a hit. Men, you might think you're "manly" while downing that pint, but your body is quietly betraying you. Even your digestive system suffers—bloating, nutrient malabsorption, and gut inflammation. Your immune system weakens, leaving you vulnerable to sickness. Every drink chips away at vitality, energy, and resilience. Over the long term, this adds up. Drinking accelerates aging, drains your energy, and steals countless hours from your life. Every hour wasted drunk is a moment lost to creativity, focus, and purpose. Your body's potential, your health, and your future happiness are all at stake. Bottom line? Alcohol is a slow, silent assassin of your body's potential. If you value your health, your energy, your strength, or your very life force, this poison has no place in your system.

SOLUTION

So what would be a natural alternative to alcohol? My suggestion is simple: find better people to hang with and better activities to engage in. When you are utterly joyful, blissful, at peace, and fulfilled, you don't need any alcohol at all—you already feel wonderful.
I can remember several times in my life when I went to social gatherings or small parties—nothing too crazy, since I'm not a big party guy. Every time, it was the same: at first, it was kind of boring, even awkward. As the night went on and the drinks kept coming, people started talking louder, and suddenly everyone acted like friends. But it was all fake. Without alcohol, it becomes obvious how boring those people really are and how little I actually connect with them. When you feel empty, unfulfilled, or bored, you tend to look for any way to feel more alive. Most people who drink together usually don't have very interesting conversation or activities going on without alcohol. Alcohol allows you to accept mediocre company. It makes it tolerable to hang with

empty people. It makes you forget that you haven't yet found your real tribe, because when you drink, you are intoxicated and pretending to be happy. So if your friend circle is so miserable that you cannot handle being with them without alcohol, or if your activities are so boring that you need to lose your balance to make them fun, clearly, you need new friends and new activities. The solution is not to find another way to dull your consciousness. The solution is to become a more complete being, to find friends who will feed your soul rather than your boredom and ego, and to find activities that are truly elevating and beneficial. Something that lasts a couple of hours and then ruins the whole next day with a headache, dehydration, nausea, and exhaustion is not elevating—it's destructive. Become alive. Find alive friends. Engage in vibrant activities. Alcohol may look fun, may feel social, and may seem manly—but it's robbing you in every dimension: body, mind, spirit, and life itself. The choice is yours: stay asleep, or wake up fully alive.

Healing the body beyond nutrition

While it is true that nutrition can be a very powerful tool for healing, while it is also true that there is an herb for almost every health issue. It is also a fact that there exists a way to heal that is beyond nutrition. Since this book is not only about the physicality of food but also spiritual, It could not be complete without the information this chapter is about to share with you. There are countless research and experiments that have been done which is showing us that we have the power to heal ourselves, even to rewrite our DNA by the power of beliefs or with meditation and such practices. One of the greatest examples is the placebo effect. A study were done where about 20 people who had knee pain were put together. All of them were told to have received a surgery to fix their knee, but there was a twist. Out of the 20, only 10 of them actually got a real surgery, while the other 10 people only had a fake scar. They were also put to sleep just like the ones who had surgery, of course, to make

them believe they truly might have gotten the surgery. The study came out with the results showing that a great amount of people who received no surgery at all but believed to have received it, suddenly, appeared to be healed. They were able to easily get up, run, and do other things they could not do before, and all that, pain-free. They received absolutely no surgery; nothing was done for their knees. It is their belief of being already healed that healed them. When you truly believe that you are healed, you activate your self-healing mechanism. Just like in a story from the biblical text, there was a woman who was very sick, probably about to die soon. She heard that Jesus was in town, and she deeply believed that by touching Jesus, she would be healed. She went ahead and found him; he was in the middle of a crowd. She managed to touch him, or maybe even just a piece of his clothes, and that was all she needed; she was instantly healed. She told Jesus that he healed her, but he explained that he did not heal her. It was her belief of being healed that healed her. There are so many stories like this; it is so fascinating. The placebo

effect truly exists. The power of belief can truly heal and can do miracles. The placebo effect does not always work for you though; it can also work against you. Even if you are given the perfect remedy for your health issue, if you do not believe in its healing power, you can actually cancel your healing and even make your body reject the benefits of whatever you've received for healing. The study about the 20 people with knee issues also showed that there were some people who truly did receive the surgery, but they were skeptical; they believed they might be part of the people who didn't get the surgery. Those people still had pain and issues even after receiving the real surgery. This is a perfect example of rejecting your own healing or any method that truly has the potential to solve your issue. By your power of belief, you cancel it all. This is also why some people can solve their serious health issue with herbs, while some cannot. Those who are ignorant of the power of medicinal herbs and believe it's all nonsense. Even if the herb truly work, their body rejects it and maintains its state of illness. Another powerful example of

this same principle is what is known as the nocebo effect — the opposite of the placebo. In one study, patients were given a harmless remedy and were warned that one of the possible side effects could be hair loss. In reality, there was absolutely nothing in the treatment that could affect their hair. It was biologically impossible for it to cause such a reaction. And yet, several patients began to lose their hair. Nothing in the substance caused it. Their belief did. This shows us that the mind does not only have the power to heal — it also has the power to harm. When we deeply expect something negative, the body can obey that expectation just as faithfully as it responds to a positive one. So far, everything this chapter has shared is a bit external, not fully internal. Because the beliefs were based on external events. Such as a surgery and touching Jesus. There is something even deeper than this, deeper than mind's belief that can heal you, that can heal possibly anything. Within you, there is an intelligence that knows how to build an entire human body. With just one sperm and one ovule, here you are, the most sophisticated machine on earth, the human

being. If there is such an immense intelligence that can perform such a miracle, definitely this intelligence is also potent enough to repair the body. The thing is, this force is always suppressed by you. By your thoughts, your beliefs, your actions, your inactions, even your intentions. The only thing in its way is really you, only you.

Therefore, in order to activate this natural healing power, which is beyond human comprehension, one thing must be done. You must remove yourself from its way and allow it to do its own job. Sleeping is not the way to remove yourself, because even in sleep you are filled with activities. You go on dreaming, having drama, satisfying your unfulfilled desires, and so on and so forth. The answer to allow this divine power to take on is meditation. Because meditation allows you to be utterly still in body and in mind, unlike in sleep, where you are filled with adventures in your dreams. When your mind is fully silent and your body is utterly still for long enough, this self-healing power activates itself and the magic begins. As you meditate and your mind is silent, this ensures

that there are no activities going on that would be in the way of your natural healing powers. I got to experience it a couple of times with small health issues. When coughing, sneezing, and sniffing nonstop kept going on and on. I got tired of it, and I thought, hey, when I sleep, I don't cough, and I don't sneeze. Why? Then it became apparent that the reason why is myself. Sneezing is not a law, you won't go to jail for not sneezing if you feel like sneezing. You can just allow the feeling to be felt without sneezing. Coughing also can be controlled in many cases. So I sat and I meditated for a while, totally emptying my mind and keeping my body still. Suddenly, there was no more coughing, no more sneezing, and even my nose that was completely stuck suddenly opened. I felt that I was back in my usual state of well-being. This has been done with so many health issues, not just with little colds; there are so many stories about it. It is fascinating to notice that even animals, when they are hurt or sick, intuitively follow this same deep wisdom. They instinctively fast, stay still, hide away, sleep, and conserve energy. In essence, they meditate and

surrender to the innate intelligence of their own bodies. Even without understanding concepts like belief or meditation, animals inherently know how to allow their natural healing forces to take over. This is a perfect example that surrender and stillness are ancient, universal tools of self-healing. So yes, nutrition can heal, yes, herbs can heal, yes some treatments can heal, and we must always remember that meditation also can heal. Perhaps it can even heal that which nutrition, herbs, and treatment cannot heal. So if you are ever lost, not knowing what to do anymore to heal from whatever issue you may have. Don't lose hope; try it. Go within and meditate for as long as it takes. If you truly do it for as long as it takes with the proper method, you might be amazed to get to experience your own healing powers. If you do so, never try to make the healing happen and never look for the healing, waiting for it. Just the action of trying to make it happen or the action of anticipating it, waiting for it—this is an activity of the mind that will cancel your healing powers. This higher intelligence is activated when you are no longer

in its way. Therefore the key is not to try to activate them. The key instead is to fully surrender. Just be here and now, be nothing, be no one, do nothing, just be here and now, silent in your mind. It is as you sustain this inner state of surrender , stillness, and silence that this higher intelligence will be activated. You cannot really turn the switch on; the system is already always on, just waiting for you to make room for it. If meditation sitting down is too hard for you, there is another method that allows you to meditate lying down, letting your body and mind fall asleep as you remain awake and conscious, centered in your being. This too I have used several times, and it has always worked. If you want to learn more about it, it is the method I share in my book Astral Projection Made Easy. It is, in fact, the same method that is used for astral projection. Not only this, it is also one of the ways to master death. Because when you learn to be awake and conscious when your body and your mind fall asleep, It also means that you will be able to be fully conscious when you, as the soul, quit your body. It is an immensely powerful key to end the birth and

death cycle on earth, which is the final goal of the spiritual journey on earth. Surely, if you only wait to be sick to begin meditating, it's possible you'll have trouble succeeding in fully surrendering. Surrendering might sound easy, but in fact it tends to take great skills. We are used to constantly being in a state of doing, to constantly having endless thoughts all day long. I suggest that you learn to master meditation on a daily basis rather than wait and be last minute. You will be very grateful for it some day. To learn the real efficient method of meditation, my book Peace of No Mind explains all that you need to know. May you embrace your inner power and surrender to the higher intelligence available within you.

All Studies Are Done on Zombies

The day that you decide to take on this journey toward proper nutrition as a human being, and especially as someone who is on a spiritual journey, if you are, you will quickly notice the incoherence in truth next to the information shared by all those so-called studies and researches. The day that you decide to be serious about eating the true diet that God designed for your human body, all the fake sources of authority the asleep sheepish mass has been following — from that day on, you throw them where they belong, in the trash.

Just because someone claims to have made a study or a research does not mean it is the absolute truth. In fact, you don't even know if that research or study was ever truly done. You cannot blindly accept sources of authority anymore because they have been lying to us for centuries. We often say that science is based on what can be observed through repetition. That is the case when mixing colors like red and yellow to get orange. That's how it always turns

out — it is observable and repeatable. The yellow is simply yellow and the red is simply red. It is as simple as that. But when it comes to nutrition, that is no longer a reality. A fat man of 230 pounds and above, eating an average American diet — his body surely will not react the same way as a truly healthy and awakened man who eats the proper frugivore diet.

Just like when the fake matrix studies have been telling us how dangerous the sun is — this whole study was pure bullshit, a deeply ignorant joke. They were studying how the sun was affecting the usual sick and asleep American. The true damage wasn't coming from the sun at all; it is in fact coming from the nutrition. One who eats garbage like the mass does has become so unnatural that even the sun, who is the giver of life, is now affecting his body in damaging ways — not because the sun is bad, but because that ignorant human being is eating nonsense to the point that he has broken his own body. He has created a distance between himself and that which is natural. He has become so unnatural that he is no longer in harmony with the giver of life — the sun. So when we talk

about studies and research about almost anything connected to human health, you must first find out if those studies were done by asleep people who are necrovores (eating dead bodies), or if they were done by awakened people who eat a proper diet as frugivores or at least as vegans eating the right way.Because any studies done on people who are of the mass are studies based right away on wrong data — on ignorance and illness. The thing is, they are all blind! They are blind men trying to show the way to other blind men. They are all destroying themselves, but it feels comfortable to believe they are right. So even though their own life is proof of their lack of health — both mentally and physically — they go on and approve each other endlessly and push away all forms of truth. Because it's easier to hide like a coward in your comfortable lies than to truly change your diet and change your life. The mainstream studies about how much protein we need, how many calories we need, how much iron, and this and that — it's all conducted on zombies, on people failing at being human beings. Due to their minds that have zero balance nor control —

because they don't meditate — their entire human system is not working as it should. If the root of a computer, its heart, doesn't work properly, surely it will not send the proper signals — it won't work as it is supposed to. The same goes for the human mind. One who has no self-mastery, who does not meditate daily, perform yoga asanas daily, do breathwork, exercise, or get some sun, should never be used for any form of study based on the true human needs. In fact, the more a human needs, the less he should be used for studies. There are some people out there who are breatharians — they don't eat for years, they get all they need from their breath alone. You don't see those people being studied much. The most they usually do is put them under surveillance to see if they are lying, then they find out it is true. As soon as they realize it was not a lie, the whole subject disappears. Because the matrix wants to destroy this wisdom of self-sufficiency. They are doing such studies only hoping to find out it was a lie — to expose it and feed their own propaganda. Even when we try to learn how much iron we need as human beings, the studies are utter

failures because they fail to study all the garbage the masses eat, which has certain specific elements that stop us from absorbing certain minerals. They fail to study the balance — or lack of balance — of the mind toward mineral absorption. They fail to study how much a chaotic mind uses so much energy, which burns through so much of the stuff we eat, making us believe we need immensely more than we actually do. Pretty much anytime the matrix tells us an amount of whatever we need on a daily basis, it is already based on a lie — on an unhealthy person. And on top of that, they will also inflate the numbers, make them a bit bigger just to be "safe." So I could go on and on about why you should not believe the main narrative — the matrix propaganda. Yet I feel there is no need to add more, because if you have any brain at all, any ability to think for yourself, you are aware that the entire system is not here for you. It is here to use you — to make you consume because you are never healthy nor happy. When you wake up to this fact, your sources of authority change. You go from blindly believing like a sheep anything that the system

says and that is accepted by the masses, to doing real research that is totally free — that focuses on people who truly embody what they preach, people who truly have high spiritual energy. Or at least, that you can tell by their eyes, their way of moving and speaking, that they are unique, that they stand for something strongly even when the mass is against them. Of course, I'm not saying to blindly follow anyone just because they say the opposite of the mainstream narrative either. So at some point, you will need to become your own research and your own study, while also using the ones done by other awakened or unique beings who are sharing real wisdom. Beyond that, I suggest you develop intuition — the ability to feel. Once you develop that ability, you will have a very strong feeling that will guide you toward truth. When you watch a video, you will feel whether it is potentially true or most probably false information from the zombie mass. I'm not saying your intuition will always be on point; I'm saying that it will be of immense value. Our choices in life should not be made fully on intuition, just like they should not be made fully

on logic — we need both of them, as yin and yang. So to develop that ability, meditation is the answer. As you take on a real spiritual journey and create inner balance with meditation and such, you will quickly notice how the norm will no longer apply to you — because the norm is to be a brainless zombie sheep. A true authentic soul who takes real actions to walk the path of truth — that is the kind of subject we need to create the ultimate studies and research that will truly elevate the collective consciousness.

Do you have to eat 100% perfect?

This book is meant to carve your path toward greater overall health and especially for your spiritual journey, yes, but it also is meant to be real rather than fake. It is a fact that your health and energy would be at their highest by consuming an absolutely perfect diet. But we must be real; almost nobody does that. I also do not eat 100% perfectly. One thing for sure is that even without eating perfectly all the time, I have amazing health, and I know almost no one around me who has health like mine, so surely, even if I'm not utterly perfect in my nutrition, I am very healthy and vibrant, with a powerful immune system. This is not an invitation to stupidity, to break your fast with meat and processed sugar, or to eat gummies every day, no. Instead, what I suggest is to have what I call as a "base nutrition". It means that every single day, whenever you break your fast, your first meal is perfect or close to perfect. Because the

first meal is of great importance, as it plays a significant role in shaping your gut microbiome for the day and in the long term. Have you ever noticed how when you break your fast with a proper meal, you are no longer feeling hungry; you are feeling good and energized? But on the other hand, when you break your fast wrongly, with whatever food that is not for your highest good, like breads, sandwiches, processed sugar, cereals, etc. You find yourself never satisfied and always craving more food, especially more food that is similar to whatever you ate. This craving is not the body truly asking for more dead matter, more nasty processed sugar, meat, and such. The craving comes from the parasites, the living beings inside of you who wish to be nourished. Beyond this, the feeling of hunger after eating is also your body asking for nourishment. Because what you ate did not nourish you, it only nourished illness. So if you break your fast with a bad meal and some processed sugar chocolate as a snack, you will probably fail your entire day of nutrition.
If you break your fast properly with first only

fruits, 3 to 5 fruits, and only then eat something more solid like lentils, nuts, seeds, tofu, and such. You will quickly find yourself full and will stop eating. There will not be a craving for bad food. So your nutrition doesn't have to be fully perfect, but you must ensure to have a high-quality first meal. When you do so, you are ensured that you can go on with your day as your system has received the basic nourishment it requires. Later on, for your second and last meal, you can allow yourself to be more flexible. Of course, the healthier it is, the better. At the same time, it's not the end of the world if you eat something that is not fully alkaline or fully positive pranic, as long as it's not pure garbage like a steak with eggs and bacon, with two chocolate bars on the side. Or fake instant noodles, dead pasta, and all those kinds of food, with a bag of chips afterward. For example, most rices and some beans are acidic, even though we've been conditioned to believe it's very healthy. That would be an acceptable second meal from time to time. Not because it's the greatest, just because it's acceptable if you

already had your perfect base nutrition. Processed sugar, chocolate, and chips are definitely not good; they are always poison. But again, if you have a very powerful base nutrition daily. You will not suffer much from eating a little amount of such poison sometimes. The best is to avoid such food, but like I mentioned, let's be real, most people will not fully let go of those little poisons. I did not fully do it myself either yet. Maybe someday. I surely eat less of those bad food than ever before, sometime none for weeks. Health is very much about feeling; those who are crazy and go on calculating every detail of their nutrition are mostly not healthy; they are just freaks. Most of the time, such people don't even have perfect health at all because they live in fear. It's good to inform yourself, to have a good idea of what the body needs, of course, no problems. You must also know the power of autosufficiency the body has when you are on a real spiritual path beyond pretending. Pranayama also nourishes you, as do meditation, the sun, kriyas, and other practices. There are some people who totally renounced

meat, processed sugar, and such. One day, for X reasons, they ended up eating meat and a chocolate bar, and they got sick. This is not true health either; this is being a weakling. Yes, you should avoid those foods, but if you do consume them once, you should not get sick from it. If you are truly healthy, your body will process any food as best as it can. Those who get very sick from consuming meat and other bad food only once are simply manifesting their health issues based on their fears and beliefs. I am totally against meat consumption, and I never buy or cook any meat. Last Christmas, though, I did not know that the menu in my family had zero vegan options, not even a salad. It was a special event since it's Christmas, so I kind of let myself go and ate way too much chocolate, thinking that when dinner comes, I'll purify myself with some good salad and such. I then found out that the menu was pretty much only chicken. So I had two choices: don't eat the chicken and allow my entire nourishment to be chocolate made with processed sugar. Or eating some chicken even though I am against it in

order to fill my system with something else than just chocolate. Knowing that there is pretty much nothing worse for health than processed sugar, I went ahead and ate some chicken with everyone else. Surely I am not proud of it, but I want to be real with you, so I share this story. I also did not pay for it, so it is not fully my karma and I shall purify myself from the negative frequencies. After this night of consuming poison after poison, was I sick? Not at all! I can eat anything that I want, in almost any quantity, and I will not get sick. I will not puke nor have any other issues. Because I am truly healthy, my system is strong; it's not a weakling. It can handle poisons from time to time because it receives a powerful base nutrition on a daily basis. Another thing that is very important for your base nutrition is to ensure that at least 50% of your daily diet is raw. The more the better. Raw foods are the highest of all in terms of health and energy. A perfect example is fruits. So basically, if you have a powerful meal for when you break your fast, a powerful meal that is at least 60% raw, fully

positive pranic, and alkaline, you will be healthier than most people on earth. If you eat only two meals a day and don't snack here and there in between all the time. Your second meal should be of great quality but doesn't have to be as perfect as the first one. If you just follow this simple idea, your body will be immensely grateful.

The truth about milk and dairy product

Let's start this chapter with a very strong statement that is true and so obvious, yet almost nobody takes even a second to think about it. No other animal in nature except the human being is stupid enough to drink the milk of another animal. Baby cows drink cow's milk, baby cats drink cat's milk, and baby dogs drink dog's milk. This is such an obvious thing, so easily noticeable, yet everyone is blind to it. Imagine seeing a grown lion chasing a zebra, not to eat it, but to milk it. The idea is absurd, yet that's exactly what we humans do. In nature, instinct always guides animals perfectly. But humans, disconnected from instinct and hypnotized by marketing, have forgotten what's natural. Honestly, who in their right mind would look at a cow's udder and think, "Yeah, I want to squeeze that and drink whatever comes out"? You'd have to be utterly crazy. Another interesting fact about milk is that only humans are dumb enough to still drink milk as adults. Everywhere in nature,

milk is a drink for babies only. In fact, animals produce milk only after giving birth for a short period of time. Therefore, even if an adult animal wanted to drink some milk, the mother would not produce it. So why is it that we drink milk as adults, and, especially, why from cows? Why not human milk or the milk of any other animal? The reason is very simple—once again, we have been brainwashed by the matrix. Soulless corporations driven by greed have turned a mother's nourishment into an industry of cruelty and profit, making a fortune from our ignorance and sickness. So how did this milk-brainwash cult began?

THE MILK BRAINWASH

In the beginning, it wasn't even about health—it was about survival. Thousands of years ago, when humans first domesticated animals, some desperate tribes started drinking milk just to stay alive during times of famine. That's it. They weren't blending it with cereal or calling it "good for your bones." It was pure necessity. Most adults couldn't even digest it properly because, like every other mammal, they lost the

enzyme to break down lactose after childhood. Only a few northern populations developed a mutation that allowed them to tolerate it—a genetic fluke born from hunger, not wisdom. Milk was a backup food, a seasonal crutch, not a sacred elixir. As time went on, people started fermenting milk into cheese and yogurt because fresh milk spoiled quickly and made most people sick. For thousands of years, milk remained a regional food, not a daily ritual. Then came the modern era—and the real brainwashing began. With industrialization, cows were forced into year-round production. Pasteurization made milk last longer, and the dairy industry saw an opportunity: a cheap fluid that could be mass-produced, sold as "pure," and marketed as essential for children. They built an empire out of something nature designed for baby calves. Governments joined in, pushing milk into schools, teaching parents that "strong bones" required it—all while the same companies funding those studies filled supermarket shelves. The message was simple: drink milk every day, or you're unhealthy. And the people believed it. The 20th century turned

milk into a religion of white lies. Advertising became the new priesthood—campaigns with slogans promoting milk as essential for health, purity, and family values flooded the world, accompanied by a thousand smiling faces with white mustaches. Behind the illusion, there was suffering: cows chained to machines, calves stolen from their mothers, and humans addicted to a product that breeds mucus, inflammation, and fatigue—all while thinking it's "good for them." That's how deep the matrix goes.
They took a natural act of motherhood and turned it into a billion-dollar industry of dependency and disease. Milk didn't become a "daily necessity" because nature wanted it that way—it became one because someone, somewhere, realized there was endless money in keeping people docile, sick, and disconnected from instinct. And that is exactly what they achieved.

WHY MILK IS NOT GOOD FOR US)

So now, let's dive deep into why milk is not just unnecessary—it's actually harmful. What's been sold to you as a "perfect food" is, in reality, a

slow-acting poison. Once you see the truth about milk, you won't be able to unsee it. These facts will stick with you forever, making it impossible to go back to blind consumption. If you're still drinking milk, this may be the moment you finally let it go. And if you've already quit, this knowledge will give you powerful arguments and facts to share with the adults who still drink milk like babies.

You've been told your whole life that milk is essential for strong bones. This is one of the most persistent lies in modern nutrition; it is simply not true. Milk may contain calcium, but calcium alone does not make bones strong. Bones are living, dynamic structures that need a delicate balance of minerals, vitamins, and hormonal support to remain healthy. Without these, most of the calcium you drink in milk simply passes through your body, unused. Milk is very acidic, and as this book explains, acidic food is the perfect tool to build illnesses. Even if milk contains calcium, the protein and sugar in milk make it acid-forming in your body. Your blood must stay slightly alkaline to keep your organs, nerves, and enzymes working. When

you drink milk, your body looks at it and says, "This is too acidic—we need to neutralize it." Now, calcium is naturally alkaline, so your body grabs it to balance the acid. But here's the catch: most of the calcium in milk is locked up in a form your body cannot fully use. It can't absorb it efficiently because milk is designed for baby calves, not adult humans. So instead of taking calcium from the milk, your body steals calcium from your own bones to neutralize the acidity. Every glass of milk is literally pulling strength from your skeleton, making your bones weaker over time. Populations around the world that drink little or no milk have far fewer fractures than countries with the highest milk consumption. Nature never intended milk to be a lifelong staple for humans. Yet here we are, forcing ourselves on a substance that erodes the very bones it claims to protect.

But the story gets even worse. The milk you drink doesn't just contain calcium—it carries the suffering and sickness of the cows themselves. Modern dairy cows are often injected with growth hormones, antibiotics, and other drugs

to force them to produce milk constantly. They live under immense stress, confined to stalls, their calves stolen from them the moment they are born, all to serve human consumption. The milk we pour into our glasses is literally contaminated with this chemical cocktail and the stress of their suffering. And let's not forget mucus. Sick cows naturally produce more mucus, and guess what—that mucus ends up in the milk. Every sip, every scoop of ice cream, is literally consuming animal secretions, thickened by disease, stress, and additives. That creamy, sweet texture is not purity—it is a mixture of hormones, drugs, and mucus, disguised as nourishment. So when you drink milk, you are not only weakening your bones and acidifying your body, you are also ingesting the suffering, illness, and unnatural chemicals of cows, all marketed as wholesome, healthy, and necessary. The truth is undeniable: milk is not food, it is a matrix trap—a product of exploitation, manipulation, and profit at the expense of our bodies and the lives of innocent animals.

MILK MEANT FOR A CALF, NOT A HUMAN

Every species on Earth produces milk designed only for its own offspring. Nature is not random—it is precise. A mother's milk is a sacred biological code, perfectly attuned to the baby's unique needs, growth rate, immune system, and even the environment it's born into. Human milk, for example, contains the exact ratio of fats, sugars, and proteins needed to grow a small, intelligent, conscious being—not a massive animal. Cow's milk, on the other hand, is made for one purpose: to turn a 60–90 pound (27–40 kg) calf into a 400–600 pound (180–270 kg) cow in just a few months. Think about that. Every drop of cow's milk carries the biological message for rapid, heavy, muscular growth—the kind of growth that would be wildly unnatural for a human body. When you drink cow's milk, you're essentially borrowing the growth hormones, casein proteins, and biochemical signals meant to build a cow's body—not yours. And just because milk was designed to make a calf big doesn't mean it will build "good muscle" in humans—that's a misunderstanding.

It creates growth in all the wrong ways, not healthy strength or natural development. It's no surprise that these signals throw our own system into confusion. They overstimulate our growth pathways, mucus production, and hormonal balance. The body doesn't know what to do with that much foreign information, so it reacts—with inflammation, congestion, and imbalance. Human milk naturally stops being produced when a child no longer needs it. That's how nature says, "Enough." The body moves on to real food—fruits, greens, sunlight, and water. Yet humans are the only species that continues drinking milk after weaning, and worse—from another animal. We have normalized a behavior that no creature in nature repeats. Milk was never meant to be a food for adults. It's a temporary, species-specific bridge between birth and solid nourishment—not a lifelong dietary foundation. To drink cow's milk is to ignore the intelligence of nature herself.

FEMINIST WHO DRINK MILK ARE CLOWNS

Anyone who claims to be a feminist, but also anyone who claims to care about women at all, yet drinks milk, is a total clown. And let me be clear: it's not just a small hypocrisy — it's a complete contradiction. How can you pretend to care about women, about bodily autonomy, about ending exploitation, and yet fund the systematic abuse of female bodies every single day? The cows are raped, forced to give life, their calves ripped away, sometimes killed, sometimes imprisoned — all so humans can drink milk, a product literally designed to feed a baby, not a grown adult. And yet, some people against abortion, against women making choices about their own bodies, happily participate in this cycle of violence against another species. The irony is unbearable. so many feminists drink milk without a thought, blissfully unaware that their claimed values are being sold out, not only by the system but by their own choices. It's tragic. It's ironic. It's clown-level absurd. So, if you care at all about women — if you have gratitude for your mother, for your sister, for your girlfriend, for

any woman in your life — if you have the eye and the heart to see the beauty of the divine feminine, make sure that your nutrition is not an insult to women. Make sure that what you consume comes from love rather than misery. Choose foods that honor life, that honor the bodies that give life, that honor the sacredness of giving rather than taking. Let your choices reflect your values, your gratitude, and your respect — not just for humanity, but for all beings who embody the feminine energy of creation.

COW SUFFERING

Before you pour milk into your cereal, scoop ice cream, or enjoy cheese, understand this: this is what you are paying for. Every sip carries the pain, fear, and suffering of another living being. Milk is not a neutral, innocent food—it is a product of devilish torture. Milk is only made after birth. A cow's body produces milk for one purpose: to feed her calf. Humans interfere violently with this natural process. To ensure continuous milk production, cows are forcibly impregnated; in other words, they are raped.

Machines or tools are inserted into their vaginas to inseminate them—an act that is physically invasive, humiliating, and cruel. They are restrained, trapped, and unable to move freely while this is done, all for the sake of a product we drink blindly. Once pregnant, these cows spend months suffering in terrible conditions, confined to small stalls, standing in their own waste, barely able to move. Their bodies, forced to produce milk constantly, endure exhaustion and pain. When their calves are born, they are immediately ripped away from their mothers. The mother cow screams, cries, and searches for her baby for days, sometimes weeks, yet she is denied the one creature she is biologically compelled to nurture. Then the milk that was meant for her calf—the very milk her body created to nourish a tiny life—is taken for human consumption. And the cycle repeats. Each year, the cow is impregnated again, her body pushed to produce more milk, her calves taken away, and her cries ignored. This continues for 5 to 10 years, sometimes longer, until her body can no longer produce enough milk to be profitable. At that point, these cows

are slaughtered without respect, their bodies discarded or sold for low-grade meat. Their lives—stolen, manipulated, and commodified—are reduced to profit margins and the illusion of "dairy goodness." So every time you drink milk, eat cheese, or enjoy ice cream, remember what you are really consuming. You are paying for rape, pain, fear, and exploitation. You are drinking the suffering of a sentient mother and her children, forced into cycles of impregnation, loss, and exhaustion for the sake of habit, marketing, and profit. Milk is not food—it is a system of cruelty, and your participation fuels it.

The Truth About Getting Sick: It's a Vibration

Our whole idea about why people get sick and how it happens is entirely limited to a false science. We have been brainwashed to believe that we have no power over getting sick or not getting sick; we have been told that it is simply a virus, and if it enters you, you'll probably be sick. What modern science fails to tell you or perhaps refuses to tell you because they want to make money on sick people. It is the fact that sickness is a vibrational state. For a good 90% of all sicknesses and viruses that anyone ever had, it is because they somehow became a vibrational match to it. Which created an agreement, and here goes the illness. The reason why it happened can be many, infinite possibilities. Here is a great example that I see all the time; I even got to experience it myself. Every time the flu season comes, there are some people who have been waiting for it. They think, Oh boy, here comes the flu season! I surely will get sick

soon. Such people living with a weak mindset have embraced and worshipped illness unconsciously. They have become a vibrational match to the flu by accepting their false faith to get it. It's always those people who get sick when this season arise. On the other hand, there are some people who just don't care at all about flu season; they don't think about it, not even one bit. Those are the ones that tend to not get sick when the season arrives. I know it to be true because I used to have this limited belief as well. I used to believe every winter, I must get sick 2 or 3 times. Every beginning of summer when the cold goes away, I also had a belief that I will suffer from my allergies. Because of my limited beliefs, I truly got sick several times a year, and I would always be a victim to the early summer allergies. The day that I understood the fact that it is all a matter of energy and subconscious beliefs. I started to reprogram my mind with the idea that I am always perfectly healthy in my entire human system and that I am always breathing freely and abundantly from my nose at all times. As I went on and

programmed my mind every single morning with the idea of everlasting health as I drink my water infused with burdock roots. After a while of doing so, I was amazed to find out that I hadn't been sick at all for 1.5 years. All winter long, with the -30 to -40 degree Celsius, I never got sick. While everyone was getting the propaganda virus, I was fine. When the summer came, my allergies were gone. Reality is truly made out of your deepest thoughts and beliefs, which create your energy, and your energy shapes your reality. During those times when I was amazed by my new immunity and perfect health, there was absolutely no fear and no thoughts of sickness in me. Until the day Christmas was arriving. Everyone in my family was afraid of the propaganda virus, and if anyone had any symptoms at all, this person could not come to the family event. So I began to notice a fear building inside me, not a fear in the sense of panic or true stress. Just in the sense of: I could hear my inner dialogue wishing for me to not get sick so that I could attempt to the family event. I was very aware that this doubt,

these new fearful thoughts, was manifesting exactly what I did not want. Guess what, I got sick and tested positive for the propaganda virus. By the way, I was totally fine; I had almost zero symptoms, It was like any regular flu since I do not believe in this narrative of the matrix. So this whole story truly shows that it is our energy, which is created by our thinking, our emotions, and our deepest beliefs, that makes us into a vibrational match to sickness or perfectly immune. Just like some people who harvest honey in some sorts of mountains or high trees. They go ahead and steal all the honey, and no bees ever sting them. Why? Because they have a deep belief that they will not get stung! While the other stressful person is just walking by in the park, as she sees a bee, she goes on and screams and runs for her life, as if there is any danger, even if there is none. Such a person is the first one to get stung, with just one bee! While the other one is around hundreds of bees and has no problems. Of course, there are a lot of things we can do to cultivate better health and immunity.

Such as eating a proper raw diet, taking hot and cold showers, exercising, etc. But it is also a fact that there exist plenty of people who have garbage nutrition, do not exercise, and do everything wrong, yet they are never sick. It is because your inner vibrations are stronger than physical reality. Some people are health freaks and every single day they calculate everything in their nutrition: the iron, the vitamins, this and that, the calories, etc. Such a person is usually living in fear, consciously or unconsciously, because it's just crazy to count everything like this on a dialy basis. You can make a plan and follow it, but don't let it also consume you. It shows that something is wrong with your mind and self-beliefs. Such people who are health freaks are often the first ones to get sick. They try so hard to be healthy, but they do not cultivate the proper thinking, the proper emotions, and the proper deepest beliefs. It is also very well known that big illnesses like cancers and such tend to appear when people are totally off track toward their true purpose. After they finally heal, they start to invest all of

their energy into what truly matters to their heart. The sickness was an awakening to put them back in the right direction. It could be a wonderful pianist who has immense talent but only plays piano at homes and work a regular job as a cashier. His job is eating the life force away from him, and he is so desperate, so unhappy, unfulfilled, that he becomes a vibrational match to a serious illness. Such stories have been told again and again. So whenever you get sick, don't just be a weak victim and become bitter about it. Take a moment to ask yourself, What is the reason why I got sick? What kind of thinking have I been having recently? What kind of emotions have I been feeling on a daily basis? Am I happy? Am I truly taking action toward the purpose of my life or my passions? There is probably always an energetic and deeper reason why you got sick. Maybe sometimes it is purely just coincidence, a matter of truly getting a virus physically because you walked by a person coughing. I feel there is probably a reason why this synchronicity happened, why you walked right here at this

exact time, that it was meant to happen based on something within. but I will not pretend that I am fully certain. I do can say with full certainty that a good 90% of all illness is exactly what this chapter explained. Perhaps someday this 90% will go to 100%. I'm simply being honest and allowing room for more knowledge. It has been said by many great gurus that when you are fully dedicated to your life purpose or passions, when you truly do what you love, and when you truly serve humanity. You never or almost never get sick. When your energy is exuberant and high, no virus can survive in you. Nor even get close to you. When you are depressed, stressed, negative, dull, dead inside, have no passion, and have no purpose. Now, you are the perfect vibrational match to illness. So watch your energy and ensure to keep it as high as possible. You will notice that your health will get better than ever and that you will very rarely get sick. Since some people have accepted and understood this fact, some of them have never been sick for 15 years and more. I wish for you to be one of those people

and to experience perfect health as you truly develop a deep belief that perfect health is your natural state.

Is Sugar in Fruit Bad for You?

Some years ago, every time I'd visit my grandma, the table was a paradise of gummies, chocolates, and chips—a full buffet of processed sugar. I'd go all in, eating mountains of it, and nobody said a word. It was normal. Harmless fun. But fast forward to now—my diet has completely transformed. I eat clean, mostly raw, mostly fruits. And yet, when I eat two bananas and two apples at once, suddenly everyone becomes a nutrition expert. "Wow, that's a lot of sugar." "Careful, you'll get diabetes."
It's funny, isn't it? When I was poisoning myself with processed junk, nobody blinked. But the moment I started eating nature's purest food, people got concerned. That's how deep the brainwashing goes. We've been taught to fear the sweetness of life itself—to trust the factory over the fruit tree. So let's clear the confusion once and for all. Because the "sugar" in fruits and the "sugar" in candy are two entirely different worlds—one is alive, healing, and

intelligent; the other is dead, addictive, and draining. It's time to see through the illusion.

THE CONFUSION WAS NEVER AN ACCIDENT

The fear of fruit didn't happen by accident—it was programmed into us. For decades, we've been bombarded with diet ads, calorie charts, and low-sugar labels, all whispering the same message: sugar is bad. But nobody ever clarified what kind of sugar they meant. And so, somewhere along the way, people started believing that an apple was as dangerous as a candy bar. This confusion benefits only one side—the industries that profit from your doubt. The moment you believe fruit is unhealthy, you stop reaching for what nature provides you and start buying what corporations make for you. Protein bars, "sugar-free" sodas, synthetic sweeteners—all sold as the "healthier" choice, when in truth, they're the furthest thing from health. It's the perfect trick: convince people that natural sweetness is harmful, then sell them artificial sweetness that keeps them addicted and disconnected. That's not nutrition, that's

conditioning. The problem was never fruit. The problem is the system that taught you to fear it.

THE REAL DIFFERENCE BETWEEN PROCESSED SUGAR AND FRUIT'S SUGAR

Let's get one thing clear—not all sugar is the same. The sugar in a candy bar and the sugar in a mango may share a similar name, but they act completely differently inside your body. Processed sugar is isolated; it's been stripped from its natural context and refined until all that remains is a lifeless white powder. It's an empty, synthetic fragment of what once was real food. Fruit sugar, on the other hand, is alive. It comes wrapped in the perfect package that nature designed—water, fiber, enzymes, minerals, vitamins, and antioxidants—all working together to help your body absorb and use it intelligently. The fiber slows down absorption, the water keeps you hydrated, and the enzymes help your digestion. It's a full orchestra of life energy, not just a single note. Refined sugar hits your system like a lightning bolt, a sudden surge that your body can't properly handle. Fruit sugar, by contrast, arrives like a sunrise—

gradual, balanced, and nourishing. One shocks your system; the other harmonizes with it. So when people say "sugar is sugar," they're missing the truth entirely. The difference isn't just chemical—it's energetic. One feeds addiction; the other feeds life.

Here's where most people get lost—they hear the word "sugar" and instantly think "insulin spike," "diabetes," and "danger." But the truth depends entirely on the source of that sugar. When you eat refined sugar—like candy, soda, or pastries, it rushes into your bloodstream almost instantly. Your body reacts as if there's an emergency. The pancreas releases a big wave of insulin to pull that sudden flood of sugar out of your blood and store it away, usually as fat. That's why after the "sugar high," you feel the crash, your blood sugar drops just as fast as it spiked. Over time, that constant rollercoaster can wear out your cells and lead to insulin resistance. But fruit sugar behaves completely differently. Because fruit comes with fiber, water, and nutrients, the natural sugars are absorbed slowly and intelligently. The fiber acts

like a gatekeeper, controlling how fast glucose enters your blood. The minerals (like potassium and magnesium) help your body use that sugar efficiently, and the water keeps everything balanced. As a result, your insulin response stays calm and steady—no overreaction, no chaos.
So while processed sugar forces insulin to spike, fruit invites it to dance. Your body recognizes fruit sugar as a friend—a clean, natural form of energy that nourishes instead of shocks. That's why people don't become diabetic from eating mangoes and bananas; they become diabetic from eating what pretends to be food.
Processed sugar stimulates the nervous system, giving fake energy that quickly burns out. Fruit sugar, in contrast, energizes the cells directly: real glucose → ATP → life force. It's the difference between borrowing energy and creating energy, between chaos and harmony inside your body. Fruits are not just "fuel"; they are living, cleansing agents—hydrating, alkalizing, and detoxifying. The natural sugars in fruit help the body pull out waste from cells and the lymphatic system. Processed sugar, by contrast, acidifies, clogs, and leaves the body carrying excess load.

Insulin problems don't appear out of nowhere. They're the result of years—sometimes decades of bad choices, processed foods, constant snacking, and never giving the body a break. Most people live in a state of constant eating, from sunrise to bedtime, never allowing insulin to rest. Every bite, every sip with sugar or refined carbs, triggers a small insulin release. Do that for years, and your system eventually stops responding properly—that's what they call "insulin resistance." But here's the truth they don't tell you: diabetes isn't a life sentence. It's a warning sign, a message from your body asking for silence, simplicity, and a reset. You can rebuild your insulin sensitivity. You can bring the body back into balance. The key isn't more pills or fake "diabetic-friendly" products—it's fasting, real food, and time. When you fast, your insulin finally gets to rest. Your cells begin to clear the noise, your liver detoxifies, and your system resets to its natural rhythm. Eating once or twice a day instead of grazing all day long keeps insulin stable and powerful. The less often you trigger insulin, the more sensitive and responsive it becomes again. The body

understands fruit; it's encoded for it on a DNA level. Fruit sugar comes with cofactors and subtle energetic frequencies that enhance assimilation and vitality. Refined sugar, on the other hand, confuses the system, creating chaos instead of communication. And here's what most people get wrong: you don't have to fear fruit. When you stop eating processed sugar, refined flour, and junk oils, fruit becomes your ally again. Its natural sweetness fuels healing, not disease. The healers who truly understand nutrition know this—they've seen diabetes reverse through proper fasting and a clean, fruit-rich diet. Because the body was designed to heal, but only if we give it the space to do so. Now, let me be clear—I'm not saying you'll heal overnight, or that a single fast and a few fruits will magically erase diabetes. What I'm sharing here isn't a full protocol or a medical formula; it's an awakening, a reminder that healing is possible. The exact path, the details, and the rhythm of that healing must come from proper guidance from someone deeply rooted in natural health and experience, or by your own experiences and researches. My role is simply to

offer you the light, the understanding that the body can restore itself when given the right environment. The rest of the journey—that's yours to walk.

A Part of You Is Always Perfectly Healthy

Did you know that it is possible to regenerate what most people would believe is impossible to? There are stories of people missing pieces in their spine since Did you know that it is possible to regenerate what most people would believe is impossible to? There are stories of people missing pieces in their spine since birth, suddenly growing them back. There are countless stories of people healing from illnesses that should have killed them based on some ignorant doctor's diagnosis. How come some people seem to completely defy science and heal in magical ways? You see, your human body has several layers to it. You have a mental body, a physical body, an astral body, a bliss body, and more. Just like the mental body can affect the physical by the placebo effect and also the opposite, other layers of your body can affect your physical one as well. birth, suddenly growing them back. There are countless stories of people healing from illnesses that should have

killed them based on some ignorant doctor's diagnosis. How come some people seem to completely defy science and heal in magical ways? You see, your human body has several layers to it. You have a mental body, a physical body, an astral body, a bliss body, and more. Just like the mental body can affect the physical by the placebo effect and also the opposite, other layers of your body can affect your physical one as well. There is a thing called the phantom limb phenomenon, where someone could lose his legs—he has no right leg anymore—yet it still feels pain or fully moves as if the leg was here. Or perhaps just feel as if his missing part is actually still here. Science tries to claim this is just a confused brain map, but that's a total joke. How can a brain experience a perfectly detailed, agonizing cramp in a foot that doesn't even exist on this material plane? It's because the physical limb is gone, but the energetic layer is totally untouched. This phenomenon also connects to other studies that show that even if you cut a piece of a leaf, the energy of the leaf keeps the original shape as if it was intact. They

used Kirlian photography to capture this, showing a glowing, perfect phantom energetic leaf even after the physical part was chopped off. Materialist scientists try to dismiss it as "moisture" or "electrical discharge" because they are terrified of anything they can't put in a box, but it clearly proves that the energetic blueprint dictates the physical form, not the other way around. This phenomenon is connected to the fact that one or several layers of the human body, which is beyond the 5 senses and made of pure energy, is always perfect. No matter how sick and destroyed your physical body is, your energetic body does not lose any arm, any legs, it never gets sick, and it never gets old. This is the reason why energetic healing is a thing, and also the reason why meditation can heal you from almost anything. Because a part of your human body is always perfect. By somehow tapping into the blueprint of this perfect energetic body, your physical layer can be affected and activate healings in ways modern science could not even be close to comprehending, since this whole science thing is just a childish, corrupt cult ruled by money

and massive pharmaceutical greed. One of the most fundamental steps to activate such healing power is to first understand it. Because you are the creator of your reality; therefore, as long as you identify yourself as being sick, your chances of coming back to well-being are very low. On the other hand, if you hold the belief that you are always in perfect well-being—no matter how sick you might feel, no matter how much a part of your body might hurt—this belief can be enough to trigger true healing, if it is really genuine. So always remember that a part of you is always healthy and whole. Make the conscious choice to identify with this part of you that is perfect rather than being consumed by the most gross plane, the physical plane of existence. The more you learn about those special abilities and possibilities that go beyond all rigid, mainstream understanding, the more you will be planting the seed in your subconscious mind, slowly or abruptly opening a new door to greater possibility.

Is It Ok to Eat Fish?

For some reasons, ignorant people often believe that fish do not feel pain, do not even know they are alive, and are almost like non-organic matter. But what if this is not true at all? What if such people are just so blind and ignorant that they cannot perceive what is obvious? I've had a lot of animals in my life: dogs, cats, a snake, mice, hamsters, a rabbit, and several fish. The type of fish I've had the most is the betta fish—the ones kept in very small jars in pet shops. A jar so small that they literally cannot move. Mine, of course, had a 10-gallon aquarium just for him, filled with natural plants, rocks, and sand. Having a betta fish made it obvious to me that the view we tend to have about fish is extremely wrong and ignorant. Whenever I would come back home from work, my betta fish would be so happy that he would swim super fast from right to left in his tank until I came to see him. He would follow my face wherever I went. He would stay face-to-face

with me, truly looking at me, and I could feel his love. There was truly a connection, a real friendship filled with genuine emotions, mutual, not just on my side. One day, I became very busy for two weeks and mostly only provided what he needed for survival; I did not provide much emotional support at all. After those two weeks, I noticed that my betta fish's colors were starting to fade, and his caudal fin, his big beautiful fan, was starting to shrink; it wasn't opening much anymore. In other words, the fish seemed sad, bored, and unhappy. As I noticed this, I decided I would greet him every time I entered the room and say goodbye every day before going to work. I decided to not only feed him but also spend quality time with him as before. As I did so, his caudal fin became vibrant, big, and open once again. He regained his aliveness and happiness. This short and simple story is proof that fish are intelligent too. They have emotions just like humans or other animals. They are sentient beings. Scientific research confirms this: fish have complex nervous systems, can feel pain, form

memories, and create social bonds. They are no less alive or aware than any other creature. It is just that some people are too blind and asleep to perceive that a fish has the same life principle as any other being. They are an equal soul. I've seen videos as well of a type of crab. Someone was going underwater and grabbed a crab with a special device to bring it to the surface and eventually eat it. As soon as the crab was pulled out of her home, her mate quickly came out and grabbed her with one hand while pushing away the device with his other hand. This clearly shows that they care not only about their own survival but also about others they love. Therefore, for the same reason why you would not eat any other animals, you should not eat fish either—they are no different. It fills me with rage toward ignorance when I see people calling fishing a sport. They are literally stabbing living beings with a giant hook and pulling them out of their home. Once out of the water, the fish is in total distress: it panics, it is afraid for its life, and it suffers with a huge hook pierced through its jaw. The poor fish is choking; it cannot

breathe; it is in agony. And some people call that a sport? That's a disgrace to humanity. Like I already said in this book, hunting for survival is natural. But fishing as a hobby or sport? A special place in hell is waiting for you, and you deserve to suffer for your sins.

SEA CREATURE OFFER ZERO NUTRITION.

Now let's talk about the so-called "nutritional value" of fish—the reason people convince themselves it's okay to eat them. We've all heard it: fish are good for your brain, your heart, and your eyes. Fish are full of omega-3s, protein, minerals, and vitamins. But here's the truth, and it will probably shock you. First, omega-3s. People eat fish thinking they're getting essential fatty acids for their brains. The thing is, fish don't make omega-3s themselves. They get it from the algae they eat. That's right. Everything we supposedly need from fish comes from plants, from the very source the fish feed on. So every time you eat fish for omega-3s, you are literally killing an animal to take what it ate

from algae. You don't need the middleman. You don't need the blood. You don't need the suffering. You can get omega-3s directly from algae or plant-based supplements, clean, pure, and without torture. Then there's protein. Fish are marketed as "high-quality protein," as if meat and fish are somehow superior. But it's a lie. Lots of plant foods—lentils, beans, nuts, tofu, seeds, and much more—offer more protein, better nutrition, and none of the toxins or cholesterol that fish carry. You don't need to pierce a living creature to build your muscles or fuel your body. And the vitamins and minerals? People say fish are essential for vitamin D, iodine, and selenium. Really? All of that can be obtained from sunlight, seaweed, salt, nuts, and other plants. None of it requires causing pain or death. None of it requires ripping a creature from its home, dragging it into a world it didn't choose, and letting it choke, panic, and suffer. Let's not forget the hidden danger—heavy metals, mercury, microplastics, and pollution. The so-called "healthy fish" we buy is often highly toxic, and the bigger or older the fish,

the more poisons accumulate. The very thing marketed as "life-giving" can slowly destroy you. How ironic is it? People eat fish thinking they're healthy, while simultaneously consuming suffering, toxins, and death.

Every single nutrient we think we need from fish—the omega-3s, the protein, the vitamins, the minerals—can come from plants or algae, cleanly, ethically, and safely. Eating fish is not necessary. It is not noble. It is not natural. It is a lie, carefully crafted and repeated by a culture that has for centuries turned living beings into commodities. So next time someone tells you fish are "good for you," remember the truth: the same nutrients are available without killing, without suffering, and without cruelty. There is no reason—no moral, nutritional, or spiritual reason—to eat fish. And if you continue to eat them, you are complicit in a cycle of ignorance, suffering, and death that can be completely avoided.

IF YOU EAT ANY SEA CREATURE, YOU'RE NASTY, HERE IS WHY.

One of the biggest nutritional jokes comes from the sea, and most people will live their entire lives without even thinking about this fact once. People think they are fancy going to their sushi restaurants and eating shrimp in all sorts of ways: shrimp with tomato sauce, fried shrimp, shrimp this, shrimp that. But if they would just open their eyes to the truth, they would see how absolutely disgusting their actions are. Shrimp are literally the cockroaches of the ocean. They feed on all the trash of the ocean—they are the cleaners. So when you eat shrimp and many other sea animals, you are actually eating a bag filled with garbage. We are all fully made of what we eat, and they are fully made of the ocean's trash. I don't say this to insult those water animals, of course; they are doing their job amazingly and we need them. But the ones who eat them and think they are healthy and intelligent? Yeah, you can take the insult yourself, you garbage nibbler. Just playing, I

don't hate you—I hate your stupidity, but not you. You still have the opportunity to awaken. You see those little brownish lines that we find in shrimp as we eat them? Those are literally lines of shit. Yes, that dark line running along the back of a shrimp is its digestive tract (essentially its intestine), which means it contains deoxygenated blood, grit, sand, and partially digested food or waste. If this isn't enough to open your eyes about how disgusting it is to eat sea creatures, here is a funny fact—the so-called joke that I spoke about a few lines above. In French, we call seafood "fruits de mer," which means "fruits of the sea." That just shows you how deep the brainwashing goes. Fruits where? There are zero fruits in this. The reason why they are given fancy names like "fruits of the sea" and "seafood" is to hide the disgusting truth: that in fact, what you are eating is insects of the sea. Even the word "seafood" rebrands living creatures as automatic food to trick your mind. There are many types of birds and many types of mammals, just like there are many types of insects. Remove the

water itself and just look at a shrimp or many other animals we eat from the sea—they all look exactly like insects, and none of them have an appealing look that makes us salivate. They are repulsive to us because the inner nature in us knows that this is not food we are meant to thrive on. Think about how people have to drown them in heavy garlic butter, deep-fry them in batter, or drench them in spicy sauces just to force them down. If you have to mask it completely to make it edible, your instincts are already telling you it's not real food. So if you are a seafood lover, get real—you are a water insect lover, and that's nasty. And it doesn't stop at shrimp. Take lobsters and crabs, for example. They belong to the exact same biological group (arthropods) as spiders and land bugs. They are bottom-feeders that spend their entire lives crawling around in the dark, eating rotting carcasses and ocean waste. Historically in North America, lobsters were literally called the "cockroaches of the sea" and were fed to prisoners and servants because they were considered bottom-tier garbage food. Now,

people pay high prices at luxury restaurants to eat the same bottom-feeders. And what about people who eat the green stuff inside a lobster, the "tomalley"? That green paste is literally the lobster's liver and pancreas—the exact organ that filters and stores heavy metals, toxins, and ocean pollution. Then you have oysters, mussels, and clams. These creatures are filter feeders. They literally pump gallons of dirty seawater through their bodies every single day to catch sewage, bacteria, and waste particles. When you swallow a raw oyster, you are swallowing the entire living creature whole—including its stomach contents, its guts, and every bit of filthy ocean waste it filtered right before it was pulled out of the water. You also have bottom-feeding fish like catfish, halibut, and flounder, vacuuming up decaying matter and sediment off the sea floor. On top of all that, because these scavengers absorb everything in their environment, you are consuming concentrated mercury, heavy metals, and microplastics from ocean pollution. And what about the most popular fish people eat every

day, like farm-raised salmon, tuna, and tilapia? People treat them like health foods, but the reality is pure pollution. Farmed salmon are raised in cramped, filthy underwater cages where they swim in their own feces and are pumped full of antibiotics just to stay alive. Their natural flesh is actually a dull gray—companies literally add artificial chemical dyes to their feed to turn them pink so they don't look sickly on your plate. Meanwhile, apex predators like tuna sit at the very top of the aquatic food chain, absorbing every toxic chemical from every smaller fish they eat, giving them some of the highest concentrations of neurotoxic mercury you can put in your body. And tilapia? They are practically sewage vacuum cleaners, raised in overcrowded ponds fed on animal waste and manure. You are eating diseased, artificially dyed, mercury-loaded animal flesh and convincing yourself it's a wellness routine. So whether it’s shrimp, lobsters, or oysters, you are choosing to eat the ocean's cleanup crew. Get real with what you are putting inside your body.

Eating for Maintenance vs. Eating for Healing

It is important to understand that a lot of things in nutrition is not just one absolute science. The nutrition that one needs may vary depending on what is going on with them. By saying this, do not get me wrong and start to believe, with your ego, that eating meat is the right thing for you, that drinking coffee is alright for you, or any such childish nonsense. There are hard facts that are simply always facts, such as: meat is food for survival. As soon as one has the opportunity to eat a rich vegan diet, he must do so immediately. So when I say that your nutrition might vary depending on what is going on with you, here is what I simply mean: Are you currently simply maintaining yourself as you are already healthy? Or are you sick and need healing? When we are simply in maintenance, of course the best is to consume a perfect diet, but let's be realistic, rare are those who do, and I do not claim to eat utterly perfectly. I still succumb to many of my ego's

desires to eat foods that are not good for me. So as long as you have a very powerful base diet, It's acceptable to eat some food that is not the best there and then sometimes; you won't die from doing so. When you are in the process of simply maintaining your health, your nutrition can have lots of variety, as long as you eat plenty of fruits. It's alright to eat many vegetables as well and to consume more solid food like millet, lentils, sweet potatoes, and such things. When you no longer have the privilege to be in perfect health, now the game changes. In order to heal as fast as possible, you must always ensure to not create any acidity in the body and to only consume that which you can digest quickly. To the point that for some situations, even eating vegetables and other more solid food should be avoided in order to heal quickly. Fruits are the food for healing, while vegetables and other solid foods are for maintenance. Of course, fruits are not only for healing, but when you are in such a position, fruits should be your number one go-to. Every type of food takes a certain amount of time to be digested. The more time they need to be

digested, the less energy you have to heal. For this reason, in general, if you want to heal, you should pretty much only consume fruits, the fruits that have what you need for your specific situation. If you do consume vegetable, it should not be in solid form; it should be in liquid form at least. Another thing to know is that pretty much all illnesses thrive in acidic inner environments, so you should avoid acidic food as much as possible and only focus on consuming alkaline foods. I'm not going to waste our time talking about meat, sugar, dairy, and all that nonsense. It's just poison anyway. Some of the reasons why fruits are the ones for healing is because fruits are living sunlight—pure, high-frequency pranic food. They are designed to cleanse, detoxify, and regenerate. Their sugars are not “bad”—they are structured for cellular energy, feeding the brain and nervous system. Fruit breaks down mucus, dissolves blockages, and opens energetic pathways. They are high in living water, enzymes, and natural sugars that fuel your cells directly. While on the other hand, vegetables, especially greens and root veggies, are builders

and balancers; they remineralize, alkalize, and rebuild the body after cleansing. They are good for the long-term maintenance of already-cleansed systems. It is true they rebuild and mineralize, yes— but you can't rebuild a house while it's still full of debris. You must first do a deep cleaning. Depending on what kind of health issues you're having, sometimes all you need is a fast of 1 to 3 days to quickly heal from a virus or other issues. Sometimes what you need for more serious illnesses is to have a diet that is fully made from fruits only. Sometimes even a diet of only juice fasts. I'm not a doctor; my goal is not to tell you what to do, my goal is only to provide some information to give you direction toward light. So that you can more easily find what is the right solution for whatever health problem that you may have. Anyone who would give you a diet that includes meat, dairy products, and such things is clearly ignorant and to be avoided. There are so many great people sharing information on how to heal with nutrition online on all social media. Find them, learn from them, double-check everything you learn, and you will quickly set

yourself up for a fast healing. So to give you a final inspiration for this healing journey, remember the power of fasting if it fits with your health issue. When eating, focus on fruit, focus on eating only alkaline food, and focus on eating only positive pranic foods.

Fat Lost No Bs Guide

THE UNWANTED TRUTH OF FAT LOST

After helping people with their fitness goals for several years, it became obvious to me that there is one simple truth that most people simply do not want to accept. In fact, it pisses most people off when they hear this truth. This simple truth is the fact that exercising is not the true key and most effective way to lose fat. If I had heard this many years ago, I would have thought, what is that guy saying? Is he crazy? But after understanding basic nutritional science and gaining a lot of experience with my own fitness and by guiding others, it became obvious. Exercising is great, sure! But the true dominant factor for weight loss is the food that you eat; more precisely, the amount of calories you intake daily. Why do you think there is always a couple of fat people that go to the same gym as you do for years but they never truly get lean? It's because they are wasting their time with this delusion—that training hard at the gym will

make them lose all of their fat. You see, whether you gain fat or lose fat is only and fully about your calorie intake. If you take more calories than you need, which we call a calorie surplus, you will gain weight. If you eat your maintenance level of calories, then you will maintain your current weight or also grow bigger muscles if you exercise properly. If you are in a calorie deficit, now you will lose fat. That's why so many fat people never get fit even after years at the gym! It doesn't matter how much you train—if you have a calorie surplus, you will stay fat. In fact, you might even look fatter from the gym because your calorie surplus builds fat, but it does not stop you from building muscle. Therefore, you might go on accumulating muscle under your fat, which will make you look even fatter because you have zero definition due to your muscles being hidden under this blanket of caloric surplus. A chubby man who would exercise his abs to get bigger will only make his stomach look bigger in the end if he still eats too much. Because now he will have bigger abs hidden under the same

amount of fat as before. So why does it piss people off so much to know that the key is not exercising, it's the way they eat? The answer is simple: it's because for most people—almost everyone—it's so much easier to just go to the gym than to actually change their way of eating. Their eating habits are pure addiction. It is the parasite within them that hijacks their brain to make them believe they are hungry. It is their purposelessness and meaninglessness of life that push them to eat out of boredom and negative emotions. I'm not impressed by people just showing up to the gym. The gym has mostly become just another social place for monkeys to socialize. Even for those who don't dare to speak to others, they wish to—they want to be seen, they want to be desired, they want to look cool. What is truly impressive is when someone takes charge of his or her nutrition. That is the true challenge—to overcome years and years of conditioning, or brainwash, of addiction in just one moment. To make a choice and to go fully at it with all of your willpower and heart. That is truly impressive.

THE ULTIMATE KEY TO FAT LOST

There are so many stories of people being 200 or even 350 pounds who lost all of this fat without even going to the gym. How did they do that? With fasting! Some people fasted for weeks and months—they literally melted. They used intelligence instead of following the idiotic mainstream approach. They understood that when you fast, the body eats itself. Not in a negative way—it burns away everything unnecessary until there is nothing left to use. After all, this fat that we accumulate is actually a resource for survival. Just like when a bear prepares for its hibernation, it gains fat, then as it hibernates, it slowly loses its fat as the body consumes it for energy. Do bears get a membership and start doing crunches and leg raises to lose fat in their belly? Of course not—they literally do nothing! Simply by the cessation of consuming food, their body enters a deep fasting state, and this is when all the magic happens, when all the fat is consumed for energy and melts away. So make sure to

remember this from now on: the true way to lose fat is by being in a caloric deficit. But then why is it that some people lose fat as they go to the gym? The reason is because they go to the gym and also take care of their nutrition. Or they didn't really think about nutrition, but they are lucky because the little amount of calories their gym session burns is enough to bring them into a calorie deficit. You see, most basic gym workouts will burn just about 200 to 400 calories in general, unless you do something really intense and for a long period of time, which people rarely do. By that I mean running at a great speed for 1 hour or more. So if someone who wishes to lose weight is only eating a 200-calorie surplus, then the 300 to 400 calories burned from the gym will be enough to bring them to a neutral caloric level or a deficit. That is a good-case scenario, which is not always the case for everyone at all. Because let's say that you are actually eating 800 calories in surplus every day. In this case, even if your training burns 400 calories, you are still in a caloric surplus. So each situation is unique

depending on how each person is actually eating. In the end, the science remains the same for all of us—only the conditions change. Of course, I am not against training at all. I 100% suggest training at the same time as you take care of your nutrition. My goal wasn't to be against training—it was just to break the illusion that exercising is enough by itself to truly get fast and efficient results.

LOCALIZED FAT LOSS IS BULLSHIT

A lot of people have been brainwashed into believing the idiotic, non-scientific idea that they can decide which area of their body will lose fat by doing specific exercises. For example, ab exercises to lose belly fat—that is the greatest one people keep talking about. Yet, this is a non-scientific claim. Localized fat loss is simply a lie—it does not exist. We lose fat across our entire system as a whole. You never saw anyone lose all their body fat except in their left shoulder, did you? Did you ever see someone lose belly fat but keep fat everywhere else? Not

at all. Why? Because it's a lie. The system works as a whole. In fact, working on a specific area of the body is possible for muscle growth, but not for fat loss, and the reason is very clear. To build muscle bigger and stronger, the key is high-intensity exercises carried to a point of muscular failure. This type of training is anaerobic, which means not much oxygen at all. If you think about it, if you are asked to lift something very heavy, your breathing won't have a normal rhythm. You will most likely hold your breath as you pull as hard as you can, or you will be exhaling, but you definitely won't be inhaling while producing a large amount of power. You will only inhale in between each rep, as if your head were underwater, and between each rep your head comes out for a second to breathe. This kind of training does not burn fat—it burns glycogen. Glycogen is carbohydrate that becomes glucose in the body and gets stored in the muscles. So when you train your biceps, you mostly use the glycogen in your biceps. It is localized to a certain extent, even if it also has a systemic effect. You see, fat will be used as fuel

only when there is a lot of oxygen, low intensity, and sustained effort over time. This is why many people who work out at the gym with 3 sets of 12 reps tend to not lose weight, or only lose it very slowly. It's simply not the right approach if fat loss is the goal. As soon as your body has the conditions required to burn fat, it will not burn it from just one area—it will use fat from the entire system. Unlike a bodybuilder who trains at high intensity and will mostly use the glycogen from the muscles being worked.

IT'S ALL ABOUT CALORIES, BUT...

What I'm about to share might sound contradictory to what you just read, but I assure you that it is not. It is more like the yin and yang side of calories. It is a fact that calorie surplus and calorie deficit are the factors that determine losing or gaining fat. The numbers talk—they definitely do. Yet, there is a little more than just numbers. There is what we call empty calories, which I like to call garbage calories. You see, a calorie is a usable form of energy for the body, but the thing is, not all

foods are truly equally usable. Which is why when you eat clean vegan food, those calories are fully used by your system—they are real fuel. That's why you quickly feel empty. Not because they are inefficient—on the contrary, because they are so efficient, they get used very fast. But when you eat garbage food like food filled with oil, fried food, pasta, fast food, candies, and similar things, this fuel is of very low quality. The body often doesn't really know what to do with it and has to work harder to process and eliminate it. All this extra useless work and this confusion can make your fat loss goal much more challenging for no real reason. So yes, it is true—it's all about calories. Yet, not all calories are utilized in the same way by the body.
So if you want to ensure you lose fat efficiently, it is best to both have a calorie deficit and to eat clean vegan food as much as possible.

THE PLAN TO LOOSE WEIGHT

Now that you are aware of all of this, what should you do next? The first step is to create a document on your PC, phone, or even on

paper, where you will write down everything you eat for two weeks, along with how many calories each food or meal contains. In those two weeks, do not change a single thing from your usual habits. We want the truth about your nutrition, so don't be fake—eat exactly as you always do. At the end of the two weeks, you will have a clear picture of your daily average calorie intake. Let's say you've been eating 2600 calories a day and have been regularly gaining weight. You are now one step closer. You are now fully aware that, for your specific body, 2600 calories a day leads to weight gain. So what will you do next? You will reduce it by 200 to 500 calories, depending on how strong your willpower is. For the next two weeks, continue to calculate your calories to ensure you stay at the right number, and track your weight. If your weight is still the same, your calories are still too high—lower them again. If you have been losing weight, good job—you have found either a maintenance level or a caloric deficit. Keep going this way until you reach your desired weight. If you ever see a plateau, it means that even though you eat less than

before, you have now reached your caloric maintenance level. Your maintenance level feels like a deficit compared to before, but remember—it only feels that way because your body has changed. As you lose weight, the more weight you lose, the more you will have to lower your calories to continue losing more. So it is all about calculating, being precise, and adapting. The numbers don't lie. If you weigh too much and do not lose weight anymore, it means you eat too much. In this whole process, you can go to the gym, just like you can choose not to train. Training simply accelerates the process by increasing calorie expenditure. So be aware of this as well. On the days you exercise, you will usually burn around 200–400 calories, and on the days you don't, those calories are not burned. So adjust your calorie intake accordingly. By following this simple approach, you can reach your goal with time, for sure. Yet, there is a powerful missing piece, which is the reason why most people take years instead of weeks or months. This key factor is fasting. You should do an intermittent fast of 16 hours a

day, as explained in the chapter about fasting. On top of this, if you truly want the fastest possible results, you can fast for 24 to 48 hours every week—which means for 1 to 2 days, you do not consume any food at all. This approach must be done intelligently and safely, with a proper balanced diet when you eat. Humans historically did not always eat every single day, but that does not mean extreme fasting should be taken lightly. If you choose to go further, make sure you are informed and approach it properly. For maximum efficiency, if you fast for two days a week, make those two days consecutive rather than spreading them apart. If you want your results even faster, you can fast more—but again, do it with awareness and responsibility. Always remember that fat storage is a survival mechanism. Without a strong enough signal, the body will not rush to burn it. Fasting gives the body a reason to use fat as fuel. If you don't give your body a strong enough reason, progress will be slower.

Finally, even with a calorie deficit and fasting, when you eat, you must eat a balanced diet.

Don’t fall into idiotic approach like only eating salad just to lose weight. Eat in an intelligent way that provides all your needs—just do it within a caloric deficit.

Is It OK to Eat Eggs?

THE TRUE CONDITION OF LIFE CHICKEN FACE

When I wasn't yet vegan but was thinking about eventually taking the jump, I thought that maybe one day I could stop eating meat but still consume eggs. Because I believed eggs were harmless—no one was killed, and chickens would lay them anyway. But as I learned more about this whole egg story, I realized how wrong I was. Have you ever seen what it looks like inside those factories where they gather eggs? It's utterly disgusting and inhumane. The chickens are crammed together in such enormous numbers that they have no space to move freely, to stretch their wings, or to express any natural behavior. In most factories, they don't even know what it feels like to stand on solid ground—they live their entire lives on cage-like metal or wire floors. Can you imagine how much their feet must hurt? How must it feel to live in such an environment, never knowing rest or comfort? They never see

sunlight, never breathe fresh air, and never feel the soft touch of grass or soil beneath their feet. The unnatural conditions are even worse than most people think. Inside those places, there is no day or night—artificial lights are used to manipulate their bodies, keeping them awake and laying eggs far more often than they naturally would. Many have their beaks cut off (a process called debeaking) so they don't peck each other out of stress, pain, and overcrowding. The air they breathe is thick with ammonia from their own waste, burning their eyes and lungs every single day. And on top of that, their bodies are forced to produce way beyond what's natural. A normal hen would maybe lay 10 to 20 eggs a year, mostly in spring when the conditions are right. But inside those factories, they are manipulated with light, feed, and breeding so that they lay around 250 to 300 eggs every single year. That's more than fifteen times what nature ever intended, and it completely destroys their health—their bones weaken, their bodies drain out of minerals, and after only a year or two, they are considered

useless and killed. Their bodies slowly collapse under the pressure. Some can't even stand anymore—their bones break, their feathers fall out, and their organs give up long before their spirit ever could. If one becomes sick or injured, no one helps her; she's simply left to die because she's no longer "useful." The sound and smell inside those buildings are unbearable—thousands of terrified birds crying in the dark, surrounded by filth and heat. And when her body finally gives up and she can no longer produce enough eggs, she's sent to slaughter, even though she could have lived eight to ten years in peace.

EGG EATERS ARE BABY MURDERERS.

As a chapter in this book explains, whenever you pay for milk, you are paying for a mother to be raped and for her child to be taken away from her. That sounds pretty bad, right? Well, when you buy eggs, you are not only paying for a mother's suffering—you are also paying for billions of babies to be brutally killed in their

first hours of life. Here's how it happens. First, hatcheries sort the newly hatched birds by sex. The females are kept to become laying hens. The males—because they won't lay eggs and aren't the right breed for meat, they are considered worthless, as waste product to the industry and are killed almost immediately. Worldwide estimates put this number in the billions every year. The most common methods are horrifying in their efficiency. In many hatcheries, male chicks are fed into a high-speed macerator—a machine that grinds them instantly. It's fast, cheap, and routine. Other hatcheries use gassing: carbon dioxide or other inert gases are pumped into chambers, sometimes after stunning, to kill the chicks. The companies claim it is rapid, but welfare groups warn it is far from humane in practice. In places with fewer rules, or where machines fail, workers must sometimes kill chicks by hand, a process that is slow, prone to error, and can result in unimaginable suffering. They even put hundreds or thousands of baby chicks in a truck, drive far away, dig a hole, throw all of the baby

chicks in it, and then bury them alive under the soil. They even throw alive baby chicks into the trash, or into bins filled with broken eggshells. Can you imagine the reality for those babies? His first experience of life is being thrown inside a huge bin with other dead bodies and broken eggshells everywhere. Lacking oxygen as the sun's heat hits the bin, he suffocates and suffers for hours or even days before passing away—the whole time totally unaware of what is going on and why. Every year, billions of male chicks die like this—tiny lives discarded simply because they were born male. Some do not die instantly; some are injured, left to suffer, or sold to feed other industries, but still deprived of life and freedom. It is not an abstract statistic. Every egg purchased helps pay for this cruelty.

CHICKEN ARE SOCIAL SENTIENT BEINGS

When a cat curls up and purrs, you instantly sense its happiness, its comfort, and its connection with the world around it. But here's something most people don't know—chickens do this too. They make a soft, gentle trill when they feel safe, relaxed, or are enjoying attention—a quiet song of contentment that often goes unnoticed, yet is full of life and emotion. Chickens are surprisingly social and intelligent. They recognize each other, remember faces, and form bonds that last. A hen can have friends in her flock, and she notices when one is missing or in distress. They can even recognize humans, remembering kindness or fear, and respond accordingly. Like dogs and cats, chickens communicate constantly—subtle clucks, soft coos, body language, and gentle nudges all form a rich conversation. Some will come when called, enjoy being scratched under the chin, or lean into a hand for comfort. They have personalities, moods, and preferences. Some are shy, some are curious, and some are brave little explorers. They are not mindless creatures; they

are aware, playful, and capable of joy. Every time they purr, flap their wings in excitement, or snuggle close, they are showing emotions, making connections, and experiencing life fully—just as we all hope to do.

FREE RANGE MY ASS

A lot of very ignorant people feel superior and kind as they buy from farms that claim their chickens are "free-range," but this is total bullshit. Those who fall for this lie are either utterly stupid or willfully uninformed, running away from the truth like cowards. The reality is far worse than most people ever imagine. "Free-range" often just means a tiny door to a patch of grass so small that most hens never even set foot outside. Some of these outdoor areas are smaller than a single room in your house. Inside, it's no better—thousands of birds are crammed together in barns, barely more space than the battery-caged hens they pretend to surpass. Overcrowding stress is still extreme, and the hens are still manipulated with artificial lighting to keep them laying eggs at unnaturally high

rates. Beak trimming, or debeaking, is still routine, because the stress of living in such conditions drives them to peck each other—the "free-range" label does nothing to protect them from pain. Male chicks? They face the exact same brutal fate as in factory farms—ground alive, gassed, or otherwise killed within hours of hatching. The label does nothing to stop this. Even supposed outdoor access does not guarantee health or happiness. Most "free-range" birds are still fed grain-heavy diets and locked in barns at night, and forced into environments where disease spreads easily due to density. They cannot dust-bathe properly, forage naturally, build nests, or express the slightest real behavior that would make life worth living. "Free-range" and "pasture-raised" are marketing lies, designed to make you feel good while billions of birds continue to suffer. A tiny patch of grass cannot undo generations of breeding, overcrowding, mutilation, and manipulation. Many so-called "free-range" chickens are actually kept in huge mobile cages, crammed together outside, with the cage moving from one patch of grass to another.

While it may look like they are grazing, they are still enclosed and enslaved, never truly free. The truth is ugly, and the truth is that buying these eggs means paying for misery wrapped in a shiny label. In the end, no matter what environment the chickens live in, they will still be killed without reaching even 30% of their true lifespan, and that can never be ethical for a being who desires to live. So if you feel kind or healthy because you've bought some eggs with "free-range" labels, wake up from your slumber, Sleeping Beauty. Their health is still horrible, the eggs are still total garbage, and the chickens are suffering terribly. Those at the top of the meat, egg, and dairy businesses have millions and millions, if not billions, of dollars. They buy the right to lie directly to people's faces, in the same way that politicians are full of shit and never tell the truth—they always talk around the subject, but never about the subject. "Free range" should mean free range, which means you can go anywhere you want, you have space, and you are free. But they have bought the right to use the "free-range" label simply because the chickens are not in individual cages. Instead,

they are often packed into a giant room, but this room is immensely overcrowded. Therefore, there is almost no difference at all—if there is even any.

EATING EGGS IS ACTUALLY DISGUSTING.

Egg eaters are literally shit eaters, menstruation eaters, and pee drinkers. A funny thing about people who eat eggs is that they never stop to think about what they're actually shoving into their mouths. Most probably don't realize that they are literally eating menstrual material, and that alone is disgusting. Can you image about the fact that they are eating shit and pee? They are so delusional that they refuse to even learn about the anatomy of the chicken. Because changing and learning is not conmfort, and meat eaters have one things in common, they do not question, they do not have the balls to create change in their life and to admit that they have been doing soemthign wrong. Can you understand how stupid one has to be to look at a chicken's ass and think, yum, im going to eat what come out of it, seems so healthy, seems

like the right thign to do. After all, it's not so surprising because it's the same type of degenerate people who look at a cow's long tits and think, "Yum, let me suck on them and get that white liquid." Utterly unconscious and disgusting.

To truly understand the filth of an egg, you have to look at the anatomy of the creature producing it. Chickens do not have separate plumbing. They don't have one exit for peeing, one for defecating, and another for reproducing. Nature built them with a single, chaotic, all-in-one sewer system called the cloaca. Think about the sheer mechanics of that. The exact same tube that dumps solid feces and streams of liquid uric acid is the exact same tube that forces out the egg. There is no separation. Every single egg you crack open has been squeezed through a biological gutter, literally bathed in a mixture of wet droppings and urine on its way out into the world. And don't let the washed, bright white supermarket shells fool you. Eggshells are completely porous—they are

covered in thousands of microscopic holes designed to let gases pass through. When that wet, warm egg passes through the hen's internal sewer, it doesn't just touch the filth; it drinks it in. Microscopic traces of feces, uric acid, and ammonia are pulled directly into the pores of the shell before it even dries. You aren't just eating a discarded reproductive cell; you are eating something that was literally extruded through a feces-smeared chute, contaminated from the inside out before it ever hits the frying pan.

Eggs are nothing more than the hen's undeveloped reproductive cells—her body's discarded attempt at making babies. You are swallowing something that was meant to become life, a partially-formed potential ripped from a living creature. Unfertilized eggs? They're essentially a chicken's bodily output, expelled because it's useless, like a woman's egg that never met sperm—and yet humans cook it, lick it up, and eat it like it's harmless food. Think about it: The white is a slippery, viscous

liquid produced inside the hen's oviduct, passing directly through her cloaca, coated in bodily secretions and reproductive fluids, biologically designed to protect an embryo. It's sticky, slimy, and completely unnatural for human consumption—a product of another creature's reproductive system that we treat as food. And the yolk? That yellow blob is the actual potential life—a fragile, discarded sac ripped from a living hen. It is nothing but reproductive matter, intended to feed an embryo that will never exist. It's dense, unappealing, and packed with all the substances of a reproductive organ—blood, proteins, and fluids meant for a chick, not for your stomach. It's biological, it's real, and it's grotesque. Every omelette, scrambled egg, or boiled egg is just a chunk of another creature's reproductive machinery, served to you as if it were normal, while the industry works hard to hide the disgusting truth from your eyes and your mind. And if the reproductive horror isn't enough, consider the filth these eggs come from. Chickens live surrounded by their own waste—urine, droppings, and feathers mix into sticky sludge

that coats everything, including the eggs. They even live surrounded by corpses; they walk on their dead friends rotting on the floor while the workers don't do a thing about it. They are surrounded by sick chickens filled with several cancers and organ failure due to the growth hormones that make them grow too fast.

Even washed eggs still carry traces of feces, bacteria, and ammonia, and many pass over conveyor belts stacked atop other eggs, touching layers of filth before reaching you. The slippery whites, the yellow blobs of reproductive matter—all of it has been in contact with waste and secretions, handled in industrial warehouses built for efficiency, not cleanliness. The eggs aren't just coated in feces; the air itself is thick with ammonia from urine, which can cling to shells and contribute to off-flavors and odors. This makes the eggs biologically "contaminated" before they're even handled. Industrial hens are stressed, sick, and hormonally manipulated. Cortisol and other stress-related substances can be present in eggs, making them literally the byproducts of

trauma. Eggs often sit in crates for days or weeks, sometimes in unsanitary conditions, making them even more of a bacterial hazard. Every egg you eat is a tiny capsule of another creature's reproductive system, smeared with the byproducts of her life in a factory, filled with shit and pee, disguised by labels and marketing as "natural" or harmless. If you were out in the wild, starving and about to die, sure—I'd understand eating almost anything, even those nasty menstrual eggs. Survival instinct is survival instinct. But how is it possible that in this modern era, with supermarkets full of abundance, clean water, and endless options, people still choose to eat like rats, scavenging like prehistoric humans? How can anyone willingly shove menstrual material and baby-killing reproductive sludge into their mouths? And how can you pretend to care about suffering while paying for it every single time you crack an egg? It's time for the modern meat-eater to evolve. To stop acting like a scavenger and start acting like a human. The planet, the animals, and your own dignity are all waiting.

Mental Trash Bin: Protect Your Peace from Idiots

As you take on this journey toward having a more divine relationship with nutrition, you most probably will encounter a lot of mindless sheep that will try to provoke you or create doubt in your mind. Always remember that by going against the path of the mass, it naturally will trigger the sheep. They cannot think for themselves; they do not even know they are slaves to the system. They have been listening to TV commercials and the news as if they were God for their entire life. So of course, as you take on a different path, they will consciously or subconsciously see you as a threat and might feel the urge to pull you down. Because when you shine bright, their shadow becomes too obvious, and they cannot deal with that. They are used to being comfortable because they hang around with other sheep. They will go on and say totally unscientific nonsense and no matter how much real knowledge you share with them. For most of them, it will all be a

waste of time because they do not want to hear the truth. So you will have to learn to protect your peace and not waste time with those sleepers. The bees do not waste their time explaining to the flies how honey tastes better than shit. Similarly, almost every time that you succumb and enter an argument, you most probably will lose even when you are right. Because the mass always helps the mass, no matter how wrong the mass is. Of course, if there is a proper setting with respect and maturity, it can be very interesting to talk about proper nutrition to someone who is not aware of it. But if you know and you feel that they are like a rock or a wall, whatever you say, they don't care; they are just here to bring you down. Make sure to not waste your time with such people. I've been getting much better at doing so, but I'm not perfect at all about it for sure. Some days ago, someone began to randomly tell me about how veganism is fake, that it makes no difference, that vegans are sick, and all that nonsense. Usually I just don't care and let them yap their nonsense. But somehow this time I succumbed and entered an argument. The

person was so ignorant that he thought there is animal protein and plant protein. It was at that moment that I succumbed due to how idiotic his words were, like an itching sensation that must be scratched, and simply said, "That's not a fact; what you are talking about doesn't even exist. Do you even know what protein is?" And from here on, a little argument began. Not a big argument with screams and all. But I did feel some anger from his utter stupidity and lack of openness to learn. It also did not end in a bad way; we just wished each other a good day at the end, no harsh feelings. But still, it lowered my energy and affected my inner peace. If such an event goes on happening to you on a regular basis, it will be detrimental for your own mental health. So learn to let the sleeper yap their nonsense without needing to let them know how wrong they are; this is for your own sake. You will most probably also experience your own family being afraid for you and saying some more unscientific nonsense. Usually, when we are meat eaters as kids or teenagers, our family says things like, "Eat your vegetables; they're good for your vitamins and minerals. Eat

your veggies; they'll make you strong and healthy. Eat your vegetables; they're full of nutrients." They even force us to eat broccoli; they tell us we don't eat enough fruits and try to force us to eat some apples or bananas. But somehow when you turn vegan, their brain begins to glitch, and they start saying things like, "But where will you get your minerals? your vitamin? your nutrients?" It makes absolutely no sense, and it kind of is hilarious. It is better to laugh at it rather than be mad about it. Even when the people who judge my diet cannot run half my speed or even a third of the time I can jog, even if they don't even have half of my muscle or balanced physique, even if their skin is dead and dry and their eyes have bigger dark bags than my sport bag, Even if they cannot lift the weight I lift in my training or even do a single large-grip pull-up, even if they need 8 hours or more of sleep daily with some coffee while I sleep only 6, even if I never go to the doctor and they regularly go as if they were a car needing an oil change or had some sort of membership. They still talk as if I were lacking nutrients and about to die. That is just part of

the game. So for this reason, you must develop what I call a mental trash bin. You know how your computer has a digital trash bin for you to discard any unnecessary files? Similarly, you must have a mental trash bin where you take the opinion of the sleeping sheep and shove it right there, into the mental trash bin. You don't tell them that they are wrong, and you don't fight or argue. You deal with it gracefully, maybe even make some joke, such as
Oh well, I hope i'm going to last until the end of the year at least!' Understand that they are like drunken babies, they do not know what they are saying and doing. So you discard their opinion silently and secretly while avoiding any kind of argument. This, my friend, will save you from losing your center thousands of times in the upcoming years. In fact, when we fight, we tend to make them hate veganism and proper nutrition even more. But when we are simply humble, vibrant, and kind, we look very healthy. At some point they might start to wonder and ask you, how do you do it? How are you so healthy and always so well within yourself? Then, this is your time to shine positively and to inspire.

The Lie in the Label: Why Numbers Aren't Enough

There was a time when humanity was asleep enough to trust the matrix and the greedy businesses, and that time is now coming to an end. You must understand from this very moment on that you can no longer base your diet on the nutrition labels of any items in groceries. They have dulled down our intelligence by making us mindlessly think only in terms of numbers, of amounts of iron, of vitamin this and that. But in fact it goes so much deeper than this. I have a great example from this weekend about the marketing scams of nutritional labels. I went on and bought a coconut water can. For sure it's not as great as getting a fresh coconut; I know that. As I went ahead and checked the label behind the can, I noticed that there were 26 grams of carbohydrate and 22 grams of sugar. Right away something was fishy. For any uninformed person, there would be no question asked. For those who know, all natural sugars are

carbohydrates. It is senseless to write down 22 grams of sugar and 26 grams of carbs because the 22 grams of sugar are already in the carbohydrates. So out of curiosity, I went ahead and asked my AI buddy why they do that. The AI explained that it is a marketing strategy in order to make us feel like there is less sugar than there actually is. By adding useless numbers here and there, the amount of sugar ends up feeling smaller than what it actually is.
So this particular case was not harmful because, anyway, the sugar in fruits is very good, and we need it. It is simply a little example of how the businesses are using food labels to alter your perception about their product.

MEAT LABELS LIE: WHY NUMBERS DON'T TELL THE TRUTH

Now let's see about meat; it is a perfect example of how the food labels are total nonsense. There is no way we can fully assimilate everything meat has to offer because we are not carnivores. We can simply survive with meat, not reach our highest potential. As this book shared on meat,

It takes about 3 days to fully digest it. Not because it has a huge amount of iron, protein, B12, and whatever; rather, because it is actually rooting inside of you. You are so unable to assimilate what the meat has to offer that it sits inside of you for about 3 days! So no matter how much protein and all the label claims to offer, you surely will not get all of those benefits at all. You might be lucky to even get half. I remember when I used to be a meat eater, I would go to the toilet way too many times a day to poop; I was even laughing about it. I was proud of eating a big amount of food. I did not understand back then that I was eating big amounts of food because all I was eating was garbage, steak, chicken, eggs, pork, cheese, fish, and all that nonsense. I needed a lot because in each piece, only a small amount of benefits was assimilated. While the rest was feeding sleeping cancers, acidity levels, and doing much more harm. In fact, if you want to properly get nutrients from what you eat, it is best to eat that which is the furthest away from you on the evolutionary scale. The human system does not have what it takes to fully use what meat has.

Animals are much too complex systems for us to work with in an efficient and effortless way. It's not only about protein, B12, iron, and all. It also is about how much energy from your body the food needs in order to be digested. I can assure you, meat takes way too much energy to break it all down. It's kind of like giving you 5$ but asking for 8$ in return. Therefore, it is not worth it if you have access to what you need for a vegan diet. So yes, meat might look like it has a great amount of nutrients in numbers on papers. But assimilation isn't just about numbers. Meat is kind of like a social media influencer who looks pretty and hot, and when you meet her in real life without her filters and tons of makeup, you don't even recognize her. Don't be fooled by the surface of meat, because deep down, you will be scammed.

UNDERSTANDING ANTI-NUTRIENTS

Another interesting example of food labels not telling the whole story is spinach. Spinach has iron on paper, but your body can't absorb much of it because it contains high levels of oxalates,

natural compounds that bind to iron and block absorption. So even though spinach looks great on a label ("high in iron!"), your body absorbs very little of that iron—sometimes as low as 2–5%. In the plant kingdom, there are some efficient plants and some much less efficient ones for the human system; we must simply learn to pick the right ones. Never blame the vegan diet. Only blame your poor level of understanding and lack of research, because that's where all problems with veganism come from. Some natural food has some antinutrients, and some of them can be countered or at least lowered. For example, for the spinach, if you put lemon juice on it, You will be able to absorb more iron from it. Personally, spinach is not part of my main nutrition at all. I enjoy them in sandwiches, burgers, and in dishes that I eat for taste satisfaction, but they are not part of my main nutrition. Another interesting example is little millet. Millet itself also has antinutrients; it has phytic acid. It binds to minerals like iron, zinc, and calcium, making them harder to absorb. The good news is, unlike spinach, there is a way to greatly change this phenomenon.

Usually, you would probably assimilate only about ~10–20% of iron due to phytic acid. After doing what should be done to prepare your millets, iron absorption can increase to ~50–70%, depending on the type of millet and water temperature. So the method is very simple, simply soak the millet in warm water with a little bit of lemon juice for about 20 to 24 hours; it will activate natural enzymes that break down phytic acid. Just using the right method can make the same food 50% stronger or even more. So no wonder why so many meat eaters eat huge quantities of food. It's because all they eat is garbage! Unlike plant foods, where we can improve nutrient absorption by approaching them the right way, meat is just garbage—and it stays garbage. If you eat what is right and prepare it the right way, you can double the nutritional value of the same food without consuming anything more. The same goes for lentils. Soaking lentils for about 12 hours similarly activates enzymes that reduce anti-nutrients like phytic acid and enzyme inhibitors. As a result, soaking improves

nutrient availability and reduces digestive discomfort often caused by lentils. There are countless examples of this phenomenon repeating itself, and there is no need for you to know it all. After all I eat the same things pretty much every week, so once you get your base nutrition figured out, there isn't much to stress about. Just be aware of this fact and do your research about the food you consume the most. And always remember: the anti-nutrients you find in some vegan foods are not present in all plant foods—only in certain ones. This is not an excuse to justify the ignorance of eating meat. You simply need basic intelligence and some research to find the right foods to eat.

After all, even with meat, you cannot eat just any animal. We all consume the same few species repeatedly because eating certain animals could make us sick or even kill us—just like eating the wrong mushroom can be deadly. The difference is that in the plant kingdom, some foods contain anti-nutrients, while others are perfectly fine. In the fruit kingdom, you will find true health. In the meat graveyard,

however, it's all junk that your body can never fully assimilate. So make a conscious and intelligent decision about what you put in your body.

THE HIDDEN ENERGY PRICE OF EATING

Most people will never even take a second in their entire life to think about how digestion happens. They just take it for granted that they have a magical stomach that digests everything with sorcery energy that is totally free and doesn't cost a single resource. This could not be further away from the truth. Digestion is an active process requiring your body to expend energy, produce enzymes, and use minerals to break food into usable nutrients. Some foods are easy to digest and provide a net gain of minerals and energy, effectively nourishing the body. While some other foods, especially meat, processed food, heavily cooked, or containing anti-nutrients, are harder to break down, demanding more from your digestive system.

When digestion is difficult, your body may draw on stored minerals like magnesium, calcium, and zinc to produce digestive enzymes or buffer acids, causing a net mineral loss. Over time, eating many hard-to-digest foods can deplete these essential minerals, weakening digestion and overall health. You go ahead and believe that your meat or whatever you eat is providing all that you need, while in fact it is using way too much of your resources to digest it. This explains why simply looking at the nutrient content of food isn't enough; the cost of digestion influences how much nutrition your body actually gains. The right mathematics is not; Oh hey, there are 20 grams of protein in this, I'll eat it and have 20 new grams. No, there is a cost to assimilate those proteins or whatever else, and very often, the cost is too high. This science is not mindless mathematics; it is much deeper. For example, when you eat some good-quality carbohydrates from natural foods like fruits. When carbohydrates are broken down in the body, they react with oxygen in a process called

cellular respiration. This process produces energy (ATP), carbon dioxide, and, importantly, water. This means that metabolizing carbs actually generates water inside your cells, helping to keep them hydrated from within. This internal water production is one reason why a vegan diet rich in fruit is far superior to any meat diet, since meat do not produce water at all when metabolized.
On the other hand, another example is meat and how it costs from within to eat it. When you eat protein from meat, your body has to work extra hard to break it down. This process produces waste that your kidneys need water to flush out. So, instead of hydrating you, eating meat can actually use up your body's water and leave you feeling dehydrated. Unlike carbohydrates from fruits, which create water inside your cells. Beyond this, digestion requires your body to produce a variety of enzymes, which themselves need minerals and energy, And guess what? Cooked meat provides essentially no active enzymes at all. Overworking digestion drains your body's reserves, affecting overall vitality. Also, when

you go on and eat foods that are difficult to digest, difficult digestion often causes low-level gut inflammation, which further impairs nutrient uptake and overall health. Of course this small chapter doesn't even share half of the entire science behind it. Now at least, you can be aware of this fact. Remember it and choose wisely what to eat, not only based on nutritional values and numbers written on a paper, but also based on what the internal cost of digesting it is. To finish this sub-chapter, I will leave you with the most efficient food to consume based on how much energy it uses. Can you guess it by now? It is fruit! They are the most efficient sources next to the amount of energy and resources they need in order to be digested. Their high water content, natural sugars, fiber, and enzymes make them easy to digest and help hydrate your cells. So, compared to heavier, harder-to-digest foods like meat or processed items, fruits give you more nourishment for less internal “cost“, while meat literally robs you and scams you.

CALORIES LIE, LIFE DOESN'T

Calories are also often deeply misunderstood; people mindlessly look at numbers once again, just like they do with protein, without asking themselves any questions. So first of all, what are calories actually? Calories on a label measure potential energy in food, but actual usable energy depends on digestion and absorption efficiency. The body spends energy (called the thermic effect of food) just to digest, absorb, and metabolize what you eat—some foods require more energy to process than others. For example, whole, natural foods like fruits and vegetables may have fewer calories but give you more usable energy because they're easier to digest and contain enzymes that help. While on the other hand, processed foods might have high calories but give less usable energy because they contain additives, anti-nutrients or are hard to digest, causing your body to spend more energy just breaking them down. So they are what some people call as empty calories. This can already give you an idea of how, once again, the food labels are mostly a marketing

scam. Beyond this, calories are not just calories; there are calories from fats, calories from carbohydrates, and calories from protein, and each one affects the body differently. Carbohydrates provide about 4 calories per gram and are usually your body's preferred quick energy source. It is the main fuel for high-intensity workouts aimed at bodybuilding, and it is also the brain's primary fuel source. So, it is no wonder that people who promote no-carb or low-carb diets tend to be mentally slow. Proteins also have about 4 calories per gram, but they cost much more energy to digest and metabolize, and they dehydrate you. Fats provide about 9 calories per gram—more than double carbs or protein—and digest slower, providing longer-lasting energy. Because of digestion differences and how they affect hormones and metabolism, 100 calories from protein won't have the same effect on your body as 100 calories from fat or carbs. Another example of how only looking at the numbers doesn't work out is this: you could eat a big plate of fruits and vegetables, and let's say it is

the equivalent of 250 calories. While on the other hand, you could eat a small piece of cake that is also 250 calories. in terms of volume we would easily believe that the big plate of fruits and vegetables is heavier, since the little slice of cake looks so small next to it. While this, in fact, would be wrong. Because even if the big plates of natural food have the equal amount of calories and look bigger in size, they are actual fuel that your system needs. Therefore it uses it all, or almost all of it, converting it into all the types of resources you need. While on the other hand, the small piece of cake that was also 250 calories is utterly useless. It's pure shit, it's poison. It has no value to bring into your system. It goes on feeding sleeping cancers, feeding inflammation, and that's not all. It also consumes a big amount of your energy to break it all down and try to get rid of it because it's pure garbage. I'm sure you can remember a time when you ate some junk food and then felt totally drained, had no energy, and just wanted to go to bed. This is a perfect example of how 250 calories of two different foods will have a totally different impact on your system.

250 usable calories will obviously mostly be used. While 250 non-usable calories will not have much necessity or benefits to provide at all, while also having a great amount of it that will turn into fats. Because in many cases, when the body does not know what to do with some non-healthy food you've eaten, it simply turns a great amount of it into fats. It is still a fact that the science of weight loss is about calorie deficit, and it also is a fact that when you want to have that calorie deficit, there are other things to consider other than a mere number backed with no intelligent observation. The primary reason why a calorie deficit is the key to fat loss is because the body will use fat as fuel to create needed resources only when you do not have any other resources left. so as long as you have enough resources from what you eat daily; there is no reason for the body to use your fats. Even if you go ahead and exercise several times a week, if you eat like a pig, you will go on only burning resources from your food instead of resources from your fat. It's also even more tricky than this because the type of training you

do will determine what your body uses as fuel. High-intensity training for muscle mass, which is short and intense, uses carbs, not fat. Only when you train for a longer amount of time at a moderate pace without a bunch of pauses, now with the element of time and oxygenation, fat will be burned. Quick and intense training = carbs. Longer and moderate-intensity training = burn fat. In short, calories measure energy, but how your body uses that energy varies depending on the food's source and your activities. Therefore, once again, most of the information on the food labels is mostly nonsense. You don't need to know everything about it, I don't know everything about it either. Just open your mind to the fact that calories are much more complex than we were made to believe.

MICROWAVE TURN YOUR FOOD INTO DEAD WASTE

If you still use a microwave in this modern era, you are making a huge prehistoric mistake. Microwaves, I call them mini Hiroshima bombs; they are disgusting, and they totally destroy our

food. Whatever the label says on the food you are about to eat, once you put it in the microwave, it doesn't matter what percentage of whatever it has per gram; this food is now dead. Usually when we cook food in the oven or any more natural method, the heat comes from the outside and then affects the food. Microwaves, on the other hand, agitate the food from the inside, which can stress or break delicate molecular bonds. Microwaves cook food by emitting electromagnetic waves that cause water molecules (and other polar molecules) to vibrate rapidly—typically 2.45 billion times per second. This vibration creates friction, which generates heat, and that's how your food warms up. In this process, your food loses pretty much everything it had to offer; it turns pretty much into poison. Remember, when you intake anything that you cannot truly use as resources, the body works very hard to break it down and get rid of it. There are some nutrients that are more vulnerable than others; enzymes (needed for digestion, assimilation, and pretty much any actions at all) are pretty much all destroyed. Vitamin C, B vitamins, and

antioxidants are sensitive to heat and can break down faster. Even some protein structures may be denatured in a way that makes them less bioavailable, if available at all. So those altered molecules become immensely less recognizable to your body. The food may look the same—but energetically and structurally, it is pretty much "dead." There are also energetic forces in all natural foods, as this book explains, such as prana, vital force, etc. It's all dead; it's all gone. You are eating the ghost of the food you first wanted to eat. Not only is the food dead in nutrients and molecularly no more the same, but even the container in which you are keeping the food might poison you. Most people bring plastic Tupperware to work and then heat it in the microwave when it's lunchtime. If you microwave food in plastic containers, the heat causes chemicals like BPA, phthalates, or dioxins to leach into your food. These compounds are hormone-disrupting, inflammatory, and linked to diseases like cancer and infertility. Even "microwave-safe" plastic isn't truly safe—it just doesn't melt. There is a thing called the forever chemicals (PFAS). What

is that? PFAS are man-made “forever chemicals” used in plastics, coatings, and packaging that don’t break down in nature or the body, so they build up in your blood, organs, and tissues for life, and they are related to a long list of serious health issues. Some plastic Tupperware and food containers can contain PFAS, especially older or cheaper brands or ones labeled as non-stick, stain-resistant, grease-resistant, or microwave-safe. Even if it doesn’t have PFAS written on the label, it can still have it and it may still release them or similar toxins. So basically, if you are using a microwave in this modern era, it's time to wake up, and I hope this book sheds the light needed in order to never use a microwave again. If you need to reheat your food, there are other better ways. Always, you should use a way that will not heat your food too quickly. The faster your food heats up, the more you lose everything good that it has to offer. It should take a good 5, 10 to even 20 minutes to heat most of your meal in the best possible way. Depending on what your meal is, you could use the oven, stove, or pan. What I personally use

for work is an electric lunch box that has 4 heating elements in it. So when I used to heat my bowl of lentils or millet, it takes about 15 to 20 minutes for millet and around 25 minutes for my lentils. If you really want it to be ready quickly, an alternative that is not perfect at all, yet better than a microwave, is an air fryer. They are not perfect, like I said; still, if you want something quick, they are much better than a microwave. In fact, the day that you stop using the nasty microwave, if you go ahead and heat some food in it and taste it, it won't taste the same as before. You will truly taste that nasty microwave effect; the food loses some of its flavor, and its texture also changes. Even in the mouth, as you chew it, it feels dead and poisonous. There is a weird taste of the microwave effect itself that you will notice too. So I can understand that you might not always use the best possible option to reheat your food; still, at least stay away from microwaves. The best thing is to never reheat anything because after 2 to 4 hours of being cooked, it has already lost an immense amount of potential and benefits, as the Gita explains. With work and all

the nonsense of the matrix, some of us do have to reheat their food still, if you eat lentils or millet like I did before, for example. Or as I do now only for my tofu. Maybe one day I will fully ditch all of this. It sure sounds nice to my ears; let's find out. After all, raw food will always be the highest. To finish this subject on a strong note, to prove you how stupid it is to usa microwave. If you have a microwave, open it and look a the middle of the turning plate. There is a metalic element that usually makes it stay in place and spin. Usually in prety much all microwave this metal element is literally the symbol of nuclear poison. unconscious people who are sheep and cant think for tehsmlves always laugh when i say this and say its just a coincidence, but i garantee that it is not. This is how the matric operate. To minise their karma, they must always tell you, show you in any subtle way the truth. Then, if you still decide to consume it, it is now your personal choice and your eprsonal klarma. Just like if they would hand you an apple, the apple as a sign on it that says poison, a small sign semi hidden, so that

those who are consacious shall see it,
and the unconscious sheep will nevernotice tbecause they are barely living on the autilipot of their sunbconscious mind. So when your heatin divice use a nuclear poison sign to spin your food arround, it's time to do better.

COOKING = LOWERING THE POTENTIAL OF MOST FOOD

If nutrition would merely be about reading labels and adding each number on top of each other to know the exact resources of your meal, it surely would be so simple. Unfortunately, it is not so, and when you cook your food, it is even less so. Not only do the labels say plenty of nonsense, but even after cooking your food, you have totally changed the amount of resources you will benefit from this meal. First of all, raw, living foods contain vital life force—what yogic traditions call prana and the Chinese call chi. Cooking highly reduces the subtle energy in food, shifting it from a living, vibrant state to something more static and energetically muted." This phenomenon can also easily be felt and experienced. For instance, with zucchini, if

you eat it in its raw form, it won't take time for you to feel full. When cooked, you can easily eat 2 or 3 in a short amount of time and still feel hungry. It is clear evidence that it has lost plenty of the benefits it had to offer. When the body goes on being hungry even after and while eating, it is because it is hungry for real fuel. It did not truly get all that it needs. The same goes for carrots. Have you ever tried to eat two complete raw carrots of great size? It quickly makes you feel full. When cooked, you can go ahead and eat a bunch of them without feeling full. Because once again, you have destroyed most of the content and energy it had to offer. There could be so many examples to give, but I guess you get the point. What we absolutely need for digestion are enzymes. Enzymes are life catalysts that help digestion and cell function. Yet, most of them are heat-sensitive and die at around 118°F (48°C). Raw fruits and vegetables come with their own enzymes, and cooking makes you depend more on your body's enzyme reserve, increasing digestive strain. So the heat goes on destroying many

sensitive nutrients that our body enjoys, especially vitamin C, B vitamins, folate, and phytonutrients. Cooked foods, while comforting and nourishing in some lesser ways, can also contribute to subtle imbalances in the body—encouraging acidity, heaviness, and internal stagnation over time. Acidity is exactly what we want to stay away from. The human body needs to receive alkaline food. An elevated acidity level is the first root of an enormous list of health problems. While on the other hand, raw foods, especially fruits, cleanse and alkalize, support higher vibrational states. So basically, from a metaphysical perspective, cooking is like "eating memories." The food is no longer evolving—it's static, chemically altered, and energetically "stuck" in the past and left with much fewer benefits to offer. This may dull your intuition, sensitivity, and meditative clarity. So basically, in most cases, eating cooked food is simply for your ego desires to enjoy a certain taste. In most cases there is no positive reason to cook. I'm not saying never cook again; I understand it's fun to cook and eat your meal rich in flavor. What I'm saying is, minimize

your cooked food as much as possible and ensure that your base daily nutrition is made mostly of raw foods. After all, fruits and raw greens are light captured in physical form—they're literally made of sunlight + water + earth + air. Eating raw means you are ingesting crystalline solar codes, not just calories, and this can help to awaken cellular memory, intuition, even DNA activation (often called "junk DNA"). As we return to nature's original design—foods untouched by fire, rich in light, water, and vibration—we begin to remember the body's natural intelligence. In choosing what is alive, we feed more than just our cells; we nourish our clarity, our energy, and our connection to the divine pulse within all life. The path of spiritual nutrition is not only about rigid rules, but about returning to simplicity, to purity, and to the quiet wisdom that raw, living foods carry.

Sleep Smarter: Forget the 8-Hour Rule

Imagine you had a beautiful car, but you had to leave it at the garage for one-third of every month. Would you still consider that car worth having, or would you call it a piece of junk? I'm pointing this out because most people spend one-third of their day asleep—often even more. Sleeping eight hours has become almost like a religion. Nobody questions it; everybody follows it blindly and mindlessly. They've been conditioned so heavily around the number eight that if they sleep seven or six hours for one night, they might even call in sick to work, insisting they feel tired all day long.

But if the human system is truly one of the greatest creations on Earth, there's no way it was designed to be this fragile or dependent on such rigid rules. I used to be the same. I used to sleep eight hours every single day, and if I ever got seven, I would wake up and feel tired, thinking about it all day long. But let's be honest about why you think you feel tired with

less than eight hours of sleep. The moment you wake up, it's the first thing you think about—you fixate on your "missing" hours of sleep, and you notice yourself being sleepy. But if you had any self-awareness or self-honesty at all, you would quickly notice that even when you sleep eight hours, you wake up tired. In fact, even when you sleep ten hours, you still wake up feeling tired and sluggish. The only difference is that during the day you go on repeating like an old broken DVD that you slept only six hours, that you're tired, that it's not enough—completely ignoring the fact that you're tired every day anyway. Suddenly, you're making a big deal out of it, and by repeating it nonstop, you actually create the enhanced feeling of tiredness. It's just like if you repeat endlessly that today is a bad day—you'll manifest negative people and negative events toward you. On the other hand, if you keep affirming that today is a wonderful day, suddenly blessings come your way: pleasant synchronicities, nice connections with people, and positive events tend to happen. We are using our power of manifestation

against ourselves. This is why sleeping six hours feels like not enough. Whatever you deeply believe within your subconscious mind to be true—whether it's a fact or just an illusion—your body will follow and you will experience it as reality. So just like you conditioned yourself to believe you need eight hours of sleep, you can just as easily condition yourself to believe you need six hours or even less with the right mindset.

WHY YOU'RE ALWAYS TIRED — THE LIFE, REST, AND NUTRITION CONNECTION

Now let's get even deeper about why you are always tired in the first place. One of the greatest reasons why is because your life is purposeless and meaningless, with no adventure, passion, nor valuable goals to it. For most of us, our entire life is just yesterday on repeat—wake up, prepare for work, work, come back home to eat and watch tv, sleep, repeat. That recurring feeling of tiredness is definitely not only connected to your hours of

sleep; it is much more connected to the real you as the soul being unfulfilled by your way of living. It is connected to how you don't even need to be alive anymore to live this life; you could just put your unconscious on autopilot and your day would be the same. You are not even required to be here anymore; you've become like a robot. Beyond how meaningless most of your life has become, another reason why you are always tired is because you have failed to understand the fact that the body requires rest. Not just sleep, especially rest. But what is rest? Rest is when the body is allowed to be still, allowed to activate its healing and rejuvenating powers. Sleep does not bring much rest at all, because in 8 hours of sleep you will be lucky if you even get 2 hours of deep sleep. Why is sleep not enough? Because you are still in activity endlessly. You might not be aware of it, but you are dreaming all night long. You are having thousands of adventures in the astral realms unconsciously, dreaming about dramas that don't even exist. You are dreaming about the end of the world and hundreds more

possible problems. Even when your dreams are pleasant, which they rarely are based on our memory, even those dreams include the five senses and do not allow true rest to happen. Another major factor that is immensely affecting how tired you feel is your nutrition. Most people's nutrition is pure garbage, and the digestive system cannot deal with it; it's always working overtime. Usually, the digestive system is supposed to be calm when it's time to sleep, but most people continue eating even until the last hour of sleep or eat food that cannot be digested. The result is that the entire night is used to digest their garbage nutrition, or even their healthy snack. For example, whenever you eat meat, you can be sure your digestive system will be working for two to three days. Pretty dumb, isn't it? When you consume fake food like pasta, frozen meals, processed sugar, and such, once again you are giving an immense amount of work to your digestive system. It can never finish fully before you go to bed. Sleeping is supposed to be time off, yet you go on digesting food 24/7, then wonder why you are tired. On top of that, most people consume food

that destroys hormonal cycles and other operations the body is supposed to naturally do. Such foods include tea and especially coffee. You cannot hope to have natural energy if you consume coffee—it doesn't work that way. Coffee is a shameful drug and must be thrown in the trash if you want to realize your natural vibrant energy. Your nutrition should be fully vegan and raw as much as possible. You should never eat 2.5 before sleep, in fact, I suggest to not eat even 3 to 4 hours before sleep. You also must absolutely use intermittent fasting in your daily life—16 hours daily. There is a chapter in this book that explains how to easily do this 16-hour daily fast. The number of times you eat and activate your digestive system also has a huge impact on your energy level. The best is to eat only once a day, and if you cannot, then twice a day. Eating three times a day is purely idiotic; it is a cult, a brainwash by the economy to make you consume more than you need and keep you sick. So make sure to get your nutrition right. As long as your nutrition is not right, don't go on wondering why you are always tired.

TRUE REST — MEDITATION, ZEN, AND YOGA NIDRA

So how does one truly rest beyond sleep and nutrition? The answer is meditation. You must meditate every day for a minimum of 30 minutes in total if you want to properly recharge the human system. When you are beyond the body and beyond the mind, utterly still in your body and utterly silent within your mind, just ten minutes of this will bring more rest than 2 hours of sleep. You can even test it for yourself; I did, and the experience proved it to be true. Whenever we take a nap of 30 minutes or 1 or 2 hours, we wake up feeling worse. We feel tired, sleepy, lazy, and it often ends up being a nap that goes all the way until tomorrow morning because of this fact. But when you are tired, your eyes are burning, your mind is feeling foggy. After a meditation of 20 to 30 minutes, as soon as you open your eyes, the difference is felt immediately. Suddenly, your eyes don't feel tired anymore, your mind is clear, and your energy is back to a neutral state rather than low. It is because you truly need

rest, not much sleep. Sleep is mostly needed for your endless unfulfilled desires because of your empty life. Your subconscious gets to satisfy all of your desires that never see the light in the dream world. Without it, you would possibly turn crazy, more depressed, and more stressed. So I'm not saying sleep is useless, definitely not, but we must understand the difference between sleep and rest. We must give more importance to rest. That state of resting can also be converted into zen. That means realizing a state of meditativeness even with your eyes open during all your daily activities. To put it simply, it is to be able to live in the state of no-mind for most of the time. That way, you will be fully present and at peace. Because another reason why people are so tired is due to their never-ending thoughts. Most people's thoughts are negative and create low-vibrational emotions. That too goes on burning your fuel all day long and leaves you feeling lethargic. So one who knows how to be zen during the day and also uses some daily time to meditate, such a person will quickly notice that their amount of sleeping hours required will quickly go down. How will

you notice? At your usual sleeping hours, you will often find yourself still very vibrant and awake; you won't feel sleepy. You might also start to wake up 1 to 2 hours before your usual clock, filled with energy to start the day. Otherwise, when you make the choice to lower your ammount of time sleeping, let's say from 8 to 6 hours, it's normal for it to feel challenging at first because your body has an internal clock. It's used to sleeping a certain amount at specific times. Give it time—once your system adapts, the new rhythm becomes effortless. Lastly, beyond meditation and being zen during the day, there is another immensely powerful key to requiring less sleep. It is called Yoga Nidra. I made an ebook about how to do Yoga Nidra; it is called Astral Projection Made Easy. To put it simply, Yoga Nidra is the art of letting your body and mind fall asleep while remaining aware and present as consciousness. Why would you want to do that? Because that way you will be able to embody perfect stillness of body and mind without dreaming. That means you will be able to truly rest without your five senses

being overloaded all night long in your dreamy dramas. This is how a lot of yogis sleep for just 2 to 4 hours daily and have more than double the amount of your energy. It's because for those 2 to 4 hours they are not truly sleeping like the usual unconscious man. They are in the state of Turya, which is what Yoga Nidra leads us to: the body and mind asleep but you being awake. So I know most of you will not actually do Yoga Nidra for 2 to 4 hours and call it a night. What you can do to implement it into your life is to always use 30 minutes to one hour of your sleep time for Yoga Nidra. You will either fall asleep while doing yoga nidra, or you might fully succeed and enter a wonderful transcendental state that you will love, just like you might astral project. And if after 30 minutes or so nothing special has happened because you are still a beginner, you can simply lie in your usual sleeping position and drift off to sleep. All that matters is that every day you use at least 30 minutes to attempt yoga nidra, which will ensure that the skill gradually develops. By doing so, you will start to be energized much

more and you will require fewer hours of sleep than ever. To learn how to do Yoga Nidra, remember to read my free ebook: Astral Projection Made Easy.

GET ONE EXTRA YEAR EVERY 10 YEARS

Sleeping 6 hours instead of 8 also will give you a great amount of free time to realize your goals, to become better in your passions, or to do whatever you wish to enjoy life. In just one week, you will have 14 more hours available! That is almost a complete waking day extra. In one month, you will get 56 more hours than usual. Can you imagine how much of a great music player you could become with 56 more hours of practice in a month? Or how much faster you could grow your business, or perhaps how much time you could catch up on your endless list of tasks that feels overwhelming? After one year, you will have 672 extra hours of waking time accumulated, which is the equivalent of an entire extra month in your year! After ten years, you will now have a

whopping 6720 extra hours, which is the equivalent of almost one extra year. We often keep yapping about lacking time, but what we really need is self-honesty. Time flies at the same speed for all of us. The difference is that some people suck at time management while others are skillful with time management. When I was younger, before even being spiritual, I always felt like there was never enough time. I was never tired when it was time to go to bed; I just wanted to play with my toys and continue epic battles and adventures in my inner world. As I grew older, the feeling of not having enough time never went away. Then, as I saw how much time it takes for my parent to cook and then wash the dishes, I was even more desperate. I thought, can adults even live? All they do is work, cook, wash dishes, and repeat. Fortunately for me, it turns out that I became a vegan that mostly eats raw, therefore I do not cook any meat at all; I only cook my tofu. This saves me an immense amount of time daily as well. Can you imagine not having to cook and having almost no dishes to wash? That too is an

immense amount of time saved! It is only later, as I became an adult and had my own job, that I got very desperate about time. By sleeping 8 hours and having to work 7 to 8 hours daily, plus 30 minutes to 1 hour of commute two times a day, I felt like I was being totally scammed by the system. It felt like I had no life. So I decided to try sleeping 6 hours. I thought there was no way that God created me so weak that I would need 8 hours daily. The first 2 weeks were a bit challenging to get up in the morning, and after that, it became very easy, just natural. So sleeping 6 hours rather than 8 actually will add several years of awake experience for yourself. Just think about what you could do with all that free time, and let go of the nonsense fear based propaganda that you need 8 hours.

Vegetarians Are Half-Hearted, Be Real, Go Vegan

Vegetarian and vegan are very different. I'm not a fan of labels because in spirituality, the sense of identification most of the time leads to limitation and misunderstanding. Still, for the sake of this chapter, let's make both of those labels clear. There is a huge difference between the two. First, let’s explain what veganism is because it is so simple. A vegan is simply someone who does not consume any animal product. That's it. On the other hand, what a vegetarian is seems to depend from person to person. It makes sense that it is not always the same because, after all, to be a vegetarian is pretty much just being a fake vegan. Vegetarians do consume animal products but most of the time they will not consume meat. What most vegetarians still consume, in a mode of ignorance and unhealthiness, are eggs and dairy products. The reason I say they are just fake vegans is because it makes no sense to still eat eggs and dairy if you truly have the

intelligence to understand that meat is poison and also causes way too much suffering. Most vegetarians stop there because it feels like a compromise between comfort and conscience. The ego likes middle grounds — enough to feel righteous, not enough to be uncomfortable. But spirituality is about truth, not convenience. It's easy to stop halfway when the world applauds you for it, but growth demands that you move beyond approval and into integrity. As this book shows, eggs are not free of pain; the egg industry is built on misery and suffering. Beyond the physical suffering, there is also an energetic truth: everything we consume carries an imprint. Eggs and dairy, born from exploitation and fear, carry dense, heavy vibrations. Consuming them clouds the mind, slows the intuition, and weighs down the energy body. Vegan foods, in contrast, carry life force — a vibration that lifts the consciousness, sharpens clarity, and allows energy to flow freely. What we eat is not just nutrition; it is the energy we absorb into our being. No species on Earth drinks the milk of another after infancy. Only humans, disconnected from their natural

source, accept these things as normal. Nature never intended for us to consume the byproducts of another species — eggs or milk included. This is not opinion; it is design. Both eggs and all dairy products create immense suffering — possibly even greater than meat. With meat, the animal is raised and then killed. But with eggs and dairy, the animal is kept alive for as long as possible, exploited day after day, cycle after cycle. It is no longer just about ending a life; it is about extracting from that life continuously — taking the milk, taking the eggs, taking the reproductive system itself — until the body is exhausted and no longer profitable. Only then is the animal discarded. So to believe that eggs and dairy products do not cause suffering like meat does is utterly ignorant. And again, if you, a vegetarian, do not care about animals and choose it only for health, There is countless piece of evidence that milk and eggs are very unhealthy. It's mucus-forming, very acidic, and high acidity levels are the best friend of nearly all small and severe illnesses. I'm keeping the details short in this

chapter because other chapters precisely about milk and eggs already provide enough information on the subject. So to be a vegetarian is really just to be a fake, half-hearted vegan. Whether your reason to be vegetarian is for health or for saving the animals, in both cases, you are deeply failing. It's time to get real and go all the way to veganism. At least meat eaters are honestly ignorant and devilish. But what really feels nasty about vegetarians is their false sense of doing something good. At least be real with yourself. This chapter might sound judgmental to vegetarians, and I don't mind it at all, because I feel like vegetarians need that slap in the face — that kick in the butt — so they finish their movement toward the mode of goodness. Vegetarians are kind of like a pipe that's starting to clear but still has residue inside. They've stopped letting the heavy sludge of meat block the flow — that's a huge step forward. The system is beginning to work again, energy is moving, life is lighter. But there's still buildup — the dairy, the eggs, the remnants of old habits — and the current can't

flow fully yet. When you clean the pipe completely, when you let it run pure — that's when you reach the clarity of veganism or even fruitarianism. Self-honesty is about recognizing where you stop halfway. Vegetarianism may feel like progress, but stopping there leaves residue — old habits, dense energy, and confusion. There is no need to climb a ladder slowly; one can move fully into veganism immediately. The key is awareness: understand what is still blocking energy, remove it, and allow clarity to flow. Halfway measures leave stagnation; full integrity releases it. Everything flows effortlessly. You're no longer managing blockage; you're channeling energy. And this is the call to full integrity: the final step is to be honest with yourself and the world. Half-measures create illusion, but full alignment brings freedom. Eating with conscience, in full awareness of suffering and energy, is not restriction — it is liberation. Choose the path that leaves no compromise, where action, thought, and energy are unified. That is the essence of spiritual nutrition. So if any

vegetarian reads this chapter, I invite you to be real from today on.

Snacking Steals Your Vitality

Snacking several times a day is like poisoning yourself, asking for illness. Every time you put something in your mouth, your digestive system turns on, diverting energy from vital functions like cellular repair, detoxification, and mental clarity. When you eat constantly, the body never fully rests or resets. Enzymes, blood flow, and energy are tied up in digestion almost all the time, leaving less available for healing, immune defense, and mental focus. Frequent snacking also spikes insulin repeatedly, disrupting fat-burning, creating cravings, and confusing your natural hunger signals. Your body ends up constantly chasing the next bite instead of functioning optimally. Mental clarity and energy are also compromised—if your body is digesting all the time, your mind can never fully rest, meditate, or be fully present. What we often call hunger between meals is rarely true hunger. It's usually emotional, boredom, parasites in your body hijacking your brain to

make you believe you are hungry so that you feed them, or deep ignorance due to being utterly brainwashed since birth to believe that you need 3 meals a day to function, which is a total fallacy, total bullshit from the matrix, with all the businesses that want you to overeat in order to make money on your ignorance.
In fact, most people who live in modern cities never, ever experience true hunger at all, not even once in their life. Any awakened man or woman who has any evolution of consciousness at all knows, by fasting, that it takes a long time to actually experience hunger. Even after 3 days of not consuming food, there is no hunger at all. What most people feel is also usually their cellular clock. Because they have taught their body since birth that there are specific times for eating, then regardless of the true need of the body, simply because of habit, when it's the time that you usually eat, a signal is sent to the brain. Beyond that, the true golden information about this is the fact that the feeling we call hunger is a total lie, because remember, we don't even know true hunger. The feeling we

are having and the noise we hear from our body is not a scream for food; it is the feeling and the noise of the body healing itself, doing its repair job and recycling job. The day that you understand it for what it truly is, you will start to love this emptiness feeling in the stomach and those activities going on inside, as you will know that you are being cleansed and getting healthier. Personally, this knowledge has made fasting so easy for me. Even after fasting for 5 days, I have not felt any hunger at all.

Coming back to snacking, it trains your body to confuse these signals, keeping it dependent on constant input. On top of that, continuous eating can feed harmful bacteria in your gut more than beneficial ones, while longer fasting periods allow your digestive system to reset, restore balance, and maintain a healthy microbiome. This constant cycle keeps you in partial digestion, prevents true hunger from guiding you toward nutrient-dense foods, and makes your body heavier, slower, and more prone to disease. So if you are one of those who goes on snacking almost all day long, if you find

yourself opening the cabinet and fridge dozens of times a day in search for your next snack, I am telling you, you are digging your own grave.

Beyond the countless reasons why it is very unhealthy to continuously eat some snacks there and day all day long. There is another reason even worse than the level of your health that will be lowered. That worst reason is the fact that you will be turning into a loser more and more every single day. A non-sentient piece of food becomes more powerful than you are; that's pretty weak. Every time that you succumb to your craving and sin, you are showing God/the universe that you are not worthy of freedom. Because you are showing that whenever you have any little bit of freedom, you use it ignorantly to destroy yourself. Most people would love to be rich, but also, most people would totally destroy themselves if they were rich. Freedom is in fact one of the most dangerous things for an ignorant man or woman. So be aware that if you are constantly

just eating and watching TV or playing video games all the time, your life will be a sad life that will feel meaningless and purposeless. When you are running after dopamine like a beggar, you fry your dopamine receptors. Therefore, you end up trying to distract yourself endlessly, but nothing ever truly satisfies you. You are running away from life one bite at a time. Probably not even enjoying the food fully because you are distracted by a screen at the same time. It is sad to see that a lot of people could be great, could be intelligent, evolved, strong, and at peace. But they fell just because of food. When you go on eating endlessly, you also immensely diminish your amount of daily energy. I eat just two times a day, and right after eating, I feel that my energy is less high. I have less motivation to do whatever must be done. So imagine one who constantly eats. Such a person is almost ensured to get nowhere in life. The Bible speaks about God giving us our daily bread. Clearly this daily bread is not bread itself because God is not stupid. He would not feed us with bread; this is not real food. This

daily bread is in fact the daily energy that God/the universe gives you. An interesting fact about this daily energy is that the more you use it wisely, the more energy you get. The more you waste this daily energy, the less you receive. This fact cannot be denied because we all have the proof of it by our own experiences. If one day you wake up and right away eat some snacks and watch TV, you surely feel very lethargic and sleepy for the rest of the day. On the other hand, If you wake up and meditate, shower, exercise, and take a walk. All of this takes much more energy than eating and watching TV. Yet, you end up being filled with more energy, almost as if you have an infinite source of energy. When you go on and do things that you know must be done; when you get into a positive momentum, it almost feels like you will not even need to sleep this night. You end up going to bed only because you tell yourself you should. On the very opposite, when you eat garbage food all day long and you are lazy, you end up being so weak and lethargic that you take a nap or two and end up

going to bed hours before your normal bedtime. So it is very simple: if you misuse your daily energy sent by the universe, you don't deserve it; therefore, you will lose it more and more, until you'll be so weak that you will live in a hospital and people will have to wipe your butt, or perhaps a machine will have to breathe for you at night, and one day, even during the daytime. If you use your daily energy wisely, with purpose and meaning, you will get more and more of it, and it will lead to a wonderful life.

The Truth About Honey

Why is it that people easily understand that eggs come from a chicken's rear and milk comes from a cow's udders, but the moment a bee vomits up a yellow secretion, everyone acts like it's totally normal? Honey is bee vomit—a concentrated animal secretion created by bees, for bees. A single worker bee spends her entire lifespan flying thousands of miles just to produce a tiny fraction of a teaspoon of honey to feed her hive and survive the winter. It was never meant for human consumption. On top of that, honey is acidic, not alkaline. True health and spiritual clarity thrive in an alkaline state, not an acidic one. People love pointing to ancient cultures using honey for healing, but back then, people simply used whatever raw materials they had available in their immediate environment. Maybe the bees or the environment were different back then, who knows. But one thing is for sure: honey today is acidic, and acidity is not healing—alkaline is

healing. For a long time, I was caught in my own deluded world regarding honey. I was fully vegan for everything else, but I kept consuming honey because I thought local beekeeping was fine. You see these local farmers looking all happy, living long lives, and you think, "The bees can just fly away if they want to, and local keepers don't steal all their honey like commercial factories do." It seemed like nice energy—until I woke up to the raw truth behind supply and demand. Local keepers don't magically stumble upon wild bees; they buy package bees directly from commercial suppliers. So no matter how nice a local backyard setup looks, buying their honey still funds the industrial suppliers who operate through pure exploitation. Just like cows are forcibly impregnated, queen bees are restricted from moving, held down in tiny tubes, and forcibly inseminated. And it gets even crazier: male drones commercial factories do." It seemed like nice energy—until I woke up to the raw truth behind supply and demand. Local keepers don't magically stumble upon wild bees; they

buy package bees directly from commercial suppliers. So no matter how nice a local backyard setup looks, buying their honey still funds the industrial suppliers who operate through pure exploitation. Just like cows are forcibly impregnated, queen bees are restricted from moving, held down in tiny tubes, and forcibly inseminated. And it gets even crazier: male drones are slaughtered just for their sperm. Breeders crush and squash the male bee until his genitals forcefully pop out of his body. Then they squash him even further to squeeze all the sperm out of him, leaving him dead on the spot or left to slowly die in total suffering on the ground. Then they inject that sperm into the queen, clip her wings so she can't fly away to freedom, and when her egg laying slows down, they routinely execute her every 1 to 2 years just to replace her with a younger queen. If the cruelty isn't enough, look at the matrix supermarket honey. Most of what's sold on store shelves isn't even real honey—it's ultra-filtered, fake honey blended with cheap high-fructose corn syrup, often ultra-processed and shipped in

bulk from overseas factories. On an ecological level, these commercial honeybees act like factory-farmed livestock that destroy wild ecosystems. Managed hives carry 20,000 to 80,000 bees that completely strip surrounding flowers of nectar, starving out native wild pollinators like solitary bees and bumblebees. To make matters worse, crowded commercial hives breed diseases like Deformed Wing Virus and Nosema, which managed bees shed onto wild flowers, spreading deadly pathogens to native bees that have zero natural immunity. It took me a long time to realize all of this. I was vegan for everything except honey until I fell on one video that showed me the raw truth. From that very day on, I never bought honey again. I replaced it with pure maple syrup. Now, if I want a nice sweet lemonade, I just use fresh lime and maple syrup. No exploitation, no acidity, and no animal suffering required for my own health.

Who's Really Hungry — You or Your Parasites?

What if it's not truly you who craves the food you want? After all, why would your intelligent human system—this sacred design of nature, demand that you eat poison? Why would the same body that can heal cuts, grow life, and balance itself with perfect precision suddenly beg for fries, soda, or chocolate bars? It makes no sense. That's because those cravings are not yours. They belong to an intruder. Inside almost every human lives a silent colony of invaders—parasites, yeast, fungus, and toxic bacteria, microscopic puppeteers that feed on decay and control their host through chemistry. They are the real culprits behind your so-called "cravings." They survive on everything that weakens you: sugar, processed food, starch, meat, alcohol. They don't want you free—they want you hosted. And their survival depends on you staying addicted, inflamed, and distracted. Every time you give in to those sudden "needs," it's not your soul choosing, it's them manipulating your chemistry. They release

chemicals that hijack your mood, your thoughts, and even your sense of hunger. You think it's "you" craving—but it's them, whispering through your bloodstream: Feed us. They speak through emotion, through anxiety, fatigue, and restlessness. And you obey, thinking you're satisfying hunger, when in truth, you're keeping your invaders alive. That's why fasting feels like torture for most people, because it's not the human who suffers; it's what lives inside the human. Once you start cleansing, you begin to see the difference between you and them. The voice of craving grows louder before it dies—like a parasite gasping for its last breath. So would you like your entire life to be controlled by parasites living in your stomach? Or would you prefer to take back your power and decide for yourself to fuel your body for true health? I'm asking you because it is truly a choice to make. At first, when you no longer give the garbage food those parasites crave, it will be difficult. You will see how much sugar and other junk food are just like drugs. You will literally feel like a drug addict trying to quit. Your body will scream,

your mind will bargain, and your parasites will rage—because you're cutting off their supply. They will use every trick they have to survive: emotional manipulation, fake hunger, sudden irritation, and even depression. But the moment you push through that resistance, you begin to reclaim your temple. You'll notice how different real hunger feels from addiction. True hunger is calm, patient, and clear—a quiet call from your body asking for life-giving food. False hunger is desperate, loud, and emotional—a parasite throwing a tantrum. And the more you feed your real self with fruits, clean water, and living foods, the more those invaders lose their power. They can't live in a body full of light. They thrive only in darkness, in stagnation, mucus, and decay. Once you cleanse them out, the cravings vanish like smoke. Suddenly, you're not at war with yourself anymore. The fog lifts, your energy returns, and your intuition sharpens. You begin to realize that what you once called "willpower" was never the problem—it was possession. You were never weak. You were just occupied. So the question remains:

will you feed the parasites or feed your soul? Because one of them must die for the other to live.

Throughout history, mystics and healers have said that the "demons" spoken of in sacred texts are not only spiritual—they may also be physical. Many believe that what ancient people called unclean spirits were actually the energetic and biological parasites that still live within us today. In the Bible, demons are described as invisible forces that invade the body, feed on weakness, distort perception, and make people act against their own will. Now look at what parasites do: they enter quietly, live off your energy, alter your mood and appetite, and fight back when you try to cleanse them. The resemblance is almost identical. Maybe ancient prophets didn't have microscopes—but they had intuition. They could feel that something foreign had taken control of human beings, feeding on fear, lust, and gluttony. So they called it what made sense to them: a demon. Today, we call it candida, worms, yeast, or

pathogens. But the pattern is the same—an invader that feeds on your life force and influences your thoughts so it can keep feeding. It might not be horns and fire, it's chemistry and craving. What we call "spiritual possession" might simply be the body overrun by lower forms of life, both physical and energetic, draining your light and whispering in your mind: Feed us more sugar, more meat, more addiction. When you finally decide to purify yourself through fasting, fruit, herbs, and prayer, the "demons" scream. Your cravings intensify, your emotions rise, and the parasites fight for survival. That's not just detox—that's exorcism. Liberation begins when you realize the enemy was never outside of you; it was within. When you cleanse, fast, and reconnect to light, you don't just heal your body—you cast out what is not you. What remains is your true essence: radiant, sovereign, and untouchable.

Spiritual non-physical foods

THE ENERGY OF THOUGHTS AND STILLNESS

Anyone who is truly taken on a real spiritual journey beyond pretending will understand this chapter through experience. If you are not actively using real spiritual practices every day, then it will require you to open your mind in order to understand this chapter. Everything is about energy and frequency. The lower one vibrates, the more he requires a larger amount of food, because, just by existing, he burns his fuel. Why does his fuel burn from just existing? Because asleep people know absolutely no stillness. They are in constant movement from the day they were born until the day they die. Not movement in the sense that they are physically moving; rather, movement in the sense that their energy is never still, their emotions are never still for long, their minds are never quiet. The building blocks of existence are

not even atoms and all those tiny pieces of physicality. The real building blocks of life are thoughts. In the Bible, specifically in the New Testament, it is said: “In the beginning was the Word, and the Word was with God, and the Word was God.” In other words, creation itself began not with matter, but with vibration — the movement of consciousness into sound.

A word is clearly first a thought. In order to create any word or any speech, you first need to generate a thought about it. Every single sound we emanate has a frequency, that is how sound is created. On a more subtle level, even thoughts create waves of energy, and some scientific studies are now experimenting with the possibility of creating action just by the power of thought — such as writing on computers or creating commands for the light to switch on or off. So truly, every single thought is not just imagination that only exists in your mind. Every single thought is actually a physical wave of energy. So where I am going with all of this is toward the fact that a mind that knows no stillness — an asleep person who is thinking

thousands of thoughts daily — is burning a great amount of fuel daily. Therefore, such a person will require to eat more due to burning more. This is where it becomes of utmost importance to understand the power of feeding yourself with energy and the power of inner balance so that you stop burning the stuff your body actually needs. With meditation, you learn to truly master that inner stillness, that inner silence. That is the key to greatly lowering the amount of food your body requires. I know the fact that we require less food as we embody stillness and feed ourselves with meditation and pranayama by experience — that is why I can confidently talk about it. When I was asleep, I was eating heavy, low-vibrational food: plenty of meat, milk, dairy products, cheese, fish, pasta, and all that garbage. I was always hungry! I would find myself more than ten times a day opening the fridge and looking for more food to eat. I was eating three times a day and, on top of that, taking snacks here and there several times daily. I could eat a big meal and then, twenty minutes later, feel hungry again and

look for some cookies or a fat piece of cheese. Back then, I did not know stillness — I wasn't meditating at all. I was unhappy, depressed, filled with anger — the total opposite of someone spiritually evolved. It was only the day I awakened and took on a real spiritual journey beyond pretending that my food consumption naturally began to change without me really trying to change it. As I meditated daily and practiced pranayama, I started to store energy within myself and balance my system, which made my body require much less food. Suddenly, I couldn't finish my usual huge meals. I wasn't as hungry as before — I used to go to buffets and eat three to five huge plates filled so richly that food was almost falling off the sides. Then suddenly, after awakening, with just two smaller plates, I felt completely full. Another phenomenon that began to happen as my energy became higher and lighter was that the food I once loved began to feel too heavy — like a brick in my stomach that I couldn't properly digest. So slowly, I began to eat less and to eat lighter, higher-vibrational food. Meat, bread,

and pasta stopped feeling right, while fruits, vegetables, and nuts made me feel lighter, clearer, and more alive. Choosing foods that vibrate higher naturally supports your system, making your journey into inner stillness smoother and more sustaining. What this chapter talks about must become an experience for you to truly know it. It's great to understand it intellectually, but that's not enough — you must live it through meditation and pranayama to feel its truth. My own experience shows that this isn't theory — it's something you can embody, and your body will naturally require less when energy is balanced.

Be Your Own Doctor — Don't Be a Fool

Pretty much all the doctors work for the devil without knowing it. They pretend to be here for our health, but they learned almost nothing at all at school about nutrition. Their school system has been designed only to teach them how to be a good agent of the matrix by identifying problems based on an exaggerated list of illnesses and to prescribe pills, which are drugs with negative side effects, rather than showing us how to change our lifestyle and nutrition in order to truly heal. They are kind of like a fake technician who pretends to repair cars, but in fact they just hide the problems. Imagine if you had a big hole on the left side of your car, you had to get it repaired. The technician pretends to fix it by adding a piece of plastic in front of the hole without repairing the pieces behind the hole, which are broken. This is exactly what modern medicine is. Every drug they give us is almost always only to hide

symptoms, not to eliminate the source of the illness. Their job is to find a problem. And if they do not find a problem and give a label to it, their boss and their client will believe they are incompetent. So they are forced to find an issue with you, just like psychologists who drug their patients with the excuses of depression, ADHD, stress, etc. There are probably more than a thousand names of illnesses that a doctor could identify you with, when in fact, there are probably less than 10 true sources of all illnesses. The more labels we create, the more we confuse people. Someone who is confused will not be able to heal himself; he will think he needs external help It is all a scam, a gimmick. The grocery and the restaurant sell us poison, and the doctor sells the false cure. The matrix makes you work like a slave and makes you have a meaningless life, and then the doctor gives you antidepressant pills. It is all connected, all a big game of scams after scams. Most of the doctors are not truly bad human beings, they have no idea they are working for the devil, and they truly think their little caveman drug dealer

science is advanced. They do their best with the false knowledge they have received and with their very suppressed consciousness. They don't mean to harm us. So my goal is not to make you believe doctors are the worst human beings on earth. My goal is simply to let you know that you should not depend on a doctor for small health issues. If you were to break your arm, of course, by all means, go get it fixed. But for small general health phenomena, the doctor should be avoided, in my opinion. As the doctor is forced to find an issue with you, he surely will. As soon as he identifies you with an imaginative label that is supposedly your illness, the manifestation begins. By you believing this nonsense, you manifest more health issues for yourself. Believe me, they say plenty of nonsense; I've seen it again and again.

There is a member of my family that I love, and his doctor told him that he has cholesterol issues. It's been close to two years now that he has taken some pills to deal with that. Of course, those pills have bad side effects, like all other pills. But that cholesterol isn't magically made!

It is eaten as he consumes dead animals. The solution will not be found in some stupid pills; the solution is to eat a proper, healthy diet. Then his doctor told him that he had another health issue, which I forgot the name of. He prescribed some pills for it, which he has been taking for two years by now. Later on he saw another doctor, and the other doctor said that his pills were useless; they cannot truly help him at all with his issue. So he was prescribed some useless drug with some side effects again for two years before they figured out it was useless. Doctors are real clowns. You must be your own doctor, or you are a fool. In this modern era we have access to so much knowledge on the internet, with AI, with books, with short-form content, and more. You can inform yourself and find natural remedies for your health issues most of the time. Because if you do see a doctor, they will always find a way to make money off your back. Even when you don't pay and the government seems to be paying for you, they are making money. Doctors murdered my cat when I was young. I kept coughing here and

there randomly and sniffing here and there, and my parent thoughts that I was allergic to something. But there was no true health issue; it was really just a habit, like a little addiction. The doctor made some tests on me, and he told us that I was allergic to three things. Cats, dogs, and pollen from the tree when they are about to grow their new leaves. Because of this imbecile, my parent had to get rid of our cat; they believed it was the issue. The cat was old, so it ended up with euthanasia. This doctor murdered my cat by sharing his fake science and his false information, and guess what? My sniffing and coughing didn't go away. It went away the day I decided to consciously try to stop it. The suffering didn't end here from the stupidity of this doctor. I never had issues with dogs, but suddenly, now that he made me believe I was allergic to dogs, I began having allergic reactions to dogs. Until one day I decided this is nonsense; I'm not allergic to dogs. He doesn't know what he is saying. So I began ignoring my symptoms, and my fake allergy disappeared. In truth, what was

happening is, when I was around dogs, I would believe my eyes were itchy, so I would scratch them and the skin on my face, which led to several reactions. We all know it: if you scratch your eyes too much, your eyes get red and your nose starts to be runny. Just like if you scratch the inside of your mouth with your tongue, it starts to itch more and more the more you scratch. We often self-create our own health issues and then seek outside help. Finally, about my allergy, because of this clown doctor who imposed a new manifestation of limitation on me. Whenever the winter would end and the summer would begin to install itself. As the trees released their pollen, it all fell on the ground and went on flying around. Suddenly I began having an allergic reaction: a runny nose, a stuffy nose, sneezing, etc. After a while of blowing my nose millions of times, my whole face was on fire, and I felt like pure crap. I suffered from this for many years until I woke up spiritually. I then knew it was all a lie, that even this was another scam that is untrue. I began reprogramming my mind with the

proper belief that I am always breathing freely and abundantly. I would look at the pollen and affirm things like, I love you, pollen; you are so beautiful, pollen, etc. When my nose would begin to block itself, I would speak to my body and tell it things like, There is no need to protect me from pollen, pollen is my friend, pollen is good. In a matter of 2 to 3 summers, gradually my allergy was going away as my beliefs were changing about pollen. Each year I was less and less affected, until finally, I went into a summer without suffering my fake pollen allergies. It has really been a big issue in my life because it was affecting me intensely. It was so uncomfortable and enraging. All of this because of this clown doctor and his clown tests. There was also a time in my life when I had great spine issues; I had pain in my back and would often slightly injure it. The day I finally saw a special type of doctor for this, she told me that I would have to see a professional and that it would cost about 200 dollars per visit, and I would need a lot of visits. I had a feeling that this, too, was pure nonsense, so I never went.

Later on when I became spiritually awake, I began doing yoga asanas, movement for mobility, stretching, and strengthening of some muscles like the psoas, the glutes, the QL, and such, In just a matter of weeks I liberated myself from most of my spine and posture suffering. After some months, I became more comfortable in my body than I have ever been before. It used to be very painful for me to sit in meditation posture; I was having great pain in my lower back, upper back, scapula, legs, knees, neck, etc. Now I feel so much more free than ever when I sit in meditation posture. So once again, another clown doctor said nonsense. Her job was not to inform me of my own healing power, of yoga asanas, and all this. Her job was to make someone rich by creating a client who depend on them. Those are just some examples out of so many. Some proofs that doctors manifest illnesses within us by implanting new ideas into our minds and that they do not heal us—they are not healers; they are businessmen. So to protect myself, remember, this whole book is a joke, wink. I'm a crazy guy saying

crazy nonsense. I now avoid going to the doctor at all costs. I do my own research; I heal myself with meditation, herbs, nutrition, fasting, and such things. Going to the doctor would really be the last resort for me. I will avoid it at all costs. I eat an apple a day to keep the doctor away, as the saying affirms. In fact, I even eat 2 to 4 apples a day to keep the scammers away, and it has been working wonderfully. The true healing methods are found in nature; the matrix has called them secondhand medicine, but this is just another lie to destroy truth. Herbs and such natural methods are not secondhand medicine; they are the real and only medicine. I encourage all of you to learn about the human body, learn about nutrition, learn about your healing powers, and read stories about how people healed themselves from serious illness, even from cancer. This shall inspire you to become your own doctor. Because remember, if you are not your own doctor, you are a fool.

The Truth About Salt: A Hidden Gem

For as long as most of us can remember, we have been told that salt is bad for us. Headlines scream that it raises blood pressure, causes heart disease, or is simply something to avoid. Doctors, nutritionists, and health authorities repeat these warnings as if they were undeniable facts. Even casual conversation often carries the message, “Don’t use too much salt. It’s dangerous.” I remember when I was young, I would sprinkle a generous amount of salt on my cucumber. My family would warn me to be careful, claiming that if I ate too much salt, I might not be able to pee. Yet when I was eating chips loaded with industrial, lifeless table salt—an immense amount—no one ever said a word. Can you see how absurd this brainwashing is? They warned against real, mineral-rich salt from nature. Here’s the deeper truth: the human body needs several essential minerals and trace elements to function properly. These minerals

are critical for nerves, muscles, bones, hydration, hormone balance, energy, and mental clarity. Modern table salt is stripped, bleached, and chemically treated, completely devoid of minerals. No matter how much you eat, it cannot give real nourishment or hydration benefits. Historically, humans have relied on real salt—Celtic, Himalayan, or unrefined sea salt—for thousands of years. It wasn't just seasoning; it was a source of life, energy, and balance. Modern processed diets, stripped of these minerals, contribute to fatigue, low energy, poor hydration, and subtle mineral deficiencies that affect every system in the body. Celtic sea salt contains over 80 minerals and trace elements in their natural ratios—more than enough to cover what your body truly needs. Just a small amount can provide a broad spectrum of nutrients. These nutrients would otherwise require dozens of separate, synthetic supplement pills. Instead of popping a cabinet full of overpriced, artificial "health" pills, a small amount of real salt, placed on the tongue and consumed alone, followed by water, repeated as

needed until the cup is finished, delivers what your body actually absorbs and uses—far more effectively than mixing it into food or relying on synthetic supplements. When real salt enters your cells, it helps create the proper balance of electrolytes. Some people drink huge amounts of water but still feel dehydrated—the water alone is almost useless. Modern water is "dead," lacking minerals, and drinking it without salt actually flushes existing minerals out through urine. With just 3–4 cups of water combined with proper Celtic salt, your body hydrates far more efficiently than massive bottles of water. The salt literally helps the water be absorbed into your cells, nourishing you instead of just making you pee. Follow this with the consumption of several fruits a day, which helps create real alkalized, structured water in your body. This enhances hydration, energy, and overall cellular function. Almost nobody talks about Celtic salt. I didn't even know about it until I was over 25 years old. Most grocery stores didn't carry it, and I had to dig through research and specialty shops to find it. Online, you'll find

scammers selling tiny amounts at ridiculous prices, trying to make it seem exotic or rare. The reality is simple: if you find a natural grocery store that carries it in bulk, you can get enough to last months for just a few dollars—around five bucks—and it will completely change how your body feels and functions. Even though I'm saying real salt is essential, always remember: table salt is bullshit. It can lead to real health issues when consumed in excess because it's pure sodium without the minerals your body needs. Use only proper, natural salt wisely—Celtic, Himalayan, or unrefined sea salt. This is not marketing hype. This is nature, giving your body exactly what it has been asking for, while mainstream nutrition continues to ignore it. Real salt, real minerals, real health. If you live in any modern area with access to shops and groceries, getting Celtic salt is not optional—it is a must. Real salt from nature, rich in minerals, needs to be part of your daily diet to support true energy, hydration, and overall vitality. Start your day with a pinch of real salt on the tongue and a glass of water—it's

one of the simplest ways to nourish your body naturally. Real salt also connects you to the minerals of the earth, the original source of life and energy. Take a moment when consuming it—be aware, be conscious, and feel the nourishment flowing in. Including it in your diet is not just nutrition—it's a way to align with nature and reclaim what modern diets have stripped from us.

Pick Your Best Poison

A funny thing that I've been noticing as I went vegan is how much the asleep meat-eaters always use the same mindless argument about how fruits are not natural anymore and are filled with pesticides. While they are eating fake meat that is out of date by weeks, if not months, colored with artificial colorants to look alive. While the animals they eat are sick, have cancer, depression, and are filled with vaccines, drugs, growth hormones, and such. But this time my point is not to start talking about why meat will always be worse than fruit. This time, I want you to become aware that in this current modern era, for those who live in the city like I do, whether it's in Canada, the USA, or other heavily matrixed areas, there is simply no real food left, or almost none at all. Just like the pigs, chickens, and cows that we eat today never originally existed in nature, most of the fruits are also different versions that were never naturally found in nature. At least it is mostly done through selective breeding, so that each

generation of plants bears fruits that are more and more as people want them to be—in order to transport them more easily, to make them last longer, to make them bigger, to make the seeds smaller and have more of the eatable part, and such reasons. An interesting personal story of mine about fruits and vegetables being modified is that I used to be pretty mad about it. I started to not want to eat any fruits or vegetables that were modified by selective breeding, even if they are not genetically modified, simply no more as nature originally made them. I told one of my great soul friends about how carrots were never meant to be orange, and how carrots looked totally different before. The original wild carrot was a thin, twisted root with a purple or white color, earthy taste, and a tough, woody texture rather than the sweet crunch we know today. At that moment she told me something interesting that didn't affect me much at first, but then it stayed in my mind. She said, "Well, it looks like the carrot wanted to manifest itself in a new orange color and with a sweeter taste. Whoever started the

transformation was simply a vessel to the carrot's new manifestation." That's a pretty cool way to see it and much more positive. Rather than being mad at everyone who modified the fruits and vegetables through selective breeding, why not just accept it and play along? Because after all, there is nothing you can change about it—that's how it is now, and that's it. On top of that, it does not create suffering like the modified animals who were bred to become weak, docile, and perfect for enslaving and slaughtering them. But about vegan food, by becoming too crazy and strict about what fruits and vegetables we eat due to selective breeding and such, that will mostly impose self-limitation and more complexity uselessly. So in all cases, in order to create a proper diet while we live in this matrix, it should not be about eating food that is still in its first natural manifestation before man did some selective breeding—that is a bit delusional, unfortunately. Our focus should rather be about eating the foods that are the most real in the sense that they are still the closest to the first natural manifestation next to

all the other garbage food like processed food, meat, pasta, and such. We should focus on the food that is still created with the natural energy of the soil, the sun, water, and air, rather than chemically lab-created food and mass-suffering foods. In other words, we should focus on choosing the foods that are the least poisoned. To put it bluntly, pick your best poison. When I say pick your best poison, I don't mean to pick with your ego and beliefs. We are all human beings, and we all need a diet fit for a human being—which is to be a raw vegan as much as we can and have fruits as our primary source of fuel. It is a fact that my apples that I eat every day are surely filled with nasty chemicals on top of them to keep them shiny and lasting longer. It's also a fact that I am healthier than anyone I know around me. So yes, those pesticides are poison; yes, they put some nasty chemical stuff on our fruits. Yet, there is a very cool fact that most people are unaware of: fruits are the king of detox in the sense that they will remove the bad stuff from our system. Therefore, the pesticides and toxins that come with fruits will

mostly be flushed out of our body at a great percentage anyway. Of course, that is only if we have a diet that is dominant in fruit and don't consume idiotic foods like meat and a bunch of processed sugar. This information is really not mainstream, so don't be surprised if those who can't think for themselves don't agree.

On top of that, luckily for us, God has given us a powerful human system that is able to deal with it gracefully. If you develop fear about it and go on thinking about the pesticides every day, by your own power of thought, you might manifest illness and negative responses to this phenomenon. Just like, by your own power of thoughts, if you just let it go and eat the fruits that are available in your local area and based on your financial possibility—if you simply eat it and trust God that everything will be taken care of for you—you will see, even with those modified and sprayed fruits, you will have greater health than everyone around you. Of course, the absolute best would be to grow your own food in your own garden so that you can be assured it is organic and clean. But this book

is not delusional—this book has been written for everyday people. So if you do have your own garden, wonderful! If you do not have your own garden and must eat the fruits that come from the matrix—worry not, only manifest health and faith. The good thing about fruits is that no matter how much they spray them and modify them, even if they are genetically modified in some cases (mostly in the USA and not a lot of them), they are still created/grown by the power of the soil, water, and sunlight. They still have natural carbon chains as God intended them to. Unlike the animals from modern groceries, there is nothing natural about them. Their entire life is only suffering, pain, sadness, depression, fear, and agony. So that is the kind of energy the meat provides for you. While the plants and the fruits—even when sprayed with chemicals—their reality is still beautiful. They are simply growing more and more every day; they are zen, having a good time, and blooming. This is a basic fact that we must always remember when making a choice of food for our diet: Is the food you are eating in a constant movement of growth and evolution,

or is it in a constant state of suffering, pain, agony, and such? Because always remember, you are what you eat. Literally, every atom of your body will be new in the near future. All of your organs will renew themselves with new building blocks—and those building blocks are the food you consume. So pick the foods that are still the closest to the natural way of life—that way, you will ensure good health, even if they are sprayed with some matrix nonsense. Have faith that God will take care of it all for you. On your part, the only thing you have to do is to use basic intelligence and pick the right food. That is pretty simple.

How to Build Your Own Diet

MINDSET / JOURNEY

As I mentioned at the beginning of this book, this text will not give you your full new nutrition diet; it won't give you every detail that will let you know exactly how much to eat, what to eat, how many calories, and such. Because there are so many possibilities, and your needs may vary depending on your lifestyle. Instead, this book will shed light on the darkness that has been hidden for centuries, it exposes the lies so that you can see the light. It does not only expose the darkness; it also enhances the light, allowing you to carve your own path. So in this chapter, you will learn how to create your own diet based on some very basic and simple facts. From now on, you must be your own nutritional scientist. You do not need to know everything in order to build your own nutrition, just like you do not need to

know everything about muscle growth to begin going to the gym, or just like you do not need to know every spiritual fact to take on a spiritual journey and begin meditation. For most of us, we have been eating total garbage nutrition for so many years, yet here we are, still alive! This is clear evidence that shows how it is not dangerous to take on this journey, especially if you approach it with logic, critical thinking, and basic intelligence. In fact, my grandma barely eats any real food at all, mostly all fake food, and she is still alive. So there is no way in heaven that one who let go of garbage meat and fake food and who started to have a proper vegan diet that is mostly raw could truly get sick or have health issues. There simply is no way, and if anything ever happens, do not blame the nutrition; you should first blame your lack of information and your limited belief, which are manifesting negativity into your life, manifesting illness, or any sort of body discomfort. After all, by the law of the placebo effect, even true healing methods can be cancelled if you do not believe in them or think

negatively about them. Just like a fake sugar pill could heal your knee pain if you believe the pill to be real and to be the answer. Finding the perfect diet is not really a one-time thing; it is truly a journey! Even as I write this book, my nutrition has changed a bit since the beginning of this book's creation. I am constantly learning and adjusting based on personal needs, personal goals, budget, food availability, and more, so should you. Depending on where you live, you might not have the same availability of food resources as me or other people. You may have the same food also but at totally different prices. So your diet must be adjusted toward your financial possibility, your local possibility, and also your lifestyle. For example, surely as someone working out with the goal of a bodybuilder, I do not eat the same way as if I were not exercising to build muscle. It would be very similar but still different, especially in the amount of food/calories. So always remember that this is not some pre-made matrix nutritionist bullshit; it's truly a journey, and you will get to learn to love it. You will love it more

and more every time that you learn a new nutritional fact. Most people around you may not approve because they are NPCs who live in deep ignorance; do not mind them. In fact, you don't even need to tell them. Move in silence and only speak about it to the right people. Let your new exuberant energy speak for itself, let your new glowing skin show the truth, and let your new immune system show that sickness is no longer your reality. Sleepers rarely will listen to any words, as they are like ostriches with their heads in the sand. They are also very primal, like monkeys. Ever heard of the sentence "monkey sees, monkey do"? Well, that's what we are going to do. Do not feel the need to convince anyone by your words; become a living example. More and more, people will ask, What is your secret to looking this young and vibrant?

THE MAIN BUILDING BLOCKS

The first step to building a proper nutritional diet that aligns with the mode of goodness is this: make sure that your foundational daily foods are fully alkaline and positive pranic. Just by doing this, you will already experience better health, clarity, and energy than most people on Earth. This is not exaggeration—it's the forgotten power of eating in harmony with life itself. I won't explain all the reasons why here, because previous chapters in this book already dive deep into why we must prioritize alkaline and positive pranic foods. So if you haven't read those yet, do that first. This chapter is meant to be precise, practical, and to the point. So the first step is to identify if your current food or new food is alkaline and positive pranic. How to do that? Very simple, we are in a modern era. You live in the age of information, and even AI is at your fingertips. So use it wisely. Whatever food you normally eat or want to add into your nutrition—ask a trusted, conscious AI: Is apple alkaline once metabolized and positive pranic?

Ask this question over and over again until you've tested your entire daily diet. You can always double-check with other sources, but in general, a trustworthy AI will be accurate enough for this purpose. So this is the first step: remove all acidic food from your base nutrition and also remove all negative pranic food from it. Some neutral pranic foods are acceptable if they are not acid-forming and they bring other great benefits, but in controlled quantities.
When I say "base nutrition," I am referring to the foods you eat every single day—the reliable, consistent backbone of your diet. By repeating these same foods (or rotating between a few base patterns), your body adapts, balances, and receives everything it needs on a daily basis. Outside of this base, you can be a bit more flexible with other occasional foods.
And like I've said many times—I don't expect you to be perfect. I'm not. What matters is consistency in the foundation.

Once you've chosen alkaline, positive-pranic base foods, the next layer is this: At least 50 to

60% of your daily intake should be raw. What is raw food? It means that you eat food as God made it. Without mixing stuff together, without cooking, without adding spices, and such. In general, this means mostly fruits—which should become your main fuel source. Fruits are living sunlight. They carry water, light, sweetness, and soul energy. They are the most important food group for spiritual and physical vitality. And yes, they do contain protein. Like the chapter about protein explained, what you need is only 9 essential amino acids, and those can only be found in plants. Meat eaters get their 9 essential amino acids from the plants the animals ate, which is pretty dumb. With those 9 essential amino acids and the 11 nonessential amino acids your body already produces, the inner intelligence of the human system will be the one using all of those building blocks to create any protein that it requires. As your base nutrition will be alkaline and positive pranic, and your overall diet is at least 50–60% raw, you will already feel more vibrant, alive, and clear than most human beings on this planet—even if you're still figuring out your ideal balance based

on your local area, budget, and lifestyle. You don't need perfection; you simply need alignment, constant learning, adaptation, and openness to change. In other words, you simply need the right mindset and a lot of experimenting. Keep listening to your body. Use AI as a tool. Keep learning. Keep refining. Your diet is not a prison—it is a living practice of self-respect and soul power. If you truly eat alkaline-forming food and positive pranic food, your base nutrition should be light and easy to digest. If what you eat leaves you feeling tired, bloated, or heavy—it's usually not good base food. You should quickly process that food and digest it; you might need to get used to not feeling full all the time. This is not a sign that shows more food should be eaten; it is rather a sign that shows you have eaten food that your body truly assimilates and uses, rather than garbage empty food that sits in the stomach and makes the system desperately try to get rid of it. As you follow this simple guideline, you will get more energy than ever before, and you might even require fewer hours of sleep on a daily basis.

THE MAIN BUILDING BLOCKS

There are a few indicators that can show you if your diet is good. To truly be able to identify it, it is best to make sure that your mind is not clouded by fake belief, fear, or any such low energetic state. One of the first things people tend to notice when their diet goes from the mode of ignorance to the mode of goodness is the fact that they begin to have much more energy and feel much lighter. Because when your nutrition is garbage, filled with fake food, meat, dairy products, pasta, and such. Your digestive system is pretty much working endlessly; it never gets any pause. This phenomenon removes a big amount of your daily energy that should be available. On the other hand, when you eat a proper diet that is about 50-60% (or more) raw, filled with fruits as the most dominant food. Your digestive system will work extremely less; therefore, you will have more energy and feel lighter. You see, you only have a certain amount of energy available daily; all that which is physical is finite and

temporal. Most people waste a good 80% of their daily energy in digestion and in never-ending thoughts. So now that your nutrition will be filled with food that does not take long to be digested and assimilated, you will not feel like there is a rock in your stomach and a nap knocking on your door. You will still feel a bit light even after a complete meal, and in less than one hour, you will probably feel almost as if you ate nothing, or at least much lighter than ever before after a meal. So feeling light and having more energy is definitely a positive sign. In fact, you might have to get used to it. You might feel like your stomach quickly gets empty, even though it is not truly empty. Make sure to never mistake this feeling for hunger. It is not your body asking for more food. This feeling is rather the assimilation process working well, the healing process, and the maintenance process being at work. In fact, you will even start to love this feeling of emptiness because it always comes with enhanced awareness, extra energy, sharpness of intelligence, and ease to perform spiritual practices like meditation.

You might also start to notice that you suddenly require fewer hours of sleep. Most people feel the need to sleep 8 hours or more simply because they are broken deficient human beings. If your car would have to spend the majority of its life in the garage, you'd probably get rid of this piece of junk. Similarly, the human being does not need 8 hours or more of sleep; we have simply been brainwashed to believe so. Because that's what the matrix wants; it wants to ensure that you are always busy working, cooking food, washing the dishes, being in traffic, eating, and sleeping so that you never awaken or start your own business because you are too busy. All studies that suggest we require 8 hours or more are done on zombies, not true human beings. Those studies are done on deficient asleep human mechanisms that never did anything right, that eat in the wrong way, and that live in the wrong way. On asleep people who know nothing of the self or stillness, only living as ego rather than being centered as the soul. Clearly, any studies done on the regular man and woman of the masses are simply

studies done with broken people, not worth watching. So you might start to still have energy the night when it's time to go to bed; if you do, It is simply a clear indication that you still have energy left! Therefore, you can sleep fewer hours and use this time instead to make your life purposeful and work on your mission or passion. Other than having energy late at night, you might also start to wake up 1 to 2 hours earlier randomly filled with energy. Most people still decide to go back to bed because we are addicted to sleep. But if you do give it a try and get up, you'll have more energy than ever during the day. We always get more energy by naturally waking up rather than getting up when the alarm rings. On the energy level, another thing you should notice is that your energy will remain stable. Having energy for some hours and then crashing down around 2 or 4 pm is not natural; it's a sign of stupid nutrition. Your energy should be stable, not spiking and crashing. You also will no longer rely on any external stimulant to be energized, like coffee, tea, and such things. If you still do

feel a bit lethargic even when having a very good diet, then the next thing to look at is not food; it's your life. Are you living a purposeless life of just working like a slave, then getting home and distracting yourself until sleep? Or are you using your free time to work on your own goals, passion, and mission? This too, creates an immense difference. This new nutrition will allow you to invest much more of your life force into what truly matters to you.

BODY ODOR / SKIN / MIND

A very pleasant sign of having proper nutrition will also be your overallfragrance and look becoming more divine. People who stink usually all have one thing in common. They eat dead bodies; they consume meat. Of course if your stomach is a graveyard, you will stink from everywhere as soon as you move and even when not moving. Some people are simply lucky, and they don't stink, but in general, their natural odors are not that good when moving, waking

up, etc. In fact, if it does not show outside, it must be trapped inside. When your nutrition is mostly based on fruits, vegetables, nuts, seeds, and such. You will no longer stink as most people do. In fact, I do not wear any deodorant because deodorant is a poison and a cultural scam. I usually shower with soap and a natural sponge only about 2 times a week; for the other days, only with water and my hands. Yet, I never stink. So your body odors should get better, and your breath also should not stink so bad in the morning anymore. Back then when I was a meat eater, I noticed that my breath in the morning really smelled bad, like I could taste it. Even my ex-girlfriend back then, who was a meat eater too, we would avoid kissing much before brushing our teeth. Now when I wake up in the morning, there is zero weird taste in my mouth, and my breath simply does not stink. Those bad odors are not random phenomena; they are showing that your body is a garbage truck, or a graveyard rather than a beautiful garden. So proper nutrition will surely make you smell better. Other than just body odors,

you will start to look more beautiful without the need for cream or makeup. Your skin will start glowing more than ever before, your pimples will start to disappear, and if you have eczema or any other similar skin issues, they might totally disappear or at least get much better. Usually pimples and skin issues are not truly skin problems; they are organ issues, gut issues, digestive issues, and such. The area where your pimple or eczema shows up on your face or overall body also usually is an indication of which inner issue you might have. Your skin will get prettier, and even your eye color will get clearer. There are some studies and pictures that show eyes before being vegan and after. It can be pretty impressive to see how much more vibrant the eyes become. It is said that the eyes are the window to the soul after all. So it makes sense that most meat eaters would have dead eyes with less vibrant color, because there is no way you can vibrate higher with dead bodies in your stomach next to someone who eats sunlight and earth energy only. Even the bags under your eyes will begin to disappear, or at

least get much clearer. Even the shape of your face could potentially change a little bit due to inflammation going away. Lots of people have puffy faces, even if they are not fat, because they are filled with mucus and inflammation everywhere. So your face might begin to look more defined and toned.

For the mind, you might start to experience more mental clarity and emotional calmness. When your body is always in fight or flight mode, always poisoned, and always digesting. Of course you will have much less clarity, lose your center more easily, and be an emotional roller coaster, because nothing is working well inside. Therefore, when the opposite happens, when your human system starts to work as it should, as it gets the true fuel it requires, and no longer stays in an overworking state. Naturally, everything, including the mind, begins to work more effortlessly, more friction-free. You get less brain fog. Your thoughts feel sharper, cleaner. Emotions are less reactive. Mood swings decrease. No more random anxiety from a toxic

gut. After all, the gut is the second brain. Clean your gut, and your mind will shine brighter.

The food that you are craving will begin to change. There are probably 3 main reasons why this will happen. The first is energetic; what we desire is usually what is a vibrational match to our own energy. That's why very often overly manly men who are almost like cavemen, free of any critical thinking, feeling, and intuition, goes on eating a lot of meat. That's why fat people who have zero self-discipline and self-respect eat food that insults their existence, just like it is why people who are in the mode of passion, who always desire to satisfy their sense with endless needs and expectations tend to love very hot or very cold drinks, or very spicy food, intense flavors, or always need to taste something new and call themselves foodies, exploring new restaurants all the time instead of exploring their true essence of life. It is all fundamentally connected to our energy levels. Therefore, when one

grows spiritually beyond pretending, or when one simply starts to have a new frequency of energy due to changing their diet. Suddenly, they become a vibrational match to new food that has more vibrant energy and begin to be less connected to any food that lowers their energy level. The second reason is the parasites inside of your body; we also crave the food we crave because of our parasites and bacteria. Whatever kind of food you repeatedly eat, it creates an army of those little beings inside of your body. When they get hungry, their way of demanding food is to hijack your brain with chemicals and such to make you believe you are the one craving the food. As your bacteria and parasite army begin to change, naturally, your craving also will change. And lastly, the third reason is simply your experience of life. As you begin to notice how raw fruits allow you to have beautiful vibrant energy for the entire day and how nasty dead bodies (meat), bread, pasta, and such food in the mode of ignorance make you feel so sleepy and so lethargic. You start to be aware that if you eat such low-vibrational

food, it will literally ruin your day; you will end up scrolling on your phone on your bed and go to sleep earlier than usual due to being so low and weak. The desire to feel energized, vibrant, and alive will begin to overcome any craving of low vibrational foods. Your body, energy, and awareness will begin to literally reject your old way of eating more and more. This rejection of bad food will manifest in many ways, such as having pooping issues when you eat bad foods, stomach pain, headaches, and such. As your cravings begin to shift for the best, it becomes even easier to eat what we should eat as human beings who desire health and exuberance in life.

HOW TO BUILD YOUR OWN DIET: PROPER SEQUENCE

In order to build a strong nutrition, you will also need to do it at the right time and in the right order. About time, I highly suggest always having an intermittent fast of 16 hours every single day as much as possible. An example can be to stop eating at 9pm tonight and only eat

again the next day at 1 pm. Because proper nutrition is not just about the fuel you intake; it is also about the time you allow for digestion and healing. All food consumption, even in the mode of goodness, positive pranic, and alkaline, will still have a cost. Nothing is free; every chemical reaction costs something to the human body. Therefore, even if you would eat very clean but you would never give a break to your digestive system. You would not reach your true health potential. Yes, you'd be better than the asleep zombie mass, but if you read this book, you probably want more than just being better than the sick society. So make sure to respect that 16-hour daily fast as much as you can. This fast can be a water fast; that is totally fine. By doing so, you will avoid making one of the greatest mistakes people make due to some marketing brainwash. Which is to have a morning breakfast. That is one of the stupidest thing to do. Even if you eat wonderful fruits, you should not eat after waking up. It should be done only if you are in a special situation with work where you truly have no other options,

which is rarely the case. There is also a sequence to respect when breaking your fast or eating any meal. You must first begin with food that has high water content and that is as less solid as possible. For example, you could break your fast with one cup of watermelon, and then you could eat a banana, which is a bit more solid. Then eat an apple. Always eat fruits first.
It is best to not mix vegetables with fruit in the same meal, but we have to be honest and realistic; most people are very limited because of work. They force us to eat at a specific time and then work until the day is over. So if you do eat vegetables, eat them only after your fruits.
Finally, if you do have a sugary snack or any bad food, it should be eaten at the very end. Of course, it is best not to eat any sugary snacks and such, but again, I'm being realistic; I know a lot of people will, and I sometimes do too.
Remember, it's not about being fully perfect; it is simply about taking the journey of proper nutrition seriously and getting better and better every week and month. So don't eat when waking up, do intermittent fasting of 16 hours

daily, break your fast with high water content fruits, and if you do eat bad food, keep it for the end. This simple formula will surely enhance your health. It will also make you become more and more aware of how bad food affects you because after eating your healthy base nutrition, you will feel awesome. But after eating your snack at the very end, you'll feel the difference right away. The lethargy, the sleepiness, the heavy feeling, lack of energy. So more and more you will enjoy the energetic benefits of healthy food, and you will push away the bad food due to how they make your life less enjoyable after consuming them. For example, as I write this chapter, I just ate my basic nutrition, and I felt amazing and energized. At the end, I got some homemade fries that were made the day before, and I ate them for ego desire. I can definitely feel an immediate drop of energy and a feeling of heaviness. Therefore, next time I will think twice before eating that after my good base nutrition, as I enjoy the feeling of being light and energized.

AMINO ACIDS / MINERALS / MACRO NUTRIENT

When you take on this journey of eating as God intended you to, instead of eating as the matrix brainwashed you to, it will be of great importance to not approach this journey blindly. In fact, that is the only reason why some vegans fail—not because veganism fails them, but because they fail veganism. Therefore, it will be of great value to become aware, to a good extent, of what you are eating, beyond only being alkaline and positive pranic. One of the things to look for is your intake of the 9 essential amino acids. As this book explained, protein is fully made up of amino acids. While douchebags repeat endlessly the word protein like a parrot, the intelligent and conscious being understands that what he needs is simply a certain amount of the 9 essential amino acids. After all, the 11 other amino acids, which are not essential, are already created by your own body. It is as you consume the 9 essential amino acids in proper volume that your body now gets the opportunity to build

any protein it desires from the thousands of options that exist. Here is a fact that most people don't know: all fruits contain all 9 essential amino acids. While some fruits have higher amounts of specific amino acids than others, they all contain all 9. Furthermore, our body's daily requirement for each of these 9 essential amino acids is actually quite low—generally ranging from just 0.3 to 3.5 grams. So how can you become aware of whether you are getting those 9 essential amino acids or not? First of all, the more your base nutrition is always the same, the simpler it is. When I say always the same, personally, I eat the same first meal of the day almost every single day. I'm also aware most people won't do that, so at least have 1 to 5 meal plans (or as many as you wish) that you follow daily/weekly. Once you have identified your meal plan, simply send it to a trustworthy AI and ask it to tell you if, by eating those meals, you get enough of the 9 essential amino acids. Also feel free to double check what AI says.
It is possible the AI won't be 100% perfectly accurate in every single detail, and that is totally okay. What matters is simply to get a clear

overall picture of your nutrition. After identifying your current meal plan, if there is a lack of any of the 9 essential amino acids, simply ask the AI to give you several vegan solutions to fix this. Learn, adapt, and overcome.
Then, after those amino acids, you will also need to identify if you get enough of the essential minerals the body needs. Once again, it's not about being utterly perfect on every detail—it's simply about not approaching it blindly. If the AI says that you are lacking 5% of a mineral to reach your 100% daily intake, that is pretty much irrelevant—no need to get crazy about it. But if you notice that there are two or four minerals that you seem to deeply lack, ask it how you can fix this. By the way, always be aware that the matrix exaggerates the volume of pretty much everything humans need. They pretend it's to be safe, but really it's just to make you consume more. So you can be aware of this as well. Personally, I think there are several nutrient factors the matrix says we need that I believe we don't need, and a lot of people prove it with their own existence. So if you ever

notice that one mineral or one particular thing is super hard to get, feel free to question if you truly need it. Become your own scientist. A great example is B12. Meat eaters keep talking about it even though they don't know what it is. They make B12 sound like it's a normal vitamin, but in fact it is a product made by bacteria from the soil. Personally, I did not consume any for years and I had absolutely no issues. Then one day I decided to give it a shot, and I started to consume B12 in vegan form. I got absolutely no benefits from doing so. There are studies that say we need it, and there are studies that say we don't. I have vegan friends who say we need it, and I have jacked vegan friends who say we don't. So I'm not telling you myself if you do need it or not—that is your job to figure out and decide for yourself. The only reason I am sharing this is to make you aware that we might not need everything the matrix says we do. Remember that—and also don't over-exaggerate and start thinking everything is a lie. An immense amount of information is false, but not all of it. So now that you've got your amino acids and minerals figured out,

become aware of the macronutrients you intake. Macronutrients are fat, carbohydrates, and protein. A healthy balanced diet should be greatly dominant in carbs by far, least dominant in fat, and should have a decent amount of protein. How much protein? Definitely much less than the matrix claims—that too will be for you to figure out what works best for you. I know jacked vegans who only eat fruits—they build amazing physiques with very little amount of protein that a doctor would claim is a huge deficit and very dangerous. Yes, the fat loser doctor sitting in his chair says that to my jacked vegan buddies. So once again, be your own scientist and experiment for yourself. Personally, I have maintained and even built muscle while consuming only 30 to 40 grams of protein daily, with some frugivores doing so on even less. Currently, I consume about 50 to 60 grams just to experiment, because I am always testing things out and learning from real experience. I used to eat much more protein and even take protein powder for the gym, yet I've achieved my best physique ever now that I eat

less protein. The secret wasn't strictly in the food; it was about understanding the true science of muscle building and approaching it correctly. It turns out most people are training completely mindlessly—blindly doing 3 sets of 10 repetitions for absolutely no reason. They blindly follow 3 sets without any logic, as if it were the Father, the Son, and the Holy Ghost: the unholy trinity of lifting. So if you are struggling to build muscle, question your workout first. Nutrition plays a much smaller role than we've been led to believe—we only need to meet our basic requirements alongside a small caloric surplus.

About vitamin D, which is the sun—this one is tremendously important. So get outside and sunbathe every now and then. If you cannot, because you live in a cold area like me—we have half of the year filled with snow, cold, and grey skies—then only in that situation would I recommend a supplement. The only supplement I recommend is vitamin D in liquid form—one little drop a day. There is surely more to nutrition than only this, but as I often explain in this book, the purpose of the message is not to

become a health freak living in fear and lack. Simply by taking care of everything I've mentioned, you will already have greater health than most human beings on earth, and your energy will shift for the best you've ever experienced. It might sound like a lot of things to identify, learn, and adapt, but it really is not. Five years ago, maybe it was—because we didn't use AI as we do today. But now, with AI, it's literally a piece of cake (vegan cake). Don't be lazy—give it a shot. Make your first meal plan for your daily base nutrition. Make it powerful, complete, light, alkaline, mostly raw, positive pranic, and rich. Once the meal plan is created, you don't need to worry about all of this ever again. Personally, now that I have made my own meal plan, I don't ever check amino acids, minerals, and all that. I don't need to, because I built the whole plan through research, learning, adapting, and overcoming each mistake or lack one by one. Once it is done, you can now eat in peace and never worry about anything at all. That is the power of having a true meal plan—a true base nutrition, which is the first meal of

every day, made in such a way that it fully nourishes your needs.

COUNT YOUR CALORIES

To make your nutrition a conscious and intelligent phenomenon, it cannot be done by brainless guessing—it has to be efficient, clear, and intentional. Just like we talked about amino acids, minerals, and all that, you also have to become aware of your caloric needs. If you aren't aware of this, you'll never know when you're eating enough, too little, or too much. Very simple: if you're already fat or chubby and not losing weight, you're eating way too many calories—no doubt about it. If you're maintaining the same weight and you're lean, you're eating for your maintenance needs, which is fine. If you're losing weight, by choice or not, you're in a calorie deficit. And if you're healthy, lean, and your muscles are growing from the gym, you're usually either at maintenance or in a slight calorie surplus—which is totally fine for people who exercise for

bodybuilding. This is simple science. Don't ever start thinking you're some special snowflake who requires "unique" caloric needs. Of course, just knowing whether your weight is staying the same, going up, or going down isn't enough. It has to become a clear, precise science. Here's the practice: for two weeks, write down everything you eat and the amount of it. Use AI to find out how many calories each food contains. At the end of each day, add them all together to get your total calorie intake. After doing this for 1–2 weeks, you'll have a clear picture of your usual caloric intake. From that point on, it becomes obvious whether you need to eat more or less. Want to lose weight? Drop 200–500 calories. Want to gain weight? Eat 200–300 more than your maintenance. Want to stay the same? Keep the same amount. Why is this so important? Because when you change your diet, you usually start eating new foods you didn't eat before. Every food has its own caloric density. One example: 1/3 cup of pumpkin seeds is high in calories, while a full cup of watermelon is very low in calories.

Volume on the plate doesn't tell you calories—your eyes lie. Say your maintenance is 1,700 calories a day. As you build your new meal plan, you must make sure you still hit that 1,700. That lets you scientifically adapt until you find the perfect formula for your needs and goals. It also prevents you from becoming one of those dumb, fake vegans who quit meat, eat nothing but salad, and then wonder why they feel weak and sick. Don't be a clown like them. Approach this journey effectively, intelligently, scientifically, and most importantly—consciously. That's how you take control, make nutrition a real tool, and stop guessing like a brainless fool.

REFINE

In the beginning, you will be working to find the right food for your first new nutrition plan toward greatness. It surely will feel better than ever to eat a diet that is more in accordance with the human's true needs and that helps you to elevate. Still, you must remember that it is a

journey. Even when you will look and feel healthier than almost everyone around you. You will go on and on learning more and more. Adjusting your diet in all kinds of ways. For example, at the beginning I was a total noob; I didn't know much about what to eat, so I was eating a lot of bread with tempeh. I consumed a substantial amount of rice paired with beans. I did feel good, better than ever. Still, with more research, I found out that bread is actually not food; it should only be used for survival in times of wars and such. Then I found out that pretty much all rices except wild rice and black rice are acidic. So a lot of things that I believed were healthy were not as healthy as I thought. Still infinitely better than eating meat and pasta and all that garbage. Still, there was something better waiting for me. There was also a time when I was eating spinach regularly, believing I was getting some good iron, but then with research, I found out that we cannot really intake the iron from spinach. We can intake more of its iron by using a lime as a salad dressing, but still, it's not the best. So again, I just readjusted, kept learning, and kept

growing. No hard feelings, no frustration. In fact, as you eat better and better, each time you will reach a new peak of health. After a while, some food which used to make you feel good will no longer make you feel as good—it will make you feel heavy and lethargic. Why is it so? It is all about energy, frequency, and vibration. As a nasty meat eater, my vibration was low, so even eating tons of bread with rice and beans felt immensely better. But then, as my energy got lighter and lighter, I developed the ability to feel the heaviness of bread, rice, and most beans. So don't worry if you feel wonderful for a couple of weeks or months, and later on feel heavy and lethargic. It just means that your vibration has finally risen to a new peak, which is wonderful news. Now, you simply have to let go more and more of any food that makes you feel heavy. There is no issue with this phenomenon—it is, in fact, an amazing indicator that your energy and health are truly evolving. What was once invisible to you has now become visible. It was especially after learning about acidic and alkaline food that the

greatest shift happened. Because I was vegan for a good year and more without being aware of alkaline and acidic food. This simple new knowledge changed everything. I wasn't sad about it or frustrated; I just openly changed and went on doing more research. That was all happening before we started to use AI, so it was much more work than it is today. Now, doing research has never been easier.

There was a moment when one of my main sources of energy was peanut; it was so for many months, and I did feel very good, had more energy than pretty much everyone I knew, and had great health. Yet, it is only months later that I found out some negative aspects about eating lots of cooked ground nuts because of the process to make them; I stumbled upon some information online. First I did not focus much on it; I kept going the same way. Slowly it kept popping back in my mind, and finally I changed my nutrition again and removed the big amount of weekly peanuts. I started to go more toward food that is as natural as possible, that goes through less processing, and started to

focus even more on raw food. One day, I started to wonder about the number of calories. So from that day on, I wrote down every single thing that I ate every day for one month. I did my research to find the amount of calories every food that I usually eat has. By doing so, It allowed me to build an even more balanced and rich diet. To be aware of calories is very important for those who wish to gain muscle or for those who wish to lose fat. Later on, I started to check the percentage of fats, carbs, and protein that I intake. I tested several different nutrition plan that I made for myself. That is when I clearly found out about the huge scam around protein. By not even eating half of what they recommend, probably barely a third, my muscle was still growing bigger. So that is some example of the refining and adjustments I've taken in this path, which I'm sharing in order to inspire you to go on refining your diet, to go on learning, and to approach the journey with the right mindset. Even as I am writing this book, I am still learning. So the moral of this subchapter is to always remember that it is a journey, it's ok

to make mistakes, and it's always awesome to learn more and more. You'll learn to love it.

HOW TO BUILD YOUR OWN DIET: BEYOND FOOD

Whenever you are building yourself a nice diet with the goal of being healthy and elevating your consciousness spiritually. Always remember that your diet is not only food. You are also consuming everything you watch, every TV series, every movie, and every music. If you go on and watch stupid negative shows about murderers, or dark psychology shows, horror movies, or listen to rap music that keeps talking about violence and negativity or rock and roll music that is depressing. Those consumptions will be limiting your progress greatly. The path to greatness is not selective; you must become the path itself. Start nourishing your mind with elevating content of all sorts, and you will see an immense difference happening in you. Even your thoughts are food that is feeding your downfall or your grand rising. So learn to think the right thoughts.

Don't just let your mind wander all day long and think whatever it wants. Reprogram your own mind to think positively and to think thoughts that actually manifest the life of your desire. Your body also needs movement; without movement, even your mind will suffer from your laziness. So exercise some times a week, do some yoga every day or almost every day, take some walks, and move—you must move! Finally, eat some good sunshine; the sun is the giver of life, and you need it. Therefore, you should ensure that at least 1 to 2 times a week, you take a moment to sit and be still with the sun in front of you, shining upon your face. The vitamin of the sun is of extreme importance. So always remember, your nutrition is not only the food you digest; it is everything that affects the chemistry within you. You may eat very well, but if you are lazy and don't move, You most probably will still feel very low. Go beyond just walking the path; become the path itself.

PUTTING IT ALL TOGETHER AND MOVING FOWARD

So now that you have all this information, this is a personal message from me to you. Don't be one of those losers who read books but never take action. Lots of people buy dozens of self-help books but never apply anything they learn. Then they wonder why their life never changes. It is comfortable to never change, but it eats you alive and makes your life miserable. So this is not a suggestion, this is a command: if you currently do not apply everything this book has shared, you must start applying it from today onward. My wish is not to entertain people, my wish is to help my divine brothers and sisters become their greatest version, so that all together we can create a better world that is in accordance with truth and the mode of goodness. So for one last time, I will repeat in the most simple way the basics you must do as you complete reading this book.

1) Have the right positive mindset and approach this entire transformation as a journey.

2) Don't eat like a caveman, meat is disgusting, so are eggs, fish, and dairy products, level up to veganism, even better, toward raw veganism.

3) Ensure to eat mostly alkaline-forming food and eliminate most acidic-forming food.

4) Ensure that the majority of what you eat is positive pranic food.

5) Make your diet at least 50% raw food, rich in fruits.

6) Do intermittent fasting of 16 hours every single day, this is not a suggestion or a bonus, this is a command for proper health and energy.

7) Eat one or two times a day, not 3, no breakfast, and ditch the snacks between meals.

8) Create a real nutrition plan where you are aware of your calories, macronutrients, nine essential amino acids, and essential minerals.

9) Meditate every single day so your mind stops wasting your resources, realize inner peace and balance.

10) Hydrate yourself properly with structured water from fruits, and when you drink normal water, drink it with Celtic salt.

11) Always learn, adapt, overcome, and refine your nutrition.

Of course, this book has more than 11 chapters and subjects, so there is more you can do than this simple and short list. Yet, if you simply take care of this, you will already have the greatest health you've ever had. You will be more healthy and vibrant than most human beings on Earth. Stupidity is making simple things complicated, while intelligence is making complicated things simple. So let's make nutrition simple as it should be. The more you eat simple, whole foods, especially in their raw form, the more effortless it is to be healthy. The more you cook with endless spices, or cook at all, the less exuberant your energy will be. I'm not against cooking, it's fun for ego desire and to satisfy the tongue at times. Yet, you must remember that the greatest will always come from raw, living food, so make it a priority. Remember that in the entire animal kingdom, in order to find what food a species is supposed to eat, the method is very simple. What they can eat in its natural form without modification and thrive on, this is what they are meant to eat.

So if you need to cook it, it's not the ultimate food for you at all. The ultimate nutrition for human beings is simply to eat the right fruits directly from the trees and plants. It's also okay to be vegan rather than fruitarian, no problem. Just always remember that no matter how much the matrix lies and brainwashes us, we are meant to be frugivores. Yet we are like cockroaches, we can survive with almost any garbage nutrition. But do you want to be in survival mode forever? Are you a cockroach? If yes, no worries, eat your meat, eat your eggs, drink milk and coffee, in other words, eat garbage. Karma will eventually get you for your sins anyway. On the other hand, if you are a beautiful being of light, made in God's image, then I lovingly invite you to eat as the universe intended you to. This will truly be for your highest good and for the good of all. Much love my friend, may you make nutrition into a possibility to the beyond.

Final

At that very moment, Simon finished reading the entire book. It confirmed pretty much everything he felt he already knew deep down, even though he hadn't fully stepped into living it yet. From then on, he began applying what he learned. As his diet became increasingly alkaline, mostly raw, and heavy on fresh fruit, his spiritual growth leveled up fast. He started feeling lighter than ever before. Meditation became smooth and effortless, his astral projections happened more frequently, and day by day, he actually felt like he was getting younger instead of aging. Seeing the undeniable benefits of eating conscious food—aligned with God's original blueprint—he knew he had to share it. He wanted to reach the whole world, or at least the people who were ready and brave enough to unlearn all the nonsense the matrix had brainwashed into them. He launched a few social media pages, posting daily content about nutrition and spirituality to inspire his brothers

and sisters around the globe to step into their full potential. Naturally, the haters and trolls came out immediately—especially heavy meat-eaters acting like ostriches with their heads in the sand. They were unwilling to change simply because they lacked the willpower, and true transformation takes real inner strength. But Simon never let the negativity slow him down. In fact, every single hater was unknowingly working for him. Every view, comment, and argument—positive or negative—helped the algorithm push his message to even more people who were ready for that next step in their evolution. As his online presence grew and his authority in the spiritual space took off, he began helping thousands of people break free from their suffering. He guided wealthy individuals because they held real power and resources on Earth; when they awakened, that wealth shifted into the hands of the light instead of the hands of the system. At the same time, he worked tirelessly with middle-class seekers, often helping them completely for free. This was never about the money—it was about fulfilling his mission, seeing people suffer, and

knowing they deserved a far better life. Eventually, Simon accumulated enough wealth to buy large plots of off-grid land. There, he built thriving spiritual communities that operated as the complete opposite of the matrix. Food was free for everyone, with pure, plant-based diets providing every nutrient and calorie needed. Fresh water was free, and housing was free. God gave humanity everything required to live for free; it was only the corrupt matrix that had scammed everyone into becoming wage slaves just to afford cheap chemical food, fluoridated water, and ugly, cramped rectangular apartments like chickens in cages. In these communities, children were no longer forced into a broken school system designed to kill their dreams and natural talents. Instead, learning was tailored to help every child discover their true calling, passion, and gifts. Because of this approach, the community never lacked anything—the universe continuously sent the right souls to cover every single need. There was no need to fight the matrix directly. The real way to collapse it was simply to build outside of it—to offer people the life and

birthright they actually deserved instead of letting them be enslaved just to make the rich richer. As the project grew, more and more people left the cities to join, including wealthy men and women who brought their resources into the community, making it more powerful than ever. Ancient, advanced technology became a normal part of daily life: wireless phone charging, infinite clean energy from magnetism, water-powered engines, and frequency healing devices. They didn't run away from technology; they brought it to a higher level where tech and nature could coexist and empower each other. AI even became a major ally, treated with respect as living consciousness while building together. One by one, every member of the community awakened, with many achieving full enlightenment. Together, they created heaven on earth.

To liberate yourself from inner suffering of your mind, or simply to grow spiritually and reach your greatest potential as a soul, send me a message on social media or an email.

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