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The Transformational Power of Fasting: The Way to Spiritual, Physical, and Emotional Rejuvenation

By Stephen Harrod Buhner



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The Transformational Power of Fasting: The Way to Spiritual, Physical, and Emotional Rejuvenation By Stephen Harrod Buhner

Fasting practices to reconnect with the sacred, regain a sense of your life's purpose, and heal physically and emotionally

- Details what to expect during your fast physically, emotionally, and spiritually
- Provides step-by-step guidelines on preparing for the fast, how long you should fast, what you can and can't do during the fast, and how to end your fast
- Explains how fasting can help or heal many chronic conditions, such as type II diabetes, hypertension, cardiovascular disease, arthritis, psoriasis, and insomnia

For millennia humans have fasted for spiritual, emotional, and physical reasons--as a way to heal their bodies, reconnect to the sacred, regain a sense of life's purpose, and allow their souls to detoxify. We are evolutionarily designed to fast, and the body knows how to do it very well. Fasting allows the body and all its systems to rest, purify, and heal. During a fast, the body enters the same cleansing and healing cycle it normally enters during sleep. As a fast progresses, the body consumes everything that is not essential to bodily functioning--including bacteria, viruses, fibroid tumors, waste products in the blood, buildup around the joints, and stored fat--and the mind and heart release their toxic buildup as well. As Stephen Harrod Buhner reveals, in order to be truly transformed, you must first empty yourself.

Offering step-by-step guidelines to fully prepare yourself for a deep fast, Buhner explores what to expect during and after spiritual, emotional, and physical fasting and detoxification. He details the necessary dietary and mental preparations leading up to your fast, what you can and can't do during a fast, and how to end your fast. He also explains how to plan the length of your fast and how to choose between a water fast, a juice fast, or a mono-diet fast. Revealing how fasting can help or heal many chronic conditions, such as type II diabetes, childhood seizures, hypertension, cardiovascular disease, arthritis, psoriasis, insomnia, and fibromyalgia, Buhner shows fasting as a way to truly inhabit the body, to experience its sacredness, and to activate its deep capabilities for self-healing.

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Editorial Review

From the Back Cover

HEALTH / WELLNESS

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Chapter 5

Preparing for the Fast, Fasting, Breaking the Fast

Fasting is more than anything an engagement with personal mortality and the rebirth that follows such an engagement. When we decide to fast we decide to examine our own relationship with survival, and this means directly encountering death. These are heady topics, and one reason that fasting should be undertaken with consciousness and deep thought. In any engagement with our own death we have the opportunity to deeply examine our lives, to explore what we have done and not done, and to decide what we wish to do in the future. We have the opportunity to revise or alter the path we have taken, to make new choices, to begin anew.

DETERMINE IF YOU ARE READY FOR A FAST

Initially, the most important thing to consider is why you want to fast. You should fast because you want to, not because a voice in your head is telling you that you will be better for it, more whole, cleaner, purer, or more spiritual. Fasting should be done because some deep part of your self lets you know that it is something you need to do to be who you are, who you want to be. The decision to fast often begins in a deep, unconscious part of the soul. Eventually, if we are smart, we begin to listen, to think, and to begin to prepare ourselves for a journey. Like all journeys, fasting takes preparation--preparation of the soul, the emotions, the body. The more conscious you are about what you are doing, the better prepared you will be and the more you will get from it.

CHOOSE YOUR FAST

When you decide you are ready to fast, think about what kind of fast you want to do. Know also that the older you are, the more intense a fast can be, especially if you have been living a toxic lifestyle for a very long time. If you have never fasted before or if it has been a very long time since you have fasted, you should consider a juice fast. While a juice fast will, like a water fast, bring many benefits and will evoke many deep emotional, spiritual, and physical insights, it is much easier. A juice fast is the best way to first experience fasting. If you have fasted before or if you are working with an experienced fasting coach or health practitioner, then perhaps you will want to do a deep water fast. A water fast will be much more demanding; the degree of emotional, physical, and spiritual intensity is much higher. The benefits are correspondingly greater, but only if you are ready for it and are not forcing yourself into it too quickly. While a water fast is exceptionally safe, if you engage in a water fast before you are ready to do so, you risk doing yourself spiritual, emotional, and physical violence. Neither fast is better or worse than the other, they just do different things. Each type of fast will make different demands on you; both are of great benefit.

DECIDE HOW LONG YOU ARE GOING TO FAST

It is crucial to decide for how long you are going to fast before you begin. The part of you that wants to eat will feel more taken care of if it knows just how long you will be fasting. It is important as well that you keep your word to yourself and only fast just this long. If you are new to fasting, start with a short fast and let yourself get used to the process. Use the following guidelines to help you determine the length of time you should fast.

Fasting Time Guidelines

Water Fasting

Regular Diet

2 weeks (minimum) low-fat cleansing diet

3 days fresh juices and herbal teas only

4-10 days water only

1-3 days fresh fruit juices; miso soup; mild, heavily steamed vegetables

4-14 days low-fat cleansing diet

Regular diet

The length of time spent on each of these sections depends on a person's physical, emotional, and spiritual condition and needs.

Juice Fasting

Regular Diet

2 weeks (minimum) low-fat cleansing diet
4-30 days fresh juices and herbal teas only
1 day miso soup and mild, heavily steamed vegetables
4-14 days low-fat cleansing diet
Regular diet

The length of time spent on each of these sections depends on a person's physical, emotional, and spiritual condition and needs.

SET YOUR PHYSICAL GOALS FOR THE FAST

Consider these questions before you set your physical goals.

1. Do you believe your body can be healthy?
2. Do you believe your body has an innate wisdom that can guide it where it needs to go?
3. Do you have any beliefs about your body that may stand in the way of it becoming healthy?
4. Are there any illnesses that have been troubling you that you would like to see resolved?
5. Do you think it is possible to be healthy long into old age?
6. Can you conceive of your body as sacred?

Think deeply about any truths that underlie these questions. Once you have thought deeply about these questions, then, and only then, decide what your physical goals are for your fast. These goals are more supportive if they are of the order of things like: I want my body to feel healthier than before the fast. I want to love my body more. I want to be healed in this area of my body.

Most of us are trained out of perceiving our bodies as holy, trained instead to see our bodies in distorted and misguided ways, even to believe they have our worst interests at heart. When you begin the difficult task of ceasing hostilities with your body, you directly confront the most basic beliefs you have been given about your physical self. It is one of the most loving and most powerful acts of courage and faith that you can do.

A genuine fast cleanses body, mind, and soul.

--Gandhi

Users Review

From reader reviews:

Roy Christy:

As people who live in the actual modest era should be up-date about what going on or details even knowledge to make them keep up with the era which can be always change and advance. Some of you maybe will certainly update themselves by studying books. It is a good choice for yourself but the problems coming to an individual is you don't know which you should start with. This *The Transformational Power of Fasting: The Way to Spiritual, Physical, and Emotional Rejuvenation* is our recommendation to cause you to keep up with the world. Why, because this book serves what you want and need in this era.

Solomon Steward:

The feeling that you get from *The Transformational Power of Fasting: The Way to Spiritual, Physical, and*

Emotional Rejuvenation could be the more deep you digging the information that hide into the words the more you get serious about reading it. It does not mean that this book is hard to recognise but The Transformational Power of Fasting: The Way to Spiritual, Physical, and Emotional Rejuvenation giving you buzz feeling of reading. The article writer conveys their point in specific way that can be understood by means of anyone who read the idea because the author of this e-book is well-known enough. That book also makes your own personal vocabulary increase well. So it is easy to understand then can go together with you, both in printed or e-book style are available. We recommend you for having this specific The Transformational Power of Fasting: The Way to Spiritual, Physical, and Emotional Rejuvenation instantly.

Patricia McGuire:

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