

My Fasting Journey.

This is my journal about my adventure in a long fast. My experience may not be typical or like anyone else's experience. Don't take my thoughts as gospel. If my experience can aid someone else, I'm very glad.

Beginning March 1, 2017. I guess you could say I'm fasting for Lent, even though I don't keep the season.

3/1/17

Took measurements, weight, blood pressure, etc. Logged on my excel sheet.

I'm seeing that food is a habit. A very ingrained habit. I have had the random thought, "oh I need to go get something to eat," and when I looked at the thought carefully, that's all it was, hunger was not really there.

Drinking water with magnesium and trace minerals. Had a cup of bulletproof coffee for "breakfast". I think I'll use the bulletproof coffee as a hunger manager when it kicks in for real. The coconut oil is pure fat, the mct oil is pure fat and the cream is not enough to stop a fast.

I passed through the first day without any real hunger. Probably because on 2/28, I had been to Ben and Sandy's for dinner with Jeff and Margaret and had a good meal and a bit of wine so the body was pretty full from the night before.

3/2/17

Today I'm noticing more hunger. Not standing in front of the refrigerator looking for something to eat kind of hunger, just a nagging feeling, and catching myself thinking about food.

I'm also noticing how much of my life has revolved around food. I belong to four Facebook food groups, and one Google food group and I read and post in them pretty much daily. Now I'm looking at why.

I am noticing how much of my time is/was spent thinking about food and food related subjects. Looking at the food flyers that come in the mail. Checking for on line coupons for Fred Meyer, looking at all the latest sales and seeing what I can afford.

I find that I fantasize about food as well. How it looks, how it would taste, the pleasure it would bring. The pleasure of eating seems to be very important to me, else why would it occupy so much think time. Right now I'd love some of my oven fried potatoes and a big juicy burger with cheese and bacon.

I just want to get past actual hunger so the thoughts of food will fade into the background and my monkey mind will not dwell on it so much.

3/3/17

Am experiencing liver flush. I now have "butt pee" which is very watery diarrhea the color of a day glow orange egg yolk. This cleansing is evidently common and is supposed to occur around the 3rd day and onward as the body pulls toxins out of the cells and flushes the system.

I'm doing well on the hunger thing. Still observing how much food had occupied my waking thoughts and actions. I would have told you that there was no way I was addicted or obsessed over food, but I have proven myself to be a total fraud in this.

I've lost 4 pounds in two days. That is pretty consistent. I expect a big weight dump in the next week or so; research shows a very large weight loss in the first 3 weeks. I am looking forward to it.

I'm also looking forward to the changes coming in my skin. Supposedly skin tags, moles, and imperfections will just fall away. Yay.

3/4/17

Today I'm having the sluggishness and fatigue of cleansing part of the first week of fasting. The little body is really working now. I've been at it for 3 days and I've lost 9 pounds as of this morning. It's all water and glycogen but it's soooo encouraging.

Today I was listening to Heavenly Blessings on the Golden Age of Gaia. This session was with Galea, Communications Officer, from the Neptune. In the introductory part of the podcast Linda spoke about her current "learn to channel" group. She noted that one person had brought through the information of how much our bodies love us.

This really struck a chord in me. AA Michael, in my reading with him a while back, guided me to name my body and speak to her like I would speak to anyone. He and I chose a name, Jett. Since then I have been carrying on a conversation with Jett. I would ask her which supplements she would like this morning, does she want this to eat.... etcetera. I send my love to her and tell her I love her all the time. But it never occurred to me that she had a depth of love for me as well.

After listening to the podcast I took a shower, still thinking about this revelation. As some of you understand, the shower is a great place for downloads. As I was having a conversation with Jett and confessing to her that it never occurred to me that she would love me greatly I came to understand from her that she is very happy and

excited about my fast. It gives her a golden opportunity to cleanse, clear, sweep out, repair and rebuild without having to deal with everything digesting food all the time does.

Jett also told me that the collective human bodies are beyond excited about this ascension process. The physical bodies are going to rise in vibration and dimension along with their occupants, which is unique. We have not realized that these precious bodies are going with us....not really. I think we know it intellectually, but I don't think most have actually understood, gotten this fact in their bones. I had not really groked it till now.

This fast that I have been guided to do serves a great purpose. The body is able to do the work it needs to do to. I asked Jett to use the Porlana C energies as much as she could to assist her in this process.

I'm not going to do much, physically, today as I'm being very gentle in the body but I'm certainly going to do much contemplation on this revelation.

This has triggered a huge happiness bubble for me filled with joy and bliss. I'm going to float on this sea for a while.

3/5/17

Oh. My. Dear. Lord. WTF. I woke up this morning knowing there had been some big doings last night. I could hardly get out of bed and walk. I felt like I had on the worst days of ascension symptoms. I asked Jett what the hell and she told me that she had done a LOT of work in the night and that I was feeling the effects of the cleansing and integrating higher energies. She also told me that the dis-ease would dissipate throughout the day.

Any other time than this I would have probably said, fuck it, and made myself something to eat so I would "feel better". Nope. I understand how I used food to console, love, pet the poor baby, avoid, etc. No more.

I am all in with Jett to facilitate ascension so that she and I can walk into the crystal cities together.

Jamie came over last evening and we watched Moonlight together. She was hesitant to have some snacks with the movie and I told her it was no problem because in the next month or so out I would be around food and people eating and it would not be difficult. I had a cup of tea and it was not difficult at all. Yay.

3/6/17

My blood pressure this morning was 96/63. I called Fran to tell her and she was amazed. I asked her if that was too low, she said it's probably because the body is not having to digest food.

The body felt much better today than yesterday. I feel like progress is happening. I'm down 12 pounds as of this morning. That's 2 pounds a day. At this rate I should be close to goal weight at the end of the 40-day fast. If I'm not, I'm going to continue on.

I'm finding I need *something* and the book says bone broth is ok. So I'm having a mug of broth. I had some beef stock from some chuck roast I made in the freezer. Damn. It's so good. I have to be careful though. Don't want to "break" the fast.

3/7

Well the stock from the chuck roast was NOT what they call bone broth. Since it had wine cooked in it and bits and pieces of beef and onion. It stopped the fast COLD. Did not lose an ounce since yesterday. Learned that lesson.

3/8

Still no weight loss. Man, if you break the fast the body goes right back to its old habits, especially in the early days. Only water, tea and coffee for me..period. And hunger jumped back in there as well. Damn.

Back to being strict.

3/9

Yay! Back to weight loss. Lost two pounds. You cannot mess with the parameters or "cheat" like I did, especially early on. It stopped progress for 2 whole days. Jett told me it was the onions, wine, and beef in the broth. It caused the body to digest protein and carbs which cancels out the fast.

This morning I had the first poo since 3/4/17. Had a little cramp that said "got to go". So when I did there were two actual turds...though small....and a bunch of orange (bile)water and tiny little balls that were poo colored. I'm thinking the little balls are probably polyps coming off the colon walls. My sweet little body is really cleaning out the gut.

Fasting is easier for someone who doesn't have a family to cook for, but even at that, with the right attitude and intent about it, fasting is completely easy to do. But it does take getting past all the societal programming.

I'm getting information and downloads all the time now about seeing how we have been programmed. It's fascinating.

I'm going to keep my journal more detailed. It may be helpful to others in the future. I've had emails from people telling me they've also been having thoughts about fasting.

There is so much mis-information and falsehoods about fasting out there, even Fran was spouting old 'conventional wisdom' at me about muscle wasting, which is completely untrue. We have been so brainwashed to think we need to eat continuously...guess who promotes that idea.

3/10/17

My knees have bones! Collarbones are peeking! This morning I woke up with the phrase "the new body is emerging from the old". It's like a new form is being revealed as the old melts away.

I "feel" different in the body. Hard to put into words. When I got out of bed this morning I stood tall and stretched towards the ceiling. I felt taller, lighter, and stronger, less 'heavy' as if gravity were less. I'm feeling younger.

The changes happening in the body are subtle right now. I notice that when I'm still or lying down I can almost feel another body inside this one. Sounds weird but it's hard to put into words.

3/11

Down 15 pounds.

There are two phases of this fast that are happening together. The physical change and cleansing and the integration of Porlana C, which is aiding in the transformation of the body.

This morning I feel like crap. My body felt like it did when I was out with AA Michael all night working in the dark places on the planet; beat up, tired, and listless. I was a bit worried about it because I did not want this feeling of dis-ease to be a side effect of the fast and I didn't want to have to break the fast. I went within and asked Jett what was going on and she told me that it was because the body is using stored fat now, all the toxins that were stored in the fat were being released. I was feeling the effects of the toxins leaving the body. Whew. As long as I know what is going on I'm good with it.

Along with the release of “stuff” is the effect of Porlana C as it also helps Jett in the cleansing work and reconfiguration of the body. She is using as much Porlana C as she can handle right now and that can make the body feel “tired”.

In the book I’m using as a guide, “The Complete Guide To Fasting” by Jason Fung, he writes that the skin is also an organ of elimination and that some might have pimples or rashes as toxins leave the body. I have itchy bumps across my upper back which I, unfortunately, want to scratch and take the tops off. I’ll be glad when this phase is through.

3/12/17

In the book we are told that, after the initial big drop in weight because of water and glycogen loss, the weight loss settles down to a pound or a bit less a day. I think I’m there. Down 16 pounds as of this morning.

I think when I feel like getting outside and starting walking again (when this weather lets up) I’ll probably move that scale a little more. Right now I haven’t felt like doing much and am told that exercise should be as the body wants and needs it because it is working so hard to cleanse and remove fat and toxins.

3/13/17

I broke the fast. I was practically pacing the floor with hunger and thoughts of eating and feeling a bit lightheaded. So I decided to eat something. I had a piece of cheese and cracker and waited an hour to make sure there was no reaction then I had a meal of a small filet, green beans and peas. Not a large amount of food, small servings. Funny but after I ate I realized that I really didn’t need to eat that food, I had succumbed to habit and cravings (like trying to quit smoking)

I got to deal with feelings of failure. I’m good. Not going to do anything detrimental to the body and a short break, if needed, is fine. Does not deter me from my goal.

I slept well. This morning I’m feeling ok. I will resume the fast today and go on, hopefully indefinitely.

I notice I’m a bit wobbly and almost light headed. I decided to do a meditation and ask the body, the collective of human form, the Devas and Nature Spirits and Gaia to join me to enlighten me and help me understand more.

What I heard was that I was getting dehydrated and need to drink more water. Also the body was low on salt. I was directed to go buy some bones and make bone broth and have that with extra salt once in a while and even to just sprinkle a bit of salt on the tongue. Also to go and read the book “The Body’s Many Cries for Water” again. I have the book from a long while back.

I was reminded to make sure that minerals are not depleted from the elimination of fat, to listen to Jett when I ask what she needs in supplementation. She may ask for zinc or potassium. To continue to take the magnesium and trace minerals in my water. But most of all to drink more water because dehydration is a real and present problem.

I was told that I really don't need to eat any food. With all the fuel I'm carrying around, as fat on the body there is more than enough to power the body for a while. So any need to "eat" is habit and cravings, just like someone who is trying to quit smoking. Wow.

3/14/17

Thinking more about the comparison of the need to eat with the cravings people have when they are quitting smoking is accurate.

The "need" to eat, at least for me, is purely HABIT. Just like smoking. I indulged my habit to the point of carrying a lot of fat on my body. It's been fascinating to watch the cravings and faux hunger come up into my face and be completely insistent.

I gave in to the habit on the 12th and ate. It was a learning and teaching moment for me. I found that what I ate was good but it seemedflat.....and unrewarding. I realize that I really didn't need to eat because the body was distressed, I needed to eat because my habit was driving me to.

I always scoffed at the term, "addiction to food". Well, once, long ago, I was addicted to smoking and I quit that. I'm addicted to food and this fast will help me conquer this addiction as well.

My deep ah ha for the day.

3/15/17

When I first started this fast my goal was to lose weight and aid Jett in her reconfiguration. As this journey has progressed, I'm seeing that this is WAY deeper and more significant in terms of self-knowledge and clearing out old stuff.

I see clearly now that I am food addicted. No different that any addiction to drugs, alcohol or tobacco.

Of the three magazines I subscribe to, two are food magazines.

I belong to 4 food groups on Facebook and Google Groups.

I'm on email lists from cooking sites.

I'm constantly looking at recipes and dishes on these groups and thinking, "I'd like to make that". I'm always tasting them in my mind. I seem to think about food a great deal.

I've been a good cook all my life. Even when I was a child of no more than 12 or so I cooked for my family when my mother broke her ankle. And I made food they remarked at because it was good.

When I lived in New Orleans I had friends who were Chefs. I really enjoyed learning about different cuisines than I had grown up with and learned to cook the Cajun and Creole dishes.

When I took on the responsibility of the garden and food preparation at Blue Mountain Farm, people in the groups who came for seminars remarked that I should have my own restaurant because the food was so good. After Joan decided she didn't want to do the seminars any more in '94, I got a job in Bellingham at Paradise Café as a cook/manager and started learning the restaurant business.

The owners of Paradise Café sold it and I went to work for Hizzoner's under the building owner who had taken it over in the owner's bankruptcy. I purchased Hizzoner's from him in 95 and owned the restaurant till 2007. I made the restaurant a staple in the community and a favorite place to eat. The reputation was for really good food.

I participated in the KCTS Chef's program and had recipes in their recipe books for several years. Hizzoner's won "best places" awards several years in a row. So no stoking the ego there...(she said sarcastically)

Friends LOVE to come to my house for dinner or lunch, etc. They love my food.

Through all of this time when people asked me what I did I told them "I feed people". It was true on the surface, I did. I fed people very well.

As I release this obsession with food, this addiction, to a level where food can be enjoyed, preparation can be art and creativity; I can better bring forth the true meaning of "feeding people". I still plan on feeding people in a restaurant setting at the Bridging Center, but it will be with a totally different intent, outlook and goal.

I guess you could say I'm working on my own 12 step (or whatever) with this fast. As I give myself the gift of time, attention and intent, I'm also giving myself the gift of the space for tremendous clearing and growth.

Maybe it's because there are a lot of messages from the Company of Heaven about the body right now, but it seems to me that this issue is at the forefront for Lightworkers. If we haven't addressed our own issues with our bodies, it's past time to do so.

Also, I've judged other people for being heavy and making "wrong" food choices.

This journey is helping me to remove any negative thoughts about anyone's own life journey. We are all dealing with our own particular issues of the body. I will send them love from a new place of understanding.

I have had a tremendous problem with losing weight. The paleo/primal lifestyle helped me to lose some but it plateaued. The best thing it did was clean up my diet. Frustration with my weight finally led me to fast long after getting the "message" to do so last October. My own weight loss frustrations led me to judge everyone else who wasn't "eating clean" or paleo/primal or low carb, etc. etc. as uninformed or ignorant. Here I was, fat, and judging other people for being fat. This issue is huge for the masses of people, especially here in the US.

We are bombarded everywhere with food advertising.....everywhere. We are so programmed to accept electronic media advertising we are not even aware how much it affects us. How many commercials in a TV program are for food. Count them sometime.

Here are my statistics so far:

Measurements	1-Mar	15-Mar
Neck	15"	14.5
Upper Arm	15"	14
Breast	52"	49
Waist	50"	47
Hip/abdomen	56"	54
Thigh	27"	26
Blood Pressure	161/85	129/84
Heart Rate	76 bpm	85 bpm
Weight	238.2 lbs.	225.6

3/16/17

Woke up with these thoughts in my head.

The Mother created these Human bodies as gifts for her Angels to be able to experience form and to play in.

Everything in our lives that we have experienced has enriched the experience of not only our lives but also all of Creation. It is only our assessment of it that casts it as bad or detrimental or wounding. It is only our assessment of it that casts it as good or enriching.

Everything we carry as a vasana is an experience. That is all it is, an experience. We have experienced it to add another thread to the tapestry of our lives and of the Universe. We chose to experience it, for whatever reason or purpose in this ongoing experience of being in human form.

Maybe my struggle with weight is an experience I chose as a pathway to complete my understanding of the body as both vehicle and sacred partner. Maybe I chose this experience of fasting as a way to cleanse not only the body but also the energies surrounding all the judgments I have heaped on it.

And maybe this whole body, weight, fasting, cleansing experience is one that I chose to bring me closer to realization.

I'm thinking this whole thought process could be applied to any experience in our lives whether we judge them as good or bad. We just have to remember that we came here to experience being Human and that it's all purposeful, and to let go of the idea that any past experience has any meaning except that it was simply for us to play in and give that experience back to the Mother and the whole of the Universe.

No need for arduous processing...unless that is an experience we choose. No need for the drama or angst about past deeds, unless we choose the drama about it as an experience. When a past experience presents itself to be dealt with (it's really the judgment about it that needs to be dealt with, not the experience itself) all we need do is be thankful for being able to be in a body to have the experience in the first place.

Ah, the shower. What a great place to "think". The body simply does what it was created to do. It follows it's programming without hesitation. It converts excess calories taken in, and not used as fuel in the moment, into stored fat in case of future lack. Simple programming. It does this faithfully. You cannot be upset at your body for doing what it was created to do. Now, it will communicate with us that we are overtaxing it, overfeeding it, poisoning it, etc. by the symptoms we call disease. If we are not in tune with the body and in communication with it, that is the only way it can let us know there is a problem. When we ignore the body's signals is when we get into trouble health wise. There are too many examples to go into but if you contemplate this you will figure it out.

I understood that Jett and I are more than body and occupant. We are more than vehicle and driver. We are more than physical entity and soul. I heard from Jett these words.

“We are partners and collaborators”.

I'll chew on that one for a while.

3/17/17

I went to bed around 10pm, my usual time to start to “fade”. Got up at 5:30am to pee and went back to bed. Woke up at 8:30am. Haven't slept this long in a very long while. When I got up the body felt a bit drained but not weak or wobbly or achy. Don't know what went on last night but we must have been busy.

Between daylight savings time and sleeping this late I feel like the day is half gone already...not that I care about the time anyway. Just interesting.

That's something I'm noticing, how much time has no meaning anymore. I now have the “time” to do as I wish, and I do, but I'm also noticing how time slips by with no notice and most of the time I have no idea even what day it is. I kinda like it.

I'm still dealing with cravings. Hunger...or what I think is hunger but really is habit...doesn't happen for me till later in the day, usually in the evening. That's where the habit of a nibble and a glass of wine was my nightly ritual. That is when the craving really sets in. I start thinking about dinner and then, after I've let that craving pass, the urge for that cheese and cracker or other snack pops up. The nice thing is, now that I understand what is happening, I can deal with them and dismiss them in the moment.

Interestingly enough, the glass of wine is no problem. I love wine. I love wine a lot. I thought that not having wine during the fast would be a big problem for me. It hasn't been. I've had NO cravings for wine or alcohol of any kind. I'm sorta surprised at that because I LOVE wine and I LOVE spirits. I could drink a lot in past times to the point that I thought I should quit before it became a problem. I rarely have spirits in the house because I love the taste so much I overdo. Not craving them is a total surprise to me.

This clear-eyed, clearheaded, deep look at myself is such a blessing. I'm learning so many layers of information and experience and wisdom about who my Self really is. This fasting journey is worth that even more than losing weight and remaking the body.

It's interesting what Jett asks for in supplementation each day. It doesn't seem to be the same from day to day. This morning she only wanted the multivitamin. Tomorrow she may need something else. Thank you Jett. I love our growing connection and conversations.

3/18/17

Found an article about Spiritual fasting. I had not thought to look for other's experiences but a note from a friend spurred me to check it out.

This is from the article: <http://in5d.com/fasting-and-meditation/>

I found these interesting. I'm not exactly experiencing what is said here but it's close. I suspect everyone will have their own unique experience. I understand that my body has a LOT of "stuff" to clean out so my process may vary in length of time.

Stage 1 (Day 1-2)

On the first day of fasting, the blood sugar level drops below 70mg/dl. To restore the blood to the normal glucose level, liver glycogen is converted to glucose and released into the blood. This reserve is enough for a half day. The body then reduces the basal metabolic rate (BMR). The rate of internal chemical activity in resting tissue is lowered to conserve energy. The heart slows and blood pressure is reduced. Glycogen is pulled from the muscle causing some weakness. The first wave of cleansing is usually the worst.

Headaches, dizziness, nausea, bad breath, glazed eyes and a heavily coated tongue are signs of the first stage of cleansing. Hunger can be the most intense in this period.

Stage 2 (Day 3 to 7)

Fats, composed of transformed fatty acids, are broken down to release glycerol from the gliceride molecules and are converted to glucose. The skin may become oily as rancid oils are purged from the body. People with problem-free skin may have a few days of pimples or even a boil. A pallid complexion is also a sign of waste in the blood. Ketones are formed by the incomplete oxidation of fats. It is suspected that the ketones in the blood suppress the appetite by affecting the food-satiety center in the hypothalamus called the appestat. You may feel hungry for the first few days of the fast. This effect is temporary. The desire to eat will disappear. Lack of hunger may last 40-60 days.

The body embraces the fast and the digestive system is able to take a much-needed rest, focusing all of its energies on cleansing organs and the lungs are in the process of being repaired. Periodically, the lymphatic system expels mucoid matter through the nose or throat. The volume excreted of this yellow-colored mucus can be shocking. The sinuses go through periods of being clogged, then will totally clear. The breath is still foul and the tongue coated. Within the intestine, the colon is being repaired and impacted feces on the intestinal wall start to loosen and are autolyzed.

Stage 3 (Day 8 to 15)

On the latter part of an extended fast, you can experience enhanced energy, clear-mindedness and feel better than you have felt since childhood, On the downside, old injuries may become irritated and painful. This is a result of the body's increased ability to heal during fasting. If you had broken your arm 10 yrs before, there is scar tissue around the break. At the time of the break, the body's ability to heal was directly related to lifestyle. If you lived on a junk food diet, the body's natural ability to heal was diminished.

During fasting, the body's healing process is at optimum efficiency. As the body scours for dead or damaged tissue, the lymphocytes enter the older-damaged tissue secreting substances to dissolve the damaged cells. These substances irritate the nerves in the surrounding region and cause a reoccurrence of aches from previously injured areas that may have disappeared years earlier. The pain lasts as the body is completing the healing process. The muscles may become tight and sore due to toxin irritation. The legs can be the worst affected as toxins accumulate in the legs. Cankers are common in this stage due to the excessive bacteria in the mouth.

Stage 4 (Day 16 to 30)

The body is completely adapted to the fasting process. There is more energy and clarity of mind. Cleansing periods can be short with many days of feeling good in between. There are days when the tongue is pink and the breath is fresh. The healing work of the organs is being completed. After the detoxification mechanisms have removed the causative agent or renders it harmless; the body works at maximum capacity in tissue proliferation to replace damaged tissue. While a short fast will reduce the symptoms, a longer fast can completely heal. Homeostatic balance is at optimum levels. The lymphatic system is clean except for a rare discharge of mucus through the nose or throat. After day 20, the mind is affected with heightened clarity and emotional balance. Memory and concentration improve.

Stage 5 (Day 30 to ?)

(Breaking the Fast with the genuine return of Natural Hunger)

- The Breath, which during all or most of the fast has been offensive, becomes sweet and clean.
- The Tongue becomes clean. The thick coating which remained on it throughout most of the fast vanishes.
- The Temperature, which may have been sub-normal or above normal, returns to exactly normal, where it remains.

- The Pulse becomes normal in time and rhythm.
- The Skin reactions and other reactions become normal.
- The Bad Taste in the mouth ceases.
- Salivary Secretion becomes normal.
- The Eyes become bright and eye sight improves.
- The Excreta loses its odor. The Urine becomes light.

The primary indication that the fast is to be broken is the return of hunger; all the other indications are secondary. Often one or more of these secondary signs are absent when hunger returns, but one should not refrain from breaking the fast when there is an unmistakable demand for food, merely because the tongue, for example, is not clean. Inasmuch as all the signs do not invariably appear in each case, do not hesitate to break the fast when hunger returns.

The other article is very informative and suggestive of what one might experience Spiritually on a fast, especially if the fast is done specifically for Spiritual reasons.

<http://in5d.com/spiritual-fasting-a-secret-source-of-power/>

3/19/17

I've broken the fast twice, once with the not-really-bone-broth and once with a meal. According to the guidelines I'm right in there on weight loss. Down 17 pounds with 4 days of weight loss lost to breaking the fast. So that means a pound or a bit less per day, some days more, some days less depending on what Ms Jett is dealing with. I must admit to being somewhat disappointed because the rapid over 2 pound a day loss at the beginning spoiled me. I just have to accept that Ms Jett has a lot of cleansing and releasing to do and it will take as long as it takes.

I still have that awful fasting "mouth", yuk, gross. I'll be glad when she's cleaned enough toxins out of the body that the coat on the tongue and dry mouth goes away. It's normal during an extended fast, but a nasty side effect nonetheless.

Admitting that I am addicted...to anything...is a shock for me. I always have seen who I am as strong, level headed, capable, and intelligent. I have judged that those who were addicted, to anything, as being weak willed, less intelligent, pitiful beings. I remember the teaching that whatever you judge in another is something you do not want to look at in yourself. That truth has never been more clear to me. It is leading me to deeper contemplation of the whole of my being.

I know how an alcoholic must feel. Sometimes the cravings are bad and you need to go to a meeting to help you get through them. My food cravings have not let up and they are worse at night. In the book it says that hunger seems to be stronger in the evening.

When I REALLY want to eat, I check in with the body and find that the body is not hungry, it's my cravings born out of my addiction to food. Sometimes, like last evening, I get very close to going to find something to eat. I watch TV or read or something to take my mind off food. I tell myself, "You can make it through one more day". And I do. I'm surprised at how strong this is and I'm patting myself on the back for resisting the urge to eat.

I don't know when, or if, I'll break this, but I'm certainly not giving in. Not yet.

I have our meet up group this coming Sunday. I'm going to do a salad bar. I haven't decided yet if I'll partake with the group. I may. And then, as with the last time, I'll go right back on the fast. Any leftovers will go to my neighbors or be sent home with group members.

The difference, if I do eat on Sunday, will be that it will be more with conscious knowledge and planning and not giving in to the addictive cravings that come and haunt like ghosts hanging around.

3/20/17

I'm dealing with the decline and imminent death of my cat, Ziggy. He's almost 15 years old and he has hyperthyroidism and kidney problems. He's wasting away. He's come to the end now and I'm going to have to take him to have him put down. I've been dealing with the grief and loss.

I came to a point where these emotions and the cravings were more than I wanted to deal with so I chose to eat. I got a little relief from the hunger. I'll go back to fasting tomorrow and see how I do till he is put to rest on Wednesday.

I can always go back to fasting. I've learned now that I can do it and the rewards for doing it are immeasurable.

3/21/17

This morning I'm back on the fast. Taking Ziggy in tomorrow for his passing. I'll have him cremated and have a little urn with his ashes with me always.

Well I lied. Emotionally not ready to go back to fasting yet. Had something to eat and some wine.

3/22/17

Took Ziggy to transition at the Whatcom Humane Society. I think it is only fitting to take him there since that is where I found him all those years ago. My emotional state is in deep grief right now and food is my solace. I am well aware that this is repeating old habits but at this moment I don't care. At least I'm aware of these old behaviors now and will eliminate them from my life as as I eliminate the weight and toxins from Jett as we go on with our fasting journey.

When it rains it pours. This is a test. This is a test to see how you handle the chaos that is coming and is already here.

My car has had a "quirk" for a while. Sometimes it won't start and I have to put it in neutral to start it. Quirky sensor in the gear shift panel.

So, after I had Ziggy put down, I go out to the car, hardly able to see through the tears, and the car starts fine. Except it won't move out of Park. Locked up tight.

so....I called Ellen and she came and took me to Harmony Motors (best people ever), they called a tow truck and will check my car tonight and let me know the problem. Then they called me a cab home.

The Universe was fucking with me today.....or not. don't know.

But every human I met including the guys at Harmony went out of their way for me. I am truly blessed even in sadness.

Then, get this.....I have new neighbors moving in upstairs. A sweet young couple in their 30's. They are in the process of moving stuff into the apartment. Jake was taking in some stuff. We said hi and he asked how I was doing...so I told him the whole story. He said how sorry he was and was very consoling.

Then he told me that he had a black and white female cat named Chloe that he loved dearly who died on Thanksgiving day. He was devastated by her loss. He said that last night he had a dream about Chloe dying and woke up sad and grouchy and how weird was that. He couldn't figure out why he had that dream and he thought it was totally weird. I told him I didn't think it was weird at all. Ziggy was a black and white tuxedo cat...so was Chloe.

My field must reach out way further than I thought.

3/23/17

I've decided to take a short break till after my Spiritual Meet Up Group on Sunday the 26th since I'm the host and will be preparing food for the meet up. This will give me time to stabilize from the emotional upheaval of Ziggy's passing and renew my resolve to heal Ms Jett.

Interesting enough the very first thing to come back after breaking the fast is inflammation. My feet are poofy again. Also have gained some 4 pounds but I suspect it is water retention due to alcohol consumption etc.

But I'm not going to berate myself or consider any of this in any way a failure. I have taught myself that I could do 20 days with not a whole lot of difficulty and am assured by the research I'm reading that the more you fast, the easier it is.

I'll be back to writing this journal as of 3/27.

3//27/17

Had our Meet Up Group yesterday. Wonderful how everyone in the group is talking about body stuff, ranging from liver cancer, to fasting, to emotional experiences, to ascension symptoms, and we are all experiencing the same general range of dealing with everything that is going on now. What a blessing this group is, we heal each other with our gathering.

This morning, I'm back at it. Took an extra amount of magnesium last night so I would clean out the gut this morning. Worked great. Having my bulletproof coffee to start off my day and walking forward with a renewed purpose in remaking and reordering Ms Jett.

I'm more at peace with fasting now. I don't see it as a challenge anymore. I see it as more as a comfort now. I found I really enjoyed the "empty gut" and lightness of the fasting state. Eating for these past few days brought back that sensation of a large amount of "stuff" needing to be eliminated from the gut. It feels like a heavy weight pressing down on the bottom of the abdomen, and I find it's a sensation that I don't particularly want to experience anymore. Oh, I know I'll experience it again whenever I do eat, but I think the foods eaten will be much lighter from now on. If I do want something heavier like beef or any red meat I'm sure I'll repeat this lament when I consume it and deal with the aftermath !!!!
LOL.

Well. Didn't make it through the day. Caved to a nice salad left over from the salad bar yesterday. Just not ready I guess.

3/28/17

I just ate "lunch" at 2pm today. Just don't have it in me yet to go back on the fast. I don't know if it is apprehension of the trials of the last 3 weeks or just caving in to my food addiction.

I'm not going to beat myself up. Just going to reread the book and get myself back to resolve to do this. I know it can be done, I've done it. Just not there today.

4/1/2017

April Fools day. I had planned on starting my next 3 week fast today. Seems logical since it is the first day of the month. However, at the "dinner hour" time the craving was huge and I knew I had a bit of a bottle of leftover pinot grigio left in the fridge. So.....I made something to eat and drank the last of the wine.

I'll start back in earnest tomorrow after some contemplations, meditations and work during my sleep time tonight.

4/2/2017

Woke up in a better space this morning. The sun is out and it's beautiful outside, but still a bit chilly. I'm determined to continue on with my fasting as of today. Too much good stuff happened in the last fast and I want to build on that. Here's to teaching the body and the limited self that cravings can be conquered and addiction is no match for Spirit.

Nah. Not happening yet. Not going to beat myself up (liar, I did). I'll start back when I'm "ready".

4/10/2017

When I went to bed last evening I had a conversation with my Self, Mz Jett, all the Company of Heaven and The Galactic Healing Teams. I said I was in need of some time on a healing ship and that I was ready to proceed with my next step in my fasting adventure.

Fasting made some positive changes in Jett, noticeable to me especially, maybe not as noticeable to the public, and I deeply understand that it needs to continue for me to make the progress with the body that I want to make.

This morning I feel good in the body and in the outlook and in the attitude. I'm ready to get back on this beautiful horse and ride as long as the ride lasts.

Hunger and emotion derailed me on my last pass. I'll see how much I have dealt with everything and how long I can go this time around. I know from my research that it gets easier the more you do it. I'm looking forward to an easier time.

One thing I have found is that the evening hours are more of a "problem" for me. I love my glass of wine and a nibble of something when I watch a TV program. Doing without the wine was not a problem last time. The habit of eating while watching TV was. Going to have to come up with some strategy for that habit and see it come to a close.

OK. Sweet Self. Wish me bon voyage for this phase of the journey. I'm off to fasting land for whatever adventure awaits.

