

Rejuvenation fundamentals

Foundations

CANONICAL SOURCE - VERBATIM

Fill your mind and being with the expectancy of God. There is no death, save in consciousness, so maintain an optimistic outlook about the body's potential for longevity, for aging continues only until one does what one knows to do, and the leaves undone what one knows not to do.

There is a creative power of our attitudes in shaping the physical body, so see what you eat doing what you would have it do, for what we eat and what we think, especially when taken together, make us what we are.

Rejuvenation Toolkit:

Enlightened Athletics Dietary Protocol; Nascent iodine; Enema (and colonic); Castor oil (Palma Christi) Hot Pack; Consume Olive oil (3-5 teaspoons per day); Eat a few sprouted almonds per day; Epsom salt bath with oil of Pine needles; Proper hydration (1 gallon daily); Glass of warm lemon water upon rising; Salsify (oyster plant); Triphala; Monoatomic Gold

Massage (peanut oil or olive oil - alternate daily)

Massage Rationale: Inactivity causes many of those portions along the spine from which impulses are received to the various organs to be lax, or taut, or to allow some to receive greater impulse than others. The massage aids the ganglia to receive impulse from nerve forces as it aids circulation through the various portions of the organism.

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol