

RECIPE FOR DETOX AND CELL PROTECTION

ZINC 100mg daily

VITAMIN C 5,000 mg. MINIMUM, WORK UP TO 10,000 Mg.

MAGNESIUM 500mg. DAILY

SELENIUM 200 micrograms daily

APPLE PECTIN 700mg. Twice daily

CONTINUE MAINTAINING VITAMIN D 5,000 TO 10,000 units daily
MINIMUM 5,000

How to Love God

To love God in the most practical way is to love our fellow beings. If we feel for others in the same way as we feel for our own dear ones, we love God.

If, instead of seeing faults in others, we look within ourselves, we are loving God.

If, instead of robbing others to help ourselves, we rob ourselves to help others, we are loving God.

If we suffer in the sufferings of others and feel happy in the happiness of others, we are loving God.

If, instead of worrying over our own misfortunes, we think of ourselves more fortunate than many many others, we are loving God.

If we endure our lot with patience and contentment, accepting it as His Will, we are loving God.

If we understand and feel that the greatest act of devotion and worship to God is not to hurt or harm any of His beings, we are loving God.

To love God as He ought to be loved, we must live for God and die for God, knowing that the goal of life is to Love God, and find Him as our own self.

MEHER BABA

“We have to continue to learn. We have to be open. And we have to be ready to release our knowledge in order to come to a higher understanding of reality.”

THICH NHAT HANH

THE PRINCIPLES OF ATTITUDINAL HEALING

1. The essence of our being is love.
2. Health is inner peace. Healing is letting go of fear.
3. Giving and receiving are the same.
4. We can let go of the past and the future.
5. Now is the only time there is and each instant is for giving.
6. We can learn to love ourselves and others by forgiving rather than judging.
7. We can become love finders rather than fault finders.
8. We can choose and direct ourselves to be peaceful inside regardless of what is happening outside.
9. We are students and teachers to each other.
10. We can focus on the whole of life rather than the fragments.
11. Since love is eternal death need not be viewed as fearful.
12. We can always perceive ourselves and others as either extending love or giving a call for help.

By Gerald G. Jampolsky