

FASTING

In a normal, daily life it is good to fast one day a week, taking only water or fruit juice. The purpose of fasting is to experience good health. When you sit to meditate you won't have any physical distraction. Fasting is a wonderful opportunity to take care of the body.

During the first days of a fast, the tongue may become coated, the breath foul. All this is coming from within. It's a good sign. It means everything is being thrown out. You might also experience headaches and nausea. To help to eliminate toxins more quickly drink plenty of water, take showers and do deep breathing.

As the fast continues you will experience a lightness in the body and mind. When you begin to get some good signs (tongue clear, saliva sweet) you can prepare to stop the fast.

Breaking the fast is even more important than the fast itself. Break it with something very light. If you were just fasting with water, take a little fruit juice, or, if you have fasted on fruit juice, try some vegetable broth. Then you can add some well-steamed vegetables.

Fasting is also very useful at the first sign of a cold or virus infection. It allows the body to put its energy into healing itself where it would normally be taken up in digestion.

Even if you don't have time for a long fast, fasting one day a week will certainly help you!