

# *Raise Your Vibration* with *Nutrition & Fasting*



*Nogah Lord*

# Raise Your Vibration With Nutrition And Fasting

**Joseph “Jo Dash” Musa**



## **Raise Your Vibration With Nutrition And Fasting:**

Raise Your Vibration with Nutrition and Fasting Nogah Lord, 1991 Nogah a professional dancer began to experience altered states of consciousness while performing Functioning in a different reality in an altered time frame she began a lifelong study of attitudes and actions which increase personal energy She offers basic insights into right nutrition the benefits and obstacles of becoming a vegetarian fasting for health conscious breathing relaxation exercises and ten affirmations for perfect health You can raise your vibration by Eating less Talking less Sleeping less Breathing more Exercising more Meditating more Blessing everyone Being absolutely truthful Letting go of all resentments ISBN 978 0 931892 68 4 Endorsements If attaining enlightenment and perfect health have been too complicated for you check out this book This compact powerhouse outlines no nonsense strategies dos and don ts for increasing your energy and vibratory levels Carol Wright NAPRA Trade Journal The author a professional dancer experienced a revelation that the divine exists in everyone Since then 1964 she has been engaged in a lifelong study of the attitudes and actions that promote personal energy and better health Based entirely on insights Lord has gleaned from her own life this volume offers advice on nutrition the benefits and obstacles of becoming a vegetarian fasting conscious breathing relaxation exercises and more Bookpaper

**The Cumulative Book Index**, 1992 A world list of books in the English language      **The Journal of Transpersonal Psychology**, 1991      **The Health Book (Translated)** Peter Deunov, Beinsa Douno, 2022-06-16 This book is compiled by a group of disciples using excerpts from Master Peter Deunov's lectures The recommendations collected over the years are addressed to listeners of different inspirations They have been grouped according to a logical organization so as to prioritize the accuracy of the original texts scattered in different books at the risk of repetition rather than depriving readers of in depth and more complete information Repetition itself constitutes a pedagogical method In order to respect the integrity of the Master's thought we considered it preferable not to disassociate the principles of high spirituality from the practice of daily life We entrust to everyone's attention and spiritual openness the putting into practice of this immemorial wisdom that was already expressed with a wide profusion of knowledge at the beginning of the 20th century The ultimate goal is the reconciliation of man with the divine in him the basis of a path to a better existence in accordance with the laws of Nature in order to understand the causes of his illnesses and to find the means of healing best suited to man today \_\_\_\_\_ All divine creation exists in miniature in man Each man is like a string on the divine instrument on which unseen entities play with their bows Man's body is the result of the divine energy that created today's human organism Man possesses twelve bodies but for the time being only four are in operation the physical body the astral body or emotion body the mental body and a fourth named the causal body The other eight subtle bodies are still in the embryonic state but they will manifest in the future When man reaches the spiritual world four other bodies will manifest and when he enters the divine world the other four bodies will develop Each will develop and manifest at the right time The human soul possesses its own specific body

through which it can elevate and glorify itself This body is so plastic so well made that it is capable of shrinking or enlarging It is precisely this body that builds the physical body as well as all other bodies The intellect and heart are as important as the physical body The latter represents the base in the bosom of which man draws his life forces The physical body represents a divine garment that is constantly being renewed It changes every seven years Because of this permanent renewal man is healthy full of energy and well being At present our spiritual body is in formation as it is not completed the forehead nose mouth bones skull brain hands are not yet fully processed The astral hand is in the process of forming The astral substance is condensing preparing for a higher purer life At present it resembles something fluidic liquid like Man is shaped like a cone wider at the top at shoulder level narrower at the bottom This testifies to his descent into the physical world that is the material world Forthcoming Books Rose Arny,1992 Spiritual Nutrition Mike Radice,2024-04-26 The New Earth is the happy ending predicted by spiritual mystics for thousands of years Nirvana Heaven Shambhala Gaia and Third Temple are some of the names but the name is irrelevant It s a higher vibrational dimension without fear binarism and violence Peace collaboration and a clean planet are the norms Spiritual Nutrition provides tools to bring the New Earth to us smoothly The book enables readers to understand and feel what s going on and helps them make changes to themselves to help It presents strategies and steps to clean the body mind and spirit lift the vibration and spread loving light as an antidote for fear and hate It also questions the meaning of reality The book relies on an energy vibration context for its argument Higher vibrations are peaceful kind and smooth the kind we need to move to the New Earth Lower vibrations are angry destructive and disempowering the kind that holds us in a world of fear and hate The book relies on vibrational lifting as the goal and prescribes a path of a plant based diet meditation yoga thoughtfulness and kindness to self and others

**Publishers Directory** ,1993 **Nourish to Flourish** Suzanne Jezek-Arriaga,2017-02-28 Wondering what all the talk of the Universe manifesting and energy have to do with you Like you Suzanne Jezek Arriaga once rolled her eyes at all things woo woo Then a unique unconventional women s group she joined the Prosperity Princesses opened her mind to the fact that when you feed your body crappy foods and fill your mind with crappy thoughts the result is a nothing special life And that when you start nourishing yourself with higher quality foods thoughts and beliefs your life transforms into something better than your wildest dreams In Nourish to Flourish Suzanne walks you through step by step how to upgrade all of the things you feed yourself everyday including food yes but also thoughts ideas beliefs and feelings so that you can start working with the Universe to create a life you love You really can create a life that fills you up and nourishes you from the inside out **How to Live Your Best Life** Maria Hatzistefanis,2021-09-02 It s time to reset adjust and take the power back Having spent over 20 years building her hugely successful beauty empire Maria Hatzistefanis managed to achieve all her childhood dreams and goals She has attended exclusive parties walked on glamorous red carpets and visited beautiful cities Whilst this life of glamour and success is exhilarating Maria is shocked to find that the happiness it brings is fleeting This leads her to realise

that her life needs a new focus In this easy to follow guide Maria asks the fundamental question what is happiness Analysing her own experiences failures and fortunes Maria provides clear concise and intuitive strategies to help you tackle your own challenges From aligning your thoughts and actions to detaching your success from achievements Maria shares her practical secrets to mastering your mindset How to Live Your Best Life will equip you with the tools you need to be in control of your own destiny Brimming with good sense great advice and clear tips Maria guides you on your journey to happiness and ultimately success      **2012 Awakening** Sri Ram Kaa,Kira Raa,2008-11 While doomsayers look to the year 2012 as the end of life authors Kaa and Raa see humanity on the brink of a new horizon Together they have created a guidebook for the soul that can lead to a spiritual awakening and a life based on truth and joy      Subject Guide to Books in Print ,1996

**HEALTH DISCLOSURE** Adam Masters,2013-10 A team of doctors and I figured out how to eliminate pain inflammation obesity disease and cancer to 5 basic elements of health arranged as a pyramid of priorities Pain inflammation and unhealthy weight are simply precursors to disease and obesity arranged in a sequence that begin at the precise point where 1 or more of the 5 imbalances occur All are symptoms of inflammation all are caused by imbalances in the pyramid I call the Matrix Where you are in the Matrix is measured by pH 7.2 being perfect By using the Matrix for anyone for any condition reverses and accelerates recovery past the point of curing to a point of thriving It makes pain inflammation obesity disease medication cancer and for most mental illness irrelevant That pyramid is the fulcrum point from where the sequence of obesity and disease begins You can stop and reverse ill health in its tracks by balancing the 5 elements at any point Blood only becomes alkaline pH 7.35 absent of inflammation to sustain life PH is the report card of the 5 elements that make up the Matrix pyramid of patient health The Matrix is the roadmap and the sequence is the path The difference between existing in a hospital bed requiring a walker living with a sore back to thriving can be manipulated by how much you invest in optimizing the 5 elements The easy part is prevention and cure for anyone of any disease Optimization and thriving is where this book wants to take you Profit has no incentive to change since profit is working well for individuals that currently control the system and doctors cant disclose this information without repercussions The trouble with the health care system is that it is driven by profit and not by incentive for cures Trauma care trained doctors are practicing health care and the symptom is sick care Treating symptoms intensifies problems because it ignores the factor of time Health Disclosure is about health care for the 21st century and its about time      *American Book Publishing Record* ,1991      *Good Morning Intentions* Britt Deanda,Tara Schulenberg,2021-02-01 Committing to a morning ritual can increase positive energy and support better health and vitality In Good Morning Intentions two yoga and meditation experts share 25 morning rituals that blend ancient wisdom with modern living Readers will learn to raise their vibrations connect with their goals and manifest the life they want using simple meditations and intention setting      **Healing Chakras for Beginners** Selene H. Archer,2025-05-27 Unlock the Power Within A Complete Chakra Healing Guide for Inner Balance Energy Alignment and Lasting Spiritual Growth Are you

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**The Melanin Effect 2** Joseph “Jo Dash” Musa, 2023-09-29 The Melanin Effect 2 A Nutritional Path Back To Eden is an enlightening and comprehensive nutritional book that delves into the intriguing intersection between food culture and its profound biological impact on our existence By exploring the historical cultural and scientific dimensions of food this book offers readers a deeper understanding of the intricate relationship between what we eat and who we are Drawing from a rich tapestry of research and anecdotes The Melanin Effect 2 A Nutritional Path Back To Eden embarks on a captivating journey through time exploring the origins and evolution of various culinary traditions and their significance in shaping human civilisation From ancient civilisation to modern societies the book uncovers the cultural practices rituals and beliefs surrounding food that have endured across generations

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