



The Dharma of Fasting for Professionals - Summary

This is a weeklong fasting course for teachers and other professionals. The course guides us through the fasting process while we examine and apply a variety of Dharma teachings to assist us. As the week proceeds we create a bridge within the body-heart-mind and world that forms the connection to students, clients, patients, colleagues and competitors; as we enlighten ourselves and our professional contribution.

The course focuses on 4 main goals during the week:

1. Evaluating your fasting experience—learning and observing “self” as we fast
2. Designing your personal Dharma practice—aligning with nature and what we love
3. Integrating the fasting experience into your professional work
4. Applying our Dharma practice toward the ultimate universal profession

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1. a. The importance of fasting for understanding:

- Our particular “Karmic Life History”.
- The body-mind-heart and time
- The meaning of reincarnation, from moment to moment of consciousness
- Why fasting stimulates, what I coin, our "divine immune intelligence"

b. How fasting and cleansing help us:

- Know the dimensions of consciousness in each cell throughout our body
- Eliminate old Karmic life history we hold in the cell membrane and the gut

- Work with the 3 Lines of Defense and 3 Types of Immune Systems
- With the Digestive System
- With the Neuro-Endocrine System, Hormones and the Chakras
- With The Enteric Nervous System—our “Second Brain”
- With the Microbiome
- The 3rd Chakra
- The Psycho-Neuro-Immuno-Endocrine Interface

2. An appropriate selection of Dharma teachings are taught throughout the week that help the student-teacher-professional:

- Reflect, encourage and purge away outdated paradigms, Karmic History
- Open the heart-mind-world to a broader “presence”
- Realize the potential as co-creators of a personally designed way of life
- Personal and professional freedom, growth and happiness
- Evolution of the whole planet
- Rituals to immerse with the natural world

Dharma Teachings during the week are in two sections A and B:

Section A:

- How dharma evolved to Dharma
- The 5 Aggregates and The Wheel of Dependent Origination
- Changing the intricacies of the mind and, thus, life circumstances
- Dissecting the dimensions of everyday consciousness
- Cleansing the outdated paradigms that “age” our consciousness

Section B:

- The 7 Principles for Divine Service
- The 6 Virtues of Human Relationship
- The Four Noble Truths
- The Eightfold Path
- The Kamala Sutta
- The Nine Eyes of Vipassana
- The 7 Aspects of Enlightenment
- The Four Foundations of Mindfulness: a self-investigation, self-psychoanalysis of 16 steps toward enlightenment.

3. Going Back to the World of Food and Materialism:

- Breaking the Fast
- Most Essential Nutrition
- Methods of Eating Mindfully, Digesting and Immune Health
- Strategizing fasting/eating windows for everyday—
Intermittent Fasting
- Fasting to Experience Divine Health—Live Raw Enzyme
Rich Food

4. Integrating Our Dharma Practice into the ultimate, universal profession:

- Dharma As a Daily Personal Health Practice
- Dharma in Our Professional Life
- Compassionate Business Mandala
- Synchronicity