

I am Soul using Physical Form; I Bless my Body ✓

"Having a strong and healthy body is essential to the practice of Tlish Diyan. A body operating in balanced harmony is needed in order to adjust to the higher frequencies of energy used in healing. Removal of blocked energy places stress on the body during initial stages of clearing, living life out of balance generates a loss of power, an energy drain that makes it difficult to do healing work. Detoxification and inner child work are essential elements in Tlish Diyan" -Maria Yracébûrû

Exercise

Martial Arts, hiking in Nature, dance and sexual activity are excellent exercise for those practicing Tlish Diyan. These activities intentionally direct life force energy and facilitate an awareness of the body's subtle energy systems, particularly in the aura and fibers. A complete exercise regiment would include regular stretching, aerobic work, and resistance training. Movement and employing involuntary, non-habitual body gestures are also very applicable.

Exercise means staying active. Look to each day as a day of activity. To be able to be alive is a blessing, a path you chose. Try to take a long walk each day. Don't be afraid to use your body the way Spirit intended. Exercise so that you breathe deeply. Oxygen is very important to your body's needs. Research has shown that people over 70 feel better and their health has improved when they have been put on a daily exercise program. They feel better about themselves!

Do not let a day go by without some form of exercise. Bless your body.

Water ✓

Distilled water is virtually pure water... free from all unwanted contaminants. Using pure distilled water eliminates hazards.

Distilled water is water that has been turned into vapor, so that all its impurities are left behind. Then by condensing, it is turned back to pure water. It is the only water that

is pure; the only water free from all impurities.

In a manner of speaking, distillation is nature's way. The weather of the Changing Mother is created in the tropics, where half the heat reaching the planet falls on land and water masses. Here heat energy is stored within water vapor through the process of evaporation, nature's distillery. When the jet streams return ocean water to inland areas, they do so without sea salts and minerals, all of which have been left behind.

There is much to learn about water. The death/aging hormone which is contained within every DNA structure upon birth is activated by lack of water – dehydration. Disease is caused by toxic blockage. The body must be free of sludge to operate efficiently. The eliminating organs cannot expel all the toxins, so nature does the next best thing and tucks them where she can. Since water is the greatest solvent known, it becomes the best agent to carry out that which is brought in, or emotionally stuffed in hiding.

Dis-ease does not exist without cause. It begins where cause begins and persists where cause persists. Chronic disease means chronic provocation. Healing cannot occur until the root cause of the dis-ease is removed. Symptoms may subside or be palliated and suppressed. A crisis may pass, but dis-ease persists as long as cause is ignored or unrecognized. Flush with pure, distilled water.

Your body is between ^{75%-80%}~~60-70%~~ water...

Water is not only the most abundant nutrient found in your body, it is also by far the most important nutrient. Responsible for and involved in nearly every body process, including digestion, absorption, circulation, and elimination, water is the primary transporter of nutrients throughout the body and is necessary for all building functions of the body. Water helps maintain a normal body temperature and is essential for carrying toxic material out of the body.

The purity of the water you drink is vital to your body's well being. Drink no less than 2 quarts a day.

Will

Your will determines your perspective; how much you want to grow, heal, and be free of dysfunction. You and you alone can improve your life path. The path you choose

to walk is a lifelong commitment of your will, your attitude and your thinking. Always remember that Spirit loves you and is there to support you.

Heredity

This is what you are given from your parents, grandparents and even the great grandparents. If your mother or father had trouble – physical, mental or emotional – then you may carry the same patterning within your DNA. We know if there is a history of dysfunction or dis-ease in the family should need to look at the source and heal it from within. It is what you do and how you live with what Spirit gives you that determines your growth and healing path.

Diet

It has been said, "you are what you eat." While common sense tells you, "if you can't pronounce it, don't eat it," Earth born food. Natural foods are made with love for our sustenance. By eating the natural food that the Changing Mother has given us we strengthen the body, thus providing nourishment to organs, helping to eliminate toxins from the body – cleansing and purifying.

Another major factor to consider is heredity - blood type. As such, a diet chart, per your blood type, follows. For those interested in investigating this further, we recommend the book, "Eating for Your Blood Type."

Aggressive Cleansing & Purification

"There is a power in your body and strength in your heart. These are given to you by the Sacred Parents. The strength they give you must be forever a gift. Do not forget that we are always like the pebbles of sand in the river of time. It is but a little thing for this earthwalk to end." -Maria Yracébûrû

Fasting

Fasting means either totally abstaining from food and water or eating and drinking a specific regiment of sustenances during a set time framed combined with the intention to purify the body.

Fasting with total abstinence is not recommended unless it is for a specific ceremony and over seen by an experienced Guardian. Total abstinence without ceremonial context can seriously deplete the body and make it weaker. This is not useful in healing.

A specific dietary regiment is very helpful. A fruit and vegetable juice fast may be done for a period of 1-2 days. This fast will not only clear out toxic tension from the body, but will also unhinge spiritual dust. Make sure you drink plenty of water and do deep breathing exercises. Abstain from rich foods for several days once fast is complete.

Detoxification

When the toxins (derived from environmental and substance toxins, in addition to emotional, physical and spiritual stress) in your body are of higher quality than the tissue that the body is made of, the body will automatically try to discard the lower grade tissue to make room for the higher quality materials that it uses to make room for the higher quality materials that is uses to make higher quality tissue. Any time you introduce a superior quality substance such as "herbs" to your system, you can expect your body to get right to work discarding the toxins and tissues made from the lower quality materials.

Your may experience one or more of the following symptoms, depending on how many changes you are making, what kind of diet you are on, your medical history, your age and your overall state of health. People who have had tendencies toward skin rashes

or eruptions will frequently be those who tend to eliminate poisons (suppressed anger, prescription drugs and food preservatives) through the skin. As you upgrade your intake status (nutritional foods, exercise and a program of self love), you may see new outbreaks of these rashes. This is because the skin is getting more active and eliminating stored poisons and toxins. Be patient, it will all clear up if you continue to improve the quality of your life nurturing. You may find that colds or fevers, which haven't occurred in a long time may flare up. This is nature's way of cleansing you. Please don't try to stop these symptoms by using drugs. Toxins are being eliminated that could very well cause you the agony of degenerating Dis-ease if they were to remain in your system. Other symptoms that may occur during detoxification could be fatigue (resistance and boredom toxins, lack of self love), bowel sluggishness (fear of letting go), diarrhea (fear and rejection), frequent urination (anger and blame), nervousness (fear, anxiety, struggle, not trusting the process of life), irritability (anxiety) and depression (anger and hopelessness).

Most folks find their reaction tolerable and are encouraged to bear with them because of the release that are already in evidence. These symptoms will vary according to the toxic waste being eliminated, the condition of the organs involved and the amounts of energy available.

The more you can rest and nurture yourself when symptoms are present, the milder they will be. Be wise, kick back and relax. You can expect to reach a plateau of vibrant good health, if you persist in self love and nurturing and continue to improve your campaign to improve your nutritional status.

Once a week detox drink: 1 ~~tbl~~ tsp virgin olive oil, 1 1/2 cup peach or apricot nectar, 1 lemon (rind, seeds and all), and 1 ~~tbl~~ tsp lecithin. Throw all in a blender, frappe for 2 minutes. Drink all of it 2-3 hours before bed. Make sure the nectar is cold or the oil will separate out and tastes nasty. If you drink closer to bedtime, you may find it hard to sleep.

Herbs that can help: Muscle test for each herb before introducing to your system. If you have never done muscle testing it is simple. Hold your right arm out and have someone push down while you resist. This is your yes. Then hold the herb, or a piece of paper with the herb name written on it, in your left hand. Repeat the test. If your arm wavers, the herb is not a match for your system, do not take it. We suggest capsules as these are easier to take and may be found at your local health food stores. At a later day, traditional herb gathering and preparation will be discussed.

Licorice Root: Licorice root is used as a natural hormone balancer and a natural cortisone. It is used for hypoglycemia, adrenal glands, stress, female problems (menstrual

and menopause). Decreases muscle or skeletal spasms, and increases fluidity of mucus from the lungs and bronchial tubes. Used for coughs and chest complaints, gastric ulcers and throat conditions. Also used in some natural laxatives.

Milk Weed Thistle: One of the most potent liver substances known. It is a specific antioxidant for the liver. It is also a choleric and lipotropic compound which promotes the flow of bile and fats to and from the liver.

Artichoke: The flower or the head of the artichoke, commonly known as the heart, is reputed to be an aphrodisiac; although this claim has never been proven. Even if this popular vegetable is not good for your love life, it is certainly good for the heart and liver. Blood cholesterol drops after eating artichokes. The artichoke not only reduces cholesterol but it also increases bile production by the liver and works as a good diuretic; also helping to relieve constipation. Because of the central role of the liver in cleansing the body, it is sensible to regulate its functions by including some artichoke in your diet.

Purification Lodge

The Purification Lodge (or ya-wé) is not conducted in the same way. By all Native Americans. It simply cannot be said that there is only one way to run a sweat.

It is here that we return to the womb of Mother Earth in order to purify ourselves.

It is a form of the death and rebirth cycle. It cleanses the spirit with it's focus on the harmony of the four elements with one's own spirit at the center.

According to Leonard Crow Dog, Lakota, "The inipi is probably our oldest ceremony because it is built around the simplest, basic, life giving things: the fire that comes from the sun, warmth without which there can be no life; inyan wakan, the rock that was there when the Earth began, that will still be there at the end of time; the Earth, the Mother womb; the water that all creatures need; our green brother, the sage; and encircled by all these, man, basic man, naked as he was born, feeling the weight, the spirit of endless generations before him, feeling himself part of the Earth, nature's child, not her master."

The Purification Lodge is a powerful, cleansing, healing and sacred place. It is a time and place that is beyond the confines of time and place. It is where you can call upon your Spiritual Guides for their powers and gifts; where cleansing can lead to healing which can lead to purity; where you can cry for a vision, to have your deepest questions answered. Your chant adding to the chant of others, as well as finding your own silence within (and without you) for meditation and, thanksgiving.

On our path, everybody contributes to the building of the Lodge. You help with the laying of the fire, with the collection of the fire wood and, with the actual construction of the lodge. In this way, everyone's energy is involved in the ya-wé. The essence of the Lodge and of all that we do is, "we are all one family."

This lodge is recommended as a part of purification in any group healing ceremony. Once a week is ideal during normal conditions, once a month being the goal. Regular saunas are a good substitute when a lodge is not available.

Ceremonial Bathing

A ceremonial bath is begun by setting intent. Set the environment by using candles and cleansing with smoldering sage (this act is known as smudging - purifying with smoke). Flute music, or soft meditative lullabies are an excellent additive.

Draw your bath water, adding 1 pound of sea or rock salt, and one pound of baking soda. Be sure the water is as hot as you can comfortably tolerate. Fill as full as you can without running out of hot water.

Soak in the tub for at least 20 minutes, with the intent of releasing all anger, fear, hatred, resentment and self-criticism—any negative emotion that may be causing tension to be trapped within your body. Indulge in positive dreams, hopes and aspirations. Open yourself to any incoming messages.

The bath cleanses not only your body of toxins, but also your auric field of energy blocks that might eventually contribute to the preliminary symptoms of Dis-ease. In addition, it leaves you relaxed and feeling soft as a new born babe.