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Michael's Open Notebook
SPIRIT: 10-day fast and cleansing program

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mherman
member/admin

posted 06-13-2001 11:34 AM

suddenly, it's summer. so i'm a bit late with this. heard this guy on new dimensions radio interview with michael toms (see www.newdimensions.org for best interviews on the planet). this detox routine seemed like a good thing to do. will report what i can here as the 10 days progress...

see <http://www.elsonhaas.com/article/spring.html> for details, but here's a bit of the basics...

SPRING CLEANSING
by Elson M. Haas, MD. copyright 2000

Did you ever wonder how you would feel if you took a break for a week - - took a vacation from the foods that drain your energy? Speaking personally, until I did my first ten-day juice fast in 1975, I couldn't make any kind of comparison. Sure, I had days when I felt pretty good, but the rest of time, I tended to walk around in a sluggish, semi-productive state -- and I didn't even realize how low my energy was until I began experiencing a more energized and vital way of being.

Fasting and juice cleansing can be a terrific source of vitality and a great healing tool. A good cleanse can remove congestion and toxins, and help you feel youthful. If you work in a high-pressure, fast-paced job, you may find this can give you the competitive edge you need. If your energy is good, but you want to be even healthier, this is a worthwhile approach to a higher level of health. For those of you who are in mid-life and find yourself slowing down more than you want, this can actually remove some of the signs of aging. I have many positive personal and patient anecdotes.

Every year since that first rejuvenating experience, I have fasted for ten days coming into spring. Each March, I also personally guide a ten-day Rejuvenation Program in a small relaxed, informal group. The Master Cleanser (MC) program consists of a ten-day (length of time can vary) liquid fast and detox, using a special formula:

- The Master Cleanser
2 Tablespoons of fresh lemon (or lime) juice
1 Tablespoon pure maple syrup
1/10 teaspoon cayenne pepper
8 ounces of spring water

It is important to drink adequate amounts of liquid. Use the Master Cleanser formula daily, drinking at least 8-10 glasses, and drink other water or herb teas, especially peppermint or chamomile.

>>> for more details, visit www.elsonhaas.com/article/spring.html






Resources for a Spring Cleanse. For those interested in fasting, or more accurately, cleansing, you can follow the program in the Spring section of my book, *Staying Healthy with the Seasons*, or in my other books, *Staying Healthy With Nutrition* or *The Detox Diet*. And for more personal guidance, you could find a local health practitioner with fasting experience.

The 10-day Spring Rejuvenation Program. If you live in the San Francisco Bay area, near Marin County, and would like to participate in one of my guided Spring juice cleanse or Autumn program, you can join the group by calling my office at the Preventive Medical Center of Marin at 415-472-2343.

Overall, after 25 years of medical practice, I have to say that the fasting/cleansing/detoxification process is the greatest and most effective healing tool I have found. It is an important component for the prevention of degenerative diseases and a key to transformational and evolutionary medicine and healing.

[This message has been edited by mherman (edited 06-13-2001).]

mherman
member/admin

 posted 06-13-2001 11:47 AM    

DAY 1:

went to the store yesterday to stock up. peppermint tea, syrup, lemons and limes (gonna need a lot more of those), a fresh bottle of cayenne pepper (fire!), 2.5 gallons of spring water. upon noticing just how heavy water really is, i also grabbed a box of water filters!






okay, after my first dose of the cleanser formula, i can report that fresh cayenne pepper is indeed a bit of a wake-up call. yowza! ha, ha, hot! (yeah!)

next lesson... do not attempt to do this program without one of those special little dishes that get lemon juice out of lemons or it's gonna be a long 10 days. back to the store later today.

was surprised to notice that maple syrup will provide more than 500 calories a day if 10 rounds of the MC formula are consumed.

after taking the cleansing formula, what i think of as the 'potion' (grin), i sat down to catch up on emails and enjoyed a wonderful vibration radiating from my insides. seems that pepper was waking up more than just the back of my mouth! so far, so good.

mherman
member/admin

 posted 06-14-2001 02:20 PM    






DAY 2:

90-many degrees here yesterday. bad timing. but seem to have gotten over the big headache withdrawal time. walked about five miles yesterday. too hot by the time i returned. headache set in late afternoon stayed 'til late morning today. very nice steak dinner, eating vicariously of course, with pamela and sandra. strange to have even the baby carrots and dole juice bars be off limits!

feeling good now after a warm, rough, head-pounding night. kitchen looks like a chem lab. spoons and glasses and ingredients. intake chart on the big whiteboard. mostly sunny and just as hot today, waiting 'til later for walking and dipping in the lake. think i'll find an air-conditioned coffee shop in the meantime, preferable one that doesn't serve any cookies (grin).

in general, time is slowing down as TP consumption rises. not a bad trade so far. have been reading some more in elson haas' books and thinking that this little fasting adventure may also do some very good things for the back injuries sustained in my step off that little cliff in 1997. also noticing the muscles in neck loosening with muscles in base of body. aaaaahhhhhhh....

mherman
member/admin

 posted 06-14-2001 11:05 PM    






DAY 2, evening: cucumbers. cold fresh cucumbers. cut in long pieces. okay, yeah, and cheeseburgers, too. actually cheeboiger, cheep, and a coke, no pepsi coke? or no coke pepsi? in other words, i walked by the billy goat tavern, below michigan avenue, again today.

other foods that have floated through include the pizza, chicago dogs with peppers, turkey subs and oatmeal cookies at barnes and noble. yep, walked by all of that too, tonight.

but cucumbers??? if they keep showing up i'm going to take it as a sign and gorge myself on them!

walked home in a thunderstorm tonight, more boom and light than rain, smiling. the city is cooling quietly....aaaaahhhhhh....

mherman
member/admin

 posted 06-15-2001 01:36 AM    






DAY 2 late-night:

been doing some reading here, enjoying the new coolness after the rain. walking home in the rain tonight was noticing that there was almost nowhere to stop on the way for someone who is not eating. even bookstores offer food temptations.

seems so often that taking care of myself seems to require my getting away from the mainstream of our culture. aside from these sorts of experiments with not (hardly) eating, i find myself creating more and more distance between myself and fashion, material consumption, full-time salaried work, traffic, bureaucracy, hierarchy, lecture, guilt, pain meds, alcohol, caffeine, and mass media. seeing them more and more as obstacles to creativity, responsibility, sensitivity, wholeness, spirit. wondering tonight what might appear in their wake. i'd like to think that it's more than cold cucumbers.

[This message has been edited by mherman (edited 06-15-2001).]

mherman
member/admin

 posted 06-15-2001 01:48 PM    

DAY 3:

my teeth are bored.

add brown rice to the list above. what can you make with cucumber and rice? maybe i'm really adopted and my birth parents were thai. please, don't anybody say peanut sauce.






eighty degrees and cloudy here today. perfect. was back down to navy pier this morn, third time in three days, but stayed clear of the billy goat (cheeboiga) tavern. mostly beyond the hungries now, no more headache since it faded yesterday morn.

taking it easy this afternoon, cleaning up loose ends at work and home. the cleansing is happening inside AND out. feeling very well, though still distracted a bit by managing the new routines.

occasionally catching myself cooking up some kind of food ideas, mostly little stuff, like the kids selling m&m's on the street, only to realize that i don't qualify. that alone is probably a good practice in letting those unnecessary attachments, desires and stirrings pass through me without any action. better, in most cases, to have the thought forms rather than the food forms passing through me.

[Note: This message has been edited by mherman]






mherman
member/admin

 posted 06-16-2001 03:51 PM    

DAY 4:

i think i come here to post mostly just to remind myself what day # it is...mostly it seems like nothing much is happening, an illusion, i'm sure...the potion-cooking routine is getting to be old hat and am feeling lighter, clearer, easier on lots of levels...in the midst of seemingly not doing anything, a whole bunch of stuff is actually, quietly and easily finding its way to completion, in between bathroom breaks. am beginning to think it would be a good day for a short run along the lake...on a perfect sunny day, feels like love is growing out of nothing at all.

mherman
member/admin

 posted 06-17-2001 12:35 AM    






DAY 4, late night:

well, finally did get that run in. just a mile and a half or so, then walked back. beautiful breezy summer night in chicago. my gut is telling me i loosed a few too many toxins, perhaps, but all else is feeling very fine.

little stretching, little housecleaning, some tea and then off to bed. might as well be up and moving at this hour, as when i lay down my whole body gets kind of vibrating-tingly sort of energy buzzing, same as it did on 10-day vipassana meditation retreats, sitting for 14 hours a day. feels good.

[This message has been edited by mherman (edited 06-17-2001).]

mherman
member/admin

 posted 06-17-2001 01:48 PM    

DAY 5:






in addition to the master cleanser potion, an internal salt water bath is also recommended every other day. done two of these on days 2 and 4 and they've been a bit intense. last night i discovered why...

the recipe for the internal salt bath is 1 quart water and 2 teaspoons of sea salt, drunk all at once, first thing in the morn. well, everything else is TABLEspoons, so... yep, that's a lot of extra salt. pretty sure that's what the turmoil in my gut is all about. a bit of humming and good company with a friend this morning has helped a lot and i expect i'll finish bouncing back today. everything else feels sparkly light and ready to go.

so many things go away with food. yes, calories... but also reward, texture, a bit of punctuation, 'normal' satisfaction, an excuse to rest, and perhaps most precious of all, company. and company's even harder to find or allow yourself when your whole belly is a-gurgle. this morning's humming was a wonderful experience of just the opposite, where clear, quiet, openness peeked through. yeah!

gone out to walk in the sunshine...

mherman
member/admin






 posted 06-18-2001 01:06 AM    

DAY 5, late night:

halfway now and all's getting quiet and empty...or is it? old thoughts piling up like debris in the river...moving, moving, hanging up, then breaking free, washing by...got to keep them moving, keep washing them through, keep letting them go...could be on the verge of something grand and clear... or things could get ugly...too soon to tell, but this much seems true: inside and outside, body and mind, love and work, are moving together.

elsewhere, i can heartily endorse GRADE B maple syrup... darker, smoother, and sooooo much B-etter than GRADE A. thanks to my friend jennifer for this insight and a fresh pint! find it at the health food groceries. yum!

mherman
member/admin

 posted 06-18-2001 12:08 PM    

DAY 6:

five down, five to go. it's all downhill from here, baby... strange blend of ho-hum and oh yeah, this morn...still wondering if 10 days is the right length...like there should be some sort of sign or intuition to finish, rather than a standard endpoint.

noticing that as outside and inside, work and love, practice and play run together, it gets harder to know who/where i am, or what i think i am. wondering now what would happen if my primary 'me' was not my work, my contacts, my prospects, my relationships, not my good deeds or ideas or hopes or fears...






what if i was first and foremost space, love, compassion, joy? what would that be like? would the rent get paid? nothing but space? well, probably not, no certainly not nothing but... but primarily, first, foremost and home as such space. hmmm... if that were so, what would i do first, from my list of things to do? ...freshly updated this monday morn and rewritten for the week ahead...

some technical notes... can now report that the internal salt water bath is quite a bit more pleasant when mixed with teaspoons rather than tablespoons of salt... also, though the purpose of my process here is not weight loss, not too surprising that it's happening, down about 7 pounds as of this morn.

on to the to-do list!

[This message has been edited by mherman (edited 06-18-2001).]

mherman
member/admin

 posted 06-19-2001 01:21 AM    

DAY 6, late night:

just finished listening to this at www.newdimensions.org ... also the place where i heard about this fasting/cleansing program.

this program has totally blown me away.

THE SYNTHESIS DIALOGUES: PART 2: TOWARDS A NEW WORLD CULTURE
with H.H. the Dalai Lama Vandana Shiva Uma Krishnamurthy, M.D. Bro. Wayne Teasdale Myron Kellner-Rogers Jean Houston

In the fall of 1999, forty innovative thinkers from around the world gathered together with H.H. the Dalai Lama of Tibet at his home in Dharamsala, northern India, for a special invitation-only dialogue about the future of humanity and the planet. In this, the second of four specials, we witness highlights from the third day of this historic event. Some of the voices heard include: H.H. the Dalai Lama, eco-philosopher Vandana Shiva, educator and psychiatrist Uma Krishnamurthy, M.D., Bro. Wayne Teasdale, author of *The Mystic Heart* (New World Library 1999), global consultant Myron Kellner-Rogers, philosopher Jean Houston, author of *A Passion for the Possible* (HarperSanFrancisco 1997) and others.






yes, i need to eat (eventually) but my hunger to know, to see, to understand is so much greater and gets me in a whole lot more trouble than what i eat, and information or just 'story' is more pervasive even than food... all followed closely by a hunger to write it all down and the pervasiveness (at least on this webserver) of stuff i've written (grin).

business, learning, open space tech, spiritual practice, and end-of-life care are all swirling together tonight, in an infinite sort of space... not so much the specifics of the new dimensions webcast, but the specifics of my own life, raised to the level of clarity and quality captured in those conversations.

feeling SO on the right path, seeing SO much to do, knowing that there is simply NO way to finish it all in this lifetime, and understanding a little more deeply that that is REALLY okay... as long as i keep drinking my water.

[This message has been edited by mherman (edited 06-19-2001).]

mherman
member/admin






 posted 06-19-2001 11:22 AM    

DAY 7:

yesterday was a really long day. lots more working than i expected in lots more directions. the day just kept getting bigger and bigger, until it finished with some of the world's leading thinkers and doers gathered around the dalai lama in dialogue.






not sure about the outsides, but the insides most certainly were working harder than they needed to be, not yet relaxed into the realization that there's nothing more than a bit of lemonade and water to move in there. how familiar it is to bring that same extra efforting to outside living and working, even loving. looking for an easier day today, all over.

mherman
member/admin

 posted 06-19-2001 11:31 AM    

...seems to me that the extra effort comes not really out of a desire or control or fear, but perhaps confusion, a cloudiness about what is really happening and what is really needed, and as much as anything, a habitual assumption that work is hard and play is something totally separate... and then again, maybe there is fear there too... of movement, of dissolving, of disappearing... hmmm...

mherman
member/admin

 posted 06-20-2001 12:23 AM    

DAY 7, late:

all in all, today was a long, easier day. which is different from less productive. indeed, as i look back on this last week of cleansing, i can see significant shifts and real progress in perhaps a dozen different projects, professional and personal. still, it's been a sort of vacation, retreat, escape, as well.

it's not over yet, but already there are quickenings around the realization that this trip will soon come to a close, or at least a major transformation. food will return, over a number of days, which will support more exercise and less interest in where the nearest bathroom is.






am beginning to focus on what foods will return and when. and also to get clear internally about what foods will not return, or will return in VERY small, occasional sorts of ways. there are new tools in the kitchen, a new cookbook, the office is clear, running and stretching and weights have been reintroduced, and there is an annual calendar of shorter 3-day cleanses taking shape.

i've run more than 10 gallons of fluids through this body in the last 7 days, walked more than 30 miles, lost 7 pounds and somewhat mysteriously gained back 3 of them, on top of phone calls, meetings and emails... oh, yeah, and how many notebook postings -- SO FAR. (grin) after some years of inner turmoil and outer stillness, things seem to have turned, the insides quieting as new things bloom outside.

the flavor of the evening is a melancholy swirl of satisfaction, new resolve, sadness, wonder and peace. everything seems to be washing through a little easier now, which is different from knowing where it's going. three more days, officially, but when will it actually end? ...and how does the next thing begin? no knowing.

[This message has been edited by mherman (edited 06-20-2001).]






mherman
member/admin

 posted 06-20-2001 12:46 AM    

DAY 7, finale... a question for DAY 8 and beyond:

is hunger a form of attachment, or perhaps a form of devotion? could it be a door from one to the other? now wouldn't that be cool...






mherman
member/admin

 posted 06-20-2001 03:35 PM    

DAY 8:

noticing today that this last many days has been a really basic sort of experience of strength in vulnerability, grounded lightness and ease, edgy clarity, spacious movement... these are the qualities of life that i hope i will sustain even as food and other forms change and return. going off to try running again...

mherman
member/admin






 posted 06-20-2001 11:17 PM    

DAY 8, later:

...ran something less than 2 miles, great form and not a lot of oomph, or air. let's just say it's been a while, even before fasting. still the hot sun and lake and breeze and sweat and the crunch crunch crunch of feet on trail were worth the trip.

along the way i noticed that this edge of knowing i've been on for more than 8 days, counting the pre-fast preparations, is not very different from the edge of longer trips into wilderness, hospital, foreign lands, meditation, open space, or any other uncharted newness. edgy and familiar, in the middle of nowhere, solo, and home, all at once.

mherman
member/admin

 posted 06-21-2001 03:11 PM    

DAY 9:






well, it really does feel like the end of vacation here, except that i've been working all along. not sure if i've been working less, though that was the intention and was certainly true in the first days and over the weekend. have definitely been working easier.

been a bit off the routine today. did the internal salt water bath first thing this morn and then gave it some time to work, while i did some work... and, well... long about three o'clock had my first hit of the lemonade potion, just a little late in the day. did however spend the morning drinking water and tea, so i think i'll survive. (grin).

work today is a bit scattered, mostly because so much has gotten done lately that i'm now chasing last details. feels like it should be time for a weekend! guess that would only be fair, as i've got work scheduled for this weekend.

one thing that i really have not been moved to do is plan my breakfast. i've got some ideas, for sure, and expect that it will stretch for perhaps as much as a week, as i rebuild my diet on some healthier principles. even so, and for all my talk about this ending, it just doesn't feel like time yet... even now on DAY 9. here's to no knowing.

mherman
member/admin

 posted 06-21-2001 04:25 PM    

DAY 9, later:

...man, it's getting so things are getting done around here before they even have time to make it to the to-do list. of course, for better or worse, that saves the crossing-off time, as well (grin). off for another little workout now... trying to let the new ideas pile up long enough to justify a list...

mherman
member/admin



posted 06-22-2001 04:19 PM



DAY 10, cha-ching:

yep, it's DAY 10 and i'm still here, doing as well as ever, really. not that there was a lot of wonder about survival. the bigger question really still remains... is this an event or a genuine moment of lifestyle punctuation. a vacation or a permanent move.

had a good little workout yesterday, which makes 3 of those in 9 days. much better than my previous average. noticing that i've had no real aches or pains following any of my workouts or long walks. feeling like the increased movements will be sustainable and can be increased as my calories do.

i am expecting to continue the master cleanser lemonade potion routine through tomorrow, DAY 11, since i have a big meeting to run that morning. i don't want to end this time while other things are going on. i want to see it happen. want to have the energy of this time lead into something new and positive, not just sort of plop.

to that end, i was up late studying the elson haas nutrition bible, 1000+ pages of it, called 'staying healthy with nutrition.' was really kind of overwhelming at first, but then it started to clear up and i found myself making notes into plans that made sense. am now in the process of outlining the following for myself in my 'foods and fasting' notebook...

- BREAKFAST - an exit plan, or entry plan... i've decided to move into haas' 7-food diet (apples, lemons, alfalfa sprouts, brown rice, carrots, broccoli and almonds) so that i can up my calories and workouts and continue to maintain the focus and simplicity of my past 10 days. will take a few days to work into this, fruits first, then veggies, then rice. will add yogurt and a few other things soon enough, hoping to make new habits and easy routines as i go.
- SHOPPING LIST - will start with seven foods and grow. have mapped out a basic plan for what i'd like to have in my kitchen, that i will build toward over the next few weeks.
- ANNUAL PLAN - mentioned earlier, i've marked dates throughout my calendar for future fasting, almost all three-day shorties, just to touch back to this time, or at least consciously decide not to at that time. even if i do only one or two days sometimes, that shouldn't be too hard in almost any circumstances. and might be really important in the most difficult ones.
- DAILY FOOD PATTERN - some simple food-combining rules for helping get the biggest nutrient bang and smallest digestive bang for my eating buck. it's been years since i had any regular pattern to my daily eating. this new outline will add and explore some new rules for food combining. hoping this helps me eat more good stuff and less junk.
- THE WARRIOR'S DIET - what i've called 'my survival menu' in the past. this is what to eat when there's no time to eat. hoping that this allows me to stray from the ideal without losing traction overall.
- SOME OTHER INFRASTRUCTURE - little things that will help me hold this new form and keep this groove going... a new showerhead, filtered water, new teapot (a first) and mugs, and a few weights in the office to play with.

so, tomorrow is one more ho-hum day of red-hot maple lemonade. sunday, DAY 12, will be a day for fruit. monday for fruits and veggies. and tuesday, the end of two weeks, will see brown rice and a meal that looks like a real meal. another week or two and i'll be ready for dinners out and catching up with friends, and dinners in with friends as i begin to learn some new recipes. if the rest of life and work goes so well, it's going to be quite the amazing summer time, summer time...

mherman
member/admin



posted 06-25-2001 08:34 PM



ENDPOINTS AND AFTERTHOUGHTS...

for the record, here are the numbers on the basic routine over these last 11 days, followed by some closing reflections.

the daily routine:

- two tablespoons olive oil, so i wouldn't squeak when i walked
- four 16-ounce doses of double hit master cleanser potion
- about 3 quarts of water and tea, mostly water and most days 1-2 cups of herbal laxative tea
- six one-quart internal salt water bath, mostly every other day
- as much as six miles walking or as little as 1.5 miles running each day
- colonic irrigation... well, that's about enough data already.

some closing reflections:

as i look back on the 11 days, from here in my second day of eating (so called) real food, the whole thing reminds me a lot of a solo backpacking trip into the backcountry. the heightened awareness, the planning details, the perceived isolation, the freedom and release, the notoriety of it all, and the sense of achievement and transformation all remind me of those trips. the strange and new part of it all is that it happened here at home, while i did some work, took some calls, spent time with friends, and wrote it all down.

not sure if the intensity of the thing comes through in what's posted here. always on such trips there needs to be some resistance to letting oneself meltdown and collapse. that is just as true of this trip, and especially true of melting down and collapsing here online. not sure what, if anything, was lost to that hesitation.

in the end, i know that i am different for having taken the trip i did these last two weeks. but then again, so are you, for having taken whatever trip you have in these last two weeks. i just hope you enjoyed your cheeseburgers while i was busy out in the woods! (final grin).

mherman
member/admin



posted 05-15-2002 11:18 AM



repeated this program in may, 2002. see other "SPIRIT: 10-day..." topic for those reflections.

Chris Corrigan
member



posted 07-04-2002 12:18 PM



Hey there:

I had forgotten reading this post about the cleanse, and now that I did, it has raised the hair on my neck. Not because it is frightening, but because it is a very internal trip through an OS induced transformation. Your voice is the voice of an organization being assisted in it's evolution with a cleanse of it's toxins. Getting lighter, faster, more efficient, not even having ntime to put things on the to do list. Feeling like an extended sitting, reflection, calming, refining meditation. Finally realizing that the whole kit and kaboodle is about Spirit.

Huh? eh? am I right?

hugs C

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 SPIRIT: 10-day fasting/cleansing, repeated

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mherman
member/admin

 posted 05-15-2002 11:16 AM    

it's about eleven months since my last experience with this 10-day process. in this time i've totally rearranged the way i eat. i have greatly reduced my intake of white flour, white rice and all but natural fruit sweeteners. i rarely have a piece of candy. i haven't had a smoothie since last year's cleanse. previously, i had a heathbar and snickers smoothie as a daily dietary staple. i've experimented with dairy and no dairy and mostly no dairy is better. sometimes yogurt or cheese is a good thing, though. i don't keep any meat, wheat, dairy or non-fruit sweets in the kitchen at all. i've gotten more use out of my pots and pans this year than in the previous ten and have found a number of friends willing to share my simple cooking here. it's been a good year.

the last two months have seen big travels, internationally, staying in hotels and the homes of new friends. between dessert buffets and family cooking, my eating patterns have been weakening. i've gained nearly 15 pounds in two-three months, but more importantly, my general feeling of healthiness has slipped, too. part of this was a purposeful exploration of these things, in order to experience the effects of leaving my diet and also in anticipation of this springtime opportunity to repeat this fasting program.

so here goes...

DAY 1






even before i start, as i begin buying the necessary supplies and thinking about work schedule implications of this journey, i feel my energy and attention beginning to come home. this morn i start the program. on my way to an appointment the sun is bright, the day beautiful and i am glad to see every person on the street. they all look like friends.

thinking about paper and computer work to be done. much to do. plans to make. notes to take. meetings. this will be time of internal and external cleansing. also, i think about and want to dedicate this time as some small help or contribution to clearing up larger world issues. 10 days is a short time for all of this work, but i will do what i can, for now, in this body, in this office and home space and in my intentions for the bigger circles.

i hesitated to make these notes public again, but in the spirit of having larger ripples, i will repeat this part of my process as well and see where it leads. so far, just enjoying noticing and remembering how many ways there are to feed ourselves, without actually feeding ourselves very much food at all. makes me think that much of what we do 'because we gotta eat' probably is not very necessary. i'll try to say here just what seems necessary. for more details about the actual program, what i am and am not

eating for these days, see the other 10-day topic in the notebook here.

mherman
member/admin

 posted 05-18-2002 02:35 PM    

DAY 4

last time it took me 3-4 days to figure out the whole kitchen routine for this, and also the body routines. this time all was quite settled already on the first day. so i've been more busy with everyday sorts of things like emails and meetings and such. the bad news is less time for reflecting and posting here. the good news is that there's been much clearing and opening in the email box and other external places.

last two days have been big raining and then cold and gray. today, however, is a return of the sun and a glorious blue sky. no matter about it still being quite ccccccold.






last year i mostly stopped eating sugar and stopped buying candybars and other sweet snacks altogether. in a pinch i've gone for the salty bits. noticing that whenever my mood dips through the day, visions of fritos and other salties aren't far behind. trying to also notice that mood perks up whether i eat those things or not.

saw the new starwars last night. fantastic, of course. and then visited two grocery stores this morning, for lemons and also a few things that will be part of the next incarnation of my solid food eating habits. an interesting time, being so attentive to major world events like the conflict in the middle east, the movements of the nasdaq stock market, and the phenomenon of this mythological blockbuster AND being so checked out of the basic human ritual of pushing solid food into mouth. or am i MORE focused on the need and drive to eat, on the limits of body, and the care and attention i'm bringing to the needs of this body. either way, there are clear sensations of big wave and tiny particle. am trying to play and pulse between them more consciously. practicing so as to be able to hold my shape more clearly, consciously, easily when i eat again.

am making notes and, as mentioned, beginning to provision for the new habits. am focusing on oats, brown rice and quinoa. greens and beans. doing without the salty snacks and also cutting back on seeds and nuts. hoping to deepen practices for daily wellbeing. it's a time of noticing how and where i might now be willing to be different. it's not boring.

it's also not so isolating, as it was last year.

mherman
member/admin

 posted 05-25-2002 05:16 PM    

DAY 10

on DAY 7, i ran out of lemons and emptied the big bottle of grade B maple syrup i'd bought at the start of this journey. i took the coincidence as a sign that i was done. i did DAY 8 as a juice day and had my first solid food, simple fruits, on that evening. Have added other whole foods slowly over the last couple of days.

this year's journey was shorter and much more public than last year's trip. am spending more time and care in coming out of it this year, though. and expect the external cleaning up to continue through the coming week and into the summer. already there is good progress on email cleanup, kitchen retooling, food planning, daily practice, exercise/stretching, and travel plans for the rest of this year. in short, business is booming.

internally, am ten pounds lighter, back to the weight i'd spent most of the last year at, before i spent 6 weeks traveling and wrecking my diet in restaurants and hotels. more importantly, i've snapped out of the bad habits i'd fallen back on in that time.

it's memorial day weekend now, freezin' cold, windy, damp and gray in chicago, and i am REALLY ready for the season to change. come on, sun!

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