



# Things To Keep In Mind

## When Practicing Body-Mind PURIFICATION

When taking the red juice mixture or yellow mixture with CHIA seeds, you must:

- Sit still, up right, straight, relaxed, listen to your own breathing.
- Be fully present and mindfully CHEWING the juice sip by sip
- take a small amount of juice, slowly chew it about 50 times before swallowing

Take the red juice mixture at noon time. Keep it at room temperature.

Take the yellow mixture with chia seeds at breakfast and dinner time.

In between the juices, drink at least 1.5 – 2 liters of warm or room temperature water a day. You may need to take 1 cup of alkaline water every hour.

Make sure you go to the bathroom (#2) 3 times a day for the first 3 days in this purification process.

On the evening of the 3<sup>rd</sup> day, your #2 should be very liquid and light yellow color

On the 3<sup>rd</sup> and 4<sup>th</sup> day at 10pm, you will drink grapefruit juice and oil mixture.

Shake the mixture well before drinking. Drink the whole mixture at once

Chew a few slices of fresh ginger. Massage your stomach, do the bicycle exercise movements (press your thighs toward your lower belly and sleep on your right side with the right leg bending at the knee.

From the 4<sup>th</sup> to the 7<sup>th</sup> day, you can take fruit juice and warm water to continue the transformation process.

If you cannot go to the bathroom at least 3 times a day, you need to drink more Epsom Salt, more warm water, and do some outdoor exercise (30'), relaxation, and meditation (30')

If you go to the bathroom too many times, then drink some warm black or Chinese tea with little sea salt and ginger.

Please keep **NOBLE SILENCE** the whole course of this retreat.