

## THE DIVINE MAGNETIC DIET

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### *Physical and mental methods for rejuvenating the body cells and Awakening the latent powers of the mind and the inner forces of the soul*

Most diseases can be cured by judicious fasting under the guidance of a specialist. Fasting may be divided into two main groups: *partial fasting* and *complete fasting*.

#### **Partial fasting**

In this group, four general subdivisions may be mentioned:

- (I) Limiting the diet to certain foods;
- (II) Abstaining from certain foods;
- (III) Limiting the food intake as to quantity;
- (IV) Limiting the number of meals to one or two per day.

Some of these forms of fasting may be combined. For instance, to cure disease or reduce weight, a person may abstain from certain food's altogether and limit the intake of other foods, etc.

More specific subdivisions are:

#### **Liquid diet**

(a) "Liquid" fasting. For one or two days a week, and whenever one does not feel hungry, the food intake may be confined to (1) milk, or (2) orange juice or any other fruit juice.

#### **Solid diet**

(b) "Solid" fasting. This diet is confined to (1) raw fruits;\* (2) raw vegetables; (3) half-boiled vegetables, including juice in which they were boiled (footnote above applies). Drink plenty of water while on this diet.

#### **"Oxygen" diet**

(c) "Oxygen" fasting. Inhaling and exhaling deeply from six to twelve times every hour, filling the lungs with fresh air down to the lower lobes. This method may be practiced outdoors for twelve hours, while alternately slowly walking and resting. When weather conditions necessitate indoor practice, the windows should be kept wide open. (Of course, warm clothing should be worn during the winter season as a protection against the cold.) This fast aids spiritual growth. It should not be undertaken by weak individuals or invalids.

#### **Complete Fasting**

Complete fasting should not, as a rule, exceed ten days and should not be attempted even for that length of time except under the supervision of a specialist. However, abstaining from food for one day each week and for three consecutive days each month, has brought beneficial results. Water must be taken in abundance during complete fasting, to replace the fluid lost by evaporation through the pores, etc.

#### **Nine-day diet**

*The Nine-day Cleansing and Vitalizing Diet*, given below, has proved a most effective method for ridding the system of poisons.

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|---|--|
| 1½ grapefruit                               | 5 oranges  |
| 1½ lemons,                                  | 1 glass orange juice with 1 teaspoon of Senna Leaves [or other herbal laxative]† |
| 1 raw vegetable salad                       | 1 cooked vegetable with juice (quantity optional)                                |
| 3 cups vitality beverage (one at each meal) |  |

\* No bread or other starchy foods or sugar; no meat, eggs or fish — nothing but the foods mentioned in (1) or (2) or (3), and only one meal per day (at noon).

† To be taken every night while on cleansing diet, before going to bed. To obtain best results, take ½ tsp. at first; later increase to 1 tsp. Note that for invalids and children one should use proper care and discretion in going on this cleansing diet, and if necessary, consult a specialist first.



### Vitality Beverage

2 stalks chopped celery	½ quart* of chopped dandelion or turnip greens or spinach
1 bunch chopped parsley	5 carrots (chopped) including part of the stem
1 quart of water	<i>No salt or spices</i>

The beverage may be prepared in two ways, the first being preferable:

- (1) After putting celery and carrots through meat chopper, lightly boil them in the water for ten minutes. Then add selected greens and parsley and boil ten minutes more. Strain by squeezing through cheesecloth.
- (2) Use the same ingredients, but do not cook them. After putting them through meat chopper, strain as above. Drink one cup of the beverage, prepared by either method, at each of the three meals.

This vitality beverage has been found to be a blood tonic and very effective in rheumatism, various stomach disorders (including acute indigestion), chronic catarrh, bronchitis, and nervous “breakdown.”

While on the cleansing diet, strictly abstain from spices, candies, pastries, meat, eggs, fish, cheese, milk, butter, bread, fried foods, oil, beans—in fact, all other foods not mentioned above. If one feels the need of additional nourishment, one may take a tablespoonful of thoroughly ground nuts in a half glass of water or a glass of orange juice.

Following the nine-day diet, one should be especially careful in the selection and quantity of one’s food intake the first day and resume a normal diet gradually.

If one is not successful in ridding the body of all poisons during the initial attempt, the cleansing diet may be repeated after an interval of two or three weeks.

While on the cleansing diet, it has been found beneficial every night just before going to bed, to use two pounds of some good bath salts in one-fourth tub of warm water, and also very helpful to take a bath-salts bath every now and then, for several weeks after finishing the cleansing diet.



### Reducing diet

One should Practice Exercise B of Yogoda Lesson 1 [Full Body Recharge], six times, twice a day, and exercises D and E of the same lesson [stomach exercise], twenty times each, three times a day. Command your will, during tension, to burn up the superfluous tissues. Practice the running exercise 50 to 200 times a day. Eat mostly raw vegetables and one-half of a boiled yolk of an egg a day. Abstain from starchy food, fried foods, and sweets. Do not drink water with meals. Every three days fast one day on orange juice.

Extremely stout people have derived much benefit from *fasting on orange juice seven days and then going on the nine-day cleansing diet, a normal diet being resumed gradually thereafter. If there was need for further reduction of weight, this procedure was repeated after an interval of two weeks.*

### “Fattening” diet

The following foods are of high nutritive value and have been found beneficial for those who wish to gain weight.

bananas with cream	2 eggs	oatmeal with cream	1 large raw vegetable salad
¼ glass cream	1 tablespoon of olive oil	3½ oz. butter	2 slices whole-wheat bread

Weight has also been gained by eating bananas in abundance, and for one month drinking two glasses of water (moderately hot or cold, *not iced*) with each meal.

Some of the foods from the above list are added to the usual dietary.

### General dietary rules

To have faith in God’s healing power through the mind and obey dietary laws, is better than just to have faith in God and mind and disregard dietary laws.

Every day, for beneficial results, eat green-leafed vegetables, including a carrot with part of its stem, and drink a glass of orange juice (including pulp) with a tablespoonful of finely ground nuts, cream, a few drops of lemon juice, orange juice and honey with all salads. Thousand-island dressing is good. A little curry sauce with boiled egg or vegetables, once in a while, is a good salivary stimulant.

\* 1 quart = .95 liters

### Food combinations

For best results one should abstain from all beef and pork products. Do not make a habit of eating even chicken, lamb, or fish every day. Once a week or better, once a month is enough, if your system demands flesh foods at all. Nuts, cottage cheese, eggs, milk, cream, and bananas are very good meat and fish substitutes. If you eat chicken, lamb, or fish,\* have a vegetable salad with them.

*Fruit should be eaten with bread or some other starchy food, but without sugar; you may add a little honey if you wish. Eat only nature's candies (unsulphured figs, prunes or raisins).*

Do not eat too much white sugar. The ingestion of excessive quantities of sweets causes intestinal fermentation.

Remember, foods prepared from white flour, such as white bread, white-flour gravy, etc., also polished rice and too many greasy fried foods, are injurious to your health.

Try to include in your daily diet as much raw food as possible. Cooked vegetables should be eaten with the juice in which they were boiled.

Catarrh of the alimentary canal often results from overeating at night, also from eating excessively of candy or other food-stuffs which have an irritating effect on the mucous membranes of the stomach, duodenum, etc.

Fast regularly, using your best judgment as to proper diet, in accordance with the instructions given above. Eat less, and follow dietary rules when you eat. Make sunshine, oxygen, and energy a part of your regular daily diet.

### The daily diet

Your daily food intake should be chosen from the following list of foods which contain all the elements needed for the proper maintenance of the body.

½ apple	1 baked, or half-boiled or steamed vegetable with its juice
¼ grapefruit	1 raw carrot, including part of the green top
1 lemon	1 lime
1 orange	1 glass orange juice with tbsp. finely ground nuts
6 leaves raw spinach	¼ heart of lettuce
1 tsp. olive oil	1 small piece fresh pineapple
1 glass milk	6 figs, dates, or prunes; 1 handful raisins†
⅛ glass cream	1 tbsp. cottage cheese
1 tsp. honey	1 tbsp. clabber‡



Eat at least some of the above foods every day, distributing them over your three meals. For instance, you may take the milk at breakfast, bread and egg and vegetable salad at noon, and the ground nuts and fruits at night.

Individual food habits may be taken into consideration, but if they are bad gradually change them. At any rate, add *some* of the foods in the above list to what you are used to eating. Omit those foods mentioned above which do not agree with you, eating only very lightly when you feel the need of nourishment, and gradually accustoming yourself to a more wholesome diet. You may increase or decrease the quantities given above, in accordance with your individual needs. It is, of course, obvious that the person doing strenuous muscular work requires more food than the sedentary worker.

Whenever one is hungry one may take a large tablespoonful of thoroughly ground nuts in half a glass of water or in a glass of orange juice. When thirsty, drink a glass of orange juice or water (preferably distilled or boiled). However, nature's distilled water—undiluted fruit juice—is best. Do not drink too much ice water with meals. Ice water should be taken sparingly at any time, but especially during and after meals as it lowers the temperature of the stomach, thus retarding digestion. *Never drink ice water when you are overheated.*

### THE MAGNETIC DIET

What distilled water is to a wet battery, food is to the body battery. The life energy in the body battery is derived from Cosmic Energy through the medulla, and from food. The life energy in the body breaks up the foods and converts them into energy also. It is the intricate task of the life force to distill more life force from the nourishment taken into the body. Therefore, one's dietary should be confined to foods which are easily converted into energy, or which are productive of fresh energy. Oxygen and sunshine should have a very important place in people's lives, because of their direct energy-producing

\* Chicken, lamb, or fish should be thoroughly baked, stewed, or broiled, and eggs should be hard boiled before eating, in order to destroy any harmful bacteria which they may contain.

† These fruits are wholesome only when they are unsulphured. Ascertain that they are unsulphured before you buy them.

‡ Milk which has been allowed to stand in a warm place, preferably in an earthen vessel, for a day or longer, until it has soured or curdled.

quality. The more you depend on the will and on Cosmic Energy to sustain you, the less your food requirements; the more you depend on food, the weaker your will and the less your recourse to Cosmic Energy.

The magnetic diet consists of such food substitutes as rays and oxygen which can be easily assimilated and converted into energy by the latent life forces in the body. Magnetic foods give energy more quickly than solids and liquids which are less easily converted into life force.

When you are tired or hungry, take a sun bath, and you will find yourself recharged with ultraviolet rays, and revived; or inhale and exhale several times outdoors or near an open window, and your fatigue will be gone. A fasting person who inhales and exhales deeply twelve times, three times a day, recharges his body with electrons and free energy from air and ether. Contact of food and oxygen with the inner bodily system is necessary if the life force is to convert the food and oxygen into energy. The life force can assimilate oxygen more quickly than it can assimilate solids or liquids.

Practice the following exercise three times a day: Exhale slowly, counting from 1 to Now, while the lungs are empty, mentally count from 1 to Inhale slowly, counting from 1 to Then hold the breath, counting from 1 to 6.\* Repeat eleven times.

Just as electricity passes through a rod made of a conductive substance, and electrifies it, so the body battery becomes fully charged with life force derived from oxygen. People who perform breathing exercises always have shining, magnetic eyes.

One hour's sun bath is also a part of the magnetic diet.

The ultraviolet rays which one absorbs in one whole day on a bathing beach exert a beneficial vitalizing effect on the body, which lasts about three months. Sores and wounds can be cured by exposing them One-half hour daily to the sunlight.

Treatment with artificially produced ultraviolet and infrared rays also supplies the body with magnetic nourishment. Much benefit may be derived from it if it is taken under the guidance of a specialist.

Ordinary window glass prevents the sun's ultraviolet rays from penetrating into a room.

Living in a sun room enclosed by yellow quartz glass, through which the ultraviolet sun rays penetrate, would supply the human body with magnetic spiritual nutriment and make it in turn spiritually magnetic. A man living in a room enclosed by red quartz glass would find brute force developing within himself.

Each one of the many billions of cells within the human body is a tiny mouth taking nourishment. The life force, identified with the body, creates within us a desire to derive energy from the circulation and from meat and other foods taken into the stomach. The life force must be trained to draw energy from subtler sources. The body's energy requirements can be supplied partly by sunshine and oxygen, which are absorbed by the pores. For this reason, the surface of the skin must be kept scrupulously clean at all times.

Exercising with will and concentration produces excellent results because it creates energy *directly*, by will development. This energy is quickly absorbed by the muscles, blood, bones, and sinews, for cellular rejuvenation. Therefore, the highest degree of energy accompanied by the least tissue destruction is derived from the Yogoda [Energization Exercises].

Occasionally charging the body with electricity by holding on to two electrodes of a battery is a good method for supplying the body with free energy. (The electric current should be very weak.) Bathing in sunlight-heated or ultra-violet-ray-saturated water is very beneficial.

Rubbing the whole stripped body vigorously and rapidly with the palms before taking a bath generates life force and is also very beneficial.

If a weak man wrestles or lives in the same room with a strong, vital individual, he absorbs some of the latter's vital and mental magnetism. For this reason young and old people should mingle and thus exchange magnetism. Different people have different kinds of vitality. Always try to discover new methods for getting direct energy qualities from different individuals.

As a rule, the word "food" is used only in connection with material nourishment, but there are other kinds of food: mental energy, or concentration, and Divine Wisdom. The first (material food) recharges the body battery; the second (concentration), the mind battery, the third (Divine Wisdom), the soul battery.

Not only are proper material foods in the right combinations necessary for the sustenance of the body, but they exert a decided influence on the brain. The spiritual brain, the active brain, and the material brain are all affected by food, and can form different combinations: (1) spiritually-active brain, (2) intellectually-active brain, and (3) material-active brain.

All food that is eaten produces a sensation on the palate as well as certain chemical effects in body and brain. Food sensations determine a specific mentality. Foods such as dried meat produce gross material reactions which develop the material brain and animal mind. Likewise, the eating of active, vital foods, such as onions, garlic, fresh (not dried) meat, etc., produces an active brain. Eating raw fruits and vegetables produces spiritual qualities in the consumer and develops a spiritual mind and brain.

The quality of the food's taste and color is all reported to the brain through the nerves of taste and sight, and is experienced as specific pleasant or unpleasant sensations. These



\* Never hold breath longer than it takes to count slowly from 1 to 6 or, at most, from 1 to 12.



sensations are elaborated into perceptions and conceptions. Repeated conceptions about foods form definite mental habits and manifest themselves as material, active, or spiritual qualities.

While we know that material foods supply the body with energy, we must also remember that good thoughts are nourishing food for the mind, and thoughts of any other nature are poisonous to the health of body and mind.

Have you ever analyzed your magnetic mental diet? It consists usually of the thoughts which you are thinking as well as the thoughts you are receiving from the close thought contact with your friends. Peaceful thoughts and peaceful friends always produce healthy, magnetic minds. It is easy to tell whether a person feeds on a quarrelsome or a peaceful environment. Inner disquietude and worries, due to the wrong sort of friends or unappreciative immediate relatives, produces an unwholesome, gloomy mind.

### *Ridding the mind of worry poisons.*

If you are suffering from mental ill health, go on a mental diet. A health-giving mental fast will clear the mind and rid it of the accumulated mental poisons resulting from a careless, faulty mental diet.

First of all, learn to remove the causes of your worries without permitting them to worry you. Do not feed your mind with daily created mental poisons of fresh worries.

Worries are often the result of attempting to do too many things hurriedly. Do not “bolt” your mental duties, but thoroughly masticate them, one at a time, with the teeth of attention and saturate them with the saliva of good judgment. Thus will you avoid worry indigestion.



### *Worry fasts*

Then you must go on worry fasts. Three times a day shake off all worries. At seven o'clock in the morning say to yourself, “All my worries of the night are cast out, and from 7 to 8 A.M. I refuse to worry, no matter how troublesome are the duties ahead of me. I am going on a *worry fast*.” From 12 to 1 P.M., say, “I am cheerful, I will not worry.”

In the evening, between six and nine o'clock, while in the company of your husband or wife or “hard-to-get-along-with” relatives or friends, mentally make a strong resolution and say, “Within these three hours I will not worry, I refuse to get vexed, even if I am nagged. No matter how tempting it is to indulge in a *worry feast*, I will resist the temptation. I have been very sick of worries—my heart of peace has been diseased. I have had several worry heart attacks. I must not paralyze and kill my peace-heart by shocks of worries. I am on a *worry fast*. I cannot afford to worry.”

After you succeed in carrying out *worry fasts* during certain hours of the day, try doing it for a week or two weeks at a time, and then try to prevent the accumulation of worry poisons in your system, entirely.

Whenever you find yourself indulging in a *worry feast*, go on partial or complete *worry fast* for a day or a week.

Whenever you make up your mind not to worry, i.e., to go on a *worry fast*, *stick to your resolution*. You can stop worrying entirely. You can calmly solve your most difficult problems, putting forth your greatest effort, and at the same time absolutely refuse to worry. Tell your mind, “I can do only my best, no more. I am satisfied and happy that I *am* doing my best to solve my problem; there is absolutely no reason why I should worry myself to death.”

When you are on a *worry fast*, you need not be in a negative mental state. Drink copiously of the fresh waters of peace flowing from the spring of every circumstance, vitalized by your determination to be cheerful. If you have made up your mind to be cheerful, nothing can make you unhappy. If you do not choose to destroy your own peace of mind by accepting the suggestion of unhappy circumstances, none can make you dejected. You are concerned only with the untiring performance of right *actions*, and not with on their results. Leave the latter to God, saying, “I have done my best under the circumstances. Therefore, I am happy.”

### *Joy as a core for worry*

The negative method for overcoming worry poisoning is *worry fasting*. There are also positive methods. One infected with the germs of worry must go on a strict mental diet. He must feast frugally, but regularly, on the society of joyful minds... Every day he must associate—if only for a little while—with “joy-infected” minds. There are some people the song of whose laughter nothing can still. Seek them out and feast with them on this most vitalizing food of joy. Continue the laughter diet for a month or two. Feast on laughter in the company of really joyful people. Digest it thoroughly by whole-heartedly masticating laughter with the teeth of your attention. Steadfastly continue your laughter diet once you have begun it, and at the end of a month or two you will see the change—your mind will be filled with sunshine. Remember, specific habits can be cultivated only by specific habit-forming actions.

### *The courage diet*

Having benefited by the *worry fast*, try the *fear fast* next, going on a courage diet for certain hours, days, or weeks. You must act spiritually in order to be spiritual.

### *The wisdom diet*

In order to destroy ignorance, go on a *wisdom diet*. Drink the tonic of wisdom from the lips of intuition. You can learn from intuition when you meet it in the chamber of deep meditation. Read good books of a devotional and spiritual nature, taking from them what you need.

Consult a spiritual specialist. If your disease of ignorance is chronic, be guided entirely by him. That patient cannot be cured who depends only on his own judgment which may be affected by his state of mental ill health.

Go on ignorance-elimination fasts. Refuse to be enslaved by ignorant habits and thoughtless actions. Take up intensive spiritual study and intensive spiritual dieting, and refuse to suffer any longer from the infection of ignorance.

### *Overcoming mental stagnation*

Mental stagnation is “mental T.B.” Come out of your closed chamber of narrowness. Drink in the fresh air of others’ vital thoughts and views. Drink vitality; receive mental nourishment from materially and spiritually progressive minds. Feast unstintingly on the creative thinking within yourself and others. Take long mental walks on the paths of self-confidence. Exercise with the instruments of judgment, introspection, and initiative. Exhale poisonous thoughts of discouragement, discontentment, hopelessness, etc. Inhale the fresh oxygen of success, and know that you are progressing with God’s help. This will recharge your soul battery. By consciously experiencing God’s Bliss through meditation, you can consciously destroy mental stagnation and acquire progressive spiritual health and wisdom.

### *Acquiring physical, mental and spiritual perfection*

Thus, day by day, eating spiritual magnetism-producing foods and absorbing vitality-producing sunshine, you will physically reflect God’s everlasting youth. Eliminating all mental poisons and partaking of the divine nourishment of determination, courage, continuous, unfailing mental effort and concentration, you will learn to overcome the most difficult problems with ease. Eliminating ignorance by constant meditation on God, and following the precepts of Yogoda and your spiritual teacher, you will attain perfect spiritual health. Once you acquire this spiritual health, you will give your life to and for others, to show them also the way to supreme, intoxicating spiritual health.

Once you learn to eat right foods, think right thoughts, being filled with wisdom and joy, your body, mind, and soul will be spiritualized and perceived as dynamos of magnetic energy. Your body and mind, purified by this energy, will take on the beauty of the Spirit. Once you realize yourself as a soul, you will know you are of the Spirit, resting everywhere equally in joy, in all space, in all things, as one with all things.

A body, mind, and soul magnet, recharged with good food, rays, power, wisdom, and bliss, draws unto itself all material and spiritual souls, spiritually deeply magnetic, like itself. A spiritual magnet is charged with the life of God, and whomsoever it touches it makes God of him.



### **SUMMARY**

Those who think that life depends only on breakfast, lunch and dinner—on solids and liquids—are gross-minded. We can derive energy either from material foods or from the Cosmic Source.

The man of the future will draw nourishment from the ether and from the ocean of invisible Cosmic Energy in which he moves and has his being.

#### *It is the aim of this lesson:*

- (1) To direct the student’s attention to the advisability of drawing his energy requirements, so far as possible, from air and sunlight. The nourishment derived from these two sources can be most easily converted into energy within the body.
- (2) To show the student the necessity of choosing only those material foods which emit and lodge spiritual vibrations in man’s mind and brain.

Material foods impress the mind with certain good or bad qualities, and people’s thoughts, actions, and health generally are determined by the foods they eat.