

Spiritual School of Ascension

Messages from the Plants and Trees



Foods that Heal and Nurture the Ascending Body

The Fruit, Nut and Vegetable Bearing Plants through Karen Danrich "Mila"
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BLESSINGS FOR HEALING THE BODY THROUGH FRUIT VEGETABLES NUTS AND GRAINS

Dear Beloved Ascending Human,

It is the Fruit, Nut and Vegetable Bearing Plants that write to you again today. In our last communication "Dietary and Nutritional Suggestions in Ascension" we spoke to the current dietary trends and how they support or hinder ascension, and the need to create "complete meals" of proteins, carbohydrates, enzymes from fresh vegetables and fermented foods, as this is how the crystalline digestive system best breaks down nutrients. (See "Complete Meals" from Oa's Kitchen).

Today we wish to speak of specific foods that are helpful to the ascending biology in terms of integration of new crystalline genetic materials as well as regeneration of that which has already become crystalline. Regeneration of the crystalline biology will continuously require

certain food substances to allow all the biochemical ingredients necessary to repair and regenerate the cells. Each part of the biochemistry requires specific nutrients. It is our hope to illuminate upon what foods hold what nutrients for the regeneration and ascension of each part of the biology so that each may choose a diet that better supports the choice to ascend in this lifetime.



FRUITS

Fruits host a variety of enzymes that can assist in producing the digestive enzymes that the crystalline digestive system requires. Enzymes are also important to the ascension into the crystalline cellular structure. The ascending body creates carrier cells in the blood to send enzymes to wherever in the biology that the old cellular system requires breaking down to allow the new crystalline biology to grow. Providing the body with enough enzymes from fruit sources will allow what is ingested to be placed in the carrier cells and then injected into regions that are resurrecting into the next crystalline blueprint. Fruits therefore are something that will be an ongoing part of the ascending diet due to the high amount of enzymes necessary to this goal.

The plant kingdom advises ascending initiates to have some fruit each day; and if one craves more, then one may dine on fruit all day if one so chooses. Taking a one to three day fruit fast is also a nice way to cleanse the intestines along with the ducts of the kidneys and liver to aid ascension in this region. Watermelon is a good choice as a main fruit for a fast as it is pH neutral and will not tend to cause one to become overly acidic or basic thereafter and leading to other complications. Grapes are another good choice to add along with small amounts of pineapple and papaya along with any other fresh fruit desired.



APRICOTS

Fresh apricots are not only tasty but high in vitamin A, minerals and beta carotene. Beta carotene has an interesting contribution to make within crystalline biology. Beta carotene creates an internal form of "dye" through which diseased or scarred tissue can be more easily perceived so that it can be resurrected into the crystalline form. The dye is not one that has to do with visibility in an "eyesight" sense but rather an energetic perception that then the body can make to determine what requires resurrecting next in the dance of continued ascension. Beta carotene makes a good sensor of decay and scarred regions in the form in other terms.

Dried apricots enhance vitamin A to a point that it can almost be toxic if one eats too many in a single sitting. Therefore eat dried apricots sparingly. Cooked apricots enhance vitamin A primarily. Apricot kernels are useful in producing a form of oil that can easily be absorbed by crystalline skin and therefore makes a good body ointment or oil to be used in one's face and skin creams or in massage. Oils that can be absorbed do not sit upon the skin and suffocate the crystalline cells. Crystalline skin cells require absorbing oxygen straight from the air around the body for their continued health and well being; therefore placing heavy oil upon the skin that cannot be absorbed causes the skin cells to be oxygen deprived and die. Far better perhaps

to use oils that can be absorbed as a result such as apricot kernel oil, avocado oil and grape seed oil to name a few.

Many of the apricots Mila and Oa have found in the US are large and genetically modified and unfortunately tasteless and lacking in nutrients. Some of the genetically modified versions that they purchased held less than half of the vitamins that they should. While in Canada, Mila and Oa were grateful to find normal sized apricots that tasted good and were filled with the nutrients one should expect from one's food. This is the problem with genetic modification as it causes the fruit to grow too fast to be able to absorb the nutrients from the soil. Deprived soil also is problematic in many regions that are over farmed. Re-mineralization of the soil would assist in such circumstances, but farmers are often too unaware to know or take action. It is for this reason that we suggest purchasing organic vegetables and fruit or non GMO varieties whenever possible.

Vitamins A and E are considered "antioxidant" by current human scientists; they seemingly attach to what are called "free radicals" or molecules that appear to have no place in the current biochemistry. There are perhaps more free radicals produced in ascending biology due to the transmutation of one structure into another. Therefore eating foods rich in vitamin A and E is helpful to allowing the molecules that have no place to be attached to and removed from the circulatory system.

The plant kingdoms do not suggest vitamin A and E as a dietary supplement. Why? One ingests so much of such a substance in a single capsule that it is equivalent to eating 50 apricots. No one would eat apricots in a single sitting and if one did, one would probably feel quite ill. As one's digestive system becomes increasingly good at absorbing nutrients in the small intestine and as it has become crystalline, one would ingest too much vitamin A and E from a capsule. Then excessive vitamin A and E would become a toxic substance that one's body would have to clear rather than a helpful substance supporting the clearance of free radicals. It is for this reason that we suggest herbs and food instead of vitamin and mineral supplements for those who are ascending, as herbs are a food that offer a variety of nutrients within them rather than too much of a single substance that then becomes toxic.



APPLES

Sour green apples are one of Mila's favorites. Sour apples aid her digestion if her intestines are fermenting the food rather than digesting it properly. The enzymes of the sour green apples mix with the food in the small intestines and aids in the breakdown resulting in less gas. This is one gift of the "granny smith" apple variety. Apples are high in vitamin C if you eat them raw along with fiber. Cooked apples are higher in A and D as cooking enhances these nutrients.

Cooking food is similar to how nutrients may alter in ascension as one is heating up the molecules in the food. This parallels how ascension causes the molecules to heat up of their own volition altering the nutritional value, texture, and taste. Humans can learn to work with their ascending gardens to create new nutrients in ascending food sources that better supports ascension. This is one of Mila and Oa's goal into the future; to create an ascending garden that

will allow for all nutrients required for ascension to full consciousness to be made available through the vegetarian foods that humanity consumes.

The plant kingdoms perceive that it may be wise over time to eat the same foods raw and cooked. In a raw state one receives one nutritional benefit; in the cooked form one receives another nutritional benefit. Therefore if one purchases a nice bag of sour green apples, one can eat them raw upon salads or in fruit salads or as a snack and then also prepare something lovely that is cooked like apple strudel or pie or baked cinnamon apples.

Mountain apples are also something Mila and Oa have discovered in the islands. These apples have the texture of a pear and the shape and color of an apple. Mountain apples are high in vitamins A, E and C. These have been readily available when in season from local farmers markets. Others in more tropical regions may also find this type of apple. Mila has found that they make a lovely taste in a salad, much like pears, and when gorgonzola cheese and pecans are added. Yum! Fruits that have not been heavily farmed will ascend more easily and may be a good choice when planting one's ascending garden. If you cannot find the seeds for such fruit, simply purchase a mountain apple and plant it; and a tree will then grow. Planting the whole fruit is far better than just the seeds as then the seeds have all the nutritional requirements to germinate creating a most healthy offspring.

BANANAS

Bananas are a nice form of starch that can assist the stomach and small intestines in absorbing excessive enzymes in the event that one has eaten too many fresh raw foods and has upset the digestive system. Island bananas are smaller and tastier as well as filled with greater nutrients in Mila and Oa's experience. Therefore the plant kingdom suggests that ascending initiates look for smaller bananas, some of which may have red-purple skins rather than yellow skins. Bananas hold a form of phosphate that is necessary to the construction of crystalline digestive enzymes. Island bananas are also rich in vitamins A, E, B and D. Some days if the stomach is sour, Mila will enjoy bananas and homemade yogurt and this assists the digestive system in coming back to balance again.



Vitamin D is useful to the crystalline bone structure. Vitamin D allows calcium to be created or dissolved and reformulated into a new structure associated with the crystalline bones. Many have heard that sunlight is necessary for vitamin D to be activated and indeed this is so. Therefore a daily sunbath of 10 minutes or more is useful to assist with this process. There are many sensors on the skin which often look like freckles that are actually vitamin and nutrient cells; as the sun hits the freckles, the light passes through allowing a chemical reaction that produces a needed substance such as a vitamin, mineral or enzyme. Nutrients created through crystalline skin include vitamins A, E, B, iron and a host of enzymes used in digestion. This is the gift of crystalline skin.

Vitamins B and D are helpful in cell metabolism. Both these vitamins are utilized in the construction of thyroid and insulin hormones. Thyroid hormones regulate how much body fat is produced or converted to sugar in the liver; insulin hormones regulate how much sugar the cells consume in any given period during the day or night. There are many more forms of insulin and thyroid in the crystalline biochemistry; the variant types of these two hormones allow the body

to consume small, medium, large or extra large amounts of sugar or store small, medium or large amounts of fat in preparation for a period without food or air. Most calories of the crystalline biology are created in the diaphragm that converts oxygen into eight types of blood sugar. It is the insulin hormone that determines what type of sugar that the diaphragm should produce (small, medium, large or extra large) depending upon level of physical or energetic exertion.

Vitamin B is also used in the construction of another hormone known as "adrenal" produced in the adrenal gland. Adrenal hormones regulate consciousness. Not enough adrenal hormones and one will feel tired all the time. Often this can be due to a sign of a lack of B vitamins in the diet along with stress. On going stress or the consumption of too much coffee to stimulate the adrenals to carry on will deplete the adrenal gland to a point that one can develop chronic fatigue. Build up the adrenals by consuming foods high in B vitamins and one will begin to recover. Another food high in B vitamins is beer. Oa enjoys beer and requires this as a source of B vitamins on a weekly basis; the darker the beer, the greater the nutritional value and vitamin B available. So enjoy a beer beloved!

Cooking bananas are more prevalent in South America or Cuba and are another excellent source of carbohydrate to sooth the crystalline stomach and intestines. Try cutting up a ripe cooking banana (plantain) and frying it in a little butter on each side. Top with salt and a dollop of sour cream. Serve with a few buttered corn tortillas and a salad for a nice meal. Yum! Cooked banana enhances a greater amount of vitamin A and E.



BERRIES

Strawberries, raspberries, blackberries and blueberries are high in ester C. Ester C is used in the regeneration of all crystalline cells. Crystalline cells do not die off every seven years; they are repaired through hormones that carry nutrients to each organ gland or system to repair the cells that are failing to do their job. Ester C is one nutrient that assists in cell reparation and in particular surrounding cell metabolism. If cells are not ingesting enough sugar to sustain their continued existence or are ingesting too much sugar and becoming obese, then ester C helps in balancing out cell metabolism to assist the cell in ingesting just the right amount of sugar thrive in health.

Blueberries and blackberries are also high in iron. Iron is a substance utilized in the creation of red blood cells primarily. The body requires an ongoing amount of iron to assure that enough red cells continue to be reproduced or repaired. Crystalline circulatory systems can generally repair 80% of the red blood cells that go dysfunctional in any given day; the remaining 20% are broken apart and then used to create new functional red blood cells. This requires iron as well as ester C to accomplish.

Mila and Oa love going into British Columbia in Canada each summer for their annual Masters Conclave events. Primarily they love to pick up boxes and boxes of fresh berries in the Okanogen Valley. There are large berry farms in BC and the fruit produced is most delicious, and aids in a years supply of iron that their bodies store away until the next visit. Frozen berries host equal amounts of iron as the fresh varieties; however the ester C drops to less than half due to the freezing process. Fresh is best but if unavailable, then frozen is nice too.

CHERRIES

Cherries are high in vitamin C and iron primarily. Red cherries in particular have the highest content of iron of any other fruit. Iron supports the regeneration of the red blood cells primarily. Iron acts as a magnet that allows red blood cells to carry nutrients such as oxygen or sugar from one place to another. Cherry juice or frozen cherries just as good at providing iron if one is deficient, and so this can be a good alternative if one is anemic and it is not cherry season. Mila and Oa love purchasing bags of cherries when in season and eating them as an afternoon snack or upon long drives around the island or mainland. Cherries also assist in moments of constipation as they too absorb water in the intestines and push out whatever is in front of them.



CITRUS FRUITS

Oranges, lemons, limes and grapefruit are high in vitamin C along with fruit acids and enzymes useful to the breaking down of decay and scar tissue in the ascension process. The variety of C that is derived from citrus fruits is different from ester C and has a different purpose in the regeneration of crystalline biology. Primarily, citrus-based vitamin C assists in lubricating the inside of the cells. One would not think of citrus fruit as having a lubricating affect as they tend to make the mouth pucker. Inside the cell however the vitamin C creates a slippery texture when mixed with water. One can think of how slippery a vitamin C tablet feels when one's mouth adds a load of saliva and perhaps one will get a feel for how this works within each cell of the crystalline biology.

Mila finds herself craving citrus fruit each day as a result of the ongoing need of this substance to lubricate all cells within the biology. Island lemons are quite sweet; island oranges are quite tangy and filled with flavor. One of her favorite ways to have citrus fruit is with her daily shot of gin. Mila adds wedges of lemons, limes or oranges to her gin, and then eats the fruit skin and all after the gin has been consumed. Gin assists in clearing the veins and lymph of the circulatory system of debris that can clog or compromise the arteries or heart.

Many have heard of Chelation treatment within the health food industry as a means to cleanse the arteries, particularly if one faces a serious heart problem. The plant kingdoms perceives that a shot a day of gin or tequila will have the same affect if one continues to indulge in this for many months. Tequila and gin are like fire water and as they enter the blood stream, they tend to dissolve plaque and other fatty deposits in the arteries and blood stream at cause of heart problems or strokes.

If one has had a tendency towards alcoholism in this lifetime, ingesting gin or tequila may be problematic. There are entities associated with alcohol that will attempt to unground the field and then strip one's ascension information. Therefore one will have to learn to "bless" the alcohol in a way that such entities are removed before drinking so that one remains present and grounded. One blessing that worked for a medicine man that Mila studied with long ago was the intention that the "medicine not bite". What was intended in this is that the alcohol be medicinal rather than harmful or in other terms, assist in the healing of the biology rather than deterring

healing. This too was helpful at the time and it is in this experience that Mila learned that small amounts of alcohol could be beneficial each day.

Eating citrus fruit skin is also useful to ascending biology. The skins are filled with bioflavonoid substances that are also helpful in cell regeneration. Whereas ester C helps regulate cell metabolism, and vitamin C aids in cell lubrication, bioflavonoid substances assist cells in repairing the walls of the cells for proper permeability. Osmosis is the main means that cells release toxins or inhale sugar and oxygen. Osmosis requires just the right permeability so that toxins do not return to the cell or the sugar or oxygen exit the cell. Bioflavonoid substances assist in creating just the right permeability for proper cell osmosis to occur.



CRANBERRIES

Cranberries are mostly enjoyed dried or as fruit juice at this time in human history, except during the holidays when they are eaten fresh. Cranberries are high in vitamin C. The sour nature of this fruit is helpful in correcting a “sour stomach” syndrome and will reduce gas by providing more enzymes to digest what has already entered the small intestines, much like sour green apples. It is perhaps for this reason that one may enjoy cranberry juice following a meal if one has indigestion and will find it helpful.

Many have used cranberries to assist with urinary tract infections or problems in the kidneys. The large amounts of vitamin C that pass through the urine from cranberry juice are what assist in clearing a urinary tract infection in the perception of the plant kingdoms. Cranberry juice has a diuretic affect upon the kidneys; this causes more fluid to pass through and if there is excess vitamin C from the juice, then this passes through the bladder too allowing for a healing of an infection.

What causes bladder infections? By and large, bladder infections are the result of bacteria in the urine and an inadequate immune response or inefficient white blood cells to handle the job. The bacteria then infect the bladder or urethra causing discomfort in passing of urine. As one has enough white blood cells available due to the development of the crystalline immune system, then such difficulties will cease. Up until such a time, consuming cranberry juice or dried cranberries will offer the added movement of urine along with vitamin C will assist in clearing up the infection.

How does vitamin C assist in clearing infections? Vitamin C causes the cells to have greater lubrication and ability to detoxify; as the detoxification increases then the cell can expel the virus or bacteria at cause of the infection which is then picked up by the white blood cells of the immune system and disposed of. Bacteria and viruses enter the cell and have an adverse affect on cell metabolism. Some bacteria and viruses actually consume the cell until it dies. Releasing the virus or bacteria will therefore allow an opportunity for the cell to recover its health. Mila speaks in laymen's terms as she has not a medical background in her life history, but we think each will understand nonetheless.

The plant kingdoms do not suggest consuming loads of vitamin C through artificial means such as supplements. Most C supplements are so great that the vast majority passes through the urine or feces anyway. It is far better perhaps to enjoy fresh fruit and provide just enough C

along with other nutrients necessary to biological evolution. Vitamins are not alive; fruit is alive and one can call upon the soul of the fruit kingdom to assist one in recovering from any adverse biological condition. One could never receive this type of blessing from a supplement as the process of creating supplements causes all soul to retract, much as in all other processed foods.



GOOSEBERRIES

Gooseberries are related to the plum family although the skin might cause one to believe that they are a tomato. Tomatoes were once a fruit and not a vegetable, and perhaps gooseberries will give one an idea of what tomatoes tasted like long ago before they lost consciousness. Gooseberries are tart and fragrant and delicious. Gooseberries are high in vitamin C along with ester C, beta carotene and vitamin A. Gooseberries were once common in the islands, so much so that gooseberry ice cream is a flavor alongside coconut, mango, coffee and passion fruit (liliquoi) for the local ice cream maker. Although they appear in ice cream, Mila rarely finds gooseberries in the grocery stores or farmers markets of the islands.

GRAPES

Grapes are an excellent blood cleanser. The tannins in the skin and seeds of all grapes produce what are known as antioxidants that latch on to “free radicals” in the blood (unused parts of molecules discharged in ascension) and take them to the waste management of the biology; the darker the grape, the more tannins available in the skin. Many prefer seedless grapes. The seeds host oil known as grape seed oil that has acids useful to the crystalline digestive system and is also a good topical oil for crystalline skin.



Mila has long preferred the dark red grapes with seeds and simply chews the seeds along with the grapes and swallows. Oa does not care for the seeds, but his digestive system is also of a different biochemistry that does not require the acid associated with the seeds. Different biology has different requirements; and it is for this reason that the plant kingdoms suggest that one muscle tests or pendulums what one needs in any give day, week or month of one’s diet.



Red wine hosts a sugar that is useful to the crystalline cellular structure. In the winter and when it is cold, Mila and Oa often have a bottle of red wine per night. They find that they sleep better as a result as the cells have enough sugar to make it through a cold winter’s evening. Red, white along with rose wine are also an excellent digestive aid; have a half a glass before lunch or dinner and one will produce three times the enzymes in the stomach. This will assist in digesting the food that follows.

Dried grapes known as raisins are high in iron and potassium. The drying process causes a chemical reaction in the skin that creates iron that was not present when the grape was fresh. Potassium is a form of salt used in the blood cells in particular attract or reject certain nutrients that are carried from one region unto another. It is the perception of the plant kingdoms that raisins along with other dried fruits such as mangos, papaya, bananas or pineapple make a far

better snack than processed foods that will not mold or rot. Fruits will lose some of their enzymes when dried. However fruits such as papaya and pineapple have so many enzymes inherent in their flesh that some enzymes will remain following dehydration and in a gentler form than within the fresh fruit. One can eat a little dried pineapple or papaya for those times of indigestion as a result. If one dries one's fruit in the sun rather than in an electric dehydrator, one will receive the added benefit capturing the tones of creation emanating from the sun within one's food source which will be useful to ascending energy flow.

Jabotacarda grapes grow upon trees that originated in the tropics of Brazil. Several mountain wineries in the islands have introduced this tree and make a lovely red or rose wine from it. Often on the Big Island Mila was able to obtain a box of the fresh grapes from these trees and enjoyed them greatly, seeds and all. Jabotacarda grapes have the thickest skins and most tannins of any other grape on Earth. They also may be a good grape to grow to ascend as it has been less farmed and therefore less depleted of soul.

When humans farm excessively, they consume the soul of the species. Over time, the species goes soulless and then has difficulty ascending as there is no soul to direct the evolution. This has also been a project for Mila and Oa, to bless and bless and bless human food sources so that soul begins to return so that food supplies for humanity can begin to ascend. So each can contribute by blessing all food ingested and requesting the soul to return and ascend the associated species.

GUAVAS

Guavas are not from the creation. They will be unable to ascend as a result.



KIWI FRUIT

Kiwis which originated in New Zealand have become a popular fruit to farm this past half century. Kiwis are high in vitamin C, D and B. There is an acid in kiwis that is useful to ascension that is also found in strawberries. This acid breaks down the glutinous substance that holds the cells together so that they can be reformulated into a crystalline structure that is more permeable. As the space between the cells become more permeable, excessive gasses produced in ascension can pass through the skin rather than remaining within and bloating the body. One may crave kiwis or strawberries as a result during times that the space between the cells is ascending within one's evolution.

Mila recalls purchasing a large bag of kiwis during such a time in her evolution and pureeing them in a food processor, making her own kiwi juice. Kiwis also make nice sorbet. Yum! In Europe, kiwi juice is frequently available pureed at fruit stands, in health food stores, at rail stations or in spas associated with the mineral springs or bath houses. This is less common in the US or Canada but can easily be created at home to support the ascent of the space between.



LYCHEES OR RAMBUTAN

Lychees and rambutan are quite common in the islands or other tropical regions around the world. Oa has found himself purchasing bags and bags of lychees this past spring from farmers markets or roadside vendors and really enjoying them. Lychees are high in ester C, A and D vitamins primarily. Rambutan hosts a similar fruit to lychee but has a more interesting skin that has little red hairs all over it. The fruit inside is actually of the same family of trees and so we group them together in this article. Rambutan hosts similar nutrients to lychees. One mature lychee or rambutan tree can feed an entire neighborhood or community as they produce so much fruit when in season.

MANGOS

One of Mila and Oa's favorite fruits are fresh mangos when in season. Mangos are high in both vitamin C and ester C along with beta carotene and vitamins A and B. If you ate the mango skins, you would also receive the benefit of vitamin E. One can see in this that Mangos are richer in nutrients than most other fruits as a result. Mangos also are loaded with enzymes similar to papayas that are supportive of the dissolution of decay and scar tissue in the choice to ascend. Cooked mangos as in chutney or mango pie are higher in vitamins A and E as C vitamins tend to dissipate when heated.



It is interesting to note that C dissipates as the molecules of the fruit heat up in ascension; it may be that ascending biology of humans and animals will require less vitamin C as the immune system becomes stronger in the crystalline form. With a strong immune system, the likelihood of bacteria or viruses entering the cells is less likely to occur as they will be absorbed by the many varieties of white blood cells instead. Therefore as humans ascend, fruit will also ascend and provide less vitamin C as it will be not as required to sustain health into the future. This is an example of how food source will alter in nutrients to support the current requirements of ascending humans.

Mango sorbet is a lovely treat when mango season ends. Take frozen mango and puree it in a food processor along with a can of organic ginger ale and sugar (1/2 cup or so) to the desired sweetness. Add 1 tablespoon fresh squeezed lemon or lime juice. Drizzle in the ginger ale as you process the frozen mangos (similar to how one drizzles oil in the making of homemade mayonnaise) and you will have a light fluffy sorbet. Freeze and enjoy a few hours later. One can use this recipe with any other frozen fruit as well and do not require an ice cream maker to create. If the sorbet is too icy or hard following the initial freeze, place in the food processor again and give it a whirl and then refreeze before serving.

PASSION FRUIT OR LILIKUOI

Passion fruit is high in both vitamin C and ester C along with beta carotene and vitamin A. Passion fruit hosts a load of small seeds that have an acid that is useful to the crystalline nervous system. This acid is also found in lime skins, Mediterranean olives and eucalyptus. Mila has learned to mix the passion fruit with yogurt to create a lovely taste. She has also learned to make her own passion fruit salad dressing that is quite delicious. For those who live in tropical regions, all that is required is one large or two small passion fruit, $\frac{1}{2}$ cup nut oil of choice (peanut, hazelnut, macadamia nut), $\frac{1}{4}$ cup fresh squeezed orange juice, $\frac{1}{2}$ tablespoon of honey or sugar and a tablespoon of seasoned rice vinegar. Put all ingredients in a jar and shake well. This dressing tastes better the longer it sits in the refrigerator as more of the passion fruit diffuses into the dressing.



PAPAYAS

Papaya is a lovely fruit that is high in vitamins A and beta carotene. If you ate the skin, you would also ingest vitamin E. Papaya also hosts an enzyme that is very close to the enzymes produced in the crystalline digestive tract of the human species. Therefore if one has difficulty digesting certain foods, try a little papaya with the meal. Dried papaya is a lovely sweet treat and host enough of this enzyme to also aid in digestion and can be carried in one's purse or backpack.

Papaya seeds have come to be known as helpful in cancer treatment. Papaya seeds taste similar to horseradish or wasabe (the green horseradish that accompanies sushi for those that love Japanese foods). Actually it is the same ingredient in papaya seeds, horseradish and wasabe that host an agent that latches on to pus in the blood stream. Pus that accumulates as cells begin to die can interfere with the process of osmosis. If enough pus gathers around the skin of the cell, it suffocates the surface such that the cell cannot gather blood and oxygen nor detoxify the wastes.

This is what cancer is; dying cells that are coated in too much pus to subsist. Any substance that assists in clearing pus from the biology will be helpful therefore for recovery from cancer, or so Mila and Oa have found. The most efficient way however to detoxify oneself of excessive pus in ascension is to bathe frequently and have frequent mud baths. The mud and water will pull the excessive pus out the pores of the skin far more rapidly than eating a load of papaya seeds or wasabe can possibly accomplish.

One of Mila and Oa's favorite salad dressings is papaya seed based; take a half a ripe papaya and two tablespoons of fresh papaya seeds along with some nut oil ($\frac{1}{2}$ cup almond, hazelnut, macadamia, or peanut oil), a teaspoon of salt and a tablespoon of seasoned rice or white wine vinegar. Puree in the blender or food processor and enjoy over a lovely salad adding more oil as needed for desired consistency. The papaya seeds at a nice "bite" to this dressing.

PEACHES AND NECTARINES

Peaches and nectarines are not from the creation. They will be unable to ascend as a result.



PEARS

Pears are high in vitamins A, E and C when fresh. The E is only received if one eats the skins. Red skinned pears also are a host for B vitamins. Perhaps this is why Mila finds herself drawn to the red varieties over the green for her salads; poaching or cooking pears increasing the A (and E vitamins if the skin is poached) to almost double in nutritional value. Try poaching pears in a little red wine or sherry along with brown sugar and cinnamon. Poached pears can be eaten warm as dessert and topped with ice cream or cooled and then placed upon a salad with some blue cheese and pine nuts. Yum!

PINEAPPLE

Pineapples are high in fruit acids and digestive enzymes, so high in fact that eating too much pineapple will begin to digest one's mouth. Mila and Oa eat fresh pineapple once per week only as a result. Pineapple juice is less problematic as in the pasteurization process; many of the enzymes are destroyed by the heat. Therefore pineapple juice can be enjoyed daily if one desires it. Mila has found another favorite tropical drink composed of cranberry juice, pineapple juice and coconut rum. Yum!



Pineapple will assist the body in creating stronger enzymes to dissolve scar tissue so that it may ascend and become crystalline. Scar tissue is hardened cells that are compressed together due to emotional scarring in this life or as experienced within one's ancestry. As the scar tissue is dissolves, the records of what occurred that caused the emotional scarring in this life or within one's ancestry are released; this is how one "processes" in ascension or clears karma upon a biological level. Fresh pineapple is also high in vitamin C, small amounts of ester C, and vitamin A along with small amounts of beta carotene.



PLUMS

Plums are high in vitamin A, B and C. Plum skins are perhaps the most interesting as there is a load of tannin within them not unlike grape skins. Tannin is a good blood cleanser and antioxidant. Cooked plums as in "Plum Pudding" or pie enhance a small amount of vitamin E that is hardly present when plums are eaten fresh or raw. Dried plums known as "prunes" are also high in vitamin E and helpful in relieving constipation of the bowels. This is because the prunes inflate or absorb liquid as they pass through the intestines and push out all that is stuck in front of them. Eating lots of raisins will have parallel affect upon the bowels.

STAR FRUIT

Mila and Oa have come to love star fruit, a common fruit in the islands. They also found star fruit from Mexico upon the mainland. Star fruit holds the shape of a star when cut and makes a lovely presentation upon a salad or fruit bowl. Star fruit tastes and has a texture similar to pears when ripe. Star fruit is high is vitamin A B and C primarily.





WATERMELON AND MELONS

Watermelon and melons offer fruit that is relatively pH neutral. One can therefore ingest a whole lot of watermelon or melon and not upset the pH balance of one's biology. It has come to be understood that crystalline pH is slightly acidic in nature; if one becomes overly basic or acidic to a great degree due to the foods one is consuming, it can lead to disease. Therefore maintaining the proper pH is one way to assure that one does not ascend into disease in this lifetime. (See "Maintaining One's Health in Ascension"

for more information.)

Watermelon and melons with a red, yellow or orange flesh are high in B vitamins and beta carotene along with vitamin A. Watermelon in particular contains a substance that dissolves fat deposits in arteries, veins along with in the kidney and liver ducts. Therefore having watermelon regularly can assist in cleansing these regions of domain for greater health and continued evolution. Watermelon also is a nice base for fruit juice that will not be excessively acidic in nature. Mila juices watermelon and cantaloupe and then adds other fruits such as apples and oranges for flavor. This type of juice can be ingested in rather large quantities throughout the day and have a nice tonic affect upon one's biochemistry.

VEGETABLE FRUITS

Vegetable fruits are those vegetables that grow from the vine or a tree. Vegetables that grow from a vine or tree are really a fruit, although many have lost so much of their sweetness that humanity categorizes them as a vegetable. In reality and as the crystalline structure is more greatly embraced, these vegetables may be considered a fruit again. In particular this will most likely be so for tomatoes and sweet peppers. Eggplant, avocado and hot peppers may always be thought of as a vegetable due to their nutty or bitter hot flavor.



AVOCADO

Avocado is high in oils that are useful to the ascending skin as well as nervous system. Mila has found that avocado oil can be absorbed through the skin, whereas oil from coconut, most other nuts (sesame, macadamia, almond, cashew or hazelnut) and olive oil cannot be absorbed, and sits upon the skin suffocating the cell if used in massage

oils or skin lotion. Therefore avocado oil makes a good skin ointment along with jojoba, grape seed and apricot kernel oil for crystalline skin.

When ingested, avocado lubricates the stomach and intestinal tract allowing easier movement of the bowels. Sometimes the body breaks down substances that are sticky or glue-like in ascension; as this occurs the bowels can become quite hard and difficult to move; particularly for those prone to constipation. Mila has used Dieters or Constipation Tea in such moments to aid in the movement of the bowels and often craves avocado in such moments as well. This is

when a few ripe avocados become a nice bowl of guacamole to be gorged upon with sour cream, salsa and chips. Yum!

Avocado is one of the only fruits that have oils necessary to the crystalline nervous system. The crystalline nervous system cells are surrounded by a fat that resembles avocado or nut oils upon a molecular level. The body can more easily transmute or regenerate the nervous system when one is ingesting avocados or nuts on a weekly basis. Avocado is also high in vitamin A and E which are used in the construction of crystalline white and red blood cells along with circulatory and lymph fluids.

Here is a simple guacamole recipe. Mash 2 ripe avocados in a mixing bowl. Add ½ chopped sweet onion, 1 chopped ripe tomato, 1 tablespoon fresh lemon juice, 2 teaspoons salt, and 1 teaspoon chipotle chili powder. Add salt and pepper to taste and 1 teaspoon fresh lime juice. Serve with some fresh tortilla chips, sour cream and fresh salsa.



EGGPLANT

Eggplant is a vegetable fruit that is one of the few remaining that hold a crystalline blueprint. It is for this reason that eggplants grow to larger proportions than tomatoes or peppers, as such is the nature of crystalline structures. Eggplants are “light” or weigh less than a pumpkin or squash of comparable size. So this is also the nature of the crystalline biology that hosts more air element and is lighter as a result in weight. Eggplant is a good food to eat to assist in recalling the crystalline blueprint, and it may be for this reason that it is one of the favorite ongoing foods that Mila and Oa purchase each week at the farmers market.

Eggplant is high in vitamin C, iron, potassium, calcium and B vitamins along with tannins that are a part of the flesh and are helpful blood cleansers. Eggplant also holds a particular acid that is useful to the crystalline cranium. The cranium of the crystalline skull has a different type of bone that forms surrounding the brain. The crystalline skull is capable of picking up and holding the thought-form of the Language of Light and photonic energy within its mineral content. The skull retains the photonic blueprint or unity consciousness frequencies and then downloads them to the gray matter of the brain. The brain then formulates new algorithmic patterns that are associated and the consciousness center in the core of the brain then interprets the algorithmic patterns to be unity based thoughts. Eggplant is helpful in the modification of the skull to the crystalline blueprint.

Eggplant Parmesan is a delicious Italian dish. Here is Oa's recipe for this. Take one medium to large eggplant and slice in thin circles. Dip each piece in a little flour, salt and pepper and pan fry in olive oil until brown on each side. Layer the fried eggplant in an oven proof casserole. Place the first layer in the dish and top with marinara sauce and sprinkle with parmesan cheese. Add the second layer on top of the first and top with marinara sauce and sprinkle with parmesan cheese. At the third layer topping also with marinara, parmesan and then grated mozzarella cheese. Cover and bake in the oven for 45 minutes at 375 degrees. Remove the cover for the last 5 minutes to slightly brown the cheese. Serve with some red wine, French bread and a nice Italian salad for a great meal.



PEPPERS

(YELLOW PEPPERS, RED PEPPERS, GREEN PEPPERS, CHILE PEPPERS)

Peppers grow in many sizes and varieties as farmed by humans. Some peppers such as green, yellow and red are non-spicy, and the red and yellow varieties are quite sweet. Green peppers are high in potassium, vitamin A, chlorophyll and vitamin C. Red and yellow varieties host more sugar, hence the sweeter taste. Sweet peppers are good blood cleansers and assist by lubricating the intestinal tract.

Hot peppers generally have spicy seeds as well as flesh. The heat of the pepper has to do with more fire element in the genetic structure which translates into "hot" or "spicy" upon the tongue. Spice is an excellent blood cleanser as well as a stimulant to the digestive system. If digestion tends to be poor, add something spicy such as hot sauce. The spice will warm up the stomach which will in turn cause more chi to flow through the meridians to the intestines which shall trigger digestion to flow. Often those who resist spicy foods have difficulty digesting which is equivalent to desiring not to digest one's spiritual life lessons as well.

One of Oa's favorite dishes is hot peppers, potatoes and cheese. Dice up an onion and place this in a frying pan with a little nut or olive oil, and sauté until translucent. Cut up 2 or 3 good sized yellow potatoes and add this to the pan. Open and remove the seeds from 3 banana peppers. Dice and add it to the pan. Allow the potatoes to cook for 20 minutes. Grate $\frac{3}{4}$ cups jalapeño jack cheese and sprinkle on top. Cover and cook until the cheese melts and serve.



TOMATOES

Tomatoes are high in vitamin C and beta carotene. It has been interesting for the plant kingdom to witness the change in human eating habits towards tomatoes in particular. All kinds of vine ripened tomatoes have shown up in the past few years upon the grocery store shelves as farmers have learned that the vine allows the tomato to more easily ripen, and it tastes sweeter as a result. Sweeter tasting tomatoes cause humans to pay more for the same harvest, and so tomatoes with vines have become more common upon the grocery store shelf. Vine ripened tomatoes also host more nutrients.

Tomato sauce is also a common cooking base for many Italian or Greek dishes. Cooking tomatoes increases the vitamin C. There is an acid inside the tomato that causes the C to increase rather than dissipate as it heats up. This is because long ago and before tomatoes fell in vibration, this group of vegetable fruits provided the largest amount of C to all kingdoms, much like acerola cherry today. So this may be again into the future as tomatoes reach full consciousness and beyond (36,000 strands in vibration).

Fresh tomato sauce is a wonderful taste. Here is a simple recipe from Mila and Oa's own kitchen. Take 12 medium ripe tomatoes. Dip them in boiling water and then cool running water, and remove the skin with a sharp knife. Puree the peeled tomatoes in a food processor or blender until smooth. Cut up a large yellow or white onion and place in a stock pan with a little olive oil. Cook until translucent, adding 3 cloves fresh garlic that has been finely chopped and a little salt. Cut up 10 small mushrooms and 1 green pepper into tiny pieces and add this to the

pan. Add the tomato puree along with $\frac{1}{2}$ cup red wine and simmer. Add 2 tablespoons honey and salt and pepper to taste. Cut up 2 springs each of fresh basil, thyme, sage and marjoram (or add dried Italian herbs) and $\frac{1}{2}$ cup fresh parsley and add this to the pan. Cook for an hour or so until the sauce has turned a deep red. Lower the heat and add $\frac{1}{3}$ cup parmesan cheese. Serve over buttered noodles with a little more with a nice side salad for a lovely meal.

VEGETABLES

Vegetables are an important part of the ascension diet. By and large the vegetable kingdom suggests a diet of 20% raw foods in the form of salads and fruit; 30% cooked vegetables; 30% grains; 10% milk products and eggs and 10% legumes. In so doing, one is assured of obtaining some of all nutrients necessary to the continued evolution of the biology.



Vegetables are so numerous that we are not going to list them individually unless there is a specific property that is necessary to ascending crystalline biology. We are going instead to speak to them in groups. Vegetables come in many varieties. There are root vegetables that grow underground. There are leafy vegetables that grow above the ground. Often what grows underground also produces a leaf that is also edible and hosts different nutritional properties. Then there are vegetable-fruits which grow on the vine or above ground attached to the shaft of the plant. Each type of vegetable hosts a different quality in association with ascension and the nutrition required to sustain one's evolution.



ROOT VEGETABLES

Root vegetables grow underground and are in direct contact with the Earth. As such, root vegetables are grounding in nature or will allow one to connect to the Earth Mother. Root vegetables host a different level of minerals than the leaves that grow above ground or vegetables that grow from the vine. Root vegetables tend to be higher in calcium, selenium, and other trace minerals necessary to sustain the magnetism of the field and biology.

Magnetism requires minerals. One can think of minerals as tiny substances that are not unlike the larger minerals upon one's alter. The tiny minerals enter the blood stream and cellular structure and utilize their magnetism to direct substances from one place to another. This allows toxins to be moved to the waste management of the biology and nutrients to be moved to the cells. Not enough minerals and one will be lacking in the magnetism necessary to feed or detoxify the biology or ascend. Eat more root vegetables and one will begin to receive the minerals that one requires to move the nutrients around in the biology as needed for health and ascension.

BEETS

Beets host a lot of sugar that is complete. What is complete sugar? Most humans are more familiar with sugar that has been separated from all the other nutrients associated. One can think of the molasses produced as the cane sugar is stripped of all other nutrients. Molasses is thick and filled with minerals. Beets too are filled with sugar and minerals. Sugar was never designed to be eaten alone; it was designed to be eaten in collaboration with minerals. Why is this so? Minerals and sugar work together within the crystalline biology to feed the cellular structure.



Sugar is taken to the cells by the minerals that utilize magnetism to transport the molecules through the blood stream. If you eat the sugar without the minerals, there will not be the minerals necessary to transport the sugar molecules in the blood to the cells. What then? Malnutrition upon a cellular level occurs although humans are eating loads of “calories”, but the calories are “empty”. The calories are empty of the minerals necessary to transport the sugar to the cells and then the cells starve. Eating beets whole or sugarcane whole (brown sugar) ends this problem; one receives the sugar with just enough minerals to transport the sugar to wherever it is required within the biology.

Even if an ascending biology is obtaining most of the sugar through the breath as the oxygen is converted to sugar in the diaphragm, minerals are still required to transport the sugar to the cells. A diet high in trace minerals is therefore useful to making sure that every cell in the biology is fed, and this insures that more cells can become crystalline and learn to regenerate allowing for a more complete ascension in this lifetime. Therefore eat your root vegetables as they are made by nature beloved!

Once again the plant kingdom does not suggest mineral supplements to obtain the minerals required for this task. Supplements provide too many minerals in a single dose which then becomes toxic to the body. Why is this so? With too many minerals now you have those that are not absorbed by the blood cells to transport nutrients and waste, but a host of free radicals instead. Those taking too many supplements create their own free radicals that are problematic in so doing!

One of Mila’s favorite ways to eat beets is roasted. Clean and peel 2 to 3 good sized beets. Cut them into pieces and place them on a roasting tray. Drizzle with a little olive or nut oil and sprinkle with salt and pepper. Roast for 30-40 minutes in a 400 degree oven until caramelized. The beets will taste so good this way that one will cease to desire sugar in its place! Beets are high in trace minerals such as iron, manganese, selenium as well as vitamin C and D. Raw beet juice is another way to enjoy the benefits of beets. Beet juice also makes an excellent blood cleanser.



CARROTS

Carrots are filled with trace minerals, beta carotene, and vitamin A and D. Carrots also have a nice gentle laxative affect upon the biology when eaten raw. When cooked, the sugar contents increases allowing carrots to become very sweet. In parallel to beets, the sugar and minerals are designed to work together to feed the human form. Carrot juice is another way to enjoy the benefit of carrots; carrot juice is helpful in providing the nutrients to repair the ascending eyes in particular.

One of Mila's favorite carrot dishes is carrot ginger soup. Roast 12 carrots in a pan at 400 degrees for 30 minutes. Slice two pieces of ginger and sauté in a little butter until crispy. Place the roasted carrots and ginger and 1 cup whole milk or half and half in the food processor or blender and puree. Place the pureed mixture in a sauce pan and add another cup of milk or half and half and bring to a boil. Turn down the heat and simmer for 10 minutes adding 2-3 tablespoons butter and salt and pepper to taste. Serve hot with some crusty bread and a salad for a lovely meal. Yum!

JERUSALEM ARTICHOKE

Jerusalem artichokes are a root with a sweet nutty taste when roasted or pan fried. Much like breadfruit, this root was used as a source of flour for baking in the era of Atlantis. The genetics have fallen for this kingdom since this period, and the current biology would not host enough protein for this purpose today; however as it ascends, Jerusalem artichokes will recover their genealogy and then perhaps humans will dry and grind this root in lieu of gathering seeds for one's flour. Jerusalem artichokes are filled with starch and trace minerals primarily.

POTATOES

Potatoes are an excellent source of starch to assist the ascending intestines in absorbing more toxins. Most of the minerals associated with white or red potatoes reside in the skin. Therefore include the skins in your mashed potatoes or other potato dishes, and you will benefit by receiving all the minerals that the Earth has to offer. Sweet potatoes are high in sugar and beta carotene as well as minerals as long as the skins are also eaten.



Purple potatoes are high in minerals both inside and out; meaning that both the flesh and skin contain trace minerals. In Hawaii, taro and Okinawan sweet potatoes are common, both of which have a lovely purple color and are quite starchy when cooked. Perhaps it is due to the high mineral content of the Hawaiian taro that the Hawaiian people could exist for weeks on end eating primarily poi, a fermented puree of water and taro root. Try roasting some purple potatoes for a change to experience the difference!

Here is a recipe for garlic mashed potatoes. Wash 8 red or purple potatoes scrubbing the skins well. Place in a boiling pot of water and cook until tender (about 30 minutes). Remove and place

under cold water until cool to the touch. Mash each potato along with skin with a potato masher or cut up and place in a food processor, but make sure not to over process. Add four tablespoons melted butter and six cloves roasted garlic and pulse a few times until creamy. (If you have no roasted garlic, chop the garlic and fry in a little olive oil before adding to the potato mixture.) Add salt and pepper to taste and serve.



RADISHES AND HORSERADISH

Radishes and horseradish are good blood cleansers. The spice associated also cleanses the sinuses and stimulates the brain as one consumes radishes raw. The stimulation of the brain can be useful in embracing new unity-based algorithmic patterning or in other terms, learning unity consciousness. It is perhaps for this reason that ascending initiates may crave wasabe (Japanese green horseradish) from time to time. Mila and Oa either make their own vegetarian sushi at home or dine out mostly to enjoy the wasabe!

Here is an easy vegetarian sushi recipe: 4 sheets nori (seaweed), 2 cups seasoned sticky rice, a ripe avocado finely sliced, a cucumber peeled and finely sliced, a green onion finely sliced, and homemade or Japanese mayonnaise. To make sushi rice, cook 2 cups rice in 2 cups water. Bring to boil and then simmer until water is absorbed (about 12-15 minutes). Transfer the cooked rice to a bowl. Drizzle $\frac{1}{4}$ cup seasoned rice vinegar into the rice stirring until it is absorbed. Do not refrigerate or the rice will become hard. Take a bamboo sushi roller. Cover the bamboo with a quarter inch of the sticky rice. Place a toasted sheet of nori on top trimming to fit. Add another quarter inch of sticky rice on top of the nori. In the middle lay strips of avocado, cucumber, green onion and drizzle with mayonnaise. Roll until the sushi comes together and cut into 8 slices. Repeat until all nori is used. Serve with wasabe, pickled ginger and soy sauce.

RUTABAGA

Rutabaga much like beets also hosts minerals combined with sugars that are brought forth through roasting and caramelizing the flesh of this root; try roasting some beets, carrots, potatoes and rutabaga as a lovely fall or winter meal. Mila and Oa find this type of meal very fulfilling; it only requires some wine and bread as an accoutrement. Often when Mila and Oa travel, they find roasted vegetables on the menus. The servers are often surprised as Mila and Oa order this side dish as their main course along with a salad or some vegetarian soup. Root vegetables are very grounding and helpful during difficult moments of ascension or in travel.



BRASSICAS AND GREEN LEAFY VEGETABLES



Brassicas (such as broccoli) and green, leafy vegetables abound in variety. Green vegetables provide chlorophyll, something that human skin does not produce. What is important about chlorophyll? Chlorophyll is high in an acid that is an antioxidant (attaches to free radicals in the bloodstream). Chlorophyll is one of the best blood cleansers that one will ever find from the point of view of the vegetable kingdom. This is not to say that we advocate that one takes

chlorophyll supplements as once again, this is too much of a single substance that then becomes toxic to the body; far better to enjoy the green leafy vegetables or brassicas varieties in one's daily ascension diet.

BROCCOLI AND CAULIFLOWER

Broccoli is an excellent source of vitamin A, chlorophyll and a sulfurous substance that often has an odiferous affect upon one's urine after consumption. Broccoli is a good ascending food when lightly steamed. Cauliflower holds parallel vitamin A and sulfurous substances as broccoli but without the chlorophyll. It is perhaps for this reason that Mila and Oa are guided to buy broccoli over cauliflower as there is greater amounts of nutrition therein.



The fiber in the broccoli stems is a useful intestinal cleanser; the nutrients in the buds are helpful in cleansing the blood. The sulfurous substance allows a particular gas to be produced that helps to aerate the cells of the intestines. Too much aeration of the intestines leads to gas and flatulence; just the right amount of aeration leads to better capacity to receive the nutrients from the small intestines via osmosis through the intestinal wall into the blood. Lightly steamed broccoli provides just the right amount of aeration to assist in the ability to receive more nutrients through one's intestines.



CABBAGE

(BOK CHOY, GREEN CABBAGE, RED CABBAGE, CHINESE CABBAGE, KORABI, BRUSSEL SPROUTS)

Cabbage is high in potassium, vitamin B, C and E and beta carotene. Cabbage is lovely to eat raw and is an excellent bowel cleanser. Cooking cabbage enhances vitamin E in particular. There is another sulfurous substance in cabbage that also assists in aeration of the bowels, but creates not the odoriferous smell in the urine. Aeration is important to the bowels and it is for this reason that the vegetable kingdoms advise eating some form of cabbage every other day, even if it is small amounts in one's salad.

Here is a nice recipe for Asian slaw. Finely slice 2 cups Chinese cabbage, $\frac{1}{2}$ cup fresh snow peas, $\frac{3}{4}$ cup fresh red pepper, and 2 green onions and place in a large mixing bowl. Add 1 cup mung bean sprouts. Mix together $\frac{1}{2}$ cup peanut oil (or other nut oil of choice) with 1 tablespoon seasoned rice vinegar, 1 tablespoon honey or sugar, and $\frac{1}{2}$ cup fresh squeezed orange juice.

Toss and mix adding salt and pepper to taste. Sprinkle with ½ cup toasted sesame seeds and serve.

GREENS

(SPINACH, SWISS CHARD, COLLARD GREENS, MUSTARD GREENS)

Greens provide calcium, magnesium, chlorophyll, vitamin A and E along with iron. Greens can be eaten raw or steamed for different benefits. Raw greens provide aeration to the intestines but due to slightly different gases than are hosted in cabbage or broccoli. Cooked greens are easier for the intestines to extract the nutrients from. Therefore raw greens allow the colon to have good health and cooked greens allow one to receive the benefits of all nutrients and blood cleansing agents offered in green leafy vegetables.



Here is a nice recipe for cooked greens of any kind. Wash 1 bunch swiss chard, collard greens or mustard greens removing the stems. Using a food processor or knife, finely chop the greens. In a heated skillet, place some olive oil in the bottom. Chop 2 cloves fresh garlic and throw this in the oil allowing it to diffuse. Chop a small yellow onion and allow this to cook until translucent. Add the greens along with a little more olive oil, 1 tablespoon fresh lemon juice, and salt and pepper to taste. Steam for 10 minutes and serve over the garlic mashed potatoes for a nice meal.



SALAD GREENS

(BUTTERLEAF, ROMAIN, RED LEAF, ICE BERG, LOLLO ROSO)

Salad greens are filled with chlorophyll, vitamin C, beta carotene, and trace minerals such as iron. Salad greens much like leafy greens aerate the intestinal tract. Mila and Oa are strong believers that a salad a day keeps one's health in ascension, and the vegetable kingdom sees that this is so. For added nutrition, one can top one's salads with a variety of ingredients and dressings that make this side dish delicious as well as filled with nutrients necessary to support the crystalline biology and continued ascension.

As of late, Mila and Oa had been craving Greek salads. Here is a simple recipe for a good Greek salad. 1 cup lettuce of choice, 1 cucumber skinned and finely sliced (unless it is an hothouse cucumber), 1 ripe tomato diced, 12 Greek olives, ½ cup fresh feta cheese diced. Divide the ingredients between two bowls. Drizzle with fine olive oil and a little balsamic vinegar. Add salt and pepper to taste and serve with a little hummus and pita bread as a nice lunch.

SALAD BITTERS

(RADICCHIO, ARUGALA, SORREL, WATERCRESS)

Mila is fond of adding bitters and herbs to her salads. Oa is less fond of the bitters. The vegetable kingdom told Oa that Mila was more like a bird and he a monkey. Monkeys like things that grow from trees or above ground and birds like things that grow from the ground. In reality Oa's biochemistry prefers sweeter salad ingredients to the bitter ingredients, and Mila prefers both. Therefore Mila will put only a few bitters on Oa's salad dish and fill her dish with



bitters almost in lieu of salad greens. Hence the difference in being a bird vs. a monkey! Salad bitters are excellent blood cleansers. The bitter substances are not unlike horseradish such as wasabe and when eaten enough, stimulate the sinuses and brain to learn new algorithmic patterns surrounding unity thought-form.

Here is a nice and typical salad Mila and Oa will make. 1 cup lettuce of choice, 1 cup salad bitters of choice, 1 ripe tomato diced, 1 star fruit or kiwi cut up, ½ cucumber finely sliced, small chunks of kohlrabi cut up. 15 red grapes cut in half. Divide the ingredients in two bowls and top with sunflower seeds, craisins and passion fruit or papaya seed dressing and serve. Vinegar such as what is often used in salad dressing is helpful also to ascending biology. Vinegar cleanses the esophagus and stomach by proving a nice acid that will clear other foods from the lining. In the blood stream, vinegar is a good cleanser of the lining of the veins.



COOKING HERBS

(ROSEMARY, SAGE, TYME, BASIL, MARJORAM, MINT, OREGANO, PARSLEY, TARRAGON, CILANTRO, BAY LEAVES, CHIVES, DILL)

Mila and Oa have taken to creating a living herb garden with all of the above growing on their back porch. This is such a lovely thing to have available as the herbs are always fresh and delicious. Purchasing live plants will save one loads of money compared to buying fresh herbs in the market. One can also take as much of what is needed for any given dish. Cooking herbs are much like salad bitters in that they are good blood cleansers as well as natural deodorants. Herbs such as mint, oregano and basil along with sage will absorb body odors if eaten in enough quantity. Body odor is really the result of the decay that one is releasing in any phase of evolution. Herbs have an acid that attaches to decayed molecules in the blood and carries them to the waste management of the biology. Cooking herbs are a blood cleanser but of a specific nature having to do with decay.

Here is a nice recipe for herb oil. Take a sprig of each fresh herb in one's garden (rosemary, sage, thyme, basil, oregano and/or tarragon). In a washed vegetable oil container, place one to three roasted or fresh garlic cloves in the bottom. Push in the stalks of fresh herbs. Cover with fine olive oil and allow to diffuse for two days before using. The longer the herb oil diffuses, the greater the flavor that the herbs and garlic will depart to the oil. Make sure to keep the oil above the herbs in the bottle or the herbs will begin to mold. To serve, place a dollop of herb oil on a small plate; place some balsamic vinegar in the middle. Add salt, pepper and sprinkle with parmesan cheese and serve with fine French bread for dipping.



PUMPKINS AND SQUASHES

Pumpkins and squashes are nature's solution to human fast food. Humans require large quantities of food that is loaded with nutrition to sustain their existence, particularly in the cold of winter. Pumpkin and squash were originally bred by nature to fulfill upon this goal; for within one pumpkin or squash, one can have a complete and nutritious meal offering many nutrients. Pumpkins and squashes come in their own serving trays known as the skin. The skin is protective enough that one could place the

squash straight upon hot coals and steam the flesh within without requiring all the baking utensils used by humanity today. Now maybe this sounds primitive, but have you ever tasted squash cooked this way? It might be quite delectable.

All squash varieties also host seeds. Seeds can be roasted for additional nutrients not found inside the flesh. Squash seeds host a load of nutrients that are useful to the crystalline cellular structure including certain acids required by the nervous system, and other acids that are blood cleansers. There are also several forms of calcium that do not occur in milk products and yet are necessary to crystalline bones only available in pumpkin seeds. For a time Mila and Oa would create large fruit bowls and top them with whole milk yogurt, coconut, and pumpkin seeds (raw pepitas). The body could take various forms of minerals from all three of these substances and create the new calcium required for crystalline bones. So do not throw away your squash seeds my dears! Instead roast them in a little oil and salt and enjoy.

To roast squash seeds, you can either remove them raw or wait until the squash has been roasted and then remove them. Rinse the seeds well removing any remaining flesh. Place upon a baking pan and drizzle with olive or nut oil and salt. Roast for 35 minutes at 375 degrees until toasted. Cool and enjoy!



WINTER SQUASHES (PUMPKIN, ACORN, SPAGHETTI AND BUTTERNUT)

The orange to yellow flesh of pumpkin, acorn, spaghetti and butternut squash host beta carotene, vitamin A, D, E and C. Eating the skin will enhance the amount of A and E one will receive in the dinner. Oa never thought to eat the skin. Mila cut up the skin and topped it with a little more butter and found it not only tender, but delectable (except for spaghetti squash whose skin is very tough when cooked). Squash can be cooked whole in its shell or cut up raw and roasted with root vegetables to add variety to the meal.

Here is a simple recipe for a cold winter's night. Place a large spaghetti squash on an over proof plate. Heat the oven to 375 degrees and roast for 45 minutes or until tender. Cut in half and remove the seeds, saving for roasting later. Drizzle melted butter, a little tomato sauce and parmesan cheese within each side and enjoy a dinner for 2 with some bread and a nice green salad on the side.

SUMMER SQUASHES (GREEN OR YELLOW ZUCCHINI, PATYPAN SQUASH)

Summer squashes are smaller and were made this way because humans require less calories in the summer due to the warmer temperatures. Although green or yellow zucchini or patypan squash may be small, they are still packed with vitamin A, D, C and E (A and E if you eat the skin). Summer squashes can be steamed and served with a special sauce, such as hollandaise, or cut up and placed in other dishes such as lasagna.



Here is a recipe for stuffed zucchini. Take 4 zucchini and cut lengthwise in half and place in a covered glass baking dish. Scoop out the seeds enough to make space for stuffing. Take 1 cup couscous and cover with hot water until cooked (about 10 minutes). Mix in ¼ cup pine nuts, 2-3

tablespoons melted butter, and ½ cup currents (or raisins or craisins). Add salt and pepper to taste. Stuff the middle of each of the 8 zucchini halves with the mixture. Drizzle with a little more melted butter. Cover and bake for 45 minutes at 375 degrees until tender.

SHOOT VEGETABLES

Shoot vegetables are those vegetables that come up from the ground as a shoot. Shoot vegetables often have a root that is also consumed along with the shoot. The roots and shoots combine the benefits of a root vegetable (grounding to Earth plus more minerals) and that of being above ground (chlorophyll). This allows such vegetables to provide both minerals to assist in the transport of nutrients and substances for blood cleansing all in one plant.



ARTICHOKES

Artichokes were one of Mila's favorite foods as a child. This is still so today. Although one nibbles only at the tips of each leaf, it is the center or heart that is her favorite. Interestingly enough, breadfruit is reminiscent of the hearts of artichokes provided it is not too ripe or soft when roasted. Artichokes are high in potassium and many trace minerals, vitamins A, C, and fiber. The potassium of artichokes is the same type of potassium that the crystalline biology produces, and it is for this reason that ascending humans may crave artichokes from time to time.

CELERY

Celery is a common shoot that hosts a type of fiber that is useful to the ascending intestinal tract. The stringy nature of celery has a sweeping effect upon the colon, much like the idea of "scrubbing bubbles". As celery moves along the intestinal walls, it brushes the sticky substances towards the large intestine and out the anus.

Here is a nice recipe for Waldorf salad. Cut up 3 stalks celery, 1 small green apple and 1 pear into small chunks. Add ½ cup chopped walnuts and ½ cup currents. Mix together ½ cup homemade or organic mayonnaise with ¼ cup whole milk yogurt. Add 2 tablespoons fresh squeezed orange juice and salt and pepper to taste. Toss and serve.



ASPARAGUS

Asparagus is an interesting vegetable. Asparagus is high in vitamin A and C and is a natural diuretic. Asparagus hosts an acid that is useful to the regeneration of the eyes in ascension. Asparagus hosts an acid that assists in the breakdown of the space between for the visionary center and eyes. Asparagus is best steamed slightly and then served hot with a nice sauce or cold upon a salad. Roasting asparagus is also nice and creates a very tender shoot to dine upon. Take a bunch of asparagus and clean with fresh water. Cut off the hardened ends. Place in a glass baking dish and drizzle

with olive oil and a little pear vinegar (or white vinegary). Roast for 20 minutes at 400 degrees until tender. Serve and enjoy!

FENNIL

Fennel is another good ascension food. Fennel is used in Greece to make a lovely liquor known as Ouzo. Fennel leaves and root host the taste of liquorice. Fennel root is useful in settling stomach upsets and hosts a substance that will cancel certain digestive enzymes prone to producing toxic gases in the intestines (especially those from beans and legumes). This same substance also acts as a blood cleanser canceling toxic gases that may occur within the circulatory system. Fennel also has natural diuretic properties.



Here is a simple salad using raw fennel root. Distribute 1 cup salad greens of choice in four bowls. Finely slice the base of a fennel root, two ripe tomatoes, 2 green onions and one orange, removing the skin. Distribute between the four plates and sprinkle with sunflower seeds and raisins. Drizzle nut oil followed by raspberry vinaigrette upon each salad and enjoy.



MUSHROOMS

Although science might not agree that mushrooms are a shoot vegetable, the vegetable kingdom will categorize them so. Mushrooms root in shallow soil and then sprout something above the ground known as the cap. In ancient times, mushrooms grew to be the size of a bush 3 feet high or so and held many colors. There were green, ivory, red, pink and yellow mushrooms. Each color held different nutrients necessary to support animal and human life. This provided ample food source without requiring the slaughter of any animal. Humans are recalling this and producing large mushrooms known as portabellas. One can roast a large portabella on a barbeque and stuff it with garlic mashed potatoes, and then top it with fried greens for a delicious meal.

Mushrooms raised by humans today host little consciousness, except perhaps some recent varieties that have become more popular in latent years, such as oyster and shitake mushrooms. Shitake and oyster mushrooms are high in protein as well as trace minerals from the ground. The Chinese are very nutrition focused and also dry many mushrooms (along with other herbs) making them available world wide for little money. Dried shitakes will host as much nutrition as the fresh varieties as long as they are cooked long enough and thinly slice or ground up for easier digestion.

Wild mushrooms are the most nutritious of all whether they are fresh or dried. Wild mushrooms (porcini and morels in particular) host an enzyme useful to the crystalline nervous system. This acid assists in major leaps of consciousness associated with momentum towards full consciousness in ascension. It is perhaps for this reason that Mila and Oa crave wild mushrooms and have for many years now.

This year in particular Mila and Oa brought back a large bag of wild morels harvested in Montana of all places. Wild mushrooms grow in the woods as pine trees create a substance that

fosters their presence. In Europe, farmers were smart enough to leave large sections of woods between their farms so that the wild gifts such as mushrooms and berries could be harvested each summer. The wild mushrooms also retain consciousness of the forest, and so when one consumes these one can commune with the forests that they originated within.

The Reishi mushroom has also received attention as of late in the health industry as an immune herb. In reality this mushroom is the last remaining of this type that hosts a crystalline biological structure. Perhaps this is why the ancient sages thought it was the mushroom of immortality. Reishi mushroom extract can be supportive of ascension along with eating the mushroom itself, or making a tea from its cap. This is one of the herbs that is supportive of ascension. (See "Chinese Herbs and Ascension" for more information.)

Wild mushrooms are ascending and beginning to take on many of the properties of the Reishi mushroom. This year the morels Mila and Oa brought back from Montana measured at 2000 strands. As they measure 5000 strands into the future, the morels will begin to produce some of the substances inherent in the Reishi mushroom as this is really a part of crystalline biology. This will be helpful not only to humans but those animal kingdoms that also dine upon mushrooms, such as bear, deer and antelope along with bison.

Here is a recipe for wild mushroom risotto. Soak $\frac{1}{2}$ cup wild dried mushrooms in $\frac{3}{4}$ cup sherry or white wine. For the mushroom stock, place 10 dried shitake mushrooms, 2 sprigs basil, 2 cloves garlic and 2 tablespoons olive oil along with 8 cups water in a stock pan. Heat to a boil and then reduce temperature simmering for $1\frac{1}{2}$ hours. Remove mushrooms and set aside. Add 1 cup alboreo rice (risotto rice) to the stock along with the wild mushrooms. Dice the shitake mushrooms into fine slices and add this to the rice. Add 4 tablespoons butter and salt and pepper to taste. Heat to a boil and then simmer uncovered until all liquid is absorbed (about 20 minutes). Just prior to serving, add $\frac{1}{3}$ cup parmesan cheese and $\frac{1}{3}$ cup fresh chopped parsley to the rice and mix. Serve with more parsley and parmesan cheese on top.



ONIONS

(GREEN ONIONS, LEEKS, WHITE ONIONS, SWEET ONIONS)

Onions are an excellent source of vitamin C and D along with B and chlorophyll if they are green. Onions make a lovely intestinal cleanser due to a particular acid that causes the "bite" or "zing" to the taste when raw. When cooked, they still retain some property to clear the intestines but become much sweeter to the taste. Green onions and leeks in particular host a particular enzyme that is useful to the crystalline digestive system. One may crave these as a result in ascension.

One of Mila and Oa's favorite leek dishes are simply roasted leeks. One can cut a leek in half along with a lot of other root vegetables and drizzle with olive oil and salt and pepper. The leeks become sweet after roasting for 20-30 minutes at 400 degrees.



NUTS AND NUT BUTTERS

Nuts are a good source of protein along with fats useful to the crystalline nervous system. Nut fats contain molecular substances that are not unlike the fats that coat each cell within the crystalline brain and nervous system. It is as the brain becomes crystalline that the consciousness of the human form can begin to understand unity relations. Nuts and nut butters are therefore supportive of evolving the consciousness of the human species.

Many fear eating too much salt with their nuts and nut butters due to high blood pressure or other ailments. Salt is an ongoing and necessary mineral to crystalline biology. It is potassium of certain varieties that is detoxified in ascension and replaced by salt that is similar to sea salt within the crystalline cell. There are many other kinds of sea minerals that are useful in ascension, which is why one may crave seaweed or nori (the seaweed that is used to wrap sushi). Mila and Oa have a Japanese meal every few weeks to satisfy their need for the minerals from the sea. Sea salt that contains minerals will supply more of what is required by ascending bodies than purified salt and can often be found in the health food stores in most regions.

ALMONDS

Almonds are high in vitamin E, calcium and protein. Roasting almonds increases the amount of vitamin E to be almost half again more potent. It is a derivative of vitamin E that is used to regenerate and ascend the crystalline nervous system. Protein from nuts is often easily digested when those from legumes are not. Therefore adding nuts into the diet will allow one to retain a vegetarian state more of the time. Almond butter is also a nice substitute for peanut butter and if roasted, most tasty upon bread or crackers as an afternoon snack. Almonds are nice also in trail mix with dried fruits and other nuts.



Mila and Oa like their almonds in their homemade granola. Take 2 cups rolled oats, $\frac{1}{2}$ cup almonds, $\frac{1}{2}$ cup sunflower seeds, $\frac{1}{2}$ cup shredded unsweetened coconut, 4 tablespoons sugar or honey and 3 tablespoons nut oil of choice (coconut oil is nice) or melted butter. Mix well and spread out on a baking sheet. Bake at 375 degrees for 20 minutes until toasted. When cool to the touch add any dried fruit of choice such as cut up pieces of dried papaya or mango, or raisins or craisins and store in an airtight container. Eat with fresh whole milk, or rice milk or almond milk for a nice breakfast high in protein and carbohydrates.

There are diets popular now high in protein. Protein is the hardest for the body to digest. It takes 5 times the chi to digest protein as it does to digest carbohydrates. Perhaps this leads to a thin form, however it will also burn out the liver over time. Why is this so? If there are excessive proteins in the blood stream, the liver filters them out; then the liver must break down the proteins. This is what ketosis really is from; some believe it is from breaking down fats; in reality it is the result of the liver having to break down proteins, and this creates a noxious gas that smells. The noxious gas leaves through the lungs which give folk "bad breath".

Those who starve begin to break down protein or the muscles of the biology to sustain themselves. When one diets heavily then one also begins to break down proteins to subsist. This too will give one “ketosis” or bad breath. Bad breath is a sign of imbalance; eat just the right foods that digest easily and one will have sweet breath instead. A balanced diet by and large will create this.



BRAZIL NUTS

Brazil nuts have a nice creamy texture that is high in Vitamin A and E primarily. Roasting Brazil nuts will increase the amount of A and E offered. Brazil nuts are a nice ingredient for a nut loaf as they are so large. Nut loafs can be high in protein as well as fats necessary unto ascension and therefore have a satisfying and filling affect when eaten.

Here is an easy nut loaf recipe. Take an onion, 2 stalks celery and 1 carrot and shred until fine by hand or in a food processor. Chop 3/4 cup brazil nuts (or other nuts of choice) into fine pieces in a food processor. Sauté the onions, carrots and celery for 10 minutes in a little nut oil; mix the vegetables with the nuts and add 2 cups whole grain bread crumbs. (One can take a few slices of whole grain bread and shred them in the food processor for the bread crumbs.) Add 1 cup grated cheddar cheese, 3 beaten eggs, salt and pepper to taste along with other herbs of choice (rosemary, sage, thyme or basil). Mix well and press into a greased loaf pan. Bake for 45 minutes at 350 degrees until brown on top. Serve a slice of the nut loaf with a salad and some bread. Enjoy a lovely meal high in protein and fats that support the crystalline biology.

CASHEWS

Cashews are high in vitamin A primarily as well as protein but lacking in vitamin E. The vitamin A within cashews however is more potent than any others and so if this is what the body requires, then one may crave cashews. Roasting the cashews will increase the potency of the vitamin A substantially as well.



Mila often enjoys cashews in Chinese cooking, and in particular sautéed with snow peas and bamboo shoots. In a wok, add some roasted sesame and peanut oils. Sautee a half cup of raw cashews or more until tender adding a little soy sauce; remove and set aside. Add more peanut and sesame oil into the wok along with one cup of cleaned snow peas and 1/2 cup bamboo shoots. Drizzle with a little more soy sauce or ponzu sauce. Quickly stir fry for a few minutes until tender adding the roasted cashews at the end. Serve over steamed coconut rice for a delicious meal high in vitamins A, E and D, along with protein and fats that support the crystalline nervous system.



CHOCOLATE

One would not think of chocolate as a nut but in reality it is from the point of view of the plant kingdom. Chocolate is the nut inside the cocoa fruit. Mila and Oa were able to purchase a single cocoa fruit at a fruit stand upon the big island and discovered about 36 seeds inside. They first boiled the seeds, then removed the skin and then roasted the cocoa seeds in the oven. Then they ground up the cocoa in a coffee grinder and had a fresh cup of hot chocolate by adding the powder to milk along with a little honey as a sweetener. This was a load of work for a little hot chocolate but they came to understand how to process chocolate for their own understanding and into the future. It also was most delicious.

Chocolate is often craved by ascending initiates. In essence, chocolate contains a substance that is useful in the reprogramming of the crystalline brain. The crystalline brain produces many algorithmic patterns as the neurons fire. Some patterns are interpreted as pain, jealousy, suffering, fear, anger, loss and so on. Over time in ascension, the algorithmic patterns that are negative or dark are reprogrammed for unity consciousness, or interpretations of peace, love, unity, forgiveness and joy. In unity there are not the extremes or highs and lows but rather a more consistent state of inner peace. Chocolate is useful to the reprogramming of the brain for unity consciousness.

COCONUT

Coconut is one of the few remaining nuts designed to support crystalline biology in a variety of ways. Coconut milk is high in enzymes useful to the digestive tract as well as the regeneration and ascension of the form. Coconut flesh is filled with two types of oils; one that is cholesterol based and supports the crystalline cellular structure and the other nut based and supports the crystalline nervous system. There is also a small amount of protein along with vitamins A, E, D and B when both the coconut flesh and fluid is taken into consideration. Mila has taken to finding fresh coconut whenever possible, but also cooking with canned coconut milk in Thai recipes, and adding dried coconut to baked goods such as breads, cookies or cakes.



Haupia is a favorite island recipe. Haupia is a coconut gelatin that can be used as an icing upon a cake or between layers of a cake for added flavor. Some simply make the haupia by itself and sprinkle with a little sweetened coconut or powdered sugar for delicious treat. The recipe requires four cups unsweetened coconut milk, 2 cups water and $\frac{1}{2}$ cup sugar, and one half cup corn starch. Place the coconut milk, sugar and one cup water into a double boiler and heat to near boiling. Take the other cup of water and mix the corn starch until there are no clumps. Add the corn starch and water mixture to the hot coconut milk whisking together until it thickens into a nice gelatin. One can then pour the mixture inside the layers of a cake or on top as icing; or place into a mold and refrigerate until solid. Cut the solid haupia with a knife and sprinkle with sweetened coconut or powdered sugar and serve!



COFFEE

Much as with chocolate, one would not think of coffee as a nut but in reality it is from the plant kingdom's point of view. Coffee is a type of nut that hosts oils that are useful as a blood cleanser primarily. Coffee oils attach to fatty based free radicals released into the blood in the transmutative process of ascension allowing them to be cleansed from the system. Having a nice cup of coffee each day that is pressed rather than run through a filter will provide more of this type of oil to assist with detoxification of the blood. Eating dark chocolate covered coffee beans is another way to obtain this special oil as well as reap the benefits of chocolate. Yum!

Bless the coffee and one will not feel overly stimulated either. Most of the stimulation associated with coffee comes from entities that enter the field in association with the programming of the food industry; remove the entities in the act of blessing and one will find a nice energized state of being that is peaceful enough to fall asleep upon. It is for this reason that Mila and Oa never drink decaffeinated coffee, even before bed. The chemicals used to decaffeinate coffee are highly toxic and therefore are not recommended by the plant kingdom.

HAZELNUTS

Hazelnuts are high in vitamin A and E when raw, higher when roasted. Hazelnuts much like almonds have a fat that closely simulates the lipid molecules that surrounds the crystalline cells of the nervous system. Hazelnuts were one of Mila's favorite as a child. Over the holidays, her family would buy a large bowl of nuts in their shells. Her father would sit and crack the nuts by the Christmas tree. Mila would sit beside him eating every other nut. Her favorite was the raw hazelnuts at the time.



Hazelnuts are more common in Europe than in Hawaii perhaps due to the cost of shipping. While in Europe, Mila and Oa make sure to purchase a large bag of hazelnuts and enjoy them between meals on the train and in their journeys. Hazelnuts are also more common in European chocolate concoctions. Chocolate and nuts each contain a substance that allows the consciousness of the crystalline brain to be reprogrammed for unity relations. It is for this reason that Mila and Oa always provide chocolate and nuts during the Intensives and workshops as they assists in the understanding and integration of the unity thought-form that is being spoken of during the event. So enjoy your chocolates and nuts beloved!

MACADAMIA NUTS

Macadamia nuts are very high in vitamin A and E and are one of the richest nuts in terms of oil than any others. Pressing macadamia nuts will reap a load of nut oil, and the crushed nuts remaining behind may be oily enough to roast and consume in other dishes, such as on top of salads or in macadamia coconut cream pie. It is because macadamias are so rich that Mila and Oa eat them only sparingly and as craved. Macadamia nut oil makes a nice base for salad dressings as well. Ascending macadamia nuts will begin to create oils that simulate cholesterol

as the trees surpass 5000 strands in DNA. There is a need to transition humans away from dairy products. Therefore many plant species are choosing to evolve into providing the cholesterol required for the continued ascent of humankind. Avocados are another fruit that are opting to create a form of cholesterol within their flesh to support ascending humanity.



PEANUTS

Peanuts and peanut butter is more common in the west perhaps than any other nut or nut butter. Peanuts are high in two types of oil, one of which is supportive of the crystalline nervous system and the other of the crystalline cells. There are oils that assist in lubricating the osmosis process so that nutrients can enter the cells and toxins leave in greater ease. Peanut butter provides a type of oil that is used for this purpose along with almonds, pecans and hazelnuts. Peanuts are also high in an easily digestible form of protein.

Mila and Oa were so pleased to find fresh raw peanuts at the farmers markets in Hawaii. They have learned to roast their own and then remove the shells making their own fresh peanut butter with just enough salt -- delicious. In order to process the peanuts in a food processor, one will add a few tablespoons of peanut oil to allow the nuts to grind more thoroughly into a nice creamy butter. Once one makes fresh roasted peanut or almond butter, it may be difficult to go back to the store bought varieties that are sometimes slightly rancid due to how long they are stored upon the shelf until sold. Often health food stores will offer peanut butter and almond butter machines, and one can fresh grind one's own right into a container. This is another nice solution to creating fresh nut butters that are high in nutritional value.

PECANS

Pecans are high in vitamins A, E, D as well as protein. Roasted pecans increase in vitamins A and E primarily. Pecans are tender enough without roasting to be eaten fresh on top of salads or as a snack between meals. Pecan pie or tarts are also a favorite of Mila and Oa.



One of Mila and Oa's vegan cooking books has a recipe for a sprouted nut pate that can be combined with a variety of flavors for a delicious spread upon crackers or bread. In order to begin to sprout the nuts, one will cover them in water in a sealed jar. Change the water every two hours for 8 hours over the course of the day. The nuts will expand but not sprout. Place the softened nuts in a food processor and blend with other ingredients to make a delicious pate that is light and nutritious and filled with protein and fats that support ascension.

Here is one recipe that Mila and Oa loved. 1 ½ cups soaked almonds or pecans, 2 sprigs fresh basil leaves, 2 or 3 sun dried tomatoes, 2 cloves roasted garlic, 1 tablespoon Worcestershire sauce, a dash of fresh lemon juice and soy sauce or salt and pepper to taste. Put all ingredients into the food processor along with ½ cup filtered water and blend until smooth adding a little more water as needed to create a creamy texture. Serve with crackers or pita bread as a lovely appetizer. The soaking of the nuts creates a light and fluffy textured raw food pate that is very delightful.



PINE NUTS

Pine nuts hold a special substance that is useful to the crystalline pineal gland. The pineal gland develops through ascension to absorb light and tones of creation perceived through the eyes and due to sunlight and then translate the light into chi so that the brain and nervous system is energized. Pine nuts contain a fatty acid useful in the ascension of the crystalline pineal gland so that it can fulfill upon this purpose. As this occurs, much of the chi required to run the algorithmic patterns of the brain comes through the light that one absorbs through one's eyesight. It is also for this reason that going into the sun each day is useful to ascending humans, as one's eyes will absorb more light to foster greater movement of the neurons in the brain, and more capacity to embrace algorithmic patterns associated with unity consciousness. Pine nuts are also high in vitamins A, E and D.

PISTACHIOS

Pistachios are often craved by ascending initiates. Pistachios are high in several fatty acids that are useful in the construction and regeneration of the crystalline lymph system. The crystalline lymph has the capacity to hold nutrients to feed cells oxygen and sugar direct from the fluid. The fatty acids in pistachios assist in creating a new lymph fluid that can transport nutrients and wastes. Pistachios are also high in vitamin E which is enhanced as they are roasted.



SESAME SEEDS

Sesame seeds are high in B vitamins and more so than any other nut. Sesame seeds are useful in regenerating the crystalline adrenal glands in particular. The adrenal glands produce a hormone required to retain consciousness. A lack of this hormone causes those suffering from this condition to feel tired or desire to sleep. Sesame seeds have a particular fatty acid that is used in the creation of adrenal hormone. Sesame seeds are also high in an acid that is useful to the regeneration of the crystalline spleen. The spleen holds the function of producing blood fluids as well as gathering up red blood cells that are dysfunctional. The oils in sesame seeds is useful to the repair of those red blood cells that can regenerate so that the body need not continuously manufacture new cells.

SUNFLOWER SEEDS

Sunflower seeds much like sesame seeds are high in B vitamins along with yet another fat that is helpful to the repair and reconstitution of crystalline eyes. Crystalline eyes can be reshaped so that one can ascend out of near sighted or far sighted conditions. Sunflower seeds host an acid that is useful in dissolving scar tissue in the eyes. It is generally scar tissue that causes the eyes to harden to a point where they are too round causing the experience of



near sightedness, or too flat causing far sightedness. As the scar tissue is dissolved, the eye can resume a shape that allows for 20-20 vision again. Sunflower seeds can be useful for this purpose. Mila has become fond of sprinkling tamari sunflower seeds upon her salads each night.

WALNUTS

Walnuts are high in a fatty acid that is useful to the crystalline lungs. The crystalline lungs develop to inhale more oxygen and exhale more carbon dioxide or other gases that the body is releasing. The added ability to absorb more oxygen requires a fat to create greater lubrication in the cells of the lungs. Walnuts provide a nice version of this fat so that lungs can become more efficient through ascension. Walnuts are also high in vitamins E and A which are enhanced when roasted.



LEGUMES

Legumes or beans provide another good source of protein and other nutrients for ascending biology. The problem with beans is that they also contain an enzyme that often interferes with digestion and causes gas. The reality is that in drying the legumes, this enzyme increases exponentially. Soaking and cooking dried legumes for a long time will begin to break down the gas producing enzyme in most circumstances. Therefore the plant kingdoms recommend cooking all beans well, except for fresh peas or snow peas or string beans. These can be lightly cooked without the digestive disturbance associated with other legumes.

Finding fresh beans is rare, although Mila and Oa have found fresh lima beans at a local farmers market and this was most delicious. Fresh sugar snap peas can be found somewhat regularly in local supermarkets and are also easier to digest. One day as humans have ascending gardens, there will be no requirement to dry the beans. One will pick and shell the beans from the pods and cook them fresh. This will eliminate a lot of the disturbance that beans have upon the human digestive system. The plant kingdoms do not suggest artificial enzymes such as "bean-o"; far better to have a piece of dried papaya instead and allow this to aid one's digestion of legumes.

Many Indian restaurants serve drinks that include ingredients or spices that assist with the digestion of legumes. Chai tea hosts a series of spices that assist the digestive system such as fennel, cinnamon, nutmeg and coriander. "Mango Lassies", a common Indian drink combines mango juice and yogurt each of which can aid digestion. Often Indian restaurants also offer fresh fennel seed at the counter before you depart; a palm full of fennel seed will assist in the process of digestion and eliminate some of the gas that is prone to occur in consuming so many legumes. Fennel tea is also a good after dinner drink at times of indigestion. Mothers often give fennel tea to children prone to colic and discover that they sleep better. The fennel assists by cancelling some of gaseous producing digestive enzymes associated with beans.

For those choosing to become vegetarian at this time, legumes may become another major source of protein in your diet. Having other herbs and spices or fruit to support the digestion of the legumes will allow them to be useful dietary ingredients. Too much flatulence can be as bad as the death hormone unto the intestines. Excessive gas and flatulence will kill the cells of the small and large intestines; it is for this reason that the plants kingdoms share of the above dietary suggestions in support of the consumption of legumes.

Sprouting beans is also another useful way to obtain the protein requirements of an ascending diet, and in so doing, the bean goes from dried to alive again thereby decreasing in the enzymes that produce gas in digestion. One can take dried whole beans of all varieties and soak them in water over night in a container covered with cheese cloth. Rinse and change out the water in the morning and night to keep the beans from molding or going rancid. After 2 or 3 days, the jar can be placed in sunlight to encourage chlorophyll to develop. (Note: Garbanzo beans need to be rinsed four times a day.) As the beans sprout, one can either put them on salads or cook the beans for an easier to digest meal. Mila and Oa purchase sprouted bean varieties at the farmers market to add to their salads. The sprouted beans are crunchy and delicious and gave them very little indigestion eaten as they are alive.

One can also sprout garbanzo beans and create a "live hummus" dip. Live foods host more digestive enzymes than cooked foods, and this is also so for sprouted beans. There are proponents of live food diets. The problem that the vegetable kingdom perceives about such a diet is that the digestive enzymes are so great that humans begin to digest themselves in consuming too many enzymes. This causes humans to move further and further out of body as there are not enough other nutrients necessary to sustain the grounding or health of the form. Therefore live foods are good now and then and not as the only food source that one consumes.



GARBANZO BEANS

Garbanzo beans are rich in protein along with B vitamins. Garbanzo beans are delicious in Indian curries along with Middle Eastern dishes such as falafels and hummus. Soak and cook dried garbanzo beans well and they will digest well. Dried beans are better than canned beans as they are less deteriorated. Canned foods continue to lose molecules and life force the longer they are shelved; drying preserves the molecules and the cooking restores the life force to be almost as potent as when fresh.

A simple recipe for hummus follows: combine 2 tablespoons olive oil, 1 tablespoon fresh lemon juice along with 2-3 cloves fresh or roasted garlic with 1 and 1/2 cups well cooked garbanzo beans. Add salt to taste. Blend in a food processor into a creamy paste adding more olive oil as needed; serve as a dip with a dollop of olive oil in the middle along with some pita bread. Hummus is rich in vitamin C, A, E and another substance that comes from garlic that are anti-fungal and anti-bacterial along with anti-parasitic.

Raw or roasted garlic is high in a form of oil that attacks viruses, bacteria and parasites when ingested in enough quantity. It may be for this reason that in many countries, garlic is considered medicine and children and adults alike swallow whole cloves of fresh garlic each day. The type of immune oil within garlic is produced by the crystalline white blood cells as the

blueprint is embodied. As one learns to manufacture this type of white blood cell associated with garlic, one may not crave a load of garlic thereafter.



LENTILS

Lentils are a smaller legume that cooks more rapidly from a dried state, and therefore may be one of the more useful beans to support the protein requirements within a vegetarian diet. There are green, red and yellow lentils, each of which are high in protein as well as B vitamins. Red and yellow lentils are also high in beta carotene. All lentils tend to be sweet due to the presence of sugar from the chlorophyll that causes the red, green or yellow color.

Here is a nice recipe for vegetarian lentil burgers. Take 2 cups lentils and place them in a sauce pan with 2 cups filtered water and boil. Turn off the heat and soak for 2 hours. Add a little soy sauce and cook the lentils again until all the water is absorbed. Grate a large carrot, onion and potato (or run the vegetables through a food processor). Mix the vegetables and lentils with 1 cup rolled oats and four tablespoons whole wheat flour. Add 1/3 cup each sunflower and sesame seeds to the mixture. Finish by beating an egg and mixing this in; season with 2 tablespoons soy sauce, a pinch of dried oregano, a teaspoon of curry powder, a tablespoon of honey, and salt and pepper to taste. Form the mixture into round patties and either pan fry or barbeque them on an outdoor grill. Serve with barbeque sauce, hamburger buns, lettuce, mayonnaise, tomatoes and pickles.

MUNG BEANS

Mung beans are perhaps best known for their sprouts which are commonly found in Asian cooking along with the markets in the west. Mung beans are small and green in color and originated in India. When cooked they are sweet and are used in curried dishes. Mung beans are higher in chlorophyll, hence the green color, as well as protein and fiber. The chlorophyll causes mung beans to be sweeter in flavor than white beans due to the presence of the sugar associated with chlorophyll.



RED TO BLACK COLORED BEANS

(KIDNEY BEANS, NAVY BEANS, PINTO BEANS, BLACK BEANS AND ADZUKI BEANS)

Red, orange and black beans are sweeter than white due to the higher amount of sugar present in the skin of the beans. Red beans are higher in sugar content, much as the fall leaves that turn red host more sugar within them. Adzuki beans are so sweet that they are often used for making ice cream or other desserts in Asian cultures. In the US, red beans are used in making chili as well as in soups or sometimes are chilled and placed upon salads along with garbanzo beans. In Mexico and South

America, pinto and black beans are used to make refried beans offered in burritos and tostadas. In the southern US, red beans and rice is a common Cajun dish.

Here is a nice vegetarian red bean and rice recipe. Soak two cups of dried kidney beans (or other red bean of choice) in 8 cups filtered water overnight in a stock pot. Drain and replace the water and then heat to a boil simmering for 1 ½ hours until the beans are tender. Drain the beans and set aside. Dice up into small pieces an onion, bell pepper, 10 mushrooms, two banana peppers, 3 green onions and a few celery stalks. Heat a large frying pan with olive oil and sauté the onions, peppers, mushrooms and celery until tender. Add the cooked beans along with 1 small can of tomato paste, 2 tablespoons of Worcestershire sauce, and 1 teaspoon seasoned rice vinegar (or apple cider vinegar plus a teaspoon of sugar or honey). Add salt, and pepper and a dash of white wine to taste along with a teaspoon or more of chipotle chili powder (for a smoky flavor). Serve over white or brown rice with a nice green salad and some crusty French bread for a meal high in protein.



SNOW PEAS AND GREEN BEANS

Although most might not perceive snow peas and green beans as legumes, from the plant kingdoms point of view they are. It is only that the peas within the shell of the pod are so small that one does not harvest them separate from the skin that contains them. One eats the pea pod and all. Recently Mila was removing fresh sugar snap peas from their shells for a lovely Indian curry that Oa was preparing. Mila thought “what a waste – the shell is as delicious as the pea.” Indeed many talented chefs are learning to use the entire pea and pod in some creative “fresh” dishes. In a popular restaurant upon the Big Island, Mila has had risotto with lightly steamed red and yellow peppers along with sugar snap peas left whole in their pod. The risotto was then sprinkled with parmesan cheese to finish. Yum!

The shells of most peas and beans are edible, just as snow peas and green or long beans are edible. The shells of any pea or bean contain vitamins A, E, and D. When mixed with the vitamin B and protein of the peas or beans inside, a more complete level of nutrition is offered. Eating snow peas or sugar snap peas raw or lightly steamed, one also will have the added benefit of many enzymes that are useful in digestion in addition to the protein and vitamin content. Mila enjoys putting fresh snow peas in particular on her salads as well as in stir fry dishes as a result.

Green beans can also be eaten raw but many prefer them lightly steamed with butter. One of Mila's favorite green bean recipes follows. Place the washed and trimmed long or green beans in an oven proof pan. Sprinkle with 1 tablespoon of fresh grated ginger. In a separate dish, mix together 2 tablespoons soy or ponzu sauce, 1 tablespoon sweet cooking marin (or sherry), ½ tablespoon toasted sesame oil and a dash of seasoned rice wine vinegar. Drizzle the mixture over the beans. Roast at 400 degrees in the oven for 20 minutes and serve over coconut rice as a nice meal or as a vegetable side dish. Yum!



SPLIT PEAS

Split peas come in yellow and green in color. Yellow and green varieties of split peas are high in vitamin B and beta carotene as well as protein. Here is an easy recipe for vegetarian split pea soup. Soak 2 cups yellow or green split peas in filtered water for 2-3 hours (or overnight). Finely chop one onion and 2 carrots. Sauté the carrots and onion in a little olive oil in a stock pan until

tender. Drain the peas and place them in the stock pan. Add 8 cups vegetable stock (or 8 cups water and vegetable bullion) and 4 tablespoons butter. One can also add herbs of choice (coriander or yellow curry powder for a taste of India; or sage, thyme or rosemary for a more traditional taste). Finish by adding a few tablespoons of fresh lemon juice and/or white wine along with a dash of Worchester sauce, salt and pepper. Bring to a boil and then turn down the heat simmering the soup uncovered for 2 hours or more until it is thick and creamy in texture. For a creamier texture, take one half of the soup after it is cooked and run it through a food processor or blender and then return it to the stock pan and mix. Serve with a nice crusty loaf of bread and a fresh salad for a nice meal high in protein.

WHITE BEANS (LIMA, CANNELLONI, BUTTER AND BLACK EYE PEAS)

White Beans come in many varieties including lima beans, cannelloni beans and black eye peas and butter beans. White beans host similar nutrients and are filled with protein and fiber. White beans are used in soups primarily. In Greece large white beans called "Gigantico" (a version of butter beans) are cooked until soft and mixed with olive oil and tomato puree, salt and pepper and served cold as an antipasto with hummus and pita bread. Yum! All white beans are high in protein as well as B vitamins.



Soups are a nice way to eat beans as they will become more digestible the longer that they are cooked. Here is an easy white bean soup recipe. Soak 2 cups white bean of choice over night in water. Cut up an onion, several stalks of celery and a few carrots into fine pieces. Sauté the onion, celery and carrots in some olive oil in a stock pan until tender. Drain the beans and place them in the stock pan. Add eight cups of vegetable stock or mushroom stock (or 8 cups water plus vegetable bullion) and salt and pepper to taste. Add fresh herbs of choice (sage, thyme or rosemary). Stir in 1 small can tomato paste. Heat to a boil and simmer until tender (about 2 hours). Serve with a lovely loaf of fresh bread and a salad for a nice meal.



GRAINS

Grains are an important form of starch that is required in the ascending crystalline diet. Starches absorb excessive enzymes as well as poisonous substances in the intestines that one is releasing as decay and scar tissue is resurrected. Grains are also a good source of B vitamins and fiber if they are whole such as whole wheat, oats, barley or brown rice.

The bird kingdom jokingly told Mila "humans eat bird food!" And this is true, humans have grown to harvest nuts, seeds and grains to subsist upon which is also the diet of vegetarian birds. If the nuts, seeds and grains can sustain the birds, well they can also sustain human form to a certain degree. Human form is more complex than bird biology however, and therefore requires other foods as well that birds do not consume at this time. However as birds evolve, they may be drawn to similar fruits and vegetables that humans eat as they develop a fully conscious crystalline nervous system. This is many, many years into the future, but is coming.

Over time and as human civilization breaks down in the coming times of cleansing, humans may cease to rely upon so many grains, nuts and seeds. This will come hand in hand with other vegetables that will be grown and take their place. Such vegetables will require less time to harvest and delicious meals can be created from them. Mila has often pondered why starches from fruits such as breadfruit (ulu) are not preferred to many grains raised as a starch in the human diet. Certainly breadfruit is much larger and easier to harvest much like a potato; several large bread fruit might produce a half pound of dried flour. Why waste so much time and energy harvesting tiny grains if a few bread fruit could produce so much more with so much less effort?

The shattering of the human species has caused humanity to seek out small foods and grains to subsist upon over time. The more fractured humanity has become, the smaller the components of the human food source have become; now humans are harvesting bird food instead of other resources that would produce larger amounts of return on fewer acres of land. In Atlantis, seeds were not harvested; only nuts, vegetables and fruits. Breadfruit was actually one of the main starches of Atlantean civilization; it was refined into almost all types of baked goods humans rely upon wheat or rice for today. Breadfruit has fallen in consciousness since this time and hosts too little protein to work as well for this purpose as in Atlantean times; however through evolution, breadfruit will recall its lost biochemistry and once again be useful to humankind as flour. The evolution of breadfruit will parallel human evolution; as humans are less fractured within they will seek less fractured or larger food source to fulfill their biological requirements as well.

This is not to say that eating nuts, seeds and grains is wrong; at this time nuts, seeds and grains supply certain nutrients that the vegetable kingdom has yet to offer in other food sources. Therefore nuts, seeds and grains will continue to be a part of the human diet for the quarter to half century ahead in the plant kingdom's estimation. As the plants evolve to supply starches required for baked goods in larger vegetables, there will be no need for the smaller grains and seeds to be harvested.

One larger nut kingdom remaining in crystalline proportions from more ancient times is the coconut. The coconut is a large nut filled with flesh as well as fluid. Coconut milk is loaded with enzymes. The flesh as it is also high in specific enzymes and nutrients suitable to ascension. Why one would harvest and crack hundreds of small seeds if one coconut can fill your nutritional needs for the entire afternoon? As nuts grow to their original crystalline size and proportion, so this may be so for many kingdoms that will more amply provide for the human species.

Eating whole grains is useful to the cleansing of the intestines. As humans separated the ingredients in flour and removed the husks, not only were much of the B vitamins and other nutrients lost, but so was the bulk that assists in moving the bowels. White flour without any bulk becomes like glue in the intestines that coats the lining to a point where little nutrients can be absorbed. As one adds at a minimum 1/3 whole grain flour to the white flour in one's baked foods, then one begins to receive enough bulk to cleanse the walls of the intestines.

Those who have eaten white flours for years and years may have intestines that have so much glue or sticky stuff along the surface that the digestive system cannot fully regenerate in ascension. Hence the requirement to build a new tract over the old and "turn the intestines" by 3000 strands; however if one continues to eat too much white flour products thereafter without

enough bulk, then one will simply suffocate the new intestine as well. It is for this reason that ascending humans should make sure that $\frac{1}{2}$ of the bread or cereals that one consumes is of whole grains to avoid suffocation of the intestinal tract.

The plant kingdoms also do not recommend eating bran cereals or to take bulk laxatives to move the intestines. Why? Once again this is too much of a single substance and the bran can actually scratch or punch holes in the crystalline intestines. Far better to eat whole grains, lots of fresh green leafy vegetables, and if constipated, have some tea that will stimulate the intestines instead. This is one of the gifts of "persimmon leaf" which is often found in Chinese Dieter's Tea. Persimmon leaf simply causes the intestines to fill with more fluid that will then press out whatever has gotten stuck or hardened over time.



AMARANTH

Amaranth is a seed that is beginning to be grown and harvested in larger quantities at this time. Originally used by the Aztecs and still grown in Mexico and South America, Amaranth may be a good grain to grow in ascending communities as it hosts more soul as it has been less compromised or depleted over time. Whole grain

amaranth is high in calcium, potassium, protein, vitamin B and fiber. Amaranth can be used much in place of whole wheat flour to create breads, pancakes, or muffins, or eaten whole as a cereal much like oat meal.

Here is a recipe for flatbread made with amaranth flour. Grind up $\frac{1}{2}$ cup almonds (or other nuts of choice). Mix with 1 cup amaranth flour, 1 teaspoon baking soda, $\frac{1}{4}$ teaspoon salt, and 1 teaspoon cinnamon. Whisk together in a blender 2 eggs, 2 tablespoons maple syrup or honey, 1 cup apple juice, 2 tablespoons lemon juice, and 2 tablespoons almond oil. Mix the dry and wet ingredients into a thin batter. Cook pancakes on a pre-heated skillet or fry pan or crepe pan. They should be no more than $\frac{1}{4}$ inch thick. Serve with butter and a little jelly as a breakfast or snack, or fill with other ingredients as desired.

BARLEY

Barley is a grain often used in cereals or soups but also can be each in other ways. Often those suffering from ulcers find barley soup or cereal useful to aid the stomach in healing. Barley is high in potassium, phosphorous and magnesium along with B vitamins. It is the phosphorous content that is helpful to healing stomach ailments from the point of view of the plant kingdoms as it creates a slippery or slimy substance that coats the stomach walls during digestion. The crystalline stomach develops a thicker coat of mucous that protects the lining from being ingested. Ulcers have an opportunity therefore to heal through ascension as the stomach becomes crystalline.



Here is a simple recipe for a warm barley salad. Combine 3 cups hot cooked pearl barley with $\frac{1}{2}$ cup diced tomato, $\frac{1}{4}$ cup each chopped red, green and yellow bell pepper, one minced green onion, 3-4 leaves fresh minced basil, 1 minced roasted garlic, 3 tablespoons nut oil of choice and 1 tablespoon seasoned rice wine vinegar. Toss and serve.

BUCKWHEAT

Buckwheat is a grain that originated in China and is used primarily for making pancakes today. Whole grain buckwheat is high in potassium, magnesium and vitamin B along with fiber. Buckwheat has been farmed less frequently and therefore has more soul remaining in its composition. This also may be a good grain for ascending communities to grow as a result. Buckwheat is high in potassium, magnesium, vitamin B and fiber.

Here is a simple recipe for buckwheat pancakes. In a large mixing bowl, whisk together 1 cup buckwheat flour, 1 cup whole wheat flour, 1 egg, 1 tablespoon baking powder, 1 teaspoon vanilla, 1 teaspoon cinnamon, ½ cup applesauce and 2 and 1/2 cups buttermilk into a lumpy batter. Place a dollop of batter on a heated and oiled skillet and fry each side until lightly brown. Serve topped with butter and honey and fresh chopped bananas.



CORN

Corn is a common grain that is high in sugar, potassium, calcium, magnesium and fiber. Corn that is eaten raw will also have small amounts of vitamin C. Mila and Oa have noticed how sweet the ascending corn is in Hawaii; far more sugar than the starchier varieties farmed upon the mainland. Fresh corn can be roasted in the oven right in the husks. In this way some of the nutrients of the husks are baked into the corn, and this includes trace minerals that would not be present otherwise.

This is Oa's favorite way to prepare corn and it is most simple; one soaks the fresh corn in the husk in cold water while heating the oven to 400 degrees. Place the corn husk right on the rack of the oven. Turn the corn once as the bottom turns brown to black. As the entire husk is lightly charred, remove from the oven (takes about 20 minutes). The corn is steamed right in its own wrapper! Allow the corn to cool to the touch and then peel and serve with a little butter, salt and pepper. Yum! Remaining corn can be peeled and then cut from the cob to make other dishes such as corn chowder at a later time.

Corn is also ground into several textures of flour that are interesting to work with. Corn flour is known as maize and is used to create tortillas and tamales in Mexican foods. Polenta is a coarse ground corn meal that can be cooked with water into a creamy cereal that is very useful in clearing the intestinal tract. Polenta and maize are high in potassium, magnesium, beta carotene and fiber.

Here is a simple polenta recipe: Place 3 cups filtered water and 1 cup polenta along with 2 tablespoons butter in an oven proof dish. Sprinkle some salt and pepper and other herbs of choice. Cover and bake at 375 degrees for 45 minutes or until a nice creamy texture is formed. Place some polenta in each bowl. Top with butter, a little tomato sauce, and sprinkle with parmesan cheese. Serve with a salad for a nice soothing meal.

MILLET

Millet is a grain that originated in Africa and is a nice substitute for rice. Millet is high in protein, higher than many grains, as well as potassium, magnesium and B vitamins along with fiber. Millet is not as heavily farmed as rice and therefore is less depleted of soul than other heavily produced grains. This too may be a good grain for ascending communities to grow as a result.

Here is a nice recipe for millet mashed potatoes: Place one cup millet and one cauliflower cut into pieces along with 3 cloves chopped garlic in a sauce pan with 2 ½ cups filtered water. Heat and boil for 7 minutes; remove from the heat and let steam for 20 minutes. Drain and mash with a potato masher or in a food processor adding 2-3 tablespoons butter, 3 tablespoons fresh lemon juice, 1 tablespoon of fresh parsley and salt and pepper to taste. Top with butter and sprinkle with fresh parsley to serve.



OATS

Oats originated in Scotland and are most commonly eaten as oat meal or in cereals such as granola along with in baked goods such as oatmeal cookies. Oats are high in potassium, calcium, magnesium and fiber. Raw oats have small amount of vitamin A and other trace minerals. Groats are unprocessed oats that can be cooked for a longer period into a cereal and host more nutrients such as vitamin E along with other trace minerals.

Oatmeal in particular is another good intestinal cleanser much like polenta. Regular intestinal cleansing aids ascension in many ways. Oatmeal and polenta will absorb poisonous substances that the ascending biology is releasing allowing double to triple the toxins to be carried out through the waste. Eating regular oatmeal or granola therefore is helpful in doubling to tripling the body's ability to detoxify through the intestines. This is so for any of the grains listed in this section. The plant kingdoms suggest oatmeal or polenta or another grain of choice as a part of the ascending diet four times per week as a result depending upon the cycle of ascension one is mastering.

Here is a nice recipe for blueberry oat muffins. In a bowl, combine 1 cup oat flakes, 1 ½ cups unbleached organic flour, 1 ½ teaspoons baking powder, ½ teaspoon baking soda, ½ teaspoon cinnamon, ¼ teaspoon nutmeg. In another bowl whisk together 1 ½ cups buttermilk, 1 beaten egg, 1/3 cup nut oil (peanut or other oil of choice), and ¾ cup brown sugar; mix the wet and dry items together into a nice batter folding in 1 cup blueberries (fresh or frozen and thawed) at the very end. Fill muffin tins with the batter and bake for 10 minutes or until brown in a 375 degree oven.

QUINOA

Quinoa is another grain that originated in Peru and is much like Amaranth. Quinoa can be cooked like oatmeal as a morning cereal, or ground into flour and used for cakes, pancakes or other baked goods. Quinoa is higher in protein than most other grains and hosts all eight amino acids making it a complete protein. Quinoa also contains B vitamins, potassium, magnesium and fiber. Quinoa may be another good grain for ascending communities to harvest as it is less depleted or heavily harvested this cycle and hosts more soul as a result.

Here is a simple recipe for quinoa and sun dried tomatoes. Rinse 1 cup quinoa under warm running water for a minute or so. Set aside. Heat 2-3 tablespoons butter in a sauce pan; add 8 chopped sun dried tomatoes, 2 diced green onions and 1 chopped clove garlic. Sauté for a few minutes and then add the quinoa with 2 cups vegetable stock (or filtered water with vegetable bullion), a pinch of cayenne, 2 tablespoons chopped fresh parsley, and salt and pepper to taste. Bring to a boil; reduce heat and simmer covered for about 30 minutes until liquid is absorbed. Allow to sit for five minutes, fluff and serve with a little melted butter and fresh parsley sprinkled on top.



SEMONILA AND COUSCOUS

Semonila is made from a part of the wheat berry and is used primarily to create pasta and couscous at this time. Semonila is a useful substance to assist in balancing the intestinal tract in ascension. Semonila is high in phosphorus much like millet and creates a slimy substance that will coat the stomach and intestines allowing for regeneration following a time when many toxic substances were pushed through in the cycles of evolution. As a result of this type of recurrent phenomenon, Mila and Oa find themselves drawn to eating pasta or couscous several times per week to assist in the repair of the intestines.

Couscous is an easy to prepare dish as it takes almost no time to cook. One can take a bowl of couscous and cover it with hot water and it will be ready to eat in 10 minutes. One can then mix in other ingredients such as butter and herbs, and top with steamed vegetables such as carrots, onions, spinach and red peppers for a nice soothing meal.



WILD RICE

Wild rice has become more common upon the grocery store shelves in recent years due to the nuttier taste and greater nutritional content. Regular rice varieties have been harvested for so long that the species is more or less soulless in present time. Wild rice has not been commercially grown or harvested to such a large degree and will not suffer so greatly the loss of soul as a result. Wild rice may be a better choice for ascending communities to grow and harvest as a result. Whereas white rice has little nutritional value other than potassium, magnesium and carbohydrates, brown rice hosts some vitamin B and fiber, and wild rice hosts a wider range of vitamin B along with fiber.

Rice much like oatmeal and polenta can assist in absorbing more toxins in the intestinal tract in association with the transmutational process of ascension. Rice is another good grain to eat two to four times per week from the plant kingdom's perspective to increase the body's ability to detoxify. The more readily the body detoxifies, the more rapid the pace of biological ascension.

Here is a nice brown and wild rice recipe with almonds: Melt 4 tablespoons butter in a sauce pan. Add $\frac{1}{2}$ cup uncooked wild rice and 1 cup uncooked brown (or red) rice, $\frac{1}{2}$ cup sliced almonds, 2 teaspoons chopped chives, 1 cup chopped mushrooms (or reconstituted dried wild mushrooms) and sauté for a 5 minutes. Add 4 cups mushroom stock (or 4 cups filtered water

with vegetable bullion) and bring to a boil. Add a sprig of fresh rosemary (or other herb of choice). Reduce temperature and simmer for 50 minutes until all liquid is absorbed and rice is tender. Fluff and serve topped with melted butter and sprinkle with fresh parsley.

SUMMARY

The vegetable hopes that each ascending initiates that reads these materials find useful nutritional information to support one's continue evolution herein. We hope that many more humans intend to ascend and then provide the body what it requires to accomplish the task. The times of cleansing are ahead; those who choose to ascend will rise above the dance and live to witness the coming birth of a new era of unity, peace and joy.

Until our next communication,
Namaste
The Fruit, Nut and Vegetable Bearing Plants

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