The Transformational Power of Fasting // Stephen Harrod Buhner

The Way to Spiritual, Physical, and Emotional Rejuvenation

A E S T H E S I S

the recognition / perception of soul essence

“to breathe in” ~ moment of recognition, accompanied by breathing in ~ “gasp” ~ something enters us; the sharing of soul essence

*“We live in a world of ensouled phenomena.”*

H E A R T I N T E L L I G E N C E

Fasting can help reclaim the perception of the sacredness within the world.  
This deep experience of the living soulfulness strengthens our spiritual sensitivity, enabling a deeper recognition of our own sacredness.

During fasting, scar tissue of the heart dissolves ~ *“freshness of the soul”*

Fasting heals heart disease.

Awakens us to the animate ~ alive universe.

opening into the self > recognizing the sacredness of the world > the work of the soul becomes clear

W I L D E R N E S S

fasting used to be tied into all cultures ~ as an essential act of life

often connected to transition times in life;

*“There is no place where the sacred can be felt more than in the wilderness.”*

>< Martin Prechtel “The Vitality of the Wild”

“Vitality is what gives you courage to love. Vitality is another word for beautiful.”

“What’s vital in you is non-human, it’s natural.”

i n t e r - c o n n e c t i o n : Fasting reawakens the recognition of the sacredness of the world and ourselves. Healing and vitality comes from the opening to the sacredness (o r d e r) of all life. Vitality means that your soul is alive within the alive soul of the world. Vitality is non-human, it’s the life force flowing through all beingness. The recognition of and inter-connection with life force and its way of becoming expressed through form is b e a u t y .

T H E S A C R E D

Fasting allows for the barrier between the self and the sacred to dissolve.

“the inner wildness”

Spiritual fasting is the intentional decision to encounter the hidden parts of the self and to find the hidden face of the sacred in everyday things. ~ becoming a w a r e

Fasting has been “spiritual necessary” in all traditions. The inessential drops away, we encounter a close-to-death state and experience our rebirth.

*“The traditional source of spiritual strength.”*

the d o o r w a y / the c o s m i c p a s s a g e w a y

Most powerful is fasting in the wilderness. V I S I O N Q U E S T

“

*our bones and her stones  
our blood and her rivers*

*our flesh and the body of nature.*

“

“  
where the world’s soul remains strong

to touch the fabric of creation

to strip away the superficialities of daily life

to call on the sacred

“

m a c n a m a r a

Fasting restores a strong relationship to the sacred, especially through its activation of the heart as an organ of spiritual perception.

*“A yearning of the soul to merge with the divine essence.”*

~ fasting of all the senses

E M O T I O N A L

our basic relationships with food are shaped through early communications ~ how our parents viewed our relationship with food as an essential nurturing substance becomes a lens through which we continue to see ourselves ~ informs the relationship to ourselves and others

~ the essence of food, touch, nurturing, survival ~ refraining from sustenance brings all associations to the forefront that we have with food

i n t i m a c y ~ t r u s t ~ s u r v i v a l ~ s u r r e n d e r

~ during fasting, we encounter many of our most essential fears around being loved and worthy

t h e d e c i s i o n t o b e c o m e a w a r e

entering the unique stillness of spirit ~ where surrender is not defeat, where intimacy is acceptable, where survival is a freely given gift

releasing emotional toxins

F O O D is always connected to L O V E