

PETER DEUNOV'S WHEAT DIET (Optional discipline for students of MU 1102)
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The most suitable month to practice this diet is February after the full moon. If all the necessary conditions connected with the moon phases are on hand, it might be also done at the end of January. But it can be done at any time of the year. Keeping this diet, you can purify yourself spiritually and physically and prepare yourself to absorb and use prana completely. It would be better to begin it on Wednesday in order to finish it and shift to normal food on Friday. **Thus during the class, it should be done from March 23 to April 1st.**

PREPARATION

Divide 1 kg. (2.2 lbs) of wheat in 10 equal shares. Apportion for each day 3½ oz. of wheat, which contains all the elements necessary to sustain life, 3 apples for the heart, 9 walnuts for the brain, 6 to 8 cups of boiled water (spring but not mineral water).

PREPARATION OF THE WHEAT

In the evening before you begin the wheat diet, wash very well 3½ oz. of wheat. Put it in a thermos bottle. Pour in 1.5 to 2.5 cups of boiling water and close the flask tightly.

On the first day in the morning say once the formula: "God, admit me in the hospital of nature for 10 days." After that, carefully pour out from the flask the wheat water only and drink it before breakfast; you may add some honey and lemon juice for taste. Divide the wheat in 3 equal shares for breakfast, for lunch, and for dinner. When you eat it you can sweeten it with honey.

During the wheat diet, you should drink boiled water only seasoned with lemon juice and honey. It would be better not to dissolve the honey in water but keep a piece of honey on the roof of your mouth (this requires that you use raw honey, crystallized honey, or honey comb. When sipping the water the honey will gradually dissolve and will be better absorbed by your upper digestive organs. In this way of nutrition, you will feed your brain centers with nutritive substances absorbed in the mouth, not in the stomach.

When you eat the wheat, you should chew it slowly, at least 99 times before you swallow it. Before eating the apple take it in your hand, look at it for a while, get in contact with its aura, enjoy it, thank the apple tree, the sun, and the elementals. Observe the rule the Master has given us: to have our meals with love and gratitude. It would be better to collect the apple cores and to bury them in a suitable place. You will show this way your gratitude for its sacrifice. During the wheat diet do not use any salt. Throughout these 10 days you should become "sunny" people, you should be always smiling and you should not admit any negative thought, feeling or act.

DIET ENDING MEAL

On the 10th day add to the wheat for lunch and dinner a little angels' soup (peeled red potatoes cut in quarters, parsley, ground pepper, lemon juice, water, a little salt). During the days after the diet, you should not overeat. Do not throw out the scraps of food nutshells, lemon peels etc., but collect them in a compost container. When the diet is over, bury them in a pure place close to nature.