

# Love is within All is one

by Rev. Viktoras Kulvinskas, MS, Hippocrates Health Educator

“Love for yourself means love for all, love for animals, love for everything, for you are all one.”

– Swami Vivekananda

There is no greater force in the world than love. It is the most divine vibration that we can experience. Be it love for self or love for another, to give and share unconditionally as well as to receive with an open heart is, indeed, the most precious gift and personal practice.

The study of most myths and religions will reveal a foundational rock of belief in love for self and all life. While the spectrum of love is vast, it is the loving care of the body and mind that will accelerate into a state of wholeness and an optimal feeling of oneness.

Mainstream society encourages the “herd mentality.” Air, water and food are chemically saturated and/or pasteurized. Mindless distractions and propaganda bombard the senses via television, internet, cell phones and radio. With the misguided educational system and unfulfilling, revolving-door 9-to-5 jobs, it’s not surprising that the majority of people would rather play videos games, watch “American Idol” or send text messages than go for a walk in the woods or dance in the moonlight!

When it comes to claiming our birthright of health, wealth and

happiness, a divine alchemy occurs through the internal journey of a love-giving raw foods lifestyle. Lifelong, instilled patterns begin to heal and vanish as nutritional manna is embraced. This is the Lover’s Diet. Multiple Blessings expand forth from the heart center as a result of this biochemically based, enzyme-driven sacred communion of living food and body. This union has the power to pierce through illusions of separation and reclaim the essence of spirit within.

In my internationally best-selling book, *Survival in the 21st Century*, I explore and share a wealth of wisdom and methods that will assist you in finding your path to wellness.

Equally important to nourishing the body is “food” for the mind. If one’s thoughts are habitually agitated or heart is discontented, then one would be unable able to experience the balanced state of true health.

Productive affirmations and a quest for knowledge and understanding of the food-mind-mood connection are essential factors in attaining higher energy levels of love within and around us.

The heritage of the Ancient Essenes understood the importance of diet in union with mental and spiritual discipline. In the book, *The Essene Gospel of Peace* is the wisdom of the Communion. The Angel of Love Communion says “Healing waters flow in a never-ending stream from the Sea of Eternity... For without love, a man’s heart is parched and cracked as the bottom of a dry well, and his words are empty as a hollow gourd. But loving words are as a honeycomb sweet to the soul.”

Honor and praises to the angelic elements of nature and the cosmic spirit of life were a daily philosophy and exercise for the mind in the life of the Essenes. They knew there was no love for others without love for the self.

In the book, *The Gift of Life in the Humble Grass*, Jesus is quoted as saying, “And I did moisten a handful of wheat, that the angel of Water entered into it. The angel of Air did also embrace it, and the angel of Sun, and the power of the three angels awakened also the angel of Life within the wheat, and sprout and root were born in each grain.

CONT’D ON P. 60



**LOVE IS WITHIN, CONT'D FROM P. 30**

"Then I put the awakened wheat into the soil of the angel of Earth, and the power of the Earthly Mother and all her angels entered into the wheat, and when the sun had risen four times the grains had become grass. I tell you truly, there is no greater miracle than this."

The Essenes were known as master healers and were fueled by the biogenic wisdom of Jesus after he returned from India. They lived in the desert yet thrived on bountiful gardens.

On a diet of raw foods, sprouted grains and grasses, they knew the key to optimal longevity and lived four times longer and healthier than the average person in that era. You can learn more about the Essenes belief system and their writings at [www.thenazareneway.com](http://www.thenazareneway.com).

The practice of Bhakti Yoga includes visualizing, thinking about and feeling the sacred in All That Is with love, adoration and continued awareness. This is the yogic path through which human sentiments and emotions are integrated into an expansive universal divine love that gives us peace beyond understanding.

Forming beliefs and an optimal philosophy in life should be an ever-present quest. Embracing knowledge that can uplift our souls and give our

**ACCIDENTAL BEAUTY QUEEN, CONT'D FROM P. 28**

With my family history, I wanted to take every step possible to make sure that I remained healthy. I knew that my genes were "stacked against me," so I was determined not to follow in my family's footsteps regarding lifestyle and food choices. I have always been conscious of my health and have tried to live and eat as I believed was "healthy." I had not been eating awful, but in no way was I near a raw vegan diet.

While at Hippocrates, I met some of the most amazing and inspirational people. I learned to open up to strangers, to be open to new experiences and also who I was without so

bodies cosmic infinite vitality is what everyone is seeking on some level. On our journey of remembering our divine essence, there is no more powerful practice than that of retaining one's life force.

Tantra yoga is the practice and study of the life force energy as it is perceived and expressed through the human body, both individually and as experienced with others. Higher planes of awareness are revealed when the energy of body fluids are not released during orgasm. While indeed tantra is an infinite world to explore, it is the raw foods and, especially, sprouted grains that provide not only incredible stamina, but the spiritual strength to ascend above the physical realm experience and expand your energy to an all-encompassing experience.

Sprouted food is the nourishment of the root chakra, whereas wheatgrass is the food of lovers and the heart. Dr. Benet Luchion, a tantric priest, chemist, teacher and author in his 60s, has been living exclusively on wheatgrass and wheat sprouts for more than 30 years. His appearance, energy and libido is are like that of a teenager. He says: "Wheat is the highest vibrational food on the planet. One can live on wheat alone. Wheat makes you feel like it's spring inside you all the time.

much of the outside world influencing me. I focused on me, checking in with myself emotionally. I learned to release all the stress I had encountered, the judgments the pageants had put me through and all the emotional baggage I didn't even know I was carrying. My dad passed away in 2003 and, until I came to Hippocrates, I had not realized that I still needed to deal with the loss. Once I stopped trying to gain comfort from food, spent time meditating and listened to my body, I finally became truly healthy.

I have been raw vegan since October 2009 and I know that I could never go back to the way I was eating. I have stuck to this lifestyle as closely as pos-

In the tantras, wheat is a sacrament, the center of all their acts, rituals and love-making. Wheat is to loving what flowers are to spring."

The treasures of sprouted grains, grasses and sprouts are infinite. Their vibrations give birth to a wholeness that is unsurpassed. In my book, *Sprouts for the Love of Everybody*, I have developed an excellent technique to grow soil-less grass and sprouts. Whether you live in the city or the wilderness, with only a few dollars a week you can grow food that is the sacred manna of the universe.

The sun merges with the elements to blossom forth an exquisite expanse of life-giving minerals and nutrients. It is a blessing to harvest the inner light that living plants provide. Nurture that love within your entire being. Dance on quantum strings of oneness and swim in peaceful bliss as together we pioneer and exemplify the world we wish to see! We hold the Symphonies of the Universe and with love... we love longer. Love in service. ☐

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sible. I still laugh when people look at me like I'm crazy when I tell that that I am vegan. Once I tell them how amazing I feel from the inside out and the difference I saw in my outer appearance, they begin to see it's the standard Western diet that's crazy! I know my new lifestyle is the right choice for me—not only did I go into Miss USA 2010 looking like I needed and wanted to, but I was also exactly where I needed to be emotionally and mentally for such a fierce competition.

I now describe myself as an accidental beauty queen, world peace hopeful and a vegan activist—all three titles that I am very proud of! ☐

**EVERLASTING LIFE, CONT'D FROM P. 37**

"I can't imagine we got this philosophy from any high spiritual source," he prefaced, "and that philosophy is that 'I'm going to die from something anyway so it doesn't matter and I might as well enjoy myself.'"

"So we'll eat anything. The major criteria in determining what we're going to eat are: Does it taste good? Is it close by? Is it inexpensive and is it something we're all eating anyway? It's greasy food, it's that comfort food and there are heavy amounts of sugar, salt and the blood of animal, which we seem to be addicted to. It has become a part of our culture. The stereotype has become the reality."

For Baruch, there's a pervasive and covert method to the madness as old as society itself. "Bad-for-you foods are made more available to people who are less desirable by those who think they're in control," he claimed, citing the pharmaceutical approach as an example of veiled but obvious bad-for-you food. But, like the remodeling of his café, there's order beyond the chaos.

"I want to get black people back to the point where they recognize food is their medicine and also their poison and that we should just make better choices because food should nourish us and keep us healthy, and keep us strong and vibrant and virile. The reality is I don't know anything cheaper than growing it in your backyard."

Baruch has plans to return black Americans to the basics of good living by offering affordable weekend health resort retreats in the country just outside the Beltway. "We have some nice rural areas where they could get away from the city and the bad-for-you food," he explained. He said proof of eating healthier pudding would be seen. "We could show them in three days that if you eat this way, look at

your vital statistics. Look at how much better it is just because you haven't consumed that junk you're accustomed to. Look at how your feel. Look at how much weight you've lost. And you haven't missed anything in taste not to mention satisfaction."

At the café, Naraki Nu, 16, an 11th

grader who's been a vegetarian "since before I was born," was stepping over two-by-fours, picking up dinner to go. "I eat this way because it feels good, my body flows right," he said, calling himself a "soul vegetarian."

"It helps you mentally, you feel more civilized," he added. As he heads out the grated front door, he turns, smiles deeply, flashes the peace sign and says, "One love." ☐



"Soul vegetarian" Naraki Nu Boreped picks up dinner for his family.

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