

The Magnetic Diet

Compiled from the teachings of Paramhansa Yogananda

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

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

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

From *Divine Will Healing* by Mary Kretzmann