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## **Observations**

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BMS Foundation, Inc. *(All are invited to join the Independent Truth Seekers on a quest of discovery back through time to learn of our first parents using the Book of Mormon as the foundation for our research. Web site: <www.bmsf.net>*

*(We do not want to offend anyone, please contact us to be removed from our email list. Otherwise you are welcome to pass this information on to any whom you think would like it or could help us in our search for truth or you could forward us their email address. Thank you.)* Hang in there non-Book of Mormon readers or believers, as we will give you exclusive, undeniable evidences of its truthfulness which may change your understanding of the purpose of life.

### **#68 Realism & Answers from on High**

**This is an experience you will never forget! By following these directions you will have removed yourselves from the precepts of man to a more constant contact with deity; and it's done through food. And I live this way.**

1. Tonight, go to the produce section of a grocery store, preferably not Wal-Mart. Purchase the following fresh items, nothing more:
  - a. Fresh sprouts, alfalfa, broccoli, mung beans, any other fresh sprouts, just small portions.
  - b. Small hard garlic.
  - c. Fresh, crisp head of lettuce.
  - d. One Avocado
2. Purchase some bottles of salad dressing, those without animal in them (no milk, cream, etc.)
3. Wash the sprouts and place them in the refrigerator.
4. Wash the lettuce, cut a thin slice from the butt of the lettuce and place the head of lettuce in a bowl of cold water, in the refrigerator so it can drink the water and keep fresh.
5. In the morning, don't eat any thing, but grab a plate, remove a crisp lettuce leaf and place it inside up on the plate.
6. Place a small portion of each sprouts in the center of the lettuce leaf, not to much.
7. Take a clove of garlic and cut it up in small pieces and sprinkle it on the sprout pile.
8. Cut a slice from the Avocado, remove the peel and push onto the top of the sprout pile.
9. Squirt or spoon your desired salad dressing on top of the pile in the center of the lettuce.
10. Add any additional desired seasonings, such as salt, pepper, etc.
11. Now roll up the lettuce leaf like you would a taco shell and eat it over the plate. You can even use a taco shell from time to time for a change.

One of these should be enough for a meal, but because you have lived a life of stuffing your stomach with dead food, its stretched and may feel empty, so you could feed it two, but no more for a meal. In time only one will be required.

Drink a drink, water, juice and go about your daily routine. Notice when your stomach tells you that you are hungry, not hollow, but hungry. When hungry, eat

another of these sandwiches. In time, you will notice that it becomes longer and longer between the need for another sandwich.

Notice, almost immediately, that your eyes seem brighter. In a day or two of these sandwiches every meal, you will notice that you wake up earlier, that you are more alert, that your day becomes longer.

Three or four days of this, as you go for your walks, you will even think that “Gee, I feel I could even walk above the ground”. As you shower, you will feel so good, you will think, “Gee, I think my very cells are happy, happy that I have finally decided to feed them real food”.

You will find that the items you purchased, are going a long way. That you are spending hardly any money for food. That even though you are eating less, your energy level is much greater. That thoughts like, “I need to do more, I need to exercise! I might need to go hiking, or swimming, something”. The reason is, strength, you are getting stronger.

Soon you will be spoken to in the night. Thoughts will come into your mind as you sleep. You will, in time, want to get up and write them down, so you can remember what you were thinking about. You will find, as you continue to eat like this, strange things begin to happen. The promptings increase, even into the waking hours of the day.

The world actually will look different to you. You will notice that you are happier. You might even decide, why take that prescribed medicine, I am not sure I even need it any more. After all, good living food is medicine, and where does medicine come from anyway.

Then you will begin to wonder, why haven't I been doing this all my life? The answer is, that you have been placing trust in men of flesh. Big mistake, watch the animals, they will teach you. Then learn to trust your own body, it will also teach you. Then you will not be able to stop telling others of your experience.

Now you are eating off God's Table, the table of living off of enzyme rich foods. It isn't how much you eat, but what you are feeding your cells, that counts. You find that you really don't want to eat that dead food at the restaurants, because its all dead food, having been destroyed by boiling, freezing or cooking.

Now I have done this, and I know of which I am speaking. The side benefits are that soon you will have to tighten your belt, as your close will fall off. Your shirts will become loose, and in time you will have to get a new wardrobe, but you wont care, you feel good, trim, and energetic.

Whether you know it or not, this is God's way, and it is he who speaks to you in the night. The more you do his will, the more you will feel his direction.

Duane: I refuse to eat off of dead animals, I love and respect animals, and choose not to benefit from their suffering either, and soon you will feel the same.

Once you have learned this, it might be nice to share it with those church leaders you hold at such high esteem, those who have not as yet learned this who are most likely in the death of animals business.