

# Feast on Peace™

## 40 Days

**You can be a part of this holy intention to purge hatred, violence and all manner of harm from our lives and feast on peace.**

1. Commit to participate for 40 days.
2. Consciously awaken each day with the intention to live peace.
3. Set aside 7 minutes a day to pray for peace.
4. Involve children and teenagers.
5. Involve your families, school, work and church communities.

## About the Blessed Foundation

Founded in 2000 by John and Dee Curci, The Blessed Foundation is a not-for-profit company, dedicated to the ministry of body, mind and spirit of all persons, regardless of spiritual or religious orientation, by providing a safe, sacred place for retreat, reflection, education and spiritual growth.

*The Foundation is the initiator of LifeBook® & Feast on Peace™.*



## The Blessed Foundation

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The Blessed Foundation was established as a public charity and organized under Section 501 (c) (3) of the Internal Revenue Code. Therefore, contributions are tax deductible. The foundation commits to use 100% of donations to help others through the work of the foundation, no salaries are ever paid.

# Feast on Peace™



**Come to the table of Peace.  
Come eat your fill,  
From the greatest to the least.**

**I prepared a Feast  
Before the beginning of  
time.  
Come, my children  
Eat well and thrive.**

**Come, my children Feast!**

## Feast on Peace™

**Fasting is an ancient practice** most often associated with limiting ones food intake to two small meals and one that is not larger than the two small meals together. In addition, no food is eaten between meals. This method of fasting is meant to create emptiness so that we increase in hunger for God. Perhaps this is the way you will choose to create peace by honoring this ancient tradition that has been practiced in all the major world religions. Perhaps you will choose to include this method of fasting with the suggested *Feast on Peace™*. initiative below, making room for God and Peace.

Below is a list of some alternatives to food fasting and may be the most powerful and effective way to participate in *Feast on Peace™*.

- a. Fast from thoughts that are not peaceful,  
    Feast on thoughts that are of peace.
- b. Fast from doing harm to yourself with food or drugs that are not healthy for your body,  
    Feast on foods that create a peaceful home for your body, mind and spirit
- c. Fast from “fast foods”  
    Feast on healthy meals prepared at home and shared at your table in an atmosphere of peace, love and laughter
- d. Fast from harsh or critical judgment of yourself and others  
    Feast on remembering that you are

- called to honoring all creation.
- e. Fast from words that pollute, are vulgar or insensitive  
    Feast on words that support life
  - f. Fast from complaining  
    Feast on appreciation
  - g. Fast from anger  
    Feast on patience
  - h. Fast from negatives  
    Feast on affirmatives
  - i. Fast from bitterness  
    Feast on forgiveness
  - j. Fast from self-concern  
    Feast on compassion for others
  - k. Fast from thoughts that weaken  
    Feast on thoughts that inspire
  - l. Fast from idle gossip  
    Feast on silence that considers kindness
  - m. Fast from harming the planet  
    Feast on the beauty and abundance that has been entrusted to our care

**You choose something in your life that is not peaceful to fast from. Commit to just one thing for 40 days with the intention to fast for peace in your life. Certainly it can do no harm and our collective effort may just prove to have a positive effect on our lives and on the lives of those around us and upon our world.**

**May we all learn to embody peace and live in harmony.**

Visit the [website of The Blessed Foundation](http://www.Blessed-Foundation.com) to learn more about the work of the Foundation.

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*Feast on Peace™* is an initiative about taking positive action to eliminate violence and anything that is harmful from our lives in order to participate in creating peace in our world.

This is the process: For 40 days you choose to **fast from one thing in your life that you know is harmful to yourself, others or to the environment. You replace the attitude or action with one that instills peace, one day at a time, for 40 days.**

When you complete your first 40 days, choose another fast from what is harmful in your life to practice for 40 more days.

*We can* cause this action to peace and harmony in our world to grow.

Imagine what would happen if all peoples all around the world embraced the practice to *Feast on Peace™*.

Consider involving the children. They are great participators and they will motivate and inspire us. They can help us to pass onto them a peaceful world.

Together we *can* do it.

Please involve the children and teenagers. They can help us to pass onto them a peaceful world. Together we *can* do it.