

Feasting 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!

Fasting to Feast on Peace

40 Days

TOGETHER WE CAN DO IT

Please pass it on. *“Fast to Feast on Peace”* is an initiative about taking positive action to eliminate violence and anything that is harmful from our lives and *Feasting on Peace*.

The great vision is this, that no matter when you begin your *Fasting to Feast on Peace*, the practice would not end. When you complete your first 40 days, choose another practice of *“Fasting to Feast on Peace”* 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 *“Fasting to Feast on Peace”*. Consider involving the children. They are great participators in causes and they will motivate and inspire us. They can help us to pass onto them a peaceful world. *Together we can do it.*

How can you be a part of this holy intention?

- ✚ Commit to participate for 40 days.
- ✚ Consciously awaken each day with the intention to live peace.
- ✚ Set aside 7 minutes a day to pray for 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 *“Fasting to 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 *“Fasting to 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.

“Fasting to Feast on Peace” Cont.

- c. Fast from “fast foods”
Feast on healthy meals prepared at home and sharing 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 expose your “God- being”
- 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. Commit to 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.

Blessings and Peace are overflowing in life... may we be awake to the abundance and share it with joyful abandon with one another. Dee

The Blessed Foundation

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