

To attain physical immortality, or reverse the process of dying, it is necessary for one to make certain habitual commitments to their lifestyle, and what they do and do not do. Living in the world as it is today, all people share one common issue with what they eat. This common issue is the cause of almost all modern health problems. It is also something that Can be changed.

It is possible to cultivate life force energy (Chi, chakra, etc.) and there is a practice of using this cultivated energy for certain benefits. However, that information is requisite to what follows. It is most necessary for one to approach all higher teachings from a foundational perspective, and as such a person should be vegan and make a personal oath to not cause harm. Ideally, they will vow to also be of benefit to living beings. It is strictly necessary to cease the causation of harm in order to no longer accumulate negative karma, and this allows for one's accumulated karma to be dispelled through acts of good. In the body, being vegan allows for the dissolution of inertia, negative energy, and most importantly: LDL (bad cholesterol). Without being vegan, this LDL cholesterol cannot be removed and thus any subsequent teachings will have no point. I also refuse to teach one the higher paths until they have chosen willingly to make a personal vow. It is obvious by one's actions and cannot be lied about.

However, before any of that: it is important for us disciples of the truth to administer healing and the knowledge thereof to all people, regardless of their vows, for free. This is the science of liberation, and it belongs to all living beings. We are not to judge or impede this, for to do so would be to cause harm. Those with a sufficient understanding of adaptogenic medicine and internal chi cultivation will be able to provide treatment protocols for any manner of disease, and those truly of the path (dao) of the science of liberation, also known as Animisha Yoga: we will provide these protocols for free to those who seek it. Further healing may be offered on a case by case basis, but all should know this: the information and the path to healing is a right to all beings, but any entitlement to another person's energy or body is not a right to any being unless consensually given.

Below, I will explain necessary foundational knowledge for all further teachings from me, Luna Shiva Animisha. This knowledge is also necessary to reverse any disease. If you feel incapable of treating your own disease, please reach out to my team and one of us shall receive you; or pray, and you will meet a healer.

I ask you to read this for your own scientific understanding.

One must first be vegan, and stop their personal consumption of all products of rape and murder. The most harmful among these products are the dairy products: milk, mayonnaise, yogurt, and most of all: cheese. Below, I will explain the harmful nature of these products and how to reverse harm caused by their consumption. The following information is a sufficient logical argument for being vegan. If someone does not believe and follow this protocol, becoming vegan, then there is nothing I can do to help them.

Cheese is:

1. Highly addictive
2. Cholesteric substance
3. Mutagenically degenerative

Cheese is a product of mold and cows milk, along with an enzyme from the stomachs of baby cows called rennet. The rennet is used to weaken the milk so that the mold can digest the water molecules in it, and harden it. Then, the mutagenic properties of the milk are genetically combined with the digestive decompositional forces through the process of the mold digesting the cheese. The result is a substance which is degenerative, and mutagenic, feeding on the host cells of one who eats cheese, merging with the host but still consuming the host cells. This is a process called cancer. Cheese is also highly addictive, because it contains a high concentration of an opiate-like chemical called casomorphin: that is 4x as addictive as nicotine.

When the cheese mutations in the body combine with excess calcium, like what is found in milk, it forms blood clots. These can accumulate, blocking arteries and causing free radical buildup in the form of tumors.

Locally, this effect leads to heart disease through accumulation of blood clots. The brain is also sometimes affected by a process known as alzheimers, or dementia: calcification of neurons due to excess cholesteric substrate, again due to cheese mutations. In the extremities, this is known as fibromyalgia. In the sinuses, it leads to mucus and snot, also blocking the passages of the throat and the nostrils. Then, in the endocrine system, peripheral nerve damage can be done through excess calcium accumulation; this can lead to issues like epilepsy and polio. When the cholesteric substrate accumulates sufficient mutagenic and degenerative properties, with a catalyst (such as enough free radical sugar), it will cause local mutations and lead to the disease known as cancer.

Almost all cheese is a product of rape from the dairy industry. All industrially made cheese, as far as I know, is a product of suffering. Very few cows are treated and raised ahimsa. Even when they are, their milk is still mutagenic, and if it is made into cheese, will be very harmful. If a person has previously eaten cheese and later drinks ahimsa milk, it is possible that the milk will nourish the mold mutations in the body more than the relative host cells surrounding it. As such, even ahimsa milk can be harmful to all but the yogis with the highest level of cultivation. Even then, these yogis would be in better health by not ever eating cheese, also by not ever drinking milk except from their beloved. Only milk from one's beloved is beneficial to a young and uncorrupted body. That means that anyone who has eaten cheese can no longer benefit from milk unless they are an infant. In most cases, all milk of other animal species is harmful; therefore do not consume it.

There is a cure, for one who has eaten cheese. If a person is able to stop eating cheese, they should stop immediately. If they can not stop, there is no saving them from their own bad health. They must also cease eating all animal products in order to remove the cheese and cholesteric substrate.

The cure is found within the adaptogen ashwagandha, and this, and every plant I mention, should be incorporated into the diet. You must develop a mindfulness of eating in alignment with the eightfold path and Ahimsa in order to benefit from the mutually beneficial Adaptogenic effects of plant medicine.

Consume a sufficient quantity of Ashwagandha, Gotu Kola, Triphala, and Cascara Sagrada. Eat these with plant based medicinal food. Further adaptogenic medicines will be added based on individual disease circumstances. For neurological disrepair, such as alzheimers, a treatment based on Brahmi is necessary. For endocrine hormonal issues, it is necessary to administer maca, red for women or gold/black for men; additionally: shatavari for estrogen, shilajit for testosterone. There are further considerations for any specific condition, based on body weight, symptoms, pain, time inflicted, environment, genetics, and other factors.

Ashwagandha regenerates the endocrine and lymphatic systems. Gotu Kola enables detoxification neurological pathways in the body. Triphala detoxifies these pathways, nutrient distribution pathways, and the digestive system. Cascara Sagrada detoxifies the digestive system.

Initial treatment, consisting of the base of ashwagandha, triphala, cascara sagrada, and Gotu kola: will cause the body to purge. Continue eating these every day until you know yourself to be cleaner. Eat other foods made from plant medicine. When you feel better, stop eating the Triphala and Cascara Sagrada. Keep eating Ashwagandha And Gotu Kola until your lymphatic system is clean - that is, you can breathe clearly through both nostrils and no mucus is discharged. After this point, you may discontinue the Gotu kola. Continue ashwagandha and: If other herbs are applied, continue eating them until total recovery. Fresh air, exercise, yoga, devotion, and medicine are the key components to recovery.

Meat is a product of murder, and the meat from the meat industries are also products of abuse, rape, and animal cruelty.

Dairy products are even worse. These are also products of murder, abuse, rape, and animal cruelty. They are worse because it is also a greater poison for you who eats it. Stare at the blank part of this page and reflect.

I have vowed to heal my body from the poisons made of the suffering of animals. I forgive myself, and ask that all beings forgive me. I vow to not eat animals or products made of their suffering. I vow to not eat poisons, and to learn from what I eat.

To take these vows is to begin to allow the body to heal in the modern world. This is the baseline necessary for being able to improve one's health. It is also a necessary foundation for the health of a person to be able to regenerate their own cells in their body faster than their own cells are decaying or dying.

Aging is the process of cells dying faster than they are being replenished. If one becomes able to control their own cells, and to heal them faster than the forces of death, it becomes possible to reverse ailments and cease the aging process. This is the beginning of the practice of internal alchemy, and is the foundation of physical immortality.

To attain immortality, it is a spiritual dedication to ahimsa (the cessation of causing harm). There is a sutra that teaches this, but it is necessary that one is devoted physically, in action, in thought, in being, in doing, in acting, in living, and in believing. This devotion is necessary for one on the path of good and divinity.

A further vow is ultimately necessary: I vow to cease causing harm, knowingly or unknowingly. I will not knowingly cause harm. If I unknowingly cause harm, then I will ask forgiveness as: thank you, I love you, I am sorry, please forgive me; I will also make amends as requested, and if needed I will leave.

As such, I have vowed to be vegan and ahimsa: to not cause harm.

For those who are true seekers, another vow is possible:

I vow to live my life, and all actions, my body, mind, spirit, and energy, for the benefit of all beings, all life, and all matter.

If I serve a higher power, I may also vow to additionally serve them in this way. As such, my vows are my living meditation of devotion to adi Shakti, mahadevi.

-Luna Shiva Animisha, devotee to adi Shakti, mahadevi, and to all living beings, all matter, and including myself.