

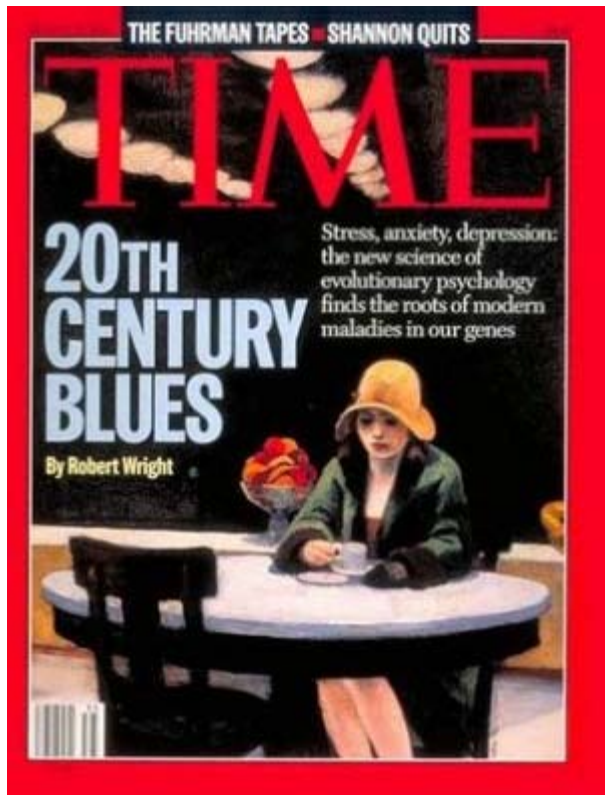
Older: [Why getting well is so difficult for us, people without a Self](#)

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Why you have been unable to change: The Savanna Principle. Updated

by [Sophie Benshitta Maven](#) — Category: [Activate Spiritual Capacities](#), [Awareness](#), [Expanding Human Being](#), [Raise your level of consciousness](#), [Raise your vibration](#) — June 15, 2016 [edit](#) [Click to comment](#)



I am reading a book... 18% truth value, on evolutionary psychology.

What bothers me most is the air of authority these people that write books project... But, of course, real science doesn't sell books...

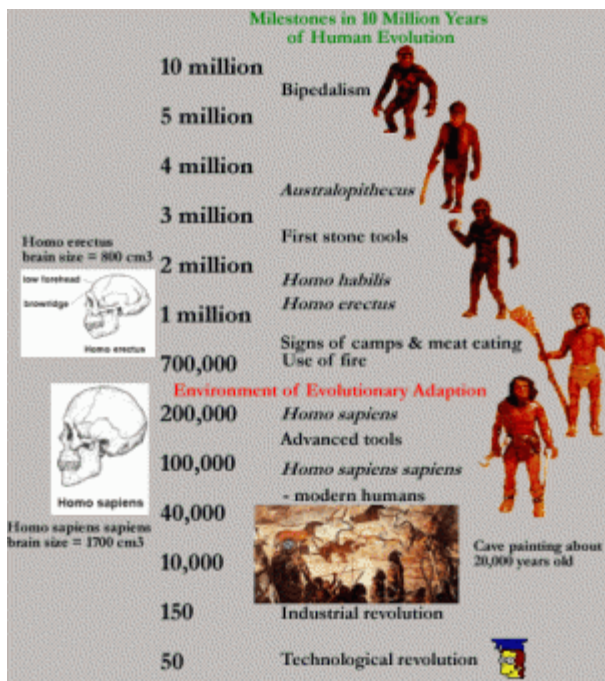
Anyway, one of the things this book says that in the past 10,000 years we didn't learn anything, because our brain was unable to...

And we haven't been able to [change](#) our basic behavior... or our minds.

But recently I saw something that contradicts what the book says.

I have had health problems, forever.

One issue I had is constant pain in my gut, anemia, tiredness, narcolepsy, and bursts of anger or depression.



I have identified sugar as the culprit, but that wasn't it. It didn't help.

Then I identified wheat as the culprit... but never went without bread long enough to know if it helped or not.

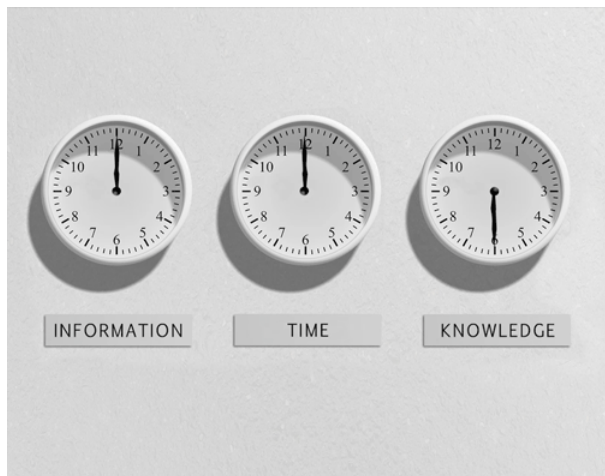
Not until I realized what gluten intolerance was... that it actually meant "contact enteritis"... a blistering and scarring of my intestines walls, that I could finally remove grains from my diet and feel no regret, no sadness, no anything about it.

Big change, but I still didn't see what was so different that this time I could actually create a new evolutionary stable strategy...

Then it came to the next hurdle: I was seeing that drinking an awful lot of tea with an awful lot of half-and-half was probably bad for me.

But why? But how? Why should I change?¹

So I quit 20 times, and started again 20 times... until this past Tuesday.



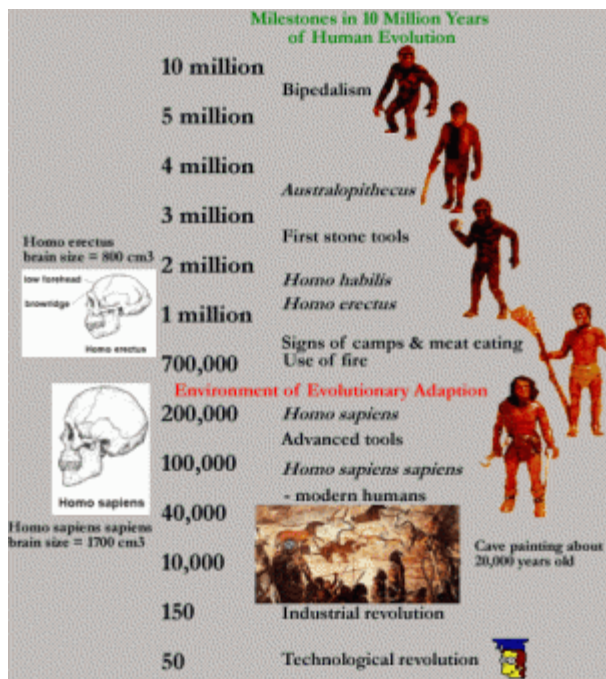
I decided to go cold turkey (again) and had my last cup of tea with cream.

I now trust that I'll be able to keep this new way of eating... because...

I actually realized two things

1. from the intensity of the withdrawal symptoms, I suddenly got aware to how much toxins are in "my" half and half. A lot. And my body got used to them, and now that I am not putting the poison in my body, it is having a strong reaction... as if I just poisoned myself.
2. I realized that drinking 1200~1400 calories a day made me eat very little else... and when I did: I ballooned... this is where I am at now... ballooned... lol. Suddenly, with the second insight... I saw that I am putting empty calories into my body, to the tune of 1200-1400 calories a day... and there is no way that is going to help to be well.

No way.



It's the third day without cream. I am ravaged by the anti-toxins my body created to the poisons in the cream...

What are the poisons in the cream, you ask? No healthy cream or milk can be kept fresh in the refrigerator for two weeks.

Maybe 4 days... but not longer. This half and half was advertised and marked as "fresh" but it is either not fresh, i.e. overheated, or chemicals have been added... Either way, it is not cream any more, it is poison.

Muscle test says that fresh raw cream, occasionally, would be ok... Occasionally. But with any addiction, there is no such thing as "occasionally".

I know, I have tried it.

So, what is the gist of this article?

The gist of this article that **unless you fully know, aware and conscious of the reasons to change, you won't...**

Said in another way: the kind of change that you are familiar with, the knee jerk reaction change, is temporary, and surface.

Real change requires a deep knowledge of the why... Awareness, consciousness, seeing it clearly.

No book, not even a library, no course, not even many can create it for you.

It is you who create it, slowly, through awakening, and seeing... When the dark room becomes a lit room

through your awareness and consciousness.

Magical.

PS: In my health sessions, in my articles, I explain the reasons as well, as clearly, as I am capable to. It is really up to you to internalize them.

And then, depending on your overall level of [resistance](#), you'll either follow the instructions or you won't.

The combo evaluation measures show me if you can, if you will, and if I should work with you.

1. your vibration (1-1000)
2. your overall intelligence
3. the number of spiritual capacities you have
4. your [soul correction](#) (your machine) I need your date of birth for this
5. the level of your health (1-100)

If you bought these separately, you'd pay \$30... but buying them all at once, I knock off \$15.

Click on the paypal button to send me a donation to get your starting point measurements. I'll let you know in my email response, if you could ask for a comprehensive health evaluation, OK?



After you pay, please wait to be forwarded to a website to register. If you already are a member of my freebies subscribers' site, please log in through the "already a member" link on the registration page...


To get this information, I have to connect to you energetically... And I find out more about you than just the numbers... I connect to your [soul](#)... and I connect to your personal hell... That's how I make my decision, on that basis. My experience of being you.

FOOTNOTES

Some of the most important things are said here...

1. Update: it's June now, same year, and a new piece of information came to me: the gluten in the food of the cows comes through the milk... even the butter. So now I eat grass fed butter... don't eat anything that eats grain, and I am starting to get well... Yesterday I ate some cheese... and I was ill and dull and lifeless for the whole day... my health number dropped by 20 points... So that is it... I am now sensitive enough, now that I have removed gluten, to notice when I accidentally eat gluten.



Ah, that! lol []

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