

THE WHEAT GRAIN (Einkorn) DIET

(Editor's Note: The common variety of wheat in Bulgaria in Peter Deunov's day was Einkorn, a healthy low-gluten ancestor of today's wheat. It is readily available online or in health food stores. Look for an organic source.)

"The grain of wheat is a symbol of the human soul. It represents a great story in the development of Nature. If you could unfold the leaves of the grain of wheat and trace out its history, you would completely understand the history of the human soul. As the grain of wheat falls into the soil and dies, as it sprouts up, grows, and bears seed, the same is also true of the human soul."

From The Grain of Wheat, Talk given by the Master Beinsa Douno on March 23rd, 1914 in Sofia, published in Power and Life, First series

"You will find yourself sown in the Divine field. You will pass through the cycle of the wheat grain. You will experience the process of germinating; you will undergo winter, wind, cold, until you begin to comprehend the Divine Ways. Comprehend — not that God has something against you, but that all this is for your benefit. In such a way you will progress, otherwise you will remain in the barn. When God wants to give you freedom, it means passing from one condition into another. Outward suffering can be considered as a process of the development of consciousness. If you suffer, it shows that you are on the right path. But if you cease to suffer on the Earth, then you could falter. At present you should study this profound Science of self-education. You need to educate yourselves. Human beings need to work on themselves in order to become strong, to earn their freedom and to acquire Knowledge as well. Yet in order to acquire Knowledge you need to possess a broad perspective, to study, and to constantly make small experiments."

From The Good Seed, Selected Lectures 1930–1932

An authentic article with instructions for carrying out the February grain of wheat diet given by the Master was published for the first time in issue number 1, 1995, of the Bulgarian Brotherhood's newspaper Bratski Jivot. Nevertheless, over the years there has been a lot of speculation about this diet, and many variations have been introduced by brothers and sisters, mostly out of ignorance. Moreover, many additional questions about specific details of the diet have come up. For this reason, I would like again to tell in detail how the Master has done the wheat diet.

I began to do the grain of wheat diet in February 1960 according to the instructions given to me by the leader of our group in Gabrovo, sister Tsanka Ekimova, who was one of the Master's closest students. During the following years I got the impression that the precise way of doing the diet was not the same in all brotherly groups. I found obvious differences in the details and this was surprising to me and difficult to explain.

In the month of January 1968, I was sent from the plant where I was working to Sofia for two months of specialized training. During that time I visited, in Izgrev, the Master's cook — sister Yordanka Zhekova. I complained to her that this year I would be unable to carry out the wheat diet because, temporarily on business in Sofia, I did not have the necessary conditions to prepare the wheat. She then invited me to visit her every day to have our meals together, and in this way to do the diet together. I accepted and thanked her with great joy. In this way God gave me the opportunity to “drink from the source” and discover the truth about the wheat grain diet. And I soon understood why differences existed among disciples as to exactly how to carry out the wheat grain diet.

Sister Yordanka explained to me that during the time of the Master this diet in February had been done only by the two of them, secretly, and that during his life the Master did not want to give it to the Brotherhood. During the time of the Master a tradition existed to have a common lunch at Izgrev, and at dinner the Master was often invited to meet with groups of brothers. People noticed that the Master was refusing those invitations at a certain period of time in February and that he was dining alone with only his cook. Not knowing the true reason for the Master's behavior, they accepted it as his desire for some rest and seclusion. We can only guess what the true reason was for the Master not to share this esoteric exercise with the Brotherhood, but this fact explained to me the cause for the differences in the way the diet was done among different groups. In fact, the diet has not been described in any lecture nor in the talks of brother Boyan Boev. The exercises using the grain of wheat given in some lectures are quite different from the February wheat diet. Therefore, some people who insist that they have read about the diet in this or that lecture are actually talking about different exercises and assignments given by the Master in the Esoteric School.

In truth, sister Yordanka Zhekova alone was familiar with this specific diet. She shared with me that in 1953 the Master appeared before her in a dream and gave her permission to share the diet with the Brotherhood. She was however very shy and modest, and did not write it down. She told me that she was sharing it only with those who were interested. Then these brothers and sisters would re-tell it to others and in this way inaccuracies and omissions have occurred. The difficulties originated from the fact that even the closest disciples of the Master — brother Boyan Boev, brother Boris Nikolov, sister Pasha Todorova, sister Maria Todorova, and others — were unaware of the existence of the grain of wheat diet.

Therefore, I am extremely thankful to destiny for the opportunity given to me to personally share this diet with the Master's cook. I was able to ask her many questions to help clarify all the details. And now I share this with all so that the truth is available to everyone who wants to know it.

TIMING OF THE DIET

The grain of wheat diet ALWAYS BEGINS in February (never in another month) one to three days after the full moon. As the full moon happens every year on a different day, the beginning date of the diet varies from year to year. Sometimes when the full moon is toward the end of the month, the diet can continue into the month of March as well. (We need to add immediately that the wheat grain diet in February has no direct connection with the signs of the zodiac and it is not obligatory that it be done only under Aquarius but can also be done under Pisces.) When the full moon in February happens on the very last days of the month (i.e., the 27th or 28th), adding an interval of one to three days might suggest beginning the diet in March. However, this would be incorrect because it contradicts the fundamental rule that the diet begin in February. In such a case the full moon at the end of January would be the reference, and the diet would start at the beginning of February.

When we take into consideration the daily periodicity of the week, the most beneficial (but not obligatory) day to begin the diet is Wednesday, so that the tenth day, and therefore the re-introduction of additional food (Angel soup), falls on a Friday. However, even more important is to complete the ten days of the diet while the moon is still waning, in other words, before the date of the new moon. In the month of February, Nature is still sleeping her wintry sleep and we should purify ourselves physically and spiritually in order to be able to receive the prana which is abundant at the beginning of spring. The Master has chosen February as the most appropriate period for purifying the body. January is still too early, often conditions are very harsh and would exhaust the organism. And in a temperate climate the month of March is already quite late.

PREPARATION

On the first day say once the formula: "God, accept me in the healing facility of Nature for ten days."

Every day we need to consume:

- 100 grams of grains of wheat (it contains all the elements necessary to maintain life) [editor's note: approx. ½ cup]
- 3 apples (for the heart)
- 9 walnuts (for the brain)
- honey (for the blood) and lemon
- minimum 1.5 liters boiled water

It is necessary that the fruit be of the best quality and in good condition. The water must be from a clean wellspring, rather than tap water that is chlorinated and not pure. Mineral water, which may contain excessive mineral salts depending on its origin, is also not recommended. The ideal would be to have water from the Rila Mountains, especially from the "Hands that give."

(Translator's note: I use distilled water. In one place the Master recommends that people with high blood pressure use distilled water in order to avoid extra minerals. Mineral-free water is also recommended in the Bulgarian tradition of preparing herbal infusions.)

PREPARATION OF THE WHEAT

In the evening, 100 grams ($\frac{1}{2}$ cup) of wheat berries is washed well and transferred using a spoon into a 1-liter thermos which holds heat well. Boiling water is poured over the wheat almost to the rim and the thermos is closed well so the wheat will have no contact with the air. The next morning the water only is poured off carefully and is sipped on an empty stomach, half an hour before breakfast. (Some honey and lemon can be added, according to taste.) It is necessary to hold this wheat water in the mouth for some time, "chewing" instead of drinking it, as in reality it is a very strong and concentrated food.

The wheat water is also a strong medicine which the Master recommends for nerve problems (in this case it needs to be drunk for forty days). Therefore, those who desire to heal themselves could, after finishing the ten-day wheat diet, continue drinking the wheat water. The wheat water has this power only if the wheat berries are hulled*. If the berries are unhulled, water cannot penetrate through the shell of the wheat berries and receive their living energy. I would like to point out explicitly that during the wheat diet the Master has used only hulled wheat berries of the type "white wheat" and neither raw nor sprouted. This needs to be considered by all who desire to do the diet properly. The use of raw wheat is a different exercise given by the Master in a lecture, but it has nothing to do with the diet in February.

**[Translator's note: This type of wheat has had the first outer layer of the grain removed by a special process applied by the manufacturer. As a result of this process, this type of wheat is no longer viable and will not germinate. It is traditionally used for preparing special desserts to be shared with others, sometimes called "ashure" or "Noah's Pudding" by Muslims and Christians, respectively. I buy such wheat from a Turkish store; it is exactly the same as what is called "church wheat" in Bulgaria and used at special ceremonies.]*

The daily allotment of wheat is separated into three portions. After dividing it, it is desirable to retain the unused portions in the well-closed thermos and under water in order to keep it in good and fresh condition. Left in the open, it will oxidize, and its nutritional value will be diminished.

ABOUT EATING THE MEALS

At each of the meals eat one-third of the wheat, one apple, and three walnuts. It is suggested that about one hour before each meal at least two glasses of boiled water with honey and lemon be sipped slowly.

(In the morning this is fulfilled by the wheat water.) If not enough water is consumed, the organism gets dehydrated and it is difficult to continue.

I also want to share that when I was first with the Master's cook, I was putting the honey into the water and drinking it dissolved. Observing this, Yordanka told me, "The Master did not do it in this way." "But how, then?" I asked, since science suggests to dissolve the honey and not to take it concentrated. She explained to me that the Master would take the honey with a teaspoon and place it in his mouth on the upper palate. He would then sip water to which he had added a few drops of lemon and keep the water in his mouth for a while, "chewing" it. In this way the honey was dissolved by the water in his mouth before he swallowed it. "But why did he do this?" I asked. She told me that she did not know at the beginning and had asked him. The Master explained that the sublime spiritual centers in the human brain receive nutrition only from substances absorbed through the mouth and that the stomach juices are too rough for them.

She also told me that the Master once asked her, "Sister, how many times do you chew the wheat before swallowing it?" She replied with embarrassment, "Master, you know that I am too fast and so...quick, quick." "No, no," the Master shook his head, "you should chew it 99 times." He always stressed that in order for us to be healthy, for our spiritual centers to be nourished, food needs to be chewed for a long time, and carefully. Those who chew little and hold the food briefly in their mouth, he was saying, cannot really be spiritual people because their spiritual centers starve. Before we eat the apple, it is necessary to hold it for a while in our hands, to look at it carefully, to make connections with its aura, to enjoy it, to give thanks to the tree, to the sun, and so on. While eating we need to follow the rule given by the Master, "Eat with Love and gratitude."

I would like to share now an interesting story which Yordanka told me: "At lunch on the fifth day, after we ate the wheat, the Master said, 'I say, they are coming.' I looked immediately through the window thinking that a guest was coming. The Master laughed and said, 'No, I meant the new cells are coming.'"

The wheat grain diet is undertaken to renew the cells of the organism and, as you see, this happens on the fifth day. This is why we feel light and well-disposed from the fifth day onward. During the wheat diet NO SALT should be used, and the lemon should be limited to one per day. The amount of honey is determined by individual taste; there is no limit. It is recommended that the seeds of the apples be planted at a convenient place as an expression of our thanks for their self-sacrifice.

Let us now discuss an exceptionally important aspect of the wheat diet. To illustrate it, I want to tell a very old story which an elderly sister shared with me: "I was very sick, and I was getting worse with every month. The doctors could not help me and only worsened my condition. At last I decided to ask the Master for help. I told him about my illness,

and after listening carefully, he said, 'You are sick because you eat pork chops.' 'But, Master, please,' I objected, 'I am a vegetarian and for 17 years I have not eaten even one bite of meat.' 'Yes,' said the Master, 'but I have in mind not the physical food, but your thoughts and feelings.'"

This story shows very well that vegetarianism, and fasting as well, are of true and profound benefit only if they are performed in the three worlds: physical, spiritual, and Divine. In other words, we must follow the law of absolute purity not only with regard to physical food. We must also choose only luminous thoughts and the purest feelings and perform only good, noble actions. Therefore, it is necessary during these ten days to become SUNNY PEOPLE — to harbor no negative thought or feeling, and to consciously perform good and noble actions.

ENDING THE DIET

Ending the diet is done on the tenth day, at lunch, when in addition to the wheat, apple, and nuts we also eat Angel's soup, to which a little salt is added. The Angel's soup is prepared by cooking whole, peeled potatoes. Also, one onion can be added. At the end parsley is added; black pepper can be added as well. The exact number of potatoes to be eaten is not prescribed — this is according to individual preference.

During the days following the wheat diet, you should be careful not to overeat. Returning to regular eating should be done smoothly and gradually, in harmony with your inner intuition and feeling for measure.

All food wastes accumulated during the wheat diet (walnut shells, apple skin, etc.) should not be placed in the trash but rather collected in a plastic bag. After the diet is finished this waste should be buried in a pure place in Nature. Sister Yordanka added that we should proceed in the same way with the food left over from the communal meals we have when we celebrate together — this, too, should be buried and not placed in the trash.

The meaning and purpose of the wheat grain diet is to purify us and elevate us physically and spiritually, to make us NEW PEOPLE, people who will come now, during the era of Aquarius, and who the Master called **SUNNY DEVAS**. And to reach this state, this high ideal — this is wonderful! Is it not?...

Written down from sister Yordanka Zhekova's talks by brother Georgi Petkov from Gabrovo, Bulgaria