

The Raw Spirit Diet

The Holistic Plan to Help You Connect With Source,
Rejuvenate Your Body and Lead a Transcendent Life

Robert Davis

Welcome to the journey of your lifetime.

The Raw Spirit Diet is the synthesis of more than 30 years of work, study and personal experience. At its core, the Raw Spirit Diet acknowledges the personal and the planetary as one. Each of us as individuals are connected to our community, our planet, our cosmos. We are not separate from these realms – rather we are inextricably linked to all of them. We are the infamous- it.

However, we do in fact live as individuals. And so personal transformation and fulfillment starts with each of us. As change challenges us on the planet, we will coalesce as source and nourish ourselves from the nectar of conscionable loving abundance. Together, as positive, open-hearted individuals, we are co-realizing planetary transformation, one conscious breath at a time, Now.

The Raw Spirit Diet represents an open, adaptable framework for each of us to achieve happiness in our lives, by looking at life holistically and dimensionally. ***The Raw Spirit Diet is a lifestyle diet of connection to source***, cast into the light with an open heart. It is not a recipe, a formula, or a strict regimen. Rather, it offers an adaptable framework of intention, acceptance, gratitude and ***imagination***.

My journey on this pathway began more than three decades ago. Just before pursuing my graduate degree in Planetary Development I spent hours of time at the Yes Bookstore in Georgetown. Books in an almost graduated ascension lead me to the logic of Light. Pierre Teilhard de Chardin and Rudolph Steiner became my foundational template upon which all the *esoterica* I could find was laid upon. Drawn to the study of antiquital cultures such as Atlantis and Lemuria, a spiralic pathway became evident as a living model of transformational efficiency. Cosmogogenesis, Anthropogenesis and Spiritual Evolution held my fascination. I left the U of Maryland Graduate School in Urban Studies and went to Goddard Goddard to finish my thesis.

I found myself inexorably drawn to Light – not only the physical manifestation that we see and feel every day – but the qualities of health, openness, freedom, and illumination that were associated with it.

As I began a successful career as an evolutionary natural foods designer, Light was always at the forefront of my work – the first Tofu Hot Dog I created – Light Links – was nourished (and of course named) in reference to Light. The Tofu company Light Foods that I started in 1979 was blessed by many wonderful souls throughout its life span. It was my first experience at commercial level, intentioned food. The magical and alchemical nature of Tofu was perfect as a medium for energy transfer. It taught me the art and grace of right livelihood and gratitude.

Over time, my study, experience, and interests led to working with individuals, businesses and communities engaged in transformation. What I have found in that work has reinforced my own spirit and confirmed what I have known to be true: ***living life fully – where each moment is sanctified – leads to truly positive transformation***. This is true on an individual level, as well as on a community and planetary scale.

So what do we mean by Raw Spirit Diet?

The Raw Spirit Diet is about recognizing that Source and we, are one. The Raw Spirit Diet is open and adaptable to the world, and explores each living moment fully. The Raw Spirit Diet embraces a holistic “diet” of ideas, experiences – and yes, food—that is unique unto each soul. *The Raw Spirit Diet is a Source diet that you are always on.* In fact, you will find that with direct experience of Source, a new freedom envelopes your life. The Raw Spirit Diet utilizes attention, intention, acceptance, gratitude and imagination as filters to navigate life, and it calls upon remembrance, exertion, discipline, patience and compassion on a daily basis.

An Offering To You

And so it is with humility and excitement that I offer the Raw Spirit Diet to you. It represents the core of what I know to be true, and is the practice I follow on a daily basis. By accessing Light, Sound, Breath, Physical Exercise, Physical Food, and Planetary integration, your body will feel rejuvenated, and every level of your being will be regenerated. This is not a diet that you need to do for a month and then leave. Rather, the Raw Spirit Diet is a framework of mindfulness and attention that you can integrate into your daily life as need and desire allows – ***achieving the benefits whenever you choose.*** It’s an open and compassionate pathway – never judging – that provides kindling for your own unique fire.

This eBook

This eBook and associated video are introductions to the method. They will give you the tools you need to get started on the path. I encourage you to join the Raw Spirit Diet Community at www.rawspiritdiet.com for the complete plan and the support of myself and others who are using the Raw Spirit Diet to connect with ourselves and the world around us.

A “DIET” IS MORE THAN FOOD

When we hear the word “diet” we often think of a temporary and restrictive eating regimen that aims to help someone lose weight. In the Raw Spirit Diet, “diet” is synonymous with “way of life.” I think of this overall approach as a **lifestyle diet** – a way of living your life that will connect you with powerful, positive forces. You follow the diet as it makes sense in your own personal integration strategy.

Who We Are

Each of us participates on at least these six levels of being. A “diet” therefore, can’t simply involve physical food – we must find ways to nourish and support at least 6 levels of who we are.

- Physical
- Mental
- Emotional
- Psychological
- Psychic
- Spiritual

Let’s explore each of these levels a bit to understand what they are, how they are different and what we need for them to be in a state of optimal condition.

Physical Well-Being

When we speak of Physical Well-Being, we are talking about our physical body - the most dense level of who we are – the vessel that takes us through this particular dimensional journey. This level is perhaps the most sensible because it is the actual physical manifestation of our selves. It feels good. It hurts. It gets hungry. It gets tired. It gets energetic.

Physical Well-Being of course doesn’t live by itself – none of the levels of being do – but when our body is suffering, in pain, or ill, the effects can be dramatic. Conversely, when the body feels terrific, our overall sense of well-being is improved.

Aging plays an important role in how our bodies feel and perform. Cellular toxins and decay work against us, which makes implementing strategies for rejuvenation and regeneration critical for us to live a physically-optimized life. So from a Raw Spirit Diet perspective, we want to take care of our bodies to the best extent possible.

Throughout history, across virtually all traditions value proper care for the body. Of all the systems of understanding of the body, I have found the Hindu understandings of Chakras – or energy centers– to be

helpful, with the vital force being referred to as Ojas. Some of you may be more familiar with the Chinese concepts of Qi/Chi energy. In each tradition, ancient wisdom (that is increasingly confirmed by peer-reviewed science) teaches us that managing the channels and meridians of energy flow are critical to the proper functioning of the body.

The Raw Spirit Diet supports the opening, activation, and energizing of the seven Chakras – a process we'll explore more in the next chapter. Working on a daily practice of energy clearing and detoxification, we support the body's energy networks. This allows our body's own powerful energy to come forth and interact with the energy fields of those around us.

Flow specific to the physical body in regard to the lymph system and the consistent removal of cellular waste is vital. Using conscious intent to visualize and actualize the movement of bodily fluids and system functioning facilitates the optimization of physical system activity. A sluggish metabolism invites blockages and allows dis-ease into the body.

Move daily and honor the magic of your beautiful physical form.

Mental Well-Being

When we speak of Mental Well-Being, we are talking about Peace of Mind.

The thought process for most humans is a super-highway of past and potential future events, dominating our mental energies. Most take residence in the middle of these highways. Stepping to the curb and witnessing these illusory past and future dreams is one answer for relief from mental anxiety and stress.

The mind need not be dropped, however, it can be expanded to state where it functions *on our behalf* as opposed to our detriment. In so doing, it bonds with the Noosphere. The Noosphere (pronounced "new-uh-sphere") refers to human consciousness and mental activity in regard to its co-creational influence with the biosphere. It is a meta-consciousness that we all can access, because we already have it.

Mind is a wonderful tool to behold and should be honored for its gift to our consciousness instead of being the false prophet of our reality.

The Raw Spirit Diet supports the clearing of mind, and the sanctity of an observable space uncluttered by past and future thoughts.

Emotional Well-Being

When we speak of Emotional Well-Being, we are talking about a peaceful easy feeling. I like to think of this as a *pono* sensibility. *Pono* is a Hawaiian term that refers to balance as emotional well being is about living in the "middle way" with regard to our judgments about life's experiences.

To be indifferent to the events in our life is often thought to be disrespectful to the experiences we encounter. However, when we step back and exercise non-judgment when looking at our experiences, we create a safe harbor for well being that supports emotional balance.

Life is sometimes experienced as a roller coaster, and we have to decide whether we are going to hop on “the ride” and go up, down, and all around. There is a different path, a middle path that allows us to live life fully, but also sustainably. The Raw Spirit Diet supports this middle way in regard to observing and responding to emotional events in our life. May we be graced with the knowing opportunity to clear our emotional past and patterns. A path of Freedom beckons via Source enjoyment.

Psychological Well-Being

When we speak of Psychological Well-Being, we are talking about a balanced response to mind inputs, the emotional orientation of the thought process. It is simply the attitudes and actions we take in regard to the mind inputs. Psychological wellness involves living in an adaptable space of equanimity. A calm that moves, flows, and changes like a river.

The Source connection we develop through the Raw Spirit Diet provides us with the holistic sustenance to inhabit this space freely using a range of dynamic relaxation techniques that we’ll explore later.

Psychic Well-Being

When we speak of Psychic Well-Being, we are talking about being sensitive to and understanding our expanded sensory fields. Balance is important here; the evolutionary arc we are experiencing is replete with amplified psychic energy fields between individuals, ascended entities and extraterrestrial influences.

The Raw Spirit Diet supports the balanced receivership and discernment of the psychic field predominately at play in these times. Psychic Well-Being is a shoe horn into the Fifth-dimensional connection with Source, and is the living enactment of the Raw Spirit Diet.

THE 7 CHAKRAS – PATHWAYS TO THE RAW SPIRIT DIET

Ancient wisdom has much to teach us about how to understand the different levels of our being. Having spent more than 30 years exploring these traditions, I have found that for myself and for those I work with, the Hindu concepts of Chakras are the most helpful ways to examine and optimize our levels of being. If your own work leads you to a different understanding, or preferred energy framework, that is perfectly fine – the Raw Spirit Diet isn't a rigid "how to" that requires your study of the Chakras. However, we will refer to them in the course of this book, so I encourage you to at least become familiar with the terms here.

The 7 Chakras are the energy centers in our body in which subtle energy flows through. Every one of the centers corresponds to an area of the body, behavioral characteristics and a stage of spiritual growth.

The 7 Chakras represent specific psychophysical energies that are activated one by one through the breath along with the flow of the elements throughout daily life. Energized and activated by daily practice, a fundamental energy called *Kundalini* energy can be conditioned to rise out of the first chakra and pierce the chakras above, causing various energetic experiences.

Blocked energy in our 7 Chakras can often lead to illness and dysfunction. In the Raw Spirit Diet, we use a daily Chakra Opening Practice to help open and align ourselves to ourselves and to the world around us.

The key is to raise each Chakra from unconscious levels of receivership and transmission to conscious levels of functioning. They are switches that we simply turn on via intention and imagination, allowing light to stream in to all of our bodies.

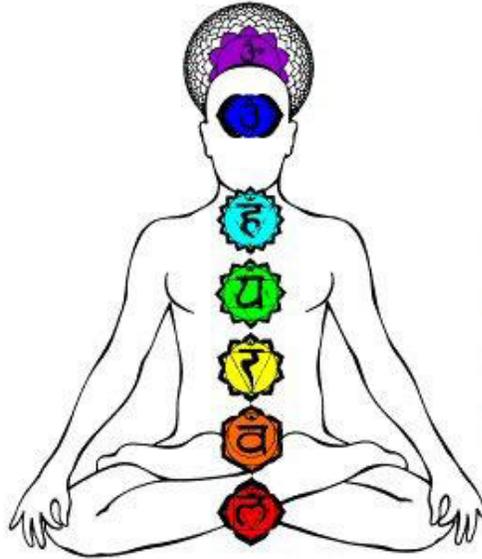
Since the spiral is a primary model of movement we employ it during the activation phase of the chakras, starting with the Crown and finishing with the Heart.

Any sequence of activation can be used, the key is simply to acknowledge their presence as catalytic points activating our Physical, Mental and Emotional bodies. The main Chakras govern from the root to the crown. The center of the mental body is the third eye while the second center (Sacral) is the center of the Physical body. The emotional body is centered in the heart and extends to the throat and down to the solar plexus where emotional energy is received and transmitted.

Classic Overview

The Crown Chakra

The Crown Chakra (also called *Sahasrara*) is the highest Chakra, and represents our ability to be fully connected spiritually. It is fittingly located at the very top of the head, and is associated with inner and outer beauty, our connection to spirituality, and the appreciation and experience of pure bliss.



1. The Crown Chakra
2. The Third Eye Chakra
3. The Throat Chakra
4. The Heart Chakra
5. The Solar Plexus Chakra
6. The Sacral Chakra
7. The Base/Root Chakra

The Root Chakra

The Root Chakra (also called *Muladhara*) represents our foundation and feeling of being grounded. It is located at the base of spine in tailbone area. It is often linked to survival issues such as financial independence, money, and food.

The Third Eye Chakra

The Third Eye Chakra (also called *Ajna*) represents our ability to focus on and see the big picture of our lives. This Chakra is located on the forehead between the eyes. It is associated with intuition, imagination, wisdom, and the ability to think and make decisions

The Sacral Chakra

The Sacral Chakra (also called *Svadhithana*) represents our connection and ability to accept others and new experiences. It is located in the lower abdomen, about 2 inches below the navel and 2 inches inward. It is often linked to our sense of abundance, well-being, pleasure, and sexuality.

The Throat Chakra

The Throat Chakra (also called *Vishuddha*) represents our ability to communicate. It is located in the throat, and is often linked to communication, self-expression of feelings, and our perception of truth.

The Solar Plexus Chakra

The Solar Plexus Chakra (also called *Manipura*) represents our ability to be confident and in-control of our lives. It is located in the upper abdomen in the stomach area. It is often linked to issues of self-worth, self-confidence, and self-esteem.

The Heart Chakra

The Heart Chakra (also called *Anahata*) represents our ability to love. It is located at the center of the chest just above your heart. As you might guess, the Heart Chakra is often linked to love, joy, and inner peace.

The Raw Spirit Chakras

In addition to the 7 classic Chakras, the Raw Spirit Diet looks to activate and open two additional Chakras – *The Crown Crown Chakra* and *The Root Root Chakra*.

The Crown Crown and Root Root can be activated after the initial 7 Chakras as expanded points of our immediate being, and allow us to connect fully with the Earth's core (Root Root) and Noosphere – or Planetary Consciousness. (Crown Crown).

UNDERSTANDING THE RAW SPIRIT DIET

The easiest way to understand how to live and embody the Raw Spirit Diet is to think about it initially as a 7 day practice. The Raw Spirit Diet is a framework for your individual exploration of truth relevant to the Who, What, Where, With and Why of your being. A simple path of attention, intention, acceptance, gratitude and imagination will yield the destiny of *you*, which in turn will yield the destiny of *us*.

Each day will provide a consistent practice of Healing and Clearing while offering suggestions as to your own possible pathway via Light, Sound, Breath, Physical Exercise, Physical Food, and Source. You will evoke Remembrance, Exertion, Discipline, Patience and Compassion while activating your Physical, Mental, Emotional, Psychological, Psychic and Spiritual Bodies.

Additionally, two energy fields will be offered on a daily basis for your experience. A Dream Field and the specific energy field of a Chakra.

it is important to remember that these are principles – not mandates. These are intentioned components that depict different aspects of Source nature. Source nature is *our* nature. Each of these principles, then, is an opportunity – a point of entry into your unique integration pathway. I offer these to you for use in your own process of discovery, proclamation, and emancipation.

| | Dream Field | Chakra |
|-------|--|----------------------------------|
| Day 1 | Thankfulness and Gratitude | Crown (<i>Sahasrara</i>) |
| Day 2 | Intrinsic Dignity (<i>Dhyana Yoga</i>) | Root (<i>Muladhara</i>) |
| Day 3 | Crown Crown / Root Root | Third Eye (<i>Ajna</i>) |
| Day 4 | Rightful Purpose (<i>Dharma</i>) | Sacral (<i>Svadhithana</i>) |
| Day 5 | Abundance (<i>Arta</i>) | Throat (<i>Vishuddha</i>) |
| Day 6 | Love and Joy (<i>Kama</i>) | Solar Plexus (<i>Manipura</i>) |
| Day 7 | Freedom (<i>Moksha</i>) | Heart (<i>Anahata</i>) |

Day 1 Of The Raw Spirit Diet

Let's go through the first day of the Raw Spirit Diet. A reminder here that a complete 7-day implementation of the Raw Spirit Diet is available to members of the Raw Spirit Diet Community. Visit www.RawSpiritDiet.com to get started.

| | Dream Field | Chakra |
|-------|----------------------------|----------------------------|
| Day 1 | Thankfulness and Gratitude | Crown (<i>Sahasrara</i>) |

Upon Awakening: Smile

1. Reiki prayer: Gratitude for the Day---Gratitude, Release all Anger, Release all worry, recognize your Authentic self and have compassion for yourself and others.
2. Drink two glasses of Alkaline water.
3. Take in 5 minutes of Sunrise sunlight into the eyes.
4. Exercise for 45 minutes, preferably a cardiovascular.
5. Practice healing and clearing **during** your workout.

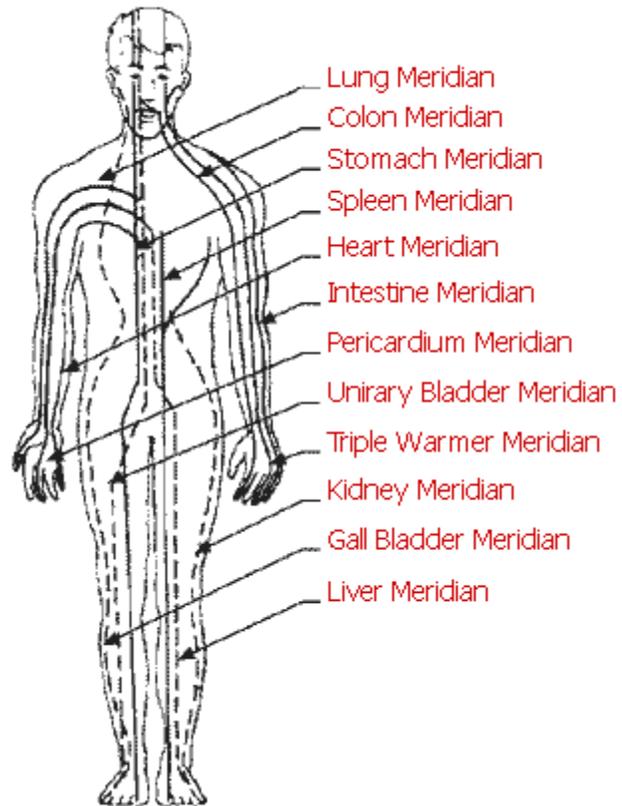
The Healing and Clearing Practice

- Acknowledge with gratitude the Physical, Mental, Emotional, Psychological, Psychic and Spiritual dimensions of our existence.
- Acknowledge your breath.
- **With visualizing intent** release all Grief, all Guilt, all Conflict, all Resentment, all Negative emotion, all Fear, all Stress, all Anxiety and all Tension.
- Release all energetic connections to Death, Illness and Aging specific to:
 - All past lives and Karmas.
 - All ancestral lineages through your Mother and Father.
 - All Collective Consciousness.
- **Activate by intention**, Rejuvenation, Regeneration and Youthfulness at the quantum level. Embrace by intention your Past, Present and Future. Integrate this energetically into the present.

- **Clear with intent and visualization** the Lymph system, see it flow freely through your body to the lymph center, the liver and kidneys and into the bladder and large intestine where it is eliminated. Visualize rejuvenation and regeneration throughout your Physical, Mental, Emotional, Psychological, Psychic and Spiritual bodies.

- Visualize light filled circulation of your blood from hand to hand and from foot to scalp, repeat rejuvenation and regeneration practice while honoring the uniqueness of the moment with open hearted gratitude.

- Visualize activation of the 14 primary energy meridians in the body filled with healing light, count 1 through 14 as they are each activated. (1-12 pictured at right).



- Meridian 13 is the Conceptual Channel; it runs along the midline in the front of the body and is aligned with the spine.
- Meridian 14 is the Governing Channel; it runs along the midline in the back.
- Activate the 7 Chakras in the body in the following spiral mode : *OM* (Center); *Hram* (Root); *Hraha* (Third Eye); *Hrim* (Sex); *Hraum* (Throat); *Hrum* (Solar Plexus); *Hraim* (Heart).
- You may open the Raw Spirit Chakras - *The Root Root* and *The Crown Crown*. This will give you a connective link running from the Earths core through you and into the Noospheric field about and through the Planet.

The Detoxing Practice

Visualize the following. We use imagination and the power of the mind to achieve this intentional detox.

1. Detox all cellular wastes. See this waste as being whisked out of your body.
2. Detox all Parasite and Parasitic wastes.
3. Detox all Radiation and Radiation waste from your body.
4. Detox all Virus and Viral wastes.

5. Detox all Bacteria and Bacterial wastes.
6. Detox all Fungus and Fungal waste from your body.
7. Detox all Yeast and Yeast wastes.
8. Detox all Mold and Mold Waste from your body.
9. Hydrate and Alkalize all body cells with Imaginary Alkaline Water. Use your mind to *intend* your body into an Alkaline state.
10. Oxygenate all cells with light filled Oxygen down to the Quantum level.

The Integration Practice

- Integrate with intention your Past, Present and Future.
- Accept the gift of Macrocosm / Microcosm positioning and embodiment as a continuum space holder. As above so below.
- Give thanks for this opportunity to be graced with health and well being. Rejuvenation and regeneration is our birthright.
- Spend as much time as possible exploring the Sun Salutation.
- Short Chakra spiral activation:
 - Sahasrara Dali *OM*
 - Muladhara Seli Hram
 - Ajna Gamma Hraha
 - Svadhisthana Kali Hrim
 - Vishudhha Alpha Hraum
 - Manipura Limi Hrum
 - Anahata Silio Hraim
- **Breathing** (*Pranayama*)
 - 7 In-breaths in each nostril with corresponding out breath through the opposite nostril.
 - Start with the left nostril and breath up the left Feminine Nadi Channel (*Ida*) to the Third Eye and release the breathe down the right Nadi Channel (*Pingala*). 7 in and 7 out breaths through alternating nostrils.

- Next breath in via a Himalayan Crystal Salt inhaler through the mouth 7 times, releasing the breath each time through the Crown Center. If you don't have a salt inhaler, simply breathe without it.
- Do an 8th breath through the mouth and let it sink down into the solar plexus where you hold it for as long as you can, then slowly releasing the breath through the Crown Center.
- You have now activated the three primary Nadi channels running up the spine. Feeling this energy move up your spine helps correct posture and affords one intrinsic dignity.

Connecting With The Dream Field and Chakra

- Dream Field of Thankfulness and Gratitude
 - Integrate these concepts into your day during all encounters. Set your clock to practice the Dream Field and Energy Chakra Field of the day for 5 minutes each and every hour.
- Chakra: Crown (*Sahasrara*).
 - The Crown Chakra represents divine union. Feel your connection through your Crown Chakra to source energy. Feel it come in through your Crown center with an in-breath. Hold for 3 seconds and release back up through the Crown Chakra.

Chakra Opening

Day 1: Crown Chakra (*Sahasrara*)

- *Sacred Sound: Om*
- *Image Visualization: 1000-petaled violet lotus*
- *Tone: Key of B*
- *Plasma: Dali*

This center is governed by the Shakti Goddess, Maha Shakti which means Union.

The Crown Center is one door way to Cosmic consciousness, it contains the dormant capacity for total enlightenment. Prana is a type of dynamic cosmic electricity. Within the Prana are the Plasmas - *Dali* (Crown); *Selin* (Base); *Gamma* (Third Eye); *Kali* (Sexual Center); *Alpha* (Throat Center); *Limi* (Solar Plexus); and *Silio* (Heart Center).

Think of the Plasmas as the motors within each of the Chakras. Once consciously breathed-in, these plasmas are directed to different Chakras where they provide energetic psychotelepathic fuel.

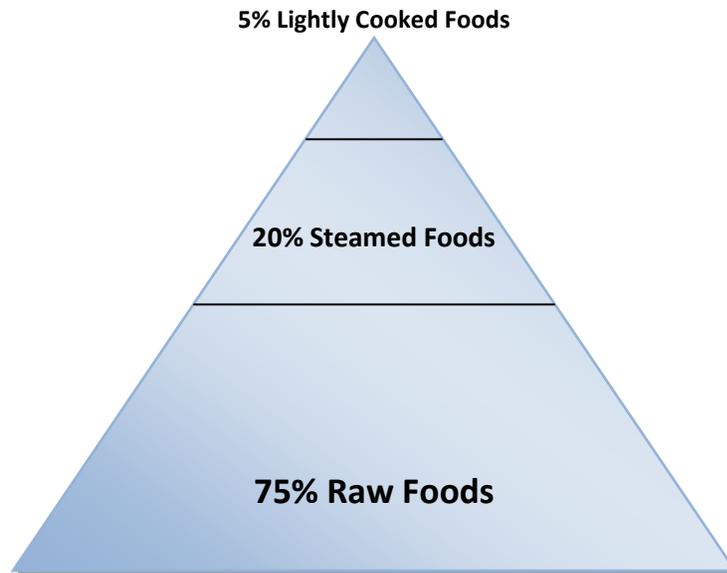
Practice:

- Sit still, with spine erect.
- Keep eyes slightly open looking toward the floor. **Feel your intrinsic dignity in this posture.**
- In this position watch your breath. Breathe normally. As you become aware of your thoughts just label them “thinking”, and as you exhale, dissolve the thoughts. It matters not the nature or content of the thoughts, just dissolve them. At that very moment, just as the thought dissolves, lies the Gap between thoughts. It is this Gap that you want to become familiar with and cultivate. It is the seed of natural mind and the key to your true, authentic self.
- Visualize the violet lotus.
- Visualize **Practice this each day** and note the subtle shifts in your perceptions and attitudes.
- When fully awakened the activities of mind cease and merge into the light of illumination.
- Not of a doing nature will knowing be known. Allow the feeling of experiential observation to guide you.

Relax with this information. Feel not specifically what it says but feel the webbing of connectivity that this information relays. A webbing in which you and I are inextricably apart.

The Crown Chakra supports a posture of receiving, conjoint with attentive body alignment. Reception of energy via this center is tantamount to the postural intention offered.

Eat According to the Raw Spirit Diet Food Pyramid



- Eat if and when you are hungry.
- Start a Sprout Garden. Eat fresh sprouts everyday. A simple diet of Fresh Sprouts, Nori sheets, Tahini, Pumpkin Butter, Almond Butter, Mayo, Umemboshi Paste, Fresh Garlic, Cayenne pepper, Himalayan sea salt in variation are life sustaining. Raw crackers or Rye crackers with Miso's and nut butters make a great snack. South River Adzuki bean miso and Raw Tahini on Rye crisps work great for me. I would avoid wheat for the week and see how you feel.
- Eat this variable combination – or whichever combination of foods in the Raw Spirit Food Pyramid is appropriate for you - every meal for 7 days.
- It is a one week exploration. You are encouraged only to be free.

Drink Alkaline Water

- Drink as much alkaline water as possible. If you do not have an [alkaline water system](#) (Ionways, Kangen, etc), use fresh lemons in your water. The key is Alkalining your body physically with water and energetically with intention and imagination.

Breathe, Laugh, and Visualize Light

- Filling you instantly throughout the day upon your command.

Continue the journey.

This book represents just the first steps on your journey to health, connection, and vitality.

A detailed 7-day video guide to the rest of the Raw Spirit Diet practice is available at www.RawSpiritDiet.com. As a member of the Raw Spirit community, you'll have access to additional learning material from myself, and you'll be able to share with and connect with others on a similar path.

I hope you will join me on this amazing journey.

The Raw Spirit Diet

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The information in this book, and on the Raw Spirit Diet website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Robert Davis, The Raw Spirit Diet, and Sattva, LLC. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.