

Manna - Your Food in the 21st Century
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Proper nutrition has become one of the most obvious concerns of our time, and even more so for those who are on a self-healing and spiritual path. Whatever the motive to search for a proper diet - coping with the demands of a stressful lifestyle, healing a disease, weight management, or supporting your body in sustaining a higher vibration of light, you have the power to produce manna.

What is manna? It is a non-material food that each one of us has the ability to generate in order to sustain our existence. It is not to be confused with prana or chi, and it is not absorbed from air, sun, or any other medium. It is a form of energy with nutritional qualities that we generate from our inner light.

It is quite possible that many people in different locations on the planet are currently feeding on this form of energetic nutrition. However in 2002 a process to re-activate the manna production in the body was channeled through by Christine Day, the founder of the Amanae and Frequencies of Brilliance energetic healing modalities. The ability to generate manna was first re-activated in the Frequencies of Brilliance practitioners to assist them in carrying and transmitting the higher frequencies of the more advanced levels of the work, so information regarding the way manna affects our bodies is based on the personal experiences of these practitioners, and the guidance received by Christine Day. This guidance emphasizes the need and the urgency to make this knowledge available now to the public at large in order to support us in an easier and faster transition to higher levels of consciousness.

The idea of feeding ourselves with manna might seem extremely objectionable to our intellectual mind. Food is our greatest human addiction, and the possibility that we could free ourselves from this fundamental dependency might sound 'revolutionary', on the verge of unthinkable. But in spite of what our ego-minds might say, producing manna is a natural human ability that we are born with but it shuts down quickly with the introduction of food. The re-activation of the manna production is in fact a process of remembering and is done by energetically activating the areas of the brain responsible for the manna production and energetically aligning the heart with the stomach along with some simple meditative exercises. As a result each person has the ability to create his or her own unique quality of manna.

Producing and ingesting manna is a Soul-directed process. Once the process is initiated, one can choose to feed only on manna for certain periods of time, or continue to eat 'material' foods in conjunction with it. Both choices are equally valuable. The pace at which one transitions from a traditional way of eating to ingesting only manna is entirely and uniquely guided by the Higher Self. Personal will power or ego-driven ambition cannot be involved in this decision. Feeding only on manna is not something to be forced. Following one's internal guidance is a sure way of initiating into and advancing in the production of manna for nutrition and the process is further sustained by trusting and allowing it to unfold naturally.

At first, once the system is reactivated, manna should be intentionally produced and ingested twice a day. In time, the process will become entirely self-initiated. Manna production and ingestion will start when it is needed, even if one is involved in other activities at the time.

Whether ingesting this energetic supplement with food or living solely off of manna the effect is tremendous on multiple levels.

On the physical level, manna provides complete nutrition to all the cells of the body, a nutrition that food alone can no longer provide. Furthermore this energetic supplement supports the body on multiple dimensions. The system comes into balance, consciousness is expanded and experiences will be heightened. Additionally, awareness of the 'real' energetic value of material foods is increased. Deep cleansing and adjustments in weight are sometimes associated with this process, according to the needs of the body at any particular moment. Even during the times when only manna is being ingested there is a complete absence of hunger and an enhanced state of well-being, vitality, clarity of mind, and peacefulness.

On an emotional level, producing manna is very nurturing. The experiences are quite personal, but in general the manna energy is maternal with a heightened awareness of love and truth. It helps in recognizing deeper and deeper layers of trauma, enabling one to embrace and release them. As the manna energy moves through the body, areas of tension and their associated emotions are exposed dissolving them into softness and fluidity at an incredible pace.

Ingesting manna is a deep act of self-love. It is a path of emotional healing. As the body becomes a temple of pure beauty and the mind gains clarity and peace, God is met.

Manna can become an essential part and partner on the sacred journey through life. It is a gift that only you can give to yourself. It unlocks the creative principle within the cells and opens you up to receive your birthright of sovereignty which in turn enables you to manifest your life on every level, from health and love to creativity and abundance. Nobody can produce manna for you as nobody else can 'remember' and reclaim this power that is you.

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