

Aged Urine And Fasting

DRINK. PEE.
EAT. PEE.
SLEEP. PEE.
PEE. PEE.

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Aged Urine combines really well with fasting. Definitely recommend and a great way to break a fast too by drinking it or doing an Aged Urine enema. During fasts one can do any Aged Urine protocols to amplify the detox process and clear the junk out the trunk faster, and something like aged urine massaging whole body rubs in the fasted state speeds

up everything and helps your body pull toxins out at this key time.

Aged Urine Drinking Vs Aged Urine Massaging.

Both extremely powerful but I wanted to specify that some of the magic of aged urine is lost when drinking it compared to when we massage it on the skin. It could be that in drinking it the stomach acids destroy the sensitive hormones in the aged urine or some of the aged urines alkalinity is lost in the stomach with the hydrochloric acid, making Aged urine massaging one of the most powerful ways to get all that nutrition and uber super structured water in with nothing lost. Direct shot into bloodstream and cells.

Aged Urine Massaging Is Localised And Systemic Medicine.

Drinking Aged Urine or under the tongue action is also different to massaging in that it only delivers you systemic medicine. What this means is the medicine gets all around the body via the blood/circulatory system targeting everything but in small amounts. You cant pick and choose an organ or a part of the body to go all out in with the medicine with systemic medicine only. Its still good, but here's where Aged urine massaging comes in as extra special.

Aged Urine Massaging is also systemic medicine, but also localized too! When you rub your aged urine say over your liver, the medicine will be localized and seep right into the liver itself as well as also being systemic as the skin is full of blood so the aged urine makes its way all around the body via the blood /circulatory system too! This makes aged urine doubly powerful, not to mention how little of the aged urine is actually used massaging it its a win win !

You can target specific ailments and problems, like weak adrenals/kidneys, liver , colon, thyroid, weak legs etc with the aged urine massaging and getting this systemic and localized medicine in, plus no loss of power by going through the digestive system and straight into the bloodstream which lies only 1/ 10th of a millimetre below the skin surface (prick your skin with pin you will see if you don't believe me).

Currently I'm doing some aged urine massaging in morning first thing upon awakening at sunrise time and last thing before I go to bed at night for approx 10 minutes each. Let me tell you a little goes a long way with this small amount of aged urine use, it comes highly recommended as one of the most efficient and best uses of our holy shivambu medicine.

You will notice your aged urine smells, but that's not a problem if you drink it, up the bum in enemas, under the tongue etc, only presents a challenge with aged urine massaging so strategies around this include doing them massages last thing at night as the smell goes away completely after only a few hours, plus using essential oils on skin after, and also massaging fresh urine over the skin after (latter point takes away 70% of trace smell). You can stack them too, doing all 3. No smell is key so as not to ostracize yourself and offend people. Stay safe fam.

Which Fresh Urines Are Best To Capture For Our Aged Urine

Simple answer. It doesn't really matter. I want you if you're just starting out to capture any fresh urines, not just the oft talked about first of the morning mid streams, but any really. Why? Because as the urine becomes aged, even in the most unhealthy of people, it becomes holy powerful. J W Armstrong found this out in the 1930's and 1940's when he healed thousands of sick and dieing people with their own aged urine, massaging it in for 1 hour plus (the longer you spend here obviously the better). I highly recommend people read his book, *The Water Of Life*, which has re-popularised this therapy to western nations along with *Martha Christy's* excellent *Your Own Perfect Medicine*. For current times I have a dear brother called Dave Phillips who has written another excellent one, combining the powers of Urine therapy with eating only meal a day, essentially a

fasting +urine diet, called *OMAD ORIN LOOPER*, I have re-read it several times and i hope you re-read mine!

For the geeks and hard-core mad scientists the best urines to capture for ageing are first of the mornings when you're in fasted state naturally, after you have just eaten something good for you and nutritionally sound, like fresh fruits and vegetables, and the best of the best, the cream of the crop is the *fasting urines*, those ones captured deep into a fast, be that a juice fast, a water/urine fast, and especially a *dry fast* (future book on dry fasting inbound at some point, its along with aged urine the top two of healing modalities).

Urines captured in this pure state make very special aged urines that will amplify the vessel in super quick time. But to repeat, all aged urines are holy, mighty and worthy. Try it and see! (don't even believe me).

How To Speed Up Your Aging Of Urine

For the geeks in the house I guess. Who want to heal. from diseases faster. Who want to optimize the vessell as quickly as possible. Firstly *solarisation* aka leaving your urine bottle to age outside in sunlight, especially the sunrise and sunset red light therapy suns. All sunlight frequencies structure the urines quicker, but especially visible and invisible red frequencies of sunlight. So leave it out under (cloud cover)

sun.

No 2. As mentioned in my first book, the urine will age with lid open or closed. However a closed lid does indeed slow down the ageing process so with that being said, if you can, open the lid or put a breathable cloth over, to speed up its ageing!

Thirdly you can use the power of magnetism by putting your urine bottles over a magnetic water coaster for example. The stronger the magnet the better. This structures the ageing urine even faster than if you did not use it, i experience this speeded up more powerful aged urine every time i leave my urine to age over a magnetic water coaster and this is further proof to me my theory that the main mechanism of power of aged urine is its *uber super structurization* its stronger magnetic effect. The alkalinity of the aged urine maintains that structure. So bottom line, use strong magnets or use a magnetic water coaster.



Aged Urine An Electricity And Magnetism

Aged urine is extremely electric and highly magnetic. Its deep electric energy run through the size cluster and sheer quantity of negative ions plus uber duper super structured super viscous (smooth/fine) water allows our body to receive the electricity it needs to function to its highest potential.

The deep magnetism of the aged urine runs in there pulling up the deepest set/stuck of patasites, toxins and heavy metals because these are all positively charged. What do opposites do? Attract! There's no need to complicate the won-

ders of aged urine too much as these are definitely the main reasons why its more powerful than sun. And don't forget, aged urine preserves the nutrients hormones, enzymes, neurotransmitters (serotonin dopamine GABA etc),making it the ultimate supplement drink.

Conclusion

If you want more information see ,my youtube channel where I have many aged urine videos., you can find them @holistic health with harry, also add me on facebook @harrymatadeen as my handle, where I also talk and share about it.

The tips are out there too for free. Buy my first book on aged urine too, for a how too on the myriad powerful wats to get aged urine into your system. And our aged urine group on fscbook, where we have a strong community of like minded souls on your journey into aged urine and urine therapy

Lastly I would like to leave you with a message to enjoy life make the most and not take it too seriously..yYour aged urine will transform your health vibrancy and level of consciousness but never forget our life here in duality is temporary so lets all be silly! Namaste. Harry

Let your tears flow to purify stress and negativity.

When we suppress our tears,
we suppress our healing.

THE BENEFITS OF CRYING

- It activates the parasympathetic nervous system aka our calm state
- It releases toxins from the body
 - It releases stress hormones from the body
 - It releases oxytocin and endorphins, which help to relieve pain and elevate mood

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Jessie

WHY and HOW
is aged urine
more powerful
than fresh
urine?



A Post By Monica Schutt On Why Aged Urine Over Fresh.
WHY AGED URINE A POST BY Changa Charanga

I feel the inner impulse to address some misconceptions about AGED URINE... I hope you don't mind my involvement in the discussion or "debate" in this way... but it is so much I have to say, that it would be more fair to share it as a new post instead of packing it in a comment section. :)

FIRST MISCONCEPTION I FIND is when people say aged urine is only for "external" use....:

When we apply aged urine on our skin, we are also “drinking” it through our pores. It is an “external” use, but it is actually an INTERNAL TAKE, as powerfully healing as it would be introducing the aged urine through the mouth or any other way.

SECOND MISCONCEPTION I FIND is when people think it is "too powerful" to start with, that it's better to start with fresh urine only....:

There's no reason to fear the power of our urine. When it's aged, it enhances its power simply because it has had time away from the unhealthy habits we subject our bodies to on a daily basis - which of course affect the purity of its water - and so the urine as it is held in a new container that is not the body, has the chance to work on its own purification... PERFECTING ITSELF... becoming a much purer medium to hold the light of divine spirit, so it reaches a HIGHER VIBRATION, thanks to “fasting” and if we use THAT *high vibrating (aged) urine, we will get much more LIGHT into our bodies, much more HELP of this DIVINE ENERGY! ✨ ✨ ✨ ✨

This can only do us GOOD!!

Why fear it?

There's absolutely no reason to fear this LIGHT - it's DIVINITY itself. It can only do us good and it will never be a shock or anything bad for our system. Only our fears are all that. But not love... and this energy is PURE LOVE. This divine energy - or perfect LOVE - KNOWS how to act best in every situation and under any circumstance... for every body, for every person, so it will not create any shock or unnecessary experience. WE CAN ALWAYS FULLY TRUST IT and surrender to its action... IT'S a SUPREME DIVINE LOVE, that CARES PERFECTLY FOR US, BEYOND ANYTHING WE CAN IMAGINE.....!



And I find it totally understandable that the people who have experienced this powerful love, this amazing divine care - thanks to their own use of aged urine - will want to talk about it and share with others very passionately.

THIRD AND FINAL MISCONCEPTION I FIND is that aged urine consumption do not belong into the UT practice because there is no literature on it...:

Aged urine is part of the urine therapy as it is plain URINE... simply in a much purer state... and books are written thanks to the new experiences people have made, right? It's thanks to the "pioneers" that books about certain practices

or modalities started to exist and we all have this pioneering spirit in us, which allows us to grow and evolve... share in books/ written, it also furthered the development of literature and humanity... so, why should we stop or put our pioneering spirit ever on hold?

There's no reason not to continue making more new discoveries and experiences just because we haven't read about them in books about... what kind of reasoning would be to live our lives only based on pre-existing knowledge we found in books? To only base our life experiences on what's been written by others in a book? Do we really think we so limited and incapable of something else, something more? What about our own book :D ? I know each one of you has their own book written in your soul and I WOULD ACTUALLY LOVE TO READ THAT BOOK!!! I know it's awesome!! A real best seller!! Only not yet printed out.

Our own soul teaches us all truths... and it is not limited to any external literature.

Also our ancestors knew so many of these truths and many were passed unto us through word of mouth only... or perhaps they were as well written in all the books which had been burned, among all of the real knowledge that the "wanna be controllers of this world" tried to silence and continue to attempt their censorship!

Let's not fall into this category of people wanting to control or limit our real expansion, to stop or hinder our own exploration to reach full awareness. All truths are found within, not limited to external books, but primarily in our own book.

If I don't see any books on a certain subject or no words in the pre-existing books dedicated to a subject of my interest and study, which of course (as with all things) can always be DEVELOPED FURTHER, then I find only MORE REASONS and encouragement to investigate further beyond what the pages of those books show me, through connecting with my own inner soul guidance and following its impulses, making my own experiences, doing my own exploration and discovery... then naturally SHARING MY FINDINGS WITH ALL the people who are interested, and I think THAT'S WHAT GROUPS ARE FOR... so we can all continue growing through our interaction, sharing our testimonials, exchanging our findings and views... this to me is making/writing more books in the flesh and never stop or settling for anything other than the full discovery of ourselves in this fantastic opportunity of our life existence... I only wish for us all to keep on learning & growing like that... pretty much free style, only paying attention to stay within the natural frames of love and respect.

I love all UT groups and I'm truly very grateful for all the work and dedication admins and members put into them, to keep the groups alive... they are for me a wonderful and sacred ground, a perfect support system, much needed to inspire and strengthen our ever continuous growth...! ✨

I TRULY THANK YOU Monica L. Swift AND ALL IN HERE FOR ALL YOU DO!!! I know it's all done with the best of intentions and so is this text I'm now sharing...