

Turtle Lodge Presents
“Second Annual Celebration of Giving”
November 24, 2010

From the heart of the Continent... The center of America

B E N E F I T S O F F A S T I N G

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The Turtle Lodge has initiated an annual event that celebrates the important act of giving to the community. This event is called **A Celebration of Giving**.

Annually, on the day before American Thanksgiving (American Thanksgiving is the 4th Thursday of November, so the **Celebration of Giving** is the 4th Wednesday of November!), people are encouraged to experience fasting for one day, and to Give themselves in Service to others or the Earth in some way. By fasting, we are celebrating the value of giving, and appreciation for what the land has provided, by not taking from the Earth for one day. Those fasting are being encouraged to get sponsored to fast for the valued amount of food not being eaten that day, with all proceeds or food being donated to an initiative of their choice. **We encourage people to give to the [Cultural Restoration Foundation Supporting Ancient Indigenous Knowledge](#), managed by Turtle Lodge. The Elders say that restoring the culture will restore the spirit and health of the people. This year funds donated will go towards supporting the Makoose Ka Win and Vision Quest coming of age initiatives for young women and men, taking place from June 15-21, 2011.**

We are supporting youth aged 12 and over to go on a 24-hour fast, refraining from food, in support of the Celebration of Giving. Those who are fasting may take a limited amount of water during this time. Younger children may show their support by Giving themselves in Service in other ways. For thousands of years, many cultures around the world **fasted** for purification, to give of themselves for the greater good, and for spiritual reasons. More and more people today are again realizing the benefits of **fasting**.

Fasting gives our bodies and the Earth a rest and allows us to cleanse, detoxify and heal. Historically, people lived on a sparse diet free from pesticides, food additives, drugs and toxins. Today we consume more toxic substances than all the generations before us. Levels of built-up lead in our bones can be 200 times greater compared to those excavated 2000 years ago. Children today are born with toxic blood. Through air, water, food and even mother's milk there is absorption of thousands of toxins and chemicals that saturate the environment. These toxins have affected the Earth and our bodies.

Fasting overhauls the respiratory, circulatory, digestive and urinary systems. It helps destroy all the impurities of the body and all sorts of poisons. It eliminates uric acid deposits.

Fasting helps rebalance us and reconnect us to the land. Obesity and other health problems are symptoms of our imbalance and disconnection, and also reflect the amount of toxins and chemicals that have been introduced into the natural food chain. Fasting will support the realization of how life is all related and connected to the Earth, and could bring in a new paradigm of thinking about our values and behaviour.

Fasting begins to help us reach a higher level of understanding life and our connection to the Earth. We have arrived at a point in our evolution that we must stop and look at where we are going as humanity. Is our current course one of sustainability? Going on a fast helps bring us to a STOP to consider our future.

We need to consider our humanity. We need to consider what we are doing to ourselves. We need to consider what we are doing to the land. We need to consider our children's future, as what we do to the Earth we do to our children and future generations.

Fasting is...

- A universal remedy for finding peaceful resolution to the daily challenges we face.
- An act of kindness we give to the Earth by not taking from her for one day.
- An act of detoxification, thankfulness and appreciation toward our own bodies.
- Introducing an act of collective fasting helps a community come closer together.
- An opportunity that can lead to more awareness and action.
- A pledge of stewardship to the Earth and our children.
- Can purify the body, mind and soul.
- Can lead to clarity of purpose and vision, which leads to the pursuit of greater ideals for a life that will benefit all of us and generations to come.
- An act of beginning in finding balance and harmony with ourselves and the Earth.
- An act of humbleness and giving of oneself. We come to realize the many benefits of Giving.