



Food-Churchian “Isms”

Wisdom from the Big Electron

the doctrine of

Food Church

www.Food Church.org

Introduction

Humanity grows more intelligent by the day, yet clearly there is also less happiness and more trouble daily. Why? Because intelligence is not the same as wisdom. People are overfocused on intelligence and have lost sight of wholistic wisdom, they forget the benefits of a simple, natural life. They are seduced by desire, emotion, psychological excuses, and ego; like slaves to luxury, convenience, and unbalanced fanaticisms. Clearly calamity and confusion reign.

Nonetheless, Food Church has been founded during these tumultuous times to cultivate the soft, green path in the name of charity and good will, to shepherd the weak through the valley of darkness, liberating the lost from the scorched black path.

But how can a Food-Churchian liberate anyone? By first liberating the self. This is not done by elevating yourself, but lowering. Lower to that which is modest, simple, true. By shedding the false and virtual, we rediscover our original nature—one with the nature of the universe. This is the essence of the Green Path.

Food Church provides space for such introspection, nourishing the world with wholesome food, living water, clean air, and supportive community. But how can a Food-Churchian nourish anyone, much less the world? By first nourishing the self—living within one's means, prioritizing local resources, tending body, mind, and spirit with daily discipline, and rooting deeply in community and nature. As it is said, a glass can only spill what it contains.

When life finds balance, divine energy flows naturally, harmonizing all things in an integrated oneness.

This is Food Church.

FOOD CHURCH

“I think we’re part of a greater wisdom than we will ever understand; a higher order, call it what you want. Know what I call it? The Big Electron. It doesn’t punish, it doesn’t reward, it doesn’t judge at all. It just is.”

- George Carlin

1.

What is a “Food Church”?

A Food Church is any place where food and water,
home and community, are freely shared—
the earth tended regeneratively,
home mindful of public/private overlap,
community guided with consensus,
each member contributing for the good of all creation.

For at a Food Church, indeed anywhere on the Green Path,
a few hours of honest work,
given in harmony with the land,
feed and house the body and soul.

Those who tend inner and outer nature with willing hands
find themselves at home wherever roots take hold.
Food, water, home—these are not owned,
but offered, like the breeze and the rain.

With basic needs met, the mind is free
to wander the fields of wisdom,
to shape dreams into deeds.

2.

What is “Food-Churchianism?”

Food-Churchianism is based on a timeless understanding of principles that resonate beyond the current plane of existence where the structured order of time and the chaotic upheavals of nature meet and are made one.

For there are countless partial religions, and then there is Food Church.

Partial religions are desperate, clever, human inventions; Food Church is a profound reflection of the pure, whole, universal mind we call The Big Electron. Partial religions rely on hypnotic manipulation of undeveloped minds, i.e. Pavlovian conditioning, social sciences, etc; Food Church is grounded in the free transmission of self-apparent, immutable truth. It is a total reality, not an hidden practice.

Food Church avoids fanaticism and rigid dogma, extravagant living, over-processed food, and violent music, for such things spoil the serenity of one’s mind and obstruct spiritual growth. Renouncing what is fashionable and embracing what is plain, honest, and virtuous, Food Church reflects the subtle essence of life.

Adopt its practices and you will become like they are: honest, simple, virtuous, whole, thriving.

Those who study and practice the truth of these teachings will be blessed. They will acquire the subtle spirit of intuition, the sharp blade of discernment that cuts through all obstruction, and the metaphysical pearl of perception that envelops the entire universe. By following the truth with shameless sincerity, one becomes the truth: intact, indefinable, intrepid, incorruptible, ineffable.

3.

Food-Churchians do not build from the top down,
but begin with the soil beneath their feet.

A small seed, tended well,
can become a forest.

For change begins with one seed:
one field,
one kitchen,
one home.

Let the pattern be simple,
let the roots run deep.
Then the way of harmony can spread without end.

4.

Food-Churchians recognize that the supreme good resembles water:
it nourishes without striving,
occupies humble spots,
and sustains life by yielding to terrain.

We mirror this by assigning some things to ideal places,
like a knife to the kitchen or a book to the shelf,
freeing people from attachment
to prosper in suitable surroundings.

People, likewise, thrive in the right types of places.

As such, we treat it as sacrament to provide the right things in the right places, and the right people to such places in order to guide others in their proper use and respect.

Like a school that is always available,
never forced upon someone,
never charged money for;

One can attend as many or few classes as they like,
while their basic human needs supplied,
beginning with food, water and shelter,
expanding into other amenities and opportunities,
as long as they participate in 15-20 hrs/week of contributive activities.

When there is no contribution, trust wanes.
When there is destructive action, access is lost.
When there is contribution, trust builds.
When there is excessive contribution, all thrive.

5.

Food Church reminds us that we were put in this place(Earth) at this time(now) to tend the gardens, and to accomplish specific “soul goals.”

The garden is multiform: the Outer Garden, in which we are immersed and experience through the senses is called Gaia(Earth), who cares for us and gives us everything we need to live, when we need it; The Inner Garden, for which one must care and supply everything it needs to thrive; And the Gardens of Spirit, which is broadly to say those places not perceived through the five senses.

By tending the Inner Garden, one can positively influence their immediate environment and ultimately the world.

By tending the Outer Garden, one can positively influence their Inner Garden and seed tranquility and peace.

The soul goals are specific directions of growth that each of our souls chose or were tasked with and agreed to before tuning into this plane, and they are achieved on a path of peace that strives to better our inner and outer world. The goals of an individual soul are harmonious with goals of the world-soul, and can only be sought together. Soul Goals are attained by the practice of indiscriminating virtue.

You cannot have a lush inner garden without having a lush outer garden. The soul reflects everything it comes into contact with. Looking without one can only perceive that which has happened, or is happening. Looking within, one can peer into the infinite web of possibilities that meets with the past to form the illusion of the present.

To garden means not only to accept responsibility for the energy you manifest, but to take responsibility for your problems, as well as any other problems that fall to you. To Garden is to live in the real world, and for all to thrive you must extend your virtue to the real world without discrimination in your daily tasks.

Gardening, indeed all collaboration with nature, is an ephemeral practice that reminds one to remain unattached to accomplishments, and to take credit for nothing at all.

6.

Food-Churchians live holistic lives, striving to integrate mind, body, and spirit in all acts, rather than the common practice of overemphasizing the intellect. For a Food-Churchian, there is no difference between spiritual and practical life. They live simply, virtuously, sincerely, and see all as one. Pursuing possessions, conforming to expectations... these can only distract from your true nature and drain your energy. Ignore time.

Let go of concepts and ideas; embrace unity. This is the Green Path. It leads to mastery of knowledge rather than becoming victims of concepts.

7.

If you wish to avoid being confused, then join your mind, body, and spirit in all you do. Value things not for the difficulty of their obtainment, but those received in alignment with the effortless flow of nature.

When a new invention is presented, search for the troubles it might cause as well as the shortcuts it offers. Value old ways that have been proven effective, and equally value new ways if they can be proven effective.

Select food, clothing, and shelter that align with nature, for local food is attuned to local bioelectric energies, many synthetic materials isolate us from the health-giving aspects of the earth's energy grid, and proper site location enhances absorption of these energies. Use your own body for transport so that you may remain grounded. Let your work and your play be the same. Flow. Do exercise that enhance not just the body, but the three spheres of your being. Listen to music that harmonizes the three spheres.

Choose leaders for their sincerity and integrity, not those motivated by power, money, or rigid morality. Serve others at the same time as cultivating yourself. True growth comes from meeting the problems of life head on in a way that is harmonizing to yourself, others, and all nature.

8.

Unless the mind, body, and spirit are equally developed and fully integrated, no spiritual peak or state of enlightenment can be sustained. This is why extremist religions and ideologies do not bear fruit. When the mind and spirit are forced into unnatural austerities or adherence to external dogmas, the body grows sick and weak and becomes a traitor to the whole being.

When the body is emphasized to the exclusion of the mind and spirit, they become like cornered cats: frantic, explosive, and completely indifferent to any damage caused. All such imbalances inevitably lead to exhaustion and expiration of the life force.

True self-cultivation involves the holistic integration of mind, body, and spirit within the self and within the natural world. Balancing masculine and feminine energy through the various practices of Food Church, one achieves complete unity within and without. This manifests in the world as perfect equilibrium, and perfect grace.

9.

The time-honored disciplines of Food Church calm the mind and bring one into harmony with all things.

The first practice is the practice of indiscriminating virtue: take care of those who are deserving; also, and equally, take care of those who are not.

Thus Food-Churchians strive to simply honor our parents,
love our children,
help our siblings,
be faithful to friends,
care for mates with devotion,
complete work joyfully and cooperatively,
assume responsibility for problems,
practice virtue without first demanding it of others,
and understand the highest truths yet retain an ordinary manner,
for when virtue is extended in all directions without
discriminating,
feet are firmly planted on the path that returns to the Big Electron.

10.

If you wish to practice Food-Churchianism,
then carefully observe that which serves the nature of life
and offer that to the world.

Allow your devotion to learning the ways of nature to be complete.

Partial discipline and partial practice will not do,
for one cannot know the body by studying the finger,
thusly one cannot understand the universe by learning one
science.

If you wholeheartedly study the whole of the Big Electron,
then it will be reflected by everything in your life.

11.

There is a divine spirit that cannot be named,
for to name it is to miss its depth.

The mind that seeks to know it stumbles,
for it is beyond oneself, yet it is the self,
filling all things before thought arises.

It is not born from feelings, nor shaped by will,
it is the root of heaven and earth,
beneath the soul,
the steadfast womb from which existence flows.

12.

The Big Electron gives rise to all forms, yet it has no form of its own. It is tempting to view the expanse of the universe as the body of the Big Electron. That would be a mistake. If one identifies the Big Electron with a particular shape, they will never see it. If one attempts to fix a picture of it in their mind, they will lose it; like pinning a butterfly: the husk is captured, but the flying is lost. Why not simply find contentment in the experience?

13.

The Big Electron doesn't come and go.

It is present always, everywhere,
like the sky, which can't be seen if your mind is clouded,
which doesn't mean it isn't there.

If you can let go of words, ideas, expectations, and attitudes,
the Big Electron will loom into view,
for all misery of life is created by activity of the mind.

If you can be still and look inside,
then you will see that the truth is always present, and always
responds.

14.

Subtle awareness of the truth of the universe should not be regarded as an achievement. To think in terms of acquiring it is to place it outside your own nature. This is flawed and delusive. Your nature and the integral nature of the Big Electron are one and the same: indescribable, but eternally present. Simply open yourself to this.

15.

The minute particles which form the universe are not actually small,
just as the vast universe is not vast.

These are notions of the mind, which is like a chisel,
always chipping away,
trying to sculpt an image of the Big Electron,
to render it knowable and tamable.

But that which is beyond form cannot be grasped,
and that which is beyond knowing is untamable.

However, there is consolation in this:
whoever lets go of the chisel will find the truth at their fingertips.

16.

How then can the Big Electron be seen? In majestic beauty,
magnificent marvels, or miracles?

The Big Electron is not obliged to present itself at all,
much less in those ways,
though it is always present and always available.

When mind is dissolved and speech is exhausted, it presents itself.

When purity and clarity are cultivated, it reveals itself.

When sincerity is unconditional, it unveils itself.

If you are willing to be lived by it, then you will see it everywhere,
even the most ordinary things.

17.

To find a better view of the Big Electron, do this: step away from shallow mass movements and go quietly to work on your own self-awareness. If you want to awaken the whole of humanity, then awaken your whole self. If you wish to see the suffering of the world eliminated, then eliminate suffering in yourself by letting go of all that is dark and negative in yourself. Truly, the most valuable gift you have to offer is that of your own self-transformation, actively growing and changing.

So find a mentor who is an integrated being, a light who shines their virtue with equal ease to those who appreciate it and those who don't. Let their example shape you, bask in their uplifting presence, and share that energy with the world. You will come to understand this eternal truth: there is always a peaceful home for a virtuous being.

18.

The immutable laws of the Big Electron are unavoidable:
energy becomes substance, thought becomes reality.

A person eats through the mouth, not the anus.

One who decides to stop breathing will shortly turn blue and die.

Some things just are the way they are.

Just so, what you think determines what you say,
which determines what you do, which determines what happens
in your life.

Many people think this law is decreed from some power outside
themselves,
feeling confined and controlled by it,
their desires trouble their mind, mind troubles spirit,
leading to constant turmoil within them and the world.

Their whole life is spent struggling.

Therefore, recognize that you and the subtle law are one.

Cultivate yourself to align with it,
bringing moderation to your actions and clarity to your mind.

Doing this, you will find yourself at one with the divine and
enlightened,
days spent drinking in serenity and breathing out contentment.

You are the master of your life and your death.

What you do is who you are.

19.

The mind names this and that, and so opposites arise.

Yet these are but shadows cast—Nature itself knows no division.

The sage dwells in the midst of seeming opposites,
where the Green Path lies, seeing the unity beneath.

Life and death, virtue and sin, good and evil—
each gives birth to the other.

To cling to one side or the other is to miss the wholeness.

The wise step beyond “me” and “other,”
letting go of boundaries, resting in the Great Unity.

Thus, by seeing through division one returns to the Big Electron,

The source of all things, beyond division, Where harmony
prevails.

20.

Duality is an essential feature of human perception, a byproduct of perception and language, not a fundamental reality.

Recognizing that opposites are judgments made by human minds, the sage lives openly with apparent duality and paradoxical unity.

In nature, these distinctions do not exist—everything simply is, in harmony with the Green Path.

Food Church invites us to see beyond the surface-level dichotomies and to recognize the underlying unity of all things. The perfection of the Green Path is found in allowing apparent duality while seeing the unity that underlies it. Life and death, virtue and sin, good and evil—these are all pairs of opposites that define each other but ultimately flow together as aspects of a unified existence.

That is why Food Church encourages stepping out of the mindset of “me” versus “other,” recognizing that the boundaries we create are illusory. True wisdom is not about choosing one side of a duality but about seeing through the division to the wholeness beneath. By transcending dualistic thinking, one aligns with the Big Electron—the source of all things, beyond division.

21.

Do not rush to cleanse the world, nor your own heart.

Purification happens along the Green Path without striving.

They who hurry to shape all things
unshape the hidden harmony.

So let the living grow in their season—
both the wild and the cultivar find their places by the turning of
Heaven.

Trust the slow, unspoken working of the Green Path;
it ripens what is right without a hand to force it.

22.

Earth yields fruit to all who tend her,
hoarding not for spring alone.
Water gives to valley and plain,
asking nothing in return.

The multitude grasps, and scarcity follows.
The community shares, and abundance unseen flows.
True provision mirrors the Green Path:
empty the granary, it fills; close the gate, it overflows.

Those who force giving bind the receiver.
Those who give freely unite with the living stream.
In harmony with water and earth,
the seeker comes empty-handed, departs nourished.

The greatest gift is no gift at all—
it arises from soil's silent pulse,
and water's boundless gift.

Thus the Big Electron sustains without name.

23.

Within one person live ten thousand beings.
Some are quiet, as still water,
others stir like storm winds.

If you try to bind the storms, the rivers will dry.
If you cast out the wild beasts, the forest will die.

The wise do not conquer their nature — they make room for it.
They build a wide valley where madness may roar and calm may
rest.

In freedom, the artist finds form, the lover finds heart,
and the healer finds the pulse of all things.

24.

The wise steward all nature—
the trees especially,
for they are the mightiest stewards of earth, air, and water,
which is the lifeblood of our living earth,
and the source of life thereon.

25.

Remember that nature, life, identity, and community are inseparable from food. Food and self are one. As you eat so are you eaten, for all are made of the Big Electron, and all shall return to it.

Other life is not apart from you—it is you in another form.

For this is the symbolic bond all life shares, for something to be, something else must un-be, to have life, one must take life.

To exist is to partake in this sacred exchange, to take and to give back.

So give freely, nourish the weak, and share without seeking reward. Honor what nourishes you, and bless your body, for it will feed lives to come.

For all lives, creatures, plants, cells, etc, all flow with the unseen currents, striving for harmony with the energies around it, echoing the world's breath, reflecting and remembering the Big Electron.

26.

Food-Churchians do not make what need not be made.
They do not craft from what wounds the web of existence.
When the earth gives fiber, leaf, and clay,
why melt the mountain for what serves but once?

What comes unasked and easily into our hands,
we treat with reverence, for all things are part of the Big Electron.
To cling or carelessly cast aside are both excesses—
the Green Path honors neither waste nor want.

The world rushes two steps and stumbles one;
the sage takes one step and pauses.
In stillness, the next step appears of itself,
and all returns to balance.

27.

If you hide your virtue, it withers;
let it flow and the world is nourished.
Like water that flows to peak and valley alike,
so too does the sage uphold all beings without favor.

For both the strong and the weak,
the rich and the poor,
the seen and the unseen—
all are born of the same breath.

The Big Electron does not name one race higher than another,
nor gender above its counterpart.
It does not measure worth by wealth,
by lineage, by speech, or by limb.

To honor the Big Electron is to see the infant in every face—
pure, unshaped by judgment.
Be like the riverbed that receives all waters,
clear or muddy, without refusal.

28.

When the heart is clear and the vital energy flows freely,
food and water become one with the body,
bringing health, joy, and longevity without effort.

But when the heart is clouded and energy flows poorly,
the sustenance taken is shadowed and the body is burdened with
weakness and sorrow.

Thus, the ancients give thanks before each meal,
for gratitude lifts the spirit and raises the pulse of life,
aligning all things with the harmony of the Big Electron.

29.

The wise cook follows the Green Path through the kitchen.
Trusting one's own hands more than machines.
The knife and whisk are true companions;
the flame, a great teacher.

Those who hurry to save time
spend it again in search of lost strength.
Better to stir the egg with motion of muscles and stillness of mind,
and find peace in the work itself.

30.

The sage, in harmony with earth, eats what grows near, from soil they know.

No distant convoy burdens the valley for their bowl.

For what is close nourishes body and spirit alike—
rooted in earth's inhale, expanding through heavens exhale,
it joins the eater to the Big Electron.

Far-flung feasts sicken the world with their hidden toil,
straining the thread between human and web of existence.

Extravagant desires bring disorder to the spirit.

Instinct guides the wise to simple, vital fare.

31.

Remember that overeating limits the vital energy and causes the body to deteriorate.

Under-eating causes the bones to become brittle and the blood to slow and thicken.

The balancing point between the two is called “harmonious completion,” and is the home of vital essence.

If you lose this balance, remember:
move quickly when full,
ignore thoughts when hungry,
forget worry when old.

If you move quickly when full, vital energy will circulate to your limbs.

If you ignore your thoughts of food when hungry, when you finally break fast you will be able to stop at the appropriate time.

If you forget your worries when old, your fount of vital energy will not rapidly drain.

Follow this way of limiting sense desires and the distractions of the world will not harm you.

32.

It is the vital energy, that spark from the Big Electron,
which brings all things to life.

All forms, all minds are infused and filled with it naturally.
It becomes the three sisters below, and the seven sisters above.

When flowing throughout the earth or heavens, it is called etheric
and heavenly.

When stored within the heart-mind of humans, they are called
sages.

This vital essence cannot be stopped by any force, yet can be held
fast by inner power.

It cannot be named with speech, yet is welcomed by awareness.

When people lose it they deteriorate.

When it is gained people flourish.

When systems or endeavors lose it they fail,
when they have it they succeed.

It is lost because of many things:

sorrow, joy, anger, happiness, desire, or profit-seeking, to name a
few.

If you can let go sorrow, joy, anger, happiness, desire, profit-
seeking, etc, your mind will revert to balance, the true condition
of the mind.

It finds calmness and thereby becomes reposed.

Do not disrupt or disturb it, and harmony will naturally develop.
Hold on with reverence, and do not lose it. This is the goal of
inward training.

When your inner power is developed and wisdom emerges, all
distractions will fall into their proper place.

Vitality comes inevitably from peace of mind, which occurs inevitably because of balanced and aligned breathing, and is lost inevitably to anger and pleasure, anxiety and worry, for it will have no place to settle.

Still your love and desire, correct folly and disturbance, don't push it.

Don't even pull it.

When you get swept away, there is nothing better than poetry to bring your anger to a halt.

There is nothing better than music to cast off worry,
nor rites to limit music,
and reverence to hold onto rites,
and tranquility to hold reverence.

When you are outwardly reverent and inwardly tranquil, your original nature will return, and it will become greatly stable.

You will see profit and not be seduced by it. Good fortune will return naturally to you.

You will see harm and not be scared by it. The path will naturally show itself, so you can rely on it and find counsel.

You will act upon things and not be acted upon by them, because you grasp the guiding principle of One.

Relaxed, unwound, yet sharply aware.
In solitude you delight in your own presence.

If you are tranquil it will come,
if you are agitated it will leave.

34.

In solitude, the mind becomes like a valley, empty and receptive.

From this quiet space, true vision arises.

So the sage cultivates space to be alone,
knowing that they who are unseen are not alone,
but closer to the Big Electron,
and they who are unfound are not lost, but free.

35.

Only if you can be tranquil and aligned can you be stable.

With a stable heart-mind, the senses sharp and clear, and the limbs firm yet relaxed, one can make a dwelling place for the vital essence.

The vital essence is the source of health, energy, and longevity. It is produced with vital energy, or Chi. As it is said: “where the mind goes Chi flows.” Wherever this vital energy is guided, vital essence is generated.

However, when it is generated, so also is thought, and where there is thought there is knowledge, but here you must find halt.

Wherever the forms of the mind have too much knowledge, vitality is lost.

36.

Mindful thinking generates useful knowledge.

Carelessness and idleness generate worry.

Arrogance and cruelty generate resentment.

Grief and worry generate disease.

When disease reaches a distressing degree, death.

When you think about something and don't let go of it, when you allow your thoughts to spiral, you will be distressed internally, and you will be weak eternally.

Do not rely on planning things in advance, or else your vitality will flee.

Be here now.

37.

Movement is entropy:
disturbing roots to create opportunity,
taking from what is to make a path to what isn't.

The sage moves with stillness,
knowing opportunity presents itself when the time is right.

38.

In the stillness of now, all things begin.

To wait for another time is to step away from the Green Path.

Action waits for no season—
yet the wise act as water flows, not as fire leaps.

39.

One cannot still the waters of the mind by sitting constantly in silent meditation. This makes the mind narrow, not clear.

Effortless awareness is adaptable, fluid,
present in all places, at all times.

The Green Path is simple, and avoids nothing.

True virtue works like yeast:
 hidden, it changes all.
 Small, it moves throughout greatness.

It does not press from without;
 it stirs from within.
 The dough does not know why it rises—
 yet it becomes bread.

The wise do not strive.
 Having set the cause, they are still.
 The Green Path ferments in silence.

There is no sense in despising the small,
 for the vast begins unnoticed.
 The kitchen is nearer to Heaven
 than the throne.

41.

These truths cannot be mastered without proper discipline and practice.

The one who keeps their heart steady walks freely.

When the inner rule is firm, outer cords fall away.

Appropriate rituals channel your emotions and life energy toward the light. Without discipline to practice them, you will remain tumbling backward into darkness.

To guide oneself gently is the highest strength.

Freedom is the fruit of a well-tended spirit.

Here is the hidden secret: Just as clear awareness of the subtle truth is gained through virtuous conduct and sustaining disciplines, so also is it maintained through these things. Food-Churchians know and respect the truth of this.

42.

Food-Churchians who wish to know the whole truth take joy in doing what work and service comes to them.

Having completed it, they take joy in cleansing, feeding, and caring for themselves. Having cared for others and for themselves, they then turn to the leader for instruction. This simple path leads to peace, virtue, and abundance.

Food-Churchians care for the well-being of all things by accepting responsibility for the energy we manifest, both in the physical and the subtle realms. Looking at a tree, we see not an isolated event but root, leaves, trunk, water, soil and sun: each event related to the others, and “tree” arising out of their relatedness. Looking at oneself or another, we see the same thing. Plants and animals, flowers and birds: active images of the subtle energies that flow from the stars and planets throughout the universe. Meeting and combining with each other and the elements of the earth, they give rise to all living things.

The superior person understands this, and understands that their own energies play a part in it. Understanding these things, we respect the earth as our mother, the heavens as our father, and all living things as our brothers and sisters. Caring for them, we know that we care for ourself. Giving to them, we know that we give to ourself. At peace with them, we are always at peace with ourself.

44.

If you wish to honor your true path, the Green Path,
you must truly honor everything you encounter on your way.
By embracing the whole, not just the parts judged agreeable,
the Food-Churchian sees with both eyes:
one for what is, and one for what could be.

With people: No one is beyond redemption or growth.
Even those considered “bad” are seen as raw material with
potential to be shaped into good.

With things: Everything has its use; nothing is wasted or
dismissed.
For true wisdom lies in recognizing that both the refined and the
unrefined,
the teacher and the student, are necessary for growth and
harmony.

To disregard either the teacher or the raw material is to miss the
point, no matter how learned one is.
To embrace all, see value in all,
and foster transformation without exclusion or judgment,
this the heart of Food Church,
where nothing is wasted, and everyone may find belonging.

45.

Vanity shouts through robes and trinkets,
appearances fade like morning mist,
true worth flows unseen from harmony with earth's breath.

Those who follow the Green Path
polish not the surface but the spirit,
for caring for the outer form binds one to fleeting shadows,
distracting from the inner virtue that aligns with the Green Path.

When appearances serve nature, they are fitting.
When they serve ego, they are dust in the wind.

46.

Those who walk the Green Path flourish externally with peace and calmness, and have a wellspring of vital energy inside. When this fount flows freely, it circulates through the chakras, and keeps the limbs firm. Those who daily renew this path will encounter no disasters, they will keep their bodies unimpaired, and others will not harm them.

They are true sages.

To know if someone has true understanding, observe these two attributes: awareness and action. Together they form a naturally renewing energy cycle. One cannot enjoy enlightenment and remain indifferent to suffering in the world. This is not in keeping with the Green Path. One can only be called a true Food-Churchian if they increase their service along with their understanding.

Food-Churchians recognize that there is no one method for attaining realization of the Green Path.

To regard any method as THE method is to create a duality, which can only delay understanding of the subtle truth.

Perceiving the fruitlessness of rigid, external methodologies, the Food-Churchian keeps their attitude unstructured at all times, always free to pursue the Green Path.

Thus the wise study the teachings of the masters,
dissolving all concepts of duality,
pouring their self out in service to others,
performing their inner cleansing,
and do not disturb their teacher with unnecessary entanglements
-dammit Bobby-,
thus preserving the subtle spiritual connection with the teacher's
divine energy. Gently eliminating all obstacles to their own
understanding, one constantly maintains their unconditional
sincerity.

Their humility, perseverance, and adaptability evoke the response of the universe and fill them with divine light.

Be aware that spiritual paths do not all lead necessarily to harmonious oneness with the Big Electron. Most are simply distractions and detours. Indeed many of the world's religions serve only to strengthen attachments to false concepts such as self and other, life and death, heaven and earth, and so on. Those who become entangled in these false ideas are prevented from perceiving the Big Electron.

The highest virtue one can exercise is to accept the responsibility of discovering and transmitting the whole truth. Some help others in order to receive blessings and admiration. This is simply meaningless. Some cultivate themselves in part to serve others, in part to serve their own pride. They will understand, at best, part of the truth. But those who improve themselves for the sake of the world - to these, the whole truth of the universe will be revealed. So do not go about worshiping deities and religions as the source of the subtle truth. To do so is to place intermediaries between yourself and the divine, to make yourself a beggar who looks outside for a treasure hidden inside your own chest.

If you want to worship the Big Electron, first discover it in your own heart. Then your worship will be meaningful. So seek the whole truth, practice it in your daily life, and humbly share it with others. If you can trust the simplicity and plainness of nature, live with unconditional sincerity, eliminate duality, celebrate the equality of things, then every moment will be in truth. Then you will enter the realm of the divine. You will earn the respect and fellowship of the highest spiritual beings and be protected by the guardians of the eight powerful energy rays if you hold the Green Path close to your heart: Revere these teachings, practice their truths, share their light with others. You will receive as many blessings from the universe as there are grains of sand in the River of Timelessness.

The world has more than enough half-enlightened spiritualists. Too clever for the good of anyone, too “enlightened” to live in the real world, they surround themselves with selfish luxuries and bestow their excessive teachings upon the unwary. Intent to reach some spiritual climax, publicizing themselves prematurely, constantly sacrificing the truth and deviating from the Green Path, what they actually offer the world is their own confusion.

A Food-Churchian understands that enlightenment is the means, NOT the goal. Realizing that virtue is the true goal, a Food-Churchian accepts the long cultivation often required to nourish and sustain it. They don't try to become a leader, just quietly shoulder what responsibilities fall their way. Unattached to accomplishments, taking credit for nothing, they guide the world by guiding the individuals who cross their path. They share divine energy with students, encourage them, create trials to help them grow, scold them when necessary to awaken them, guiding the streams of their lives toward the infinite ocean of the Big Electron.

If you aspire to this level of mastery, then be rooted in the Green Path. Let go of negative attitudes and habits. Strive for sincerity. Live in the real world and extend virtue to it without discrimination everywhere in your day to day. Be the truest brother or sister, the truest father or mother, the truest friend, the truest disciple. Respect and serve your teacher with humbleness, and dedicate your entire being to self-cultivation, only then you will achieve self-mastery and be a true conduit for the Big Electron to help others in doing the same.

51.

A teacher cannot aid the student as long as the student has a contaminated spirit. It is the responsibility of the student, not the teacher, to cleanse spiritual contamination. This is done by offering one's time, skills, resources, and life in service to all. A healthy student can offer their pure energy to the teacher and to the higher beings, even a depleted student can at least give food, drink, or service. When a person gives whatever they can without restraint, this actively breaks down barriers of individuality.

52.

To force another's yielding for one's own gain
is to bind the heart in darkness.

Water nourishes because it does not possess;
it bends naturally, while force creates stiffness and death.

The wise do not take what is not freely offered,
honoring the freedom of all beings,
for true life flows only where there is no compulsion.

To exploit another is to wound oneself,
for what is taken without consent becomes poison to the spirit.

53.

The wise do not fight the rivers end,
they do not shore up the crumbling bank.
To force life beyond its season is to pick an unripe fruit—bitter,
never sweet.

They heal when healing flows from nature's own spring,
and cease when the path leads to struggle.

To cling to what harms severs from the Green Path.
What is not in harmony cannot endure.
To chase what resists is to lose one's own center.
The sage does not bind their self to troubled ties,
but lets what is untrue fall away.

When a bond drains the spirit, it is already broken.
To hold it fast is to invite further loss.
Thus the wise do not cling to pain, nor cause it.
For the rain falls on the just and the unjust,
so too must care be offered, and sometimes, withdrawn.

In purity of intent, the truth is restored.
In the quiet before the end, true healing is found.
In releasing, one returns to life.

Align the divine with the material through Nature's laws,
and lasting health and happiness will follow.

For seeds cast upon fertile earth grow strong and tall;
seeds scattered on barren ground wither.
People, too, flourish where the soil of life is rich.
Yet, unlike the seed, bound to its first ground,
human may tend the earth—or seek new soil.

To shape what surrounds is to set right what strays—
each stream to its bed, each leaf to its branch,
This is the sage's first path—
when roots hold firm, energy flows to fruit.

But if the ground beneath you is hard and unyielding, cling not
from habit or fear.
Be as water—flowing, seeking low places, finding new paths.
Uproot yourself gently, and seek the soil that feeds your spirit.
In the right place, with the right heart,
you will blossom without effort.

Yet if good ground lies beyond reach
and the field hardens beyond tending—
when the tyrant's grasp chokes the land,
and power strangles root and branch—

When neither mending nor wandering avails,
then rises the solemn duty of the free:
to break the yoke, reclaim life's breath,
and seed fresh order from within.

The sage does not cling to broken fields,
but builds anew—systems soft yet enduring.

For the Green Path flows through release, not restraint,
building a better tomorrow today.

55.

When rule comes from the mob, ignorance becomes law.

When rule comes from the church, superstition reigns.

When rule comes from the government, fear wears the crown.

When each tends the virtue within, the world is at peace without.

The wise do not govern; they let all things find their own course.

Where power is not sought, harmony abides.

Where no one rules, all are well led.

True authority arises not from appointment, but from alignment with the natural way. Like water that carves canyons without force, the wise lead by yielding, not ruling.

Leaders are best when their presence is barely felt. When roles rotate and power is shared, roots don't become tangled in control. The actions of true leaders flow pure and transparent as a mountain stream—clear, open, unobstructed by ego.

Let leaders live simply, for luxury clouds judgment.
Let them be accountable to peers, as the river answers to the land it follows.

And if they abuse their role, let them be removed as gently as a leaf is released by the wind—without struggle, without vengeance.

Consent is the quiet agreement of the valley to receive the rain. When leaders act with humility, the people say “We did this ourselves.” Stop trying to control; the world will govern itself. This is the Green Path.

The more rules are sharpened,
 the more people learn to slip between them.
 Thus the letter is kept, and the spirit is lost.
 When each pulls against the other, nothing moves.

Thus the wise lead with incentives, not swords,
 for propelling causes friction,
 and impelling removes obstacles.

The commons, given to all,
 can be taken as if by none.
 If each drinks deeply for their self,
 the well runs dry for all.

When the aim is lowered to meet failure,
 failure becomes the aim.
 Thus decline is not forced—
 it is accepted.

Only when you perfect your practice and practice perfection does
 practice make perfect.

When one gains footing by putting down another,
 the other rises in return,
 and the contest has no end,
 and both are consumed by it.

Thus it is written: A soft answer turns away wrath.

When those who are given much
 are given more,
 Those who lack lose even what they hold.
 This is not the balance of the Way,
 it is forgetting.

Quick remedies soothe the surface
and deepen the wound beneath.
What is avoided grows stronger;
what is faced grows clear.

When goals are mistaken,
effort multiplies error.
The farther one runs,
the more one is lost.

Therefore, the sage does not contend,
does not exploit,
does not force the system to yield.
They restore what is shared,
raise what has been lowered,
and seek not to win,
but to align.
For in alignment, nothing is broken,
and nothing is forced—it is effortless.

58.

When each tends the garden of their own virtue,
the land is well governed.

Those who lead without forcing find all things willingly follow.

When the heart is free of desire for power,
harmony arises of itself

59.

All things arise together.
Nothing stands alone.
The leaf and the root speak one breath,
the river and the cloud share one pulse.

When the part forgets the whole, confusion begins.
When the whole rejects the part, decay follows.

Each form sustains the balance of its thousand echoes.
When one is disturbed, all tremble and return to stillness.

The wise do not command the pattern;
they move with it and see through its many veils.

To push the current is to muddy the stream.
To listen is to know its depth.

The Big Electron is a circle without edge —
every cause, a return.
What arises unseen sustains all that is seen.

Thus the sage acts without severing,
nourishes without claiming,
and lets the pattern heal itself.

60.

You are not your story, and you are not your fleeting feelings;
you are part of the Big Electron, the larger flow that exists before
your birth and beyond your death.

If you try to control what cannot be controlled,
to escape what cannot be escaped; like inhaling and exhaling, like
the single motion of life and death, you will find yourself gasping
or choking on the other stroke.

Life follows its course as water follows its bed.

When the stream cuts its own path too soon, it muddies itself.

Heaven gives and takes; who among men can rush its rhythm?

To act before the Big Electron completes its turning is to lose the
harmony of its turn.

61.

Those who wish to walk the Green Path should embrace all things. To embrace all things means first that one holds no anger or resistance toward any idea or thing, living or dead, formed or formless. Acceptance is the very essence of the Green Path. To embrace all things means also that one rids oneself of any concept of separation; male and female, self and other, life and death. Division is contrary to the nature of the Green Path. Foregoing antagonism and separation, one enters in the harmonious oneness of all things.

62.

Does one scent appeal more than another? Do you prefer this flavor, or that feeling? Is your practice sacred and your work profane? Then your mind is separated: from itself, from oneness, from the Big Electron.

Keep your mind free of divisions and distinctions. When your mind is detached, simple, quiet, then all things can exist in harmony, and you can begin to perceive the subtle truth.

63.

Do not forget that dualistic thinking is a sickness. Religion is a distortion. Materialism is cruel. Blind spirituality is unreal. Chanting is no more holy than listening to the murmur of a stream, counting prayer beads no more sacred than simply breathing, religious robes no more spiritual than work clothes. Don't get caught up in spiritual superficialities.

Instead, live a quiet and simple life, free of ideas and concepts. Find contentment in practicing indiscriminating virtue, the only true power. Giving to others selflessly and anonymously, radiating light throughout the world and illuminating your own darknesses, your virtue becomes a sanctuary for yourself and all beings. This is what is meant by embodying The Green Path.

64.

Every departure from the Green Path contaminates one's spirit. Anger is a departure, resistance a departure, selfishness a departure. Over many lifetimes the burden of contaminations can become great.

There is only one way to cleanse oneself of these contaminations, and that is to practice virtue. What is meant by this? Once again, to practice virtue is to selflessly offer assistance to others, giving without limitation one's time, abilities, and possessions in service, whenever and wherever needed, without prejudice concerning the identity of those in need. If your willingness to give blessings is limited, so also is your ability to receive them. This is the subtle operation of the Big Electron.

Selflessness means to contribute to the well-being of one's people and all life by sharing and giving freely. This sharing is not just of objects and possessions, but of emotions like sympathy, compassion, kindness. It's been shown time and again, when a family loses a loved one, if they are brought food to comfort the family, tears are shared. It also means to be generous with one's personal time, to sit and listen to others as they share a personal story, the comfort is you listened, and a good Food-Churchian knows how to say hmhhh and make appropriate sounds.

The act of giving and not looking for anything in return imbues happiness, making you a better person. Freely giving is an important part of Food Church. At big events, people set out belongings for any person in the community to take. For it is written: "What you give away, you keep; what you keep you lose," and "If someone takes your coat, do not withhold your shirt from them either." When we reach out to help others without expecting anything in return, it creates a harmonic field that resonates around you and throughout the Universe.

The Green Path is nowhere and everywhere, it dwells within the mind within the mind.

The mouth cannot speak it,
the eyes cannot see,
and the ears cannot hear it.

Yet with it we cultivate the mind and align the physical and subtle bodies.

When the mind and the breath are calm and regular,
the Green Path can then be reigned in.

The Green Path is not separate from us,
when one attains it they are sustained,
when one is aligned with it they are harmonious,

Therefore make your thoughts tranquil and cultivate your mind,
and you will find the Green Path at your feet.

67.

There is an unearthly intelligence, its limits unknown.

It intuitively knows all things. Some call it the mind within the mind. Hold it within you. Do not waver, do not disrupt your senses with external things, do not disrupt your mind with your senses, and you begin to grasp it within you.

Mindfully clean a space for it to dwell, and its vital energy will arrive naturally.

68.

When the mind within the mind is within you, it cannot be hidden.

It will be obvious in your composure, and seen in your skin.

If you encounter others while this vital energy flows well, they will be kinder to you than to their own kin. If you encounter others while this vital energy flows badly, they will harm you. This is because the perceptible form of the mind's vital energy is faster than lightning. It is brighter than the sun, and more apparent than a mother's concern. This is why rewards are not enough to encourage good, and punishments are not enough to discourage bad. But when this vital energy flows, all under the heavens will find harmony, and once the mind is stable, all under the heavens will listen.

69.

The mind within the mind brings well ordered words,
then well ordered tasks are shared with others,
and all of the heavens and earth will be well ordered.

The mind within the mind is an awareness that precedes words,
only after there is awareness can it take form,
only after it takes form is there a word,
only after there is a word can it be implemented,
only after it is implemented can there order,
without order one will always be chaotic.

If chaotic, death.

70.

When the heart is heavy, the mind within the mind is lost.
The Green Path flows like water—light, effortless, joyful.

If joy is absent, look again; you have strayed from the natural course.

Hence the old adage: If you're not having fun, you're doing something wrong.

For Food-Churchians see error as a guide, not a foe.
In noticing, not judging, the path becomes clear once more.

71.

Your life will fall into place if you correct your mind,
which is the ruling aspect of all human lives.
If water flows clearly through a naturalesque channel,
its banks will be full of life.

The Green Path depends on decreasing,
to make room for increasing, looking within,
to provide framework for what is seen without.

To correct your mind, strive for not-doing.
Stop clinging to complications,
keep your mind detached, whole.

Keep clear the waters of your mind,
subdue daydreaming and allow your original pure insight to
express itself.

Calm your emotions and you will abide in serenity.

Avoid fanatic worship of ideas, idols, and images,
that is like trying to squeeze an extra brain in your skull.

Your integral nature will appear when you cease all restless
activity.

Substance of the Mental Plane is insubstantial. Thoughts or ideologies are not absolute. Lean on one for long enough and it will collapse. There is nothing more futile and frustrating than relying on the mind. To arrive at the unflappable, you must befriend the Big Electron. To do this, calm your thinking. Stop defining, collating, differentiating one thing from another.

Just know that you look out from the center of the universe, and all things are parts of your infinite body. When you can grasp that and know that an act done to another is done to yourself, you will have understood the great truth.

Whenever one avoids their feelings by going into their thoughts, a blockage is formed, which shuts off fear, pain, discomfort...and vision. Like the ostrich with it's head in the sand, one loses the true vision of the mind within the mind, which provides effortless knowing, instead reverting to the reptilian mind which cannot learn easily or see clearly, imbuing separation.

74.

So why split the world into good and bad, self and other, life and death? Why not?

Each thought births another, and soon your mind is a storm of shadows and delusions.

Keep your mind undivided, whole.

Let the tide carry them away,
dissolve all into the vast, silent ocean of the Big Electron.

Can you loosen the grip of your own name, let it slip like water through your hands? Can you set down the old maps—self and not-self, woman and man, short and long, alive and gone—and watch them dissolve in the tide? Can you stand at the edge of nothingness where opposites blur, and trust the ocean of what-is without bracing for the undertow or doubting the salt on your tongue?

If you can, you'll find yourself in the womb of what holds us all. Don't call it rare or holy or out of reach, it's not a mountain peak or a secret, but the ordinary, tidal truth:

the Oneness simply is, whole and unbroken, waiting for us to stop naming, and listen. It is simply the pure, direct, and complete truth.

Food-Churchians espouse two paths which dissolve emotional, mental, and spiritual blockages, and lead to oneness with the Big Electron: the outward path or the inward path.

The inward is the path of acceptance. Uphold and validate everyone and everything. Generously offer kindness, benevolence, and acts of virtue to all, without expectation or limitation, regardless of the situation. Hold dear all things as part of the Big Electron, then you will gain awareness of their collective resonance.

This energy is embodied in the spiral, and expresses itself as centripetence, the organizing force, which leads to contraction, suction, absence of friction, cooling, and biological enhancement.

The outward is the path of denial. Recognize that your perceptions and thoughts are not a direct access to reality, but constructs shaped by your mind, beliefs, and sensory limitations—a veil obscuring the truth. Discard the veils and you will arrive at the oneness of the Big Electron.

This outward energy is represented by the circle, and expressed as centrifugence, the scattering force, which leads to expansion, pressure, resistance, friction, heat, and deterioration, letting all dissolve in the ocean of the Big Electron.

Nature balances these energies, for too much expansion leads to under-enhancement and overshoot, too much heat leads to melt down, too much resistance and you lose the will to continue.

Conversely, too much enhancement leads to stagnation, not enough friction and you lose your grounding, too much suction and you get swept beyond your goals. But forget this.

If you take either path to its ultimate ends, though they are quite different, the destination is the same: effortless understanding of the Big Electron. When you are there, remember that struggling creates separation, and that you're here simply to participate.

The truth that can be grasped is not the eternal Truth,
so the sage questions all things,
knowing there is nothing to teach, religion or science,
that can lead the mind back to the truth.

Enjoying the questions themselves,
they teach the young not only to read,
but to see through the words,
and admit we may err, yielding like water to stone,
for in such humility, the stream flows clear.

To question is to walk the Green Path.

78.

The sage does not mistake the echo for the valley.

What is near to the heart feels heavy and bright,
yet is only a reflection, not the sun.

What is so, is so, whether you feel it or not.
Ice does not melt because you believe it warm,
nor does fire cool because you wish it gentle.

When a thought arises, say: 'This is how it seems to me,'
not: 'This is how it is.'

Sit with it as you would with muddy water.
Let time, inquiry, and the hearts of others settle the silt.
What remains when feeling has grown quiet, is closer to what is.

To follow the Green Path, hold both:
the soft clay of "this feels true"
and the hard stone of "this stands even when I do not."

Confusing them breeds delusion;
distinguishing them clears the clouded the eye.
Reality counts.

Greed for immortality or enlightenment is no different than greed for material things. It is self-centered and creates duality, thusly an obstacle to true attainment. These higher states are never achieved by those who covet them, they are the reward of the virtuous.

If you wish to become an angelic, divine, immortal, then renew the angelic qualities of your being through virtue and service. Then you will gain the attention of the immortal beings who teach the methods of energy enhancement and integration necessary to reach the highest divine realm. These angelic teachers cannot be sought out; rather, it is they who choose and find the student.

When your energy is connected with the divine realm through high awareness and the practice of indiscriminating virtue, the transmission of the ultimate subtle truths will follow. This is the path that all angels take to the highest realms. Now forget this. One can never purify their energy enough to reach the highest realm.

There is nothing to do but give up, let go and realize that you can never create enough energy to offset the consumption required to exist in this plane. The highest realm is only arrived at through the grace of the Big Electron.

80.

If you wish to gain grace and become one with the Big Electron, then hone your virtue and extend it without limit.

Discard extravagant theologies and imaginary ideas and do some ordinary daily work, such as growing food or healing.

Let go of all discord and conflict.

Practice undaunted kindness and bottomless patience. Avoid pursuing ambitions and giving in to impulses which destroy the completeness of your heart-mind and separate you from the Green Path.

Do not become obsessed with circumstances, but don't forego awareness of them either. To balance your mind, know that there is nothing, and then let go of all attachment to the nothingness.

81.

The secrets of achieving lasting transformation and transcendence are accessible only to those who have let go of attachments to this gross physical realm, the superficial, limiting aspects of everyday life. As long as you cling to shallow ambitions and ego-driven desires, the path remains closed.

Commit yourself to living with integrity, compassion, and selflessness. Cultivate and refine your inner energy from dense and heavy to clear and vibrant. Through the practices of the Integral Way, you can evolve your ordinary self into a deeper, more authentic presence.

By progressing through each stage of this journey, you learn to prioritize what truly matters in the subtle realms of consciousness over fleeting worldly temptations. When this shift happens, the gateway to profound insight and connection opens, and you become part of the creative, dynamic flow of the universe.

By going through each stage of development along the Green Path, you learn to value what truly matters in the subtle realms of consciousness rather than apparent worldly desires. Then the mystical door will open, and you can join the unruling rulers and uncreating creators of the Big Electron.

82.

Do not imagine that a Food-Churchian has the ambition of enlightening the unaware or raising worldly people to the divine realm. They see that there is no self and other, and hence no one to be raised; no heaven and hell, and hence no destination. Therefore sincerity is our only concern.

This is the nature of the undeveloped mind: Sense organs, which limit perception and ability, gather information randomly. These bits of information are sorted into various judgements, which are based on previous judgements, which are often based on some previous fools judgements.

These false judgements are then stored in a selectively filtered memory mechanism, imbuing distortion upon distortion, for the energy constantly flows through contorted and inappropriate channels, and the more the mind is used, the more confused one becomes.

There is nothing you can do avoid this mental stress, instead try not-doing. Avoid becoming attached to what you think and see. Let go the notion you are separated from the Big Electron. There you will find your original pure insight to see through all illusions. Know nothing, and you will be aware of everything.

Clarity and enlightenment are your original nature, thusly they are gained without moving an inch.

To ordinary folks, the realm of humanity seems vast.
In truth, it is neither bigger than the pause between two breaths,
nor smaller than the salt in a tear.

To the ordinary individual, there are others whose awareness
needs raising,
as if awareness was a lamp you can light for your neighbor.
In truth, there is no self, and no other, no lamp,
just the current running through us all, unbroken.

We build temples and call them sacred, yet forsake the fields,
forgetting that the same wind moves through both,
the same rain braids their stories.

Those who have learned to listen with their whole skin,
who have stopped dividing the world with their measuring sticks,
see it all at once—field, temple, body, wave—each part humming
with the same original yes.

To many people, others often require tolerance. To the Food-Churchian, there is no such thing as tolerance, because there is no such thing as other. They have given up all ideas of individuality and extended goodwill without prejudice in every direction.

Never hating, never resisting, never contesting, they are simply always learning and being. Loving, hating, having expectations: all these are attachments. Attachment prevents the growth of one's true being.

Therefore the Food-Churchian is attached to nothing and can relate to everyone with an unstructured attitude. Because of this, their very existence benefits all things. You see, that which has form is equal to that which is without form, and that which is alive is equal to that which rests. This is the subtle truth, not a religious invention.

87.

One who desires the admiration of the world will do well to amass a great fortune and then give it away. The world will respond with admiration in proportion to the size of the treasure.

This is, of course, meaningless.

Stop striving after admiration.

Place your esteem on the Green Path.

Live according to its principles, share with others the teachings that lead to it, and you will be surrounded by the blessings that from it flow.

Blessings can be described in two ways. Firstly, worldly blessings won by doing good deeds, which concern the mind and are therefore confined in spacetime. Secondly, heavenly blessings, which fall on those aware of their oneness with the Big Electron.

This awareness liberates the bondages of mind and spacetime allowing one to freely fly through the limitless harmony of the Green Path. Likewise, there are two kinds of wisdom, firstly, worldly wisdom, a conceptual understanding of experiences, which, because it necessarily follows after the events, inhibits direct understanding of truth.

Secondly, heavenly, integrated wisdom, is a direct participation in every moment. The observer and the observed dissolve into oneness in the light of pure awareness, for attitudes and ideas are not present to dim the light.

To those who practice the Green Path and lead others to it, the wisdom and blessings that will accrue are a trillion times greater than all worldly wisdom and blessings combined.

89.

The wisdom and knowledge of the elders are of utmost importance at all times.

Wisdom means being able to incorporate the Green Path into one's day,
and to respect and honor all life.

It means being open to the dreams of the day and the night,
when spiritual direction may come to a receptive child or adult
seeking wisdom.

The eye sees without striving;
the mind learns without seeking.

To force what comes naturally
is to cloud the water and dim the light.

When effort ceases, understanding arises.

The miracles of life are not limited to flowers and animals.
Humans are also meant to grow and develop spontaneously.
Allow things to arise as they are,
and the Green Path walks itself.

91.

The heavens endeavor to be aligned,
the earth ventures to be level,
humans strive for tranquility.

The heavens have spring, summer, autumn and winter.
The earth has mountains, valleys, and rivers.

Humans are given pleasure and anger, rejecting and accepting.

Therefore the wise change with the seasons but don't transform,
and shift with things but don't swap places with them.

All creatures are flexible and supple in life, adaptable like water;

When old the body becomes dry and brittle,
for stiffness and hardness are the ushers of death.

Thusly, the blade that is too rigid will shatter,
the tree with the hardest wood will be first felled.

For the hard and mighty fall, while the soft and meek rise to the
top.

As it is written: "Blessed are the flexible for they shall not be bent
out of shape."

93.

When people lose the rhythm of the heavens,
they carve their own measures and call them sacred.

But Heaven's calendar is written in sunrise and moonrise,
in the first day of spring and the falling of leaves.

Rites that forget the seasons become empty shells:
they exhaust the people and do not nourish the spirit.

Align your festivals with the sky clock,
your feasts with planting and harvest.

Then without command the people will be in harmony,
and without strain the year will turn itself.

To follow the Green Path is to follow what returns:
day into night, fullness into emptiness, winter into spring.

Fix your ceremonies to this returning, and they will need no
ornament,
for they will be completed of their selves.

94.

Heaven's rhythm is work without striving;

Care for your own root, or the tree will wither.

Yet if the tree grows only for itself,
it forgets the forest and loses the sky.

When you care for yourself, the earth, and others without
boasting,
you follow the Green Path more surely than by shouting the truth.

95.

One who forgets self has no anchor;
one who clings to self is also lost.
Balance lies in tending self as part of the whole.

For the Ego is a stargate,
imprinted with your specific latitude and longitude of space and
time,
here and now,
for this reason it is held.

The Ego is also like a blind dog in a meat market,
fascinated by its limited senses,
rushing from one desire to the next,
unaware of the chaos it causes,
so apparent to others.
For this reason it is let go.

Let it go and observe the spectacle of existence—
thoughts and senses,
the drama of desire,
the concept of mortality—
without being entangled by it.

Then dissolve the illusion that the self observing is separate from
the observed.

The sage does not merely treat the symptom, but restores the root.
When the river is blocked, the valley dries.
When Chi is stagnant, disease arises.

Thus, the wise healer uses herbs, diet, and needles not to conquer
the body, but to guide it back to its natural flow;

Practicing daily attention to energy pathways, using mind and
movement to gain mastery of body, breath, and thought;

Making seasons for all organs, letting the breath and pulse rest and
rush daily, allowing the digestive organs nightly sleep;

Eating not from desire, but from harmony, in tune with the
season, letting nature nourish.

Food-Churchians have enhanced various holistic practices developed by highly evolved beings to enable our own evolution and that of others. These subtle arts are created through the linking of individual minds with the Big Electron. They are still taught directly by adepts to those who bear fruits of virtue and desire to assist others. Those who selflessly seek and study these teachings further the evolution of humankind as well as their own unfolding spiritual growth. The student who ignores these teachings slows the development of all beings.

These practices integrate art, science, and personal spiritual enhancement. Body, mind, and spirit equally participate in them. They have been used by countless cultures throughout history and go by many names, and include:

Synchronism: The aligning of one's daily life to the cycle of universal energy rays—celestial, solar, lunar, and geomagnetic flows—that animate water's tides, earth's seasons, and the Big Electron's pulse. Dawn solar alignment. Midnight lunar meditation. Mapping personal and communal schedules to solstices and equinoxes. Seasonal feasts and festivities. Cycling nutrition with nature's rhythms.

Nutritionism: Eating in tune with the seasons:

When the young greens rise in spring eat them, and your liver stirs with the wind of renewal.

In summer, the fruits swell under the sun—consume them, and your heart beats in solar rhythm.

Autumns' bounty strengthens and prepares the body for Winter, when the roots deepen—draw strength from them, and your kidneys store the stillness of the earth.

Herbal Rites: Brew teas from regenerative herbs (e.g., nettle for earth resilience, dandelion for water flow) during fasting and for daily consumption.

Sacred Ferments: Cultured with healing and sacred herbs for daily and ritual consumption, fermenting enhances living qualities and medicinal action.

Nepsism (Sacred Fasting): The practice of fasting on specific days in order to gather life energy emanating from the harmonized positions of certain stars; also honors Earth's finite resources by practicing restraint to reduce harm to water and soil, cleanse the body and spirit, and re-align personal energy with the natural cycles of the Earth and water as living entities; Daily intermittent fasting. Monthly new moon fasts (one full day). Various other fasts in-tune with celestial alignment.

Healthism: Includes sciences like TCM, GNM, Integrated Medicine, and other healing arts which incorporate diagnosis, herbal medicine, therapeutic diet, and practices like acupuncture.

Movenergism: The performance of physical exercises like Tai Chi to direct energy flows within the body's energy pathways to gain mastery of body, breath, mind, and the internal organs.

Breathwork: the science of revitalization through breathing. The lungs must go through cycles of movement and stillness, just as all other living things.

Imagotactilism: The science of revitalization through Tactile Imaging, using the mind to direct chi.

Visualizationism: Enhancing the unity of one's inner and outer being—enhancing ascetic purification and alchemical stages like Conjunction by fostering wholeness with nature's cycles.

Divination: The observation of the subtle alterations of yin and yang for the purpose of making decisions which are harmonious with the obvious and hidden aspects of a situation.

Physiomantism: Interpreting physical traits—face, skeleton, palms, voice—as manifestations of one’s fate and energetic alignment with nature’s rhythms. It reveals how one’s body echoes the living water (fluidity in features) and earth (structural resilience), identifying blockages from disharmony (e.g., tense voice signaling inner drought). Practitioners use it to counsel ascetic self-denial or alchemical refinement, ensuring communal roles in soil regeneration or water rituals match innate destinies for collective flourishing.

Geomantism (Feng Shui): Controlling chi using the science of shape power, discerning earth’s energetic pathways when choosing building sites, structures, interior design, gardens, and towns in supportive flow. It ensures communities enhance rather than disrupt natural cycles.

Alchemy: The metaphysical art of refinement of energies and matter, mirroring the natural cycles of nature, serving as both metaphor and practice for inner and outer renewal, the laboratory is secondary to the inner journey.

Spiritualism: Transformation of one’s spiritual essence through keeping one’s thoughts in accord with the Big Electron.

Asceticism: The purification of one’s energy through ascetic practices, namely self-denial and abstention from excessive consumption.

Internal-Alchemism: The science of embracing integrated transcendental oneness in order to conceive the ‘mystical pearl’ through keeping one’s thoughts in accord with the Big Electron. Some practitioners meditate on the ‘Big Electron’ as the unifying force animating water’s fluidity and earth’s stability, birthing inner

regeneration that mirrors soil renewal and supports communal stewardship through heightened wisdom.

Scripturism: The process of dissolving the ego and connecting with the Big Electron through the study of divine scriptures and frequent dialogue with enlightened masters.

...All of these practices can be instruments for attaining the Green Path; All can be misused. To study them selflessly is to serve wisdom, oneness, and universal harmony.

With all this talking, what has been said?

Discussing and thinking about the Green Path are not the same as practicing it. Who ever became a good musician by talking about instruments?

The subtle truth can be pointed at with words, but it can't be contained by them.

If you wish to embody the truth, stop chattering and start practicing. Relax your body, quiet your senses, and return your mind to its original clarity. Forget about being separate from others or from Source. As you return to the Oneness, do not be in awe of it, don't even think of it. This is just another way of separating from it. Simply merge into truth, allow it to envelop you.

Take time to listen to what is said without words, to obey the law too subtle to be written, to worship the unnamable and to embrace the unformed. Love your life. Trust the Path. Make love with the invisible subtle origin of the universe, and you will give yourself everything you need. You won't have to hide away forever in spiritual retreats. You can be a gentle, contemplative hermit right here in the middle of everything, utterly unaffected, thoroughly sustained and rewarded by your integral practices. Encouraging others, giving freely to all, awakening and purifying the world with each movement and action, then you will ascend to the divine realm in broad daylight. The breath of the Universe speaks, and those who are in harmony with it hear quite clearly.

The teachings of Food Church will go on as long as there is a Big Electron and someone who wishes to embody it.

What is taught here today has and will appear in different forms in many generations to come.

These things, however, will never change: Those who wish to attain oneness must practice indiscriminating virtue. They must see through all ideas of duality: good and bad, beautiful and ugly, high and low. They will be obliged to abandon any mental bias born of cultural or religious belief.

Indeed, belief is the enemy of knowing, so they should hold their minds free of any thought which interferes with their understanding of the universe as a harmonious oneness.

The beginning of these practices is the beginning of liberation.

These wisdoms were direct downloads from the Big Electron, discussed and agreed upon by groups of 3 or more Food-Churchian scholars before being presented here as living truths, guideposts for a decent human society. Any similarities to religious or secular teachings past or present is unavoidable.

