

# Divine Truth Document

FAQ Response

20150228 Jesus General

<b>Question</b>	Could you please advise me about what is the cause of my poor digestion on a vegan diet?
<b>Question From</b>	Lucette
<b>Response By</b>	Jesus
<b>Response Date</b>	28th February 2015
<b>Location</b>	Wilkesdale, Queensland, Australia

## Internet References

- General:** To read documents, listen to audios, or watch videos of this, other FAQ's or other recordings, visit the <http://www.divinetruth.com> website.
- Videos:** To watch videos on the internet, visit the Divine Truth FAQ YouTube channel and the Divine Truth Main YouTube channel (links available on the website).
- Sync Service:** To obtain constantly updated copies of all documents, audios, and videos, use the Automatic Data Synchronization Services from the website Gifts section.

## Question

----- Forwarded message -----  
From: Lucette ....  
Date: Tue, Feb 24, 2015 at 6:06 AM  
Subject: Some Advice Please  
To: aj@divinetruth.com

Hello Mary and Jesus,

I am emailing to ask for advice regarding the raw food vegan diet. I know Jesus has mentioned in the past that doing badly on a vegetarian diet is an emotional block. If you can refer me to a particular one of your talks on this subject I would appreciate it.

I have been vegetarian for most of my life and specifically since I met Jesus five years ago. I have always had poor digestion but now I am barely able to digest anything. I have tried a raw food, vegan diet, however, that is worse. I am allowing myself to feel the fear and desperation. I have been asking for God's help so I must be out of Love and Truth in not receiving it in a way I am aware of. If it is appropriate would you please advise me?

Thank you, Lucette

## **Answer**

Hello Lucette

Almost the whole population of the world has trouble on a vegan diet. Physical problems with a vegan diet can be varied, and include digestive issues, ranging through to the assimilation of vitamins and minerals, general emotional discomfort due to the concerns and worries of others for our physical health, and then onto more spirit body based issues of spirit attachment and obsession.

However, not all people who have trouble with a vegan diet have problems in the area of the digestion of food, which is the specific question you have asked, and which I would like to address in my reply.

Myself and Mary mostly eat a raw vegan diet but we do not mind eating cooked food when we have it. Over a number of years, both of us have had to work through many issues relating to emotions which impact upon our diet, and below I shall list a few of these.

Fear has a very large affect on the human body and its ability to digest food. But fear is a wide ranging emotion, and we need to be much more specific in order to identify and feel the type of fear associated with why our digestion is affected.

There are basically 4 groups of emotions that affect our ability to digest food.

## **How Others Feel About Us**

The first set of emotions relate to addictions about being concerned about how other people feel about us, which are used to cover over fears and sadness about others attitudes towards us.

When we have our emotional addictions met, we feel very satisfied and content. We have less fear, especially about how other people in the world see us, because other people are reassuring us that they care. We feel like we belong. We don't feel isolated and scared for our security or welfare. Since our addictions are being met, and we feel good about that. As a result we will have relatively good digestion.

In order to have other people meet our addiction to be liked and cared for, we must do what other people think is right. Since almost all people in the western world have many very dark emotions towards people who do anything different, when we eat differently to them, they project anger and condescension at us. They believe their own morality is being questioned by the person eating a different diet (and it is, due to the moral issues involved), and so, they project quite severe emotions at those who have a different diet.

Most vegetarians and vegans have not dealt with how the projection of these unloving emotions feels, and so they try to ignore their own discomfort. Once they do this, and shut-down their own emotions in that regard, most vegetarians and vegans begin to get

afraid, and then angry about how they are being treated, rather than feeling their fear and sadness about the treatment. This will, of course, severely affect their digestion.

If we have this attraction and group of emotions we need to be willing to emotionally experience the fear and sadness relating to how we perceive others feel about us, or about how others have, and are actually, treating us right now. A person with poor digestion is usually very afraid of other people's perception of them, and they spend a lot of their life attempting to mitigate the uncomfortable feelings of others towards themselves by placating, pleasing and pacifying others in different ways. They must address these emotions with more courage if they are going to have a better digestion.

### **How We Feel About Ourselves**

The second group of emotions relate to addictions which cover over fear and sadness relating to how we feel about ourselves.

If we have negative feelings about ourselves (which all usually come from how others have treated us in the past) that we refuse to emotionally experience because of the severe emotional pain of such feelings, this stored emotion places a lot of pressure on the spirit and physical body, especially in the first and second chakra areas.

Most people eat a heavy meat and carbohydrate based diet in order to suppress their emotions relating to how they feel about themselves. When a person becomes a vegetarian, and then a vegan, this addiction to suppress these emotions is not met as easily through food.

Since the addiction's cause has not been addressed (which are the deeply held emotions of a lack of self-worth, and related similar feelings), the body begins to reject the food (because the emotions are demanding another food be consumed that will assist in the suppression of the terrible feeling of low self-worth). The body is demanding what the emotion demands, and that is food that will assist in the suppression of the painful emotions of self worth, rather than feeling those emotions.

If we have this attraction and group of emotions we need to be willing to emotionally experience the deep sadness relating to our own opinion of ourselves. At the end of this document I will say more about this issue.

But I must also introduce the concept that we can feel "bad" about ourselves in different ways. e.g. Our mother may have treated us well, but our father may have been violent and controlling. Under those circumstances, we are likely to feel "bad" about men (lower than men and angry with them), but feel much better about ourselves when in the company of women. So our feelings about ourselves may only be triggered when in the company of men who are like our father. If we are surrounded by such men while we have such emotions, and we feel lower than them, then our digestion may be poor only in those circumstances.

### **Openness To Attack And Manipulation**

The third group of emotions, related to the other two groups, but which I would like to mention independently, is about our openness to attack and manipulation, both from people on earth and in the spirit world. These emotions relate to addictions which cover over fear and sadness relating to being manipulated, attacked and abused, and the actions we take to avoid such.

When we have a low self-worth, we are invested in how other people feel about us, and desperately desire other people to give us a sense of worth. This desperate desire (an addiction) makes us very open to manipulation, attack, and abuse. In fact, people (earth based or spirits) will be attracted to us in order to have their own addictions of power and control satisfied. We become like a magnet for people who want control and power over others, and they need people with low self-worth around them in order to feel superior.

Of course, there are many people and spirits who justify having power and control over others, and their addiction for power and control lives off of the energy that is given away by a person who has a feeling of low self-worth. Their addiction (to feel superior) needs a person with the opposite problem (low self worth) in order to be satisfied.

This emotional energy comes from the spirit body of the person with low self-worth in the region of the 1st and 2nd chakras, and, if fear also exists in the person with low self-worth, from the 3rd chakra. As you can see, the more people and spirits who want power and control that surround the person with low self-worth, the more energy is drained from the spirit body, which badly effects the digestion pathways in the physical body, ranging from the gall bladder, pancreas, and into the stomach and bowel.

Rather than pacifying people who want power and control (which is the average method that a person with low self-worth uses in order to avoid being attacked by people who want power over them) the only way to repair these groups of emotions is to begin to confront the fear associated with manipulation, attack and abuse, and then feel the associated emotions of sadness about how lowly we see ourselves, and our addiction to avoid emotional confrontation with others who want power over us.

### **Abusive People And Spirits**

When a person is on the path to God (let's call it "The Way"), there is an additional problem. There are many spirits in the hells of the spirit world, and spirits earth bound, who hate any person who is in a more loving condition than they are. They dedicate their lives into attempting to destroy that person, and to make that person feel low about themselves.

The goal of these people is to denigrate and attack the person who already has low self worth, but who may be in a higher condition of love. Usually people with a "real" feeling of low self worth have not and do not attack others, and so they are generally in a better condition of love.

The emotional openings in the person with low self-worth are surrounding the 1st 3 chakras of the spirit body. These openings allow people who want power and control to suck energy away from the spirit body of the person with low self-worth, because a person with low self-worth gives away this energy in order to appease people who want power and control over them in order to avoid the anger and rage of those people who want power.

A person who stops eating meat for the right moral reasons is usually (but not always, because it depends upon the reason) in a better condition of love than a person who eats meat. This means their spirit body is brighter to look at than normal, and therefore they are more easily seen by darker spirits. If those darker spirits develop anger towards such people (and they usually do), those darker spirits will attempt to attack the brighter person. Often they are not even consciously aware of why they are doing it, but their addiction for power and control is being "threatened" by the brighter person, and they feel "drawn" to hate and attack the person.

Now if the brighter person also has a sense of low self-worth, then this provides a great opportunity to those spirits (or people) who wish to abuse others to draw the energy from the spirit body of the person with low worth to satisfy the addiction to power and control in the darker spirit (or person).

This sucking of energy causes the physical body of the person on earth to become depleted, and the person on earth then finds assimilating and digesting food very difficult until they choose to lower their own condition by eating meat again, which of course then reduces the pressure and sucking from the spirits in a darker condition, and seems to result in a real improvement in the digestive system of the person on earth. But really, they are just getting manipulated by severe attack to degrade their own condition again due to a concern about their own physical health.

In order to address this group of emotions, we must experience our fear, and sadness, relating to being attacked, abused, and manipulated, by people that we feel are more powerful than ourselves. It is an addiction to pander to such people, and this addiction severely harms a person who is a vegan or vegetarian for the reasons I have stated in this section.

### **Where Low Self-Worth Comes From**

When a person is progressing on "The Way", the brightness of their spirit body in comparison to their counterparts on earth will become readily apparent to any spirit in the spirit world.

If that same person has a low sense of personal worth, and the addiction of pandering to others in order to get and receive their approval, this group of emotions will attract spirits and other humans who want power and control over them. These darker people and spirits gain the satisfaction of their addictions for power and control by drawing energy from the spirit body of the person with low self-worth.

This "drawing" of energy will result in the digestive system of the person who is attempting to progress to become upset, or even quite painful, depending upon the level of low self-worth. This condition will remain until the person who is attempting to progress closes down the emotional hole they have (the addiction), and this can only be done by feeling and experiencing the emotions relating to low self-worth, which are usually related to how other people have treated them in their own childhood.

As the Law of Attraction would indicate, most people with low self-worth gained this by being treated in a lowly manner by one or both parents or someone else in their life during the ages from birth to 7 years old. When people with low self-worth are attacked, belittled, condescended to, or otherwise treated badly by people who want power and control over them, they have an opportunity to feel the actual emotions, which are **NOT** about how morally bad the person who has low self-worth is.

Unfortunately most people with low self-worth do usually feel they are "morally bad" rather than feeling the actual emotion which will release the causal emotional hurt. Most people with low self-worth are addicted to feeling they are "morally bad" because this is how they learnt to control the projection coming from their parents during their childhood. Agreeing with an abuser is the most popular method of controlling the abusive behaviour of an abuser. Feeling "bad" about oneself is an addiction used to avoid further attack and abuse.

The actual emotions of low self-worth have been created by people who are morally bad and unloving treating the child in a manner that attempts to gain power and control over the child using manipulative, coercive, and even violent means. Any person with low self-worth will **NOT** release causal emotion until they realize that they did **NOT** deserve the treatment that morally bad and unloving people engaged towards them. They must begin to accept emotionally that the treatment that they received at the hands of people who wanted power and control over them is the **REAL** reason why they now feel bad about themselves.

Most people with poor digestion refuse to accept the truth (by feeling it emotionally) about their parents real treatment of them when they were a child. Most adults remain in complete denial of the pain of their childhood caused by their parents. Many parents attempt to gain power and control over the child while the child is very young, and use many different unloving techniques in order to do this. Gaining manipulative control of a child is a common goal of most parents. Emotional attack is a very powerful form of manipulation, and has a very powerful effect on a child who does not have a developed sense of its own worth.

The hurt child believes that it is to blame for the parents poor treatment, rather than believing that the fault is with the parent (because the parent has taught them this false belief). When a person with low self-worth becomes an adult, he or she must begin to see that the reason why they feel quite bad about themselves is not because they are bad, but rather because they were treated in a manner that encouraged them to believe that they are intrinsically "bad".

They must come to accept that the **treatment** they received was unwarranted, undeserved, and unnecessary, and was only caused by the "bad" moral and unloving spiritual condition of the people who wanted power and control over them (their parents or caregivers). When the person with poor self-worth begins to work through the truth of the situation, they then will be able to release the feelings and emotions relating to the fact that they did not deserve this treatment, and that God loves them even though other people in their childhood did not.

### **Gender Based Worth**

Remember that the issues of self-worth can also relate to one gender only, depending on which gender caregiver was attempting to gain power and control over the child. One parent may be quite healthy in their attitude to the child, while the other parent may have been demanding, hurtful, manipulative, emotionally controlling, or emotionally narcissistic.

In those circumstances, the parent who orchestrated the power based actions will be the primary cause of the low self-worth, and under those circumstances, the gender of that parent will come into play with how the lack of self-worth is manifested in the child emotionally. The child (now an adult) will display low worth when interacting with one gender (the gender of the abusive parent), and may also display a relatively "normal" sense of worth with people of the gender of the parent who did not do as much harm.

Anyway, Lucette, I think I have written for a while now, and need to stop. But hopefully I have given you an outline of the kinds of emotions that will need to be addressed by a person with low self-worth who is attempting to eat a more morally sound diet, the causes of such emotions, and the effect that not dealing with such emotions has on the human digestive system.

I will probably place my reply on our site as well, so that others can benefit from your question.

Your brother and friend  
Jesus