

Dr Mira Omerzel - Mirit

DRY FAST – AN INITIATION WITH COSMIC RESONANCE AND SURGERY

LED BY MEDIUMS DR MIRA OMERZEL - MIRIT AND
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This retreat for the expansion of consciousness and accelerated (self-)harmonisation – without food, liquid and in silence – connects people to the Logos of the Universe and the primal Mind of life, to the Universal primordial life energy, which all living beings need for life and harmony. By abstaining from food and liquid for a couple of days, it is easier to attain and realise our connection with the Universal Intelligence of life and build the necessary openness and devotion to the invisible threads, to the flows of life, to our own givens, our own destiny, or mission. The Veduna dry fast is different from a usual fast. It unfolds within a close connection of the two mediums and the participants with this all-life energy, with the invisible surgery and cosmic entities (energy waves), which 'operate' through the mediums – through Mirit and her son Tine. Dr Mira Omerzel - Mirit has been leading these September retreats within the Veduna School for a number of years (since 2013). She is assisted by her son Tine Omerzel Terlep, MEng. Tine is Mirit's assistant and successor and is himself a medium for the transfer of cosmic life energy into the physical world.



The fishing village of Jezera on the island of Murter

This text was written after the dry fast in 2013 and was edited in March 2017. It is the longest and the most informative piece of writing about this exceptional retreat. **It is a special identity card** of all the Veduna autumn retreats without food and liquid, during which the students of Mirit's Veduna School engage in a dry fast, supported by **cosmic resonance and cosmic surgery, which**

eliminate all obstacles, destructive emotions and thoughts and harmonise the physical bodies. Everything unfolds with **sound and in silence: with the technology of the new era, which is as old as the world.** This technology **connects participants with their own primordial core, with the Principle of life, with the Logos, the Cosmic Mind, or Consciousness;** with the powerful and difficult to comprehend ‘computer’ of the Universe and life. Why? **So that participants can attune their material body and spirit, the flow of life and their natural givens.** This is why **numerous dormant abilities awaken** during the dry fast; abilities which we are completely unaware of, but which are part of us.



Sunset over the bay where the dry fast takes place

A group of thirty people headed (in 2013) to the island of **Murter** in central Dalmatia, Croatia. The retreat was **led by Mira Omerzel - Mirit, PhD,** who is a musician, **sound-energy therapist, cosmic telepath, medium** for cosmic life energies, writer and keeper of the Slavic tradition and ancient wisdom of different cultures. **Mirit is nourished by cosmic energy and has lived without usual food since 2000. She has tested her abilities, persistence and energy flow in different processes without food, as well as both in silence and, for ten days, in darkness (the Kogi tradition),** which is described in the **first book** of her **Cosmic Telepathy** series. **The first process** without food happened spontaneously around **Christmas 1994.** At that time, it was not clear to her what it was all about. For thirteen years, she has been discovering the benefits of life without solid food, which intoxicates and burdens the body and spirit. Since her body was not being burdened by usual food, **her sensibility increased and her senses sharpened – particularly hearing and clear-voyance. Her energy flow increased.** She says that she is not so much a seer, rather a **knower,** the one who simply knows, who **telepathically receives information** from the Universal Intelligence. Since then, **her life has changed** completely and, with these gifts, she began to **serve humanity** even more – primarily as a spiritual teacher and **sound-energy surgeon;** and she immediately shares with people what she is ‘told’.

The group, which decided to take this eight-day retreat in 2013, **had already been practising cosmic resonance** and had participated in Mirit's intensive courses, cosmic initiations and surgeries for a better tomorrow. A week prior to the retreat, all of them **prepared themselves** for this feat **at a three-day course by the Kolpa river**, and they threw (at first symbolically) everything that hindered or tormented them into a symbolic '**fire of transformation**'.



The Školjka Apartments, where we gather during the dry fast

The Veduna dry fast with cosmic support – or better, a unique Veduna cosmic initiation – is something special. And exceptional. It is far from being an ordinary (physical) fast! It unfolds within a connection and link **to the cosmic frequency (sound) vibrational energy grid, or ‘cosmic soup’,** as we call it. **Peoples of the past gave various names to individual frequencies** and their qualities and gifts – including the names of Gods, demons, cosmic Masters or entities, and **Masters of the Universe**, as well as the symbolic beings of the stars and the suns. With the Veduna dry fast, with its cosmic support, **everything unfolds faster, deeper and more efficiently.** I shall describe the initiatory process of this fast. Here, a great **change of (self-)harmonisation and healing** intensively takes place **twice** a day, with a support of **cosmic and sound-energy surgery.** Participants spend 80% of the time **in silence**, which **deepens the process.** **Participants enter the fast gradually.** We gathered on **Saturday, 21st** of September, and we began our first meditation and surgery that evening. On **Sunday**, we had **three meetings, which included a conversation about the problems** and blocks of the participants – how they see them and **how I see them** (views are often not the same). **I tell them what I ‘see’** (telepathically). The conversation, the aim of which is to **bring insights**, is followed by a sound meditation, surgery and **bonding.** **In such processes, the group is always a more powerful transmitter,** especially if it is homogeneous. **I had guided people through this exceptional initiatory process** without food and liquid many times previously, but this time the retreat was



Dry fast participants connecting to the Source of life energy and the Masters

longer – eight days (later it would be extended to **ten days**). At least a week prior to the retreat, or for some even earlier, because the majority are **vegetarians, raw eaters and vegans**, the participants **ate only fresh vegetables and fruits** and perhaps drank a warm gentle herbal **tea or water** in which vegetables had been cooked. **They stopped eating at midnight between Sunday and Monday**. On Monday morning we had a conversation about **how the Vedun cosmic fast would unfold** and at midnight, the participants **stopped drinking**. **They were then without liquid until Thursday, 7pm**. At that time, they prepared their first communal ‘feast’, with **soup, fruit kompot and tea**. You can imagine that these were **the most delicious dishes** they had ever tasted in their lives.



The energy connection of all the participants turns into dance



A view of the Kornati islands from the highest point above Jezera – from Pudarica

They were allowed to ingest **salad, fruits and vegetable dishes** with corn meal, which cleanses the kidneys, but only **at a second ‘feast’, on Friday noon**. But for some of them, **the food was no longer tasty**. They were satisfied with liquid alone. Of course everyone missed liquid during those days, as it is vital for human life. Yet, **during the days without liquid, the participants experienced extraordinary processes of self-harmonisation, self-healing, cleansing of their physical and emotional body, and what is more, they gained precious experiences and insights**.

At the end of the fast in 2013, Croatian participants brought me the August and September issues of **the *Svjetlost* magazine**.



On the rocky and spiral Pudarica



To nearby islands by boat

The August issue featured **an article on dry fasting** – a universal remedy. I read it during the last days of our stay on Murter and **saw substantial differences in the way of healing with the fasting method of Anna Yakubova** from Ukraine. I am glad that these matters are the subject of **medical research** and support. I have also now arranged for the medical research of cosmic resonance, surgery and sound meditation, all of which take place within the Veduna School. Our Croatian students, who regularly read the *Svetlost* magazine, soon realised that there were some **similarities and differences** between the Ukrainian process and Veduna's. They wanted to know what they were. I would nevertheless like to say that there is **no need to travel all the way to Ukraine** and that something similar exists in our vicinity. I would even dare to suggest that a **Veduna fast / initiation is far more powerful**, because days without food and liquid, **with cosmic forces at work, are truly something incredible and miraculous.**



In the solitude of deserted islands and bays

I do not agree that a process without food is more difficult and that a process without liquid is easier. All participants, as well as my own experience, confirm to me that **being without liquid is far more difficult than being without food. But just a drop** of liquid during the process can **evoke great nausea and can interrupt** this cosmic-physical process.

Body liquids are being **restructured** during the fast. But not only due to the process in the body. In a Veduna fast, this is especially so **due to the influence of cosmic life energy**, which penetrates all cells and pores of the body, as well as **all the levels, or dimensions, of our being**. When the body is no longer burdened with food, **it becomes more open to the universal life energy**, which keeps our bodies alive. Without it, our bodies would be dead.

This process, with cosmic support and surgery, **does not burden the psyche**, as A. Yakuba claims. It opens up **psychic (spiritual) levels**. Participants become aware of their **suppressed emotions, as they rise from the subconscious**. In these tough living conditions without food, **the body is truly fully activated, in order to harmonise itself; it starts to dissolve everything which is not good in it**, everything that is diseased or blocked. In fact, **the connection between physical problems and emotional-mental patterns is being dissolved** as well. When the body begins to change and harmonise itself, **the psyche is also freed from burden**, since body and spirit are connected.

A dry fast needs several days to dissolve what is necessary in the body.

Three to four days are enough to **dissolve even severe psycho-physical burdens or disturbances** during a Veduna fast without liquid and food, and even in silence, which enables us to listen more easily to what is happening in our body, mind and soul. **Fears and worry, sorrow and anger**, all of which shatter the balance of our being, are being released.

With the help of cosmic support, **consciousness expands** greatly, which makes the **cleansing** of spiritual content and emotional problems **easier**. **Body liquids are cleansed and they obtain the structure of liquid crystal. The entire organism and the body's immune system strengthen**, along with **spiritual power: assertiveness and awareness**. Initiates also receive **insights** and



Jumping into the sea and into the new is always beneficial



From the summit of the island of Vrgada there are beautiful views on all sides

clear thoughts as to **what needs to be done, how to change something** in their lives. Throughout the Veduna fast, participants receive **an etheric infusion** (energy support, influx), which slowly turns into body liquids. That is why all of the time, without ingesting liquid into the body, people **pass water from their bodies** completely **normally**. This might be difficult to comprehend, but it is **one of the miracles** in this cosmic-earthly process.

The skin is moist all the time, because, being a breathing organ, **it takes moisture from the air**. It is true that when there is not enough water in the organism, **the body takes what it needs from wherever it can; first from the disharmonious** (diseased?) **cells**. That is why **various growths get dissolved**, including cancer cells.

The water in the body cannot change simply just like that, as the Ukrainian therapists claim. **It is cleansed from toxins and harmful information**. And with that, it **gets restructured**. This is why **inflammations disappear**; they are healed, because **bacteria do not have the liquid they need for their development**.



Connected, we can resist strong winds more easily



An evening conversation with Mirit in the Školja Apartments

In these processes, **the mind calms down**, sometimes it stops completely. When **in silence**, there can even be more thoughts (from the subconscious) at the beginning of the process. But they calm down completely by the end. With restless people, or those who are **overloaded with stress**, thoughts try to get released from the **subconscious**, and they surge up into the consciousness. That is when people have the feeling that they are even more restless than before. But the truth is different – **stressful thoughts are being released from their consciousness and their subconscious**. A broom is at work, I joke.

The heart occasionally flutters and pounds hard. Heat in the body occasionally **increases considerably** and people feel it as **inner fire**. This is actually **the fire of cosmic life energy**, **burning what needs to be burned**, what holds no value, because **toxins are being released**. People usually feel a **great need for peace**. **To be alone!** If there is no peace, they become **irritated**. And emotions, which are being released, want to come out at any cost.

The Ukrainian process lasts five, eight, even eleven days. **The crisis of detoxification**, of acidifying, will only occur somewhere **between the eighth and eleventh day**.



Morning Veduna yoga to the sounds of the Vedun Ensemble



A Veduna touch in Veduna yoga

But in a Veduna fast, it can happen already by the third or fourth day, because everything unfolds more quickly. But this crisis is not so bad. People will regain power by the fifth day; they soon recover and shine with joy.

During the process, a lot of mucus, coming from the digestive tract, from the throat and lungs, is discharged through the throat, nose and even the ears. Coughing helps. Only those with heart problems, or one kidney, or those with mental health problems might perhaps find this process more difficult. Yet, if those injuries are not too severe, this fast might help them too. It is a personal experience. The **contraindications**, described by the Ukrainian therapists, **actually do not exist in the Veduna fast**. Of course, participants do have **dry mouths** and **white tongues** (dead cells due to the detoxification process).

In my opinion, intense nausea does not herald a full recovery, as the Ukrainian therapists wrote. It indicates **the state of the body: the more toxins and stress there are, the more difficult the process is**. Even lumps and other unhealthy body formations **disappear** in the Veduna fasting initiation, or transformation. **Red spots** occasionally appear in those places undergoing healing, but they **disappear** after a couple of days. People who are more closed and those who perhaps subconsciously **do not even allow changes in themselves, need more days for a complete change, or transformation**. People, who, in their lives, usually **control themselves** and their environment, **find it more difficult to relax and they enter the necessary dissolving process and the detoxification of the body and spirit later**.

Everything unfolds more quickly in this Veduna fasting process without food and liquid, and **the processes are deeper, with less problems**. Participants **complete the process more quickly – in a new splendour**. It seems it is enough to **undergo** such cleansing once a year. One day a



An evening meditation with the sounds of Mirit's and Igor's bouzoukis and the songs of the Vedun Ensemble

week, or three days a month (according to the Ukrainians) seems too much and one single day is not enough either.

During the Veduna cosmic fasting process, **the channelled sound of the sound-energy therapists of the Vedun Ensemble** (with Mirit, of course, with sound), **which the musicians channel through their consciousness** for the expansion of consciousness and healing, **leads to silence. To peace. A desire to completely immerse themselves in the sea of consciousness** grows in people. Even the physical sea (the Adriatic) is a precious symbol of **the unfathomable, the all-encompassing, the abstruse etc. Incredible miraculous healings** happen in these processes and participants receive important **visions and insights**, which they might have been **searching for years** or even for entire life.

During a Veduna fast, cosmic surgery and the influx of **life energy flow night and day**. This influx is the strongest on the third day. A shift. **Powerful changes appear from the third day. But such powerful effects would occur even if participants would eat and drink.** Mirit and the Veduna entities would work in any case, only the body would be **less flexible**



After every meeting – heartfelt hugs, which open our heart chakras

due to the food and liquid. **Three to five days** without food and liquid **only accelerates and intensifies** this process.

On the third day, I usually **carry out x-ray tests** on participants, **using my hands and sound** to check if their **kidneys** are **overloaded**. It is interesting to note that usually no one has problems with them. I check this on all fasts, **but usually only find their lungs glowing slightly**. Why? Because **sadness**, which is the most harmful for the lungs, **is being dissolved**. Only a few participants have **headache** due to cosmic infusion. Some vomit on the third or fourth day. Vomiting is a **psycho-physical act; it is even an emotional act**. **The third chakra** is being cleansed.



On a seafront square in Jezera, getting ready for a joyful dance

Silence is always very **beneficial and pleasant** for everyone. It **helps in the process of becoming aware, in the digestion of stress and traumatic experiences** from our childhood and past, which are now coming out so that we can **recognise and release them**. During the Veduna fast, every participant has **their own body** (as yogic tradition would put it), their bodyguard. During the fast, participants walk in pairs, to keep an eye on **each other**; and they even **bathe in the sea together**, which is very **pleasant**.

Energy flow increases; **personal spiritual power, assertiveness, faith in life and self-esteem** grow in this process. **Stressful thoughts depart like avalanches**. **Awareness expands along the axis, or dimensions, of consciousness**. **Audible sound**, which comes out of the throats of the musician-therapists, often through song, **is changed**. **Participants check their tolerance and kindness** in different inter-personal situations. Everyone feels that **fear and worry disappear more easily**, when they are in a connection to the cosmic Source of life. This **connection** is felt as **grace and mercy**. But prior to that, there is a **battle between the ego and soul** going on. **Ego pulls back, the soul pulls forward**. This is what MT from Varaždin, Croatia, said (in 2013):



And Dalmatian, Greek and other Slavic melodies resonate again

At the very moment **I tasted a sip of liquid**, I once again began to feel **my ego pulling me back into old egocentric thoughts**, I felt that **my ego doesn't want development**, it doesn't want this and it whispers to me that everything is nonsense.' Being an assistant, the soul always pulls forward. **If all the destructive thoughts disappeared, what would the human ego feed on?** I advised the lady to **ask the Universal Intelligence for help in this battle**. She did so. And she overcame the gloomy voices of the ego more easily.



The euphony of plucking strings invites to dancing



The introductory prayers of the dry fast participants, at a sacred site

When on the fourth day participants **begin to drink**, half of them feel the partial return of **some of their worries and fears (the ones not yet released, waiting for the next fasting healing)**. For **liquid is food too**, it is an element of the third (physical) dimension, **pulling us back. Into the mundane**. Whereas during the processes without food and liquid, we are at **the level of the soul**, which is why we find the link to the **Cosmic Intelligence more easily**, we embrace cosmic energy vibrations more easily and we **understand** life and the process more easily. That is why people feel **blissful, calm and – loved (finally!)**. This is what FD from Pula, Croatia, said: **“Never before had I felt so loved. I love you, Universe! I finally feel part of you. I regained faith in cosmic forces. I feel like melted sugar.”** Ancient civilisations, which had practiced such fasting initiatory processes, are unfortunately **largely forgotten**, as is their wisdom. A pity.



Group Veduna yoga in nature



During the fast, participants help each other release their traumas

Acceptance of the events in life, **surrender** and the feeling of unconditional love emerge during the process. A stronger **connection** to the cosmic levels of existence is built, along with a sense of **belonging** to a group, to the Veduna **spiritual family**, which lives **the same truth** during such processes and is extremely supporting.



Veduna massage – a touch and a hug

The heart chakra, the third eye and the seventh divine chakra glow intensely during the process. Light whirls in them, whereas pain can occur on the second (sexual) and third chakras, which are responsible for mental and creative processes and relations. This is where the greatest battle is going on.

Faith in life returns. So do joy, a feeling of security and the life's bliss. A profound gratitude emerges alongside them. Delight at the fact that participants had been able to take part in such an exceptional and sacred process, during which they could feel the beauty of life and the beauty of this process of connecting their body and spirit to the cosmic Source of life forces; to the cosmic serpent of life energy, as the ancient Mayans would put it. They certainly knew similar processes or rituals already in the centuries before the Common Era. So did the Aboriginal peoples in Australia, Native Americans, ancient Egyptians, Celts, Illyrians, Slavs,



More yoga, liberating the body from energy blocks as soon as possible

Siberian shamans etc. This is what my son **Tine**, my assistant and the successor of the Veduna teachings, said during one of the fasts: “**Everything flows as it should**, even though it perhaps flows **differently** than how I would want it to. Yet, I know that that what is best for me will always happen.”

The most traumatic imprints and blocks in the human field are connected to **the absence of a loving father**. That is why the cleansing of grief and anger, which had accumulated in childhood, is very intense. At the same time, many participants suddenly **feel love** towards those who were unkind to them, towards people with whom they were **in dispute**. At the same time, participants feel **a desire and a readiness to change** everything that needs to be changed so that life can flow more lightly.



Oh, a massage in the Sun in the middle of the day is so good



During Veduna yoga, we help each other release burdens from our shoulders

Destructive emotions, which are being dissolved in **the second chakra**, usually **radiate from the coccyx**, which is why many participants feel it as **painful** for a while during the process. Even **as yet undiscovered early stage illnesses are being dissolved**. **The blood sugar level of people with chronic diabetes becomes normal**. In the case of DB, it **fell from 18 to 2**. For a human being, both levels are extreme and even dangerous. But on the third day, the blood sugar level **normalised** completely (to 4 – 5). **The body's logos, the mind of the body, knows what it is doing!** And this level remained, until the gourmand DB started again to ingest things which his body refused or did not need, for they intoxicated and burdened him.

Some feel **detoxification process in their bones and aching muscles**. **Cosmic resonance** with the Primal life energy and surgery **flow through endocrine glands** (armpit glands, adrenal glands, ovaries etc.), which is why people feel them as **slightly aching**.



The obligatory conversation before and after the dry fast in silence, when Mirit channels the latest messages of the Masters of the Universe ...

The morning **Veduna yoga light movements**, accompanied by the channelled sound of the **Vedun Ensemble** and the sacred songs of different peoples and cultures, are always a **true grace**. Beauty in movements. The harmony of sound and body. **The beauty of devotion**. I **channeled** this movement every day **simultaneously**; it is adapted to the current condition of participants. **Something new and different arrives every day**. We all **enjoy** those sounds and movements. Their lightness and grace perhaps mostly **resemble the Sufi movements and dances**. **At the same time, a powerful cosmic surgery is underway**. Movements, which take place almost at a standstill, lead some to the boundaries of their consciousness. Some fall **unconscious** for a moment. Similar effects occurred during **massage** in the middle of the day, when people massage each other (luckily, I have taught them the unique Veduna cosmic-energy massage).



The Vedun Ensemble plays during an evening meditation, which softens and cleanses

During the last days of the Veduna fast, there are **more and more bad dreams**. **Old traumas are being released** through them. Tears flow here and there. But sometimes **crying** is long and inconsolable. It can last for hours. And it always **brings great relief**. **Ears, eyes and even nose can be painful**. **Greater amounts of ear wax** are secreted, which is a sign of intense **cleansing** processes. Some participants become aware of **the absurdity of their ill-conceived and empty words**, which they have recklessly forged in their lives. They feel **honoured** in this process. **Courage and will for the necessary changes, for a different diet, a more loving thinking and reactions** return. Some feel the connection to cosmic Intelligence as **caressing**. There is an



Before the fast, Mirit turns into a tourist guide around archaeological and ethnological features in central Dalmatia



Participants climbing to a sacred site above Šibenik, from where the Kornati islands can be seen

unwavering **feeling that everything they want, will come – at the right time.** When conditions are set. Some occasionally feel **numb hands. Stiff muscles** occur when there is a **battle going on inside someone, who is trying to suppress the traumas which are coming out, being released** from the unconscious. They do not want to face again their suppressed pain. But, with the cosmic support and surgery, **this is no longer possible. What is redundant and destructive needs to go out!** And everything will be better!

Participants occasionally feel powerless and weak. Heat interchanges with cold. Cold feet indicate that **the second (sexual, emotional) chakra is blocked**, because this is where **emotions we have refused to accept** are suppressed.



Connecting to the imprints and essences of the souls of the ancestors on Mrdakovica



Hands open up in gratitude to receive gifts

A thought comes to my mind: yes, it is time to finish my book about the powers of transformation, titled *Should I – Shouldn't I and I've had Enough*. People need to understand how their lives unfold and how they themselves can change them for the better. Everything unfolds according to the law of resonance, or co-oscillation; like attracts like. Time and time again, painful (undissolved) emotions will attract people with a similar mentality, people and relationships, which will show us, as in a mirror, what we carry inside ourselves.

The participants of a Veduna fast hug each other at the beginning and the end of every session. So everyone receives 29 hugs six times a day. A brilliant support for growth and for building a feeling of being loved!



It's raining and, in a Dalmatian stone room in the Školjka apartments, Vedun Ensemble provides evening joy with the different melodies of the world's cultures.

Occasionally some simply **cannot open their eyes**. As if an unknown force is requiring them to keep their **eyes shut, to treat themselves to beneficial darkness**. **Pillars and tunnels of light** might flash in this darkness of **inner attention**. A presence. We occasionally perceive the fusion of cosmic energy and the work of entities as light. Changes are so powerful that participants can influence their family or close ones at home, far away from Murter. In Slovenia. Especially **their children**. The daughter of DŠ sent a message to her mother: '**What is it that are you doing down there that causes me to feel such heat and such great dizziness?**'

Some are **without voice** for a short while. They remain in silence for a little longer. Some **sleep very little** or not at all (due to the presence of powerful energies). And some sleep so incredibly **much** (due to great fatigue). They need sleep. Energy flow, which is **constantly very powerful**, causes **wakefulness**; whereas physical fatigue is healed with sleep.



In the town of Murter, we treat ourselves to a concert of old songs performed by the Dalmatian klapa bands

Some bravely ask themselves whether they **really live the truth without compromise**. It is not easy to **comprehend and live the truth**. The one who is aware of this, is actually very close to it.

Tingling on the tip of the nose indicates that **stressful energies are departing**. Others **struggle with their unconscious control over themselves and others**, which is not good. It is very destructive. **Patience** is constantly on **trial** during these days. **My sudden outburst of crying** on Tuesday evening, after I had fallen into a trance, surprised even me (the 2013 fast). It powerfully opened up everyone and they embraced it with a lot of gratitude. They are mostly very **grateful for my help on their path** towards creating a better person. **The desire for food decreases** by the day in the case of the majority of participants, **only thirst** pesters them until they can drink again. **Mucus and saliva** emerge all the time, which can be disturbing. People with **communication problems** have a painful throat. Strong pain can occur throughout the body – depending on what is happening, what is being healed.



The Ensemble's concert for locals and tourists in an old, renovated house, featuring instruments and sounds of the world

PARTICIPANTS' EXPERIENCES

During the process, MT discovered that she actually carried within herself **the very same essence as in her early childhood**. Yes, there is still a lot **to work on**. **Heat and cold interchanged, joints and legs (muscles) can ache** due to toxins in the body. When we finally began to drink, she sensed how **she fell into her ego again**. **Stories are repeated until we finally, knock the stuffing out of the ego and start living within all the levels of unconditional love (of the soul)**, which is called **awakened, or enlightened, consciousness**. And Vedunians are drawing nearer and nearer to that. Well, MT was well aware of this. Luckily enough. **The process could continue without disturbances, because she did not allow her ego to take control**. She **regained power** for further changes. She was able to **observe from the outside** how she was actually a dual being. **Divided within herself**; a being of both the material world and spirit. **When ego was silenced**, she was finally able to sleep peacefully.

Fortunately, preparations for the majestic Veduna dry fast had already begun at the beginning of September (by the Kolpa river and then in the following years on the Rogla plateau). Dry fast participants were **well prepared for everything**.



A glimpse of the concert

Apart from the cleansing of the past, **the karmic solving of relational ties** can occasionally be felt. Occasional **ringing** in the ears indicates the release of stressful energies. **The body can sometimes be heavy**, especially when **cosmic entities** and strong energies are present in our etheric bodies.

AV, for example, stated that **this process was one of the best things** she had ever done in the twenty one years of her life. **Lack of faith turned into faith in the divine Cosmic Intelligence, her fears dissipated, exhilaration gave her the power for change and a strong desire to fulfil her mission** as an animal guardian. She finally **came to understand the nonsense of her fears. She had nosebleeds** at least twice a day and her ears were tingling. **So that she would be able to hear** what and **how she needed to hear, even that which she didn't want!** When she briefly lost consciousness after Wednesday's massage, **she came back to awareness with a considerably greater power.** With a power unknown to her until then.



In devotion, we ask for abundance of all kinds

'I am like new,' she said, **'I've had enough of everything. (Finally!) I want change.'** Her heart was **pounding hard in her chest** before she delved into powerful galactic vibrations. **In her dreams, she was rescuing a dog from a river.** She finally **felt peace and already saw herself in action.**

JV, who **had to take antibiotics for thirty years,** was in a very bad physical condition in August, before the fast. **He had terrible ear ache** and **pus** was constantly oozing from his ear. Doctors had wanted to **cut into his eardrum, but he had not allowed this.** And he had also refused to take antibiotics. **A cleansing battle began** during the Rogla retreat. The body first needs to be cleansed, so that supporting and healing life energies can flow through it. **His body** was obviously full of poison. But the doctors, without thinking, wanted to give him **additional poisons** in the form of strong antibiotics. Despite great pain, **he courageously decided to go on the dry fast.** **The cleansing process was rapid and powerful, it began in his lungs, not in the ears.** **The body has its own mind, its own logos. It obviously wanted first to remove the causes of his problems – division!** At that time, JV was in crisis and did not know what to do and how to

handle the problems in his life and his non-spiritual bad **relationship with his partner**. This division ruined him. **So the cleansing process finally began. Pus stopped oozing from his ear** during the time spent without food and liquid. But when he drank and ate anything, the secretion reappeared. In smaller amounts, however. **Which meant that the process was still incomplete, but his state of being was much better:** more time was needed for a full recovery.

Afterwards, JV took part in Veduna surgeries, courses and **more dry fasts**. An operation on his eardrum was not necessary. He recovered and **found a partner who was suitable for him. He started to live fully**. Within all of his abilities, which he had been previously suppressing and hiding inside himself. A clear proof of **how food**, even raw, live and healthy food, **burdens the body**.



After four days without food and liquid, we can drink again! Bliss!

AT held the process to be **elevated and sacred**. Even though she ached everywhere, she felt **peace and relief**. A week before the fast, she **stopped poisoning herself with coffee**. Her inconsolable **crying** on Tuesday evening **first brought fatigue, which was followed by power**.

AS felt **great heat and nausea; her head was glowing** and there was an unusual humming in her head (the persistent sound of Creation). When she lost her consciousness for a brief moment and **I hugged her, she saw only white light and felt immense gratitude**. She felt **my sadness** (under the weight of serving and working with spiritually immature people), as being similar to the Christ's suffering. She also felt **pain in her spine** – the spine being the principal channel for the flow of cosmic energies. **She said that the touch of my hands was a beautiful experience, which banished pain**. She was suffused with **modesty and humility**, which lead the warrior of light into enlightened consciousness.

During the process, DB felt **such immense heat** that he thought he would **upheat the wall** against which he had leaned. He wanted to throw himself into the sea, but did not have the power to do this. **In dreams, he was releasing stress related to the job** from which he had been fired and for which he had worked long hours and tirelessly for the entire company. He woke up from those



The Ensemble getting ready for the final dance on the seafront at the end of the dry fast

dreams being **tired**. But later peace came. And he also regained a **keen sense of smell**, which he once had. **Within himself**, he felt **love** the like of which he had never experienced until then.

AV from Slovenia and AS from Croatia **briefly lost themselves in the ocean of boundless consciousness** and they **came back** after a couple of minutes. **I placed my hands on their bodies and intense pain disappeared**. Both felt a **great change in themselves as well as heat**. They felt that their unconscious state and my hands on them were a **great gift**, they were overwhelmed by **gratitude and this special experience**.



We've made it and we have received countless precious gifts and a new perspective on events in our lives – and now comes boundless joy! Play it again, Vedun Ensemble.

Oh, yes, **I would also like to go back Home.** To the Home of the soul. I have gifted the Earth with more than 33 revolutions, which are in fact **evolutions** in a certain field: some in **science**, others in **art and spirituality**. In all of them, **sound** is an indispensable tool, even a **radar**. The changing of **my own sound expression** (and also that of my colleagues in the **Vedun Ensemble**) show me **what these changes are** in time and space.

After the fasts, there was a **feeling of gratitude and devotion** and a **strong feeling of all-connectedness with everything that is. Including the Earth and the Universe. Nothing is completely repeated. Everything is changing all the time:** life, experiences, awareness, understanding and the ways of transformation. A **feeling that worries and fears are completely nonsensical** and totally redundant (true!) can **emerge within this all-connectedness. Group processes of enlightenment** happen on Murter and already during September preparations on Rogla, especially in the therapists' group of my Veduna School. But all these possibilities and gifts are **not simply from yesterday. We build them slowly. Throughout life, or better –**



All the participants, in their finest, dancing in two circles on the seafront square in Jezera

throughout lives. We are what we are on our way Home, on the axis of consciousness. Cosmic-earthly all-connectedness, which is confirmed by harmony – the basis of our happiness, peace, prosperity and the very core of a light life and transformation – cannot be bought. Even less can it be seized in any way. We build it consciously and mindfully over years and years, through lives, through countless life experiences and trials. But what we can do is to learn how to attain and build this connection and how to permanently live within it. This is the very core of my Veduna School courses (a Slavic-Pythagorean School for the Development of Consciousness and Harmonisation with Sound), the core of all its paths and teachings (cosmic resonance, intensive courses, cosmic initiations). It is also the core of sound-energy surgeries and concerts of the Vedun Ensemble, which use the channelled sound of musician-therapists. In all of that, sound is an important and efficient tool for spiritual growth, harmonisation and expansion into unknown worlds. A magnet for the miraculous. A microscope for the difficult

to perceive, invisible and very distant; **an indicator of different paths, an efficient healer; a balm** for the body, the soul and the heart...

When all of a sudden a different and unrepeatable sound comes out of your throat, you are surprised, yet you know that you have moved one step higher, or broader, along the axis of consciousness. And that something new, more efficient, something better, is singing through you. Perhaps you have just lent your throat to the non-material Universal Intelligence of life, which thinks, sings and plays the songs and melodies of the Source through you... The song of the moment.

But if the **sound which came out is less graceful and unclear**, you have perhaps **strayed and moved** one step lower, or narrower, **due to your worries and fears. So repair what needs to be repaired and rise!** Higher and higher, and **the world will again be bright and purposeful.**



May life itself coil like the Slavic kolo dance

Look into yourself, see what you are hiding inside, what you carry in the layers of your consciousness, or even broader, what you carry in your subconscious and soul, see what you bring to the world: **the gifts of lovingness or egocentric strivings? Look through a microscope and see how you are thinking and feeling.** Do you, for example, feel your cat, or dog, as beings equal to you and so do not require nonsensical subjugation from them? **Can you feel how a mournful soul is crying somewhere far away, in Africa, South America etc.? Do you feel this connectedness which nothing can interrupt, nothing can silence? Do you hear the lullaby of the stars, the Sun and the Moon? If not, open up, learn! Make a move and be courageous. You were given a life, which is truly magical, all-encompassing, boundless. And everything is whispering to you and every single thing that happens in your life tells you what you should do in order to feel good. And blessed.**

When you **treat yourself to spiritual growth, you help yourself and you help others, the Earth**, you help all people and Evolution. When you manage to **attune to everything that is, you will hear what you need to hear and know.** You will hear a different song being sung, a

different world. The world of higher levels, or dimensions, of existence and the world of your own being; the rich and **iridescent worlds of differentness... Grace** beyond compare.

The mysteries of wise ancestors, which were veiled in the mist of oblivion for more than two thousand years, **are being revealed**. During our courses and within the technologies of the dry fast. Human consciousness is able to read **the information of the Cosmic Consciousness, the imprints from the energy bank** of everything that is and has been experienced on Earth, and it is also able to read the messages of past times. Everything that has ever emerged in human consciousness, everything **that has ever happened and been imprinted on it, is indestructible**. Which means that, even today, **it is possible to read, to hear** those energy imprints and even **the voices of the past** and the future. **This exceptional ability of a galactic human being is being revived today** – in the new millennia of new possibilities. What was forgotten is being revealed, **helping humanity during the transition into a new time. Into a totally different Earth**. It helps humanity to understand and choose the path.



There is no end to our dancing – the setting Sun, sinking below the horizon, catches us; candles are lit

When you are able to understand these lines and when these words (already) are **close to you, act! Do not be afraid, if your thought is different from the thoughts of others** and from their expectations. If you feel that you can do something good, something better, do it! **The Universe will support you**. But know that you will perhaps **experience** the real **effects of your thoughts and actions only much later; only after the cycle of necessary change is fully completed, when life's cycle will be assembled**. When the bottle of trials will be full. Sound – a song, a thought, a feeling – these are all the keys which open up the miraculous beauty of life. **Life is beautiful because of the euphony and beauty** which reveals itself through **harmony** – through both the material and non-material, or spiritual, harmony.

When the body has tasted the purity of cosmic vibration and energies, it will want only truly valuable food. It might even feel a reluctance towards usual food. **Food keeps us in the three-dimensional world, whereas cosmic energies keep us at the higher levels of consciousness, or spirit, in divine dimensions (between ninth and twelfth)**. At those levels, we feel **harmony and**

peace, worries and fears disappear. Earthly matters are no longer a burden. **When we begin to eat and drink again, the grace of higher dimensions partially wanes** (but never completely, after we have returned to the physical world). **We still recall the wonderful experience of higher dimensions – including the dry fast.** And these experiences **inspire and push us forward** along the life's path.

If you are plugged onto the Source and you operate in the three-dimensional material world at the same time, it will sometimes be **difficult to handle these distances. This is also my greatest distress and burden.** Of course, cooperation with divine **Primal Intelligence, or Consciousness,** is instructive and **enchanting;** it is far away from **the usual earthly life.** Seen from a higher, broader perspective, **problems** with which people struggle in their lives, are very **nonsensical, foolish and redundant.** But nevertheless they are here. We need to handle them, which is not easy. **Ooh, how tenacious are ego's ideas and reactions. If only people knew...** Was that perhaps why sages of the past and priests occasionally **solaced themselves with nirvana in isolation and silence, without food and liquid, to make it easier?** Well, I still drink. But less and less. That is why I am still here, at least with one leg. In this way, I can **function** in the physical world more easily.



Like on all the courses in Ljubljana, Mirit here too teaches us new dances from Slavic traditions and other cultures

During the Veduna fasting processes, we taste higher dimensions of living, which solace the yearning of our soul and enable us to feel the source of life, the Source; and also to harmonise, attune ourselves. Step by step, we draw closer to a permanent connection with the Intelligence, with the Principle, which is the goal of human life. This connection is called awakening. Until we attain it, we will not feel real peace and happiness, and life will be full of painful trials, chaotic events and pain. So, it is well worth making an effort and climbing higher. To the top!

The experience of the Veduna fast is magical. Occasional nausea is dissolved and transformed into power and self-confidence. After the fifth day of this fasting process, we

come slowly back. But **coming back to ourselves** does not take three times the length of the fast, as the Ukrainian therapists claim. We need **only a week**, or as long as the process actually lasted. The body **strengthens quickly**. After the process, we need less food, and above all, we need better quality food. A greater attention has to be paid to **what we eat and drink**, and also **what we think**. Attunement within a peaceful harmony with everything that exists is the human goal. According to Mayan calculations, **we are currently living at the peak of the flow of the evolution pyramid**. At the pinnacle of thousands of years of events. We are living at the peak of the Earth's cycle, of **the so-called 'fourth Earth'**. We are moving forward, into **a new cycle** – a completely different, broader and more **merciful** cycle. But only if we will actually want it so. Humanity as a whole, of course.



We simply can't get enough to drink – the first sips are so delicious

Everyone is important in the earthly evolution of humanity. Yet, group illuminations are even more majestic and far more beautiful. Miraculous connection to the Universe and its gifts will once again hold value in the future. If our throat aches, it means that we do not dare enter clear communication with the environment and with the expanses of consciousness. **This connection does not offer only joy and peace, but also a rapid renewal and healing, good hearing and sight, sharp senses and full awareness of all the parameters of life, an exceptional spiritual power and courage, valuable insights and much welcomed support in the realisation of life's missions.**

I also experience operations myself during the Murter processes. In 2013 for example, I underwent **one a week before the fast**, before the preparation course by the Kolpa, while travelling by **car**. I asked my colleague Mojka **to stop**. I **experienced very intense nausea, my heart raced like crazy**. But all of that disappeared when I started to perform surgery in the evening. My worry as to how I would be able to do everything I needed to do – both by the Kolpa

and on Murter – vanished. **A great inner and spiritual power moved into me** and despite my fatigue, **I worked day and night** at the Kolpa retreat and on Murter (**I do surgery on people also at night**). In the evenings, I even taught dances to the participants. But **I had asked for this power and for the necessary repair**, in order to do everything I was tasked with. **And, indeed, I was really slowed down and tired during the week before Murter**. Fatigue after a fast is primarily a sign that **the processes of transformation is continuing**. Every fast – a new step (**higher**). **Greater power and joy – in all of us**. **Our bodies are accepting ever higher vibrations**, and that changes and pushes forward me too. Some saw me only as a beam of white light while I was working.



Giving thanks and blessings for all the delicacies on our shared table after the fast

Six days later, **on Murter**, we continued with the processes, which had started **by the Kolpa** and later **on the Rogla** plateau. But the processes themselves do not end with our departure at the end of September. A powerful transformation continues for several weeks after it. I am **more powerful** after each fast. **I see, hear, I simply know more**. **The fusion** of different energies **continues** to flow through all participants, bringing them new and **new gifts**. New knowings and new powers. Everyone received what they wanted and earned.

To sum up: during the processes of dry fast, participants feel **an intense flow of life energy; they feel gratitude, the grandeur of transformation and (self-)healing, intensity, solemnity, mercy and grace, the beauty of life and the duty of connecting to cosmic dimensions, faith in life and faith in Cosmic Intelligence, the joy and peace of all-connectedness, as well as a connection to everything that is, a beneficial harmony and the wholeness of body and spirit, new power, courage for change, a feeling of security, the lightness of being and the lightness of body, sacredness, devotion and acceptance for the new and incomprehensible, an immense feeling of being loved and the power of love, the feeling of being accepted and belonging to the group, to people with the same resonance; they also feel a desire to work fruitfully and to**

create differently, a desire to help **other beings** (including animals and plants), they feel the process of becoming aware, they feel that they are receiving **insights** and visions for the future. What is more, they feel relief and gratitude for **(Mirit's) messages and knowings as to what and how to realise the fullness of life, their mission etc.**

I usually have immensely **good feelings** after the work on Rogla and Murter is done. How could I not, for I help people **through great changes. I am tired** as the result of my great attention to all the **problems** and to the participants day and night. To everything that is happening. Both of my feet radiated strongly on the third day of the process in 2013, especially the instep of my right foot, where, in the summer of 2012, I experienced a poisonous snake bite and a special **initiation of the cosmic serpent**. Why? To feel **what a snake bite means in ancient spiritual traditions, among the Mayans and Slavs alike**. Oh, yes, a book about such initiations must soon come into being. Without a doubt! So, find time for it, whispered the voice of my soul. I usually perceive changes on me **on the fourth day**, just like participants do. **My body glows**, especially my **hands**, with which **I heal using the Veduna touch**. I feel a great, **great spiritual power** after the process. Far greater than ever before and **I am able to do more**. Luckily enough! But I need to work more. The new times need this. **The inaudible and intangible support of the cosmic fusion and entities is constantly present and is much welcome**. It had already happened that, due to **the difficult mission of a spiritual teacher and healer-surgeon**, I almost lost the will to continue with my work and would have preferred to return to the Home of my soul. To the worlds Beyond. But after the fast, problems with my heart disappeared and **the will to do everything I still needed to do here and now returned**. So, **I give thanks for all the gifts of all-connectedness, which are most easily attained** when we don't ingest the usual earthly food and liquid. **When we breathe and feed on the cosmic soup of the primordial life energy. The divine food.**

Thank you, thank you, thank you!



And the Vedun Ensemble is tireless ...