

WE OFTEN 'THINK' WE CAN CONTROL OUR FUTURE, EVEN WHEN WE ARE SWIMMING 'UPSTREAM' AGAINST THE CURRENT. BUT, WHENEVER WE 'CLEAR' OUR HEADS, DETOX OUR BODIES, GET OUR 'THINKING' BACK IN-ORDER, WE START TO 'FLOAT' ALONG WITH THE CURRENT OF LIFE, EFFORTLESSLY. 'BLACK AUGUST' GIVES ME TIME TO REMIND MYSELF, ABOUT, MY OWN PERSONAL POWER TO RE-BALANCE AGAIN, ^{RE-}RE-BALANCE PHYSICAL, MENTAL AND EMOTIONAL HEALTH AGAIN. THROUGH FASTING IT MAKES ME, TAKE ^A NEW LOOK AT MYSELF, AND RE-CONNECT TO ALL OF THEM, TO SEE WHAT THINGS HAVE 'INVADED' MY SPIRIT. EVOLUTION IS SOMETHING THAT'S ONGOING, DAILY. ⁵⁰ THERE'S A CONSTANT BATTLE 'GOING-ON' INSIDE OF US, TRYING TO 'PULL' US-FROM, OUR 'NATURAL' SELVES, AND TAKE US TO THE 'ARTIFICIAL' SELF, WHERE THE 'OUTSIDE' WORLD CAN HAVE US, WHERE WE ^{BECOME} PROGRAMMED TO 'THINK', 'ACT' AND 'BELIEVE' LIKE WE ARE INSTRICTED TO. THEN, ^{WE START} ~~THE~~ COMPETING AGAINST, OUR 'INSIDE' FORCE, THAT'S TELLING-US, NO, NO, NO 'WAIT', PAUSE A MOMENT, THIS IS 'BAD' FOR US, DON'T INJECT-IT, EAT-IT, SMOKE IT OR INHALE IT OR DRINK IT; DISPOSE OF IT. ^{YET} WHICH EVER ONE IS THE STRONGEST OF THE TWO COMPETING FORCES WILL WIN. EITHER ⁵⁰ OUR 'OUTSIDE' ENVIRONMENT OR OUR INSIDE ENVIRONMENT? SPIRITUAL EVOLUTION WILL ^{ALWAYS?} FIND A WAY TO STRENGTHEN OUR INSIDE ENVIRONMENT. BLACK AUGUST FASTING PROVIDES ME THAT CHANCE TO RECONNECT AS I THINK ABOUT WHAT THESE BEFORE ME, HAD TO THINK ABOUT, IN ORDER TO STAY FIGHTING. WHAT DID 'GEORGE' AND 'JONATHAN' HAVE TO ⁵⁰ TAP INTO, IN ORDER TO BECOME IMMUNE TO THE OUTSIDE ENVIRONMENT? WHAT KIND OF ENERGY DID 'HARRIET TUBMAN' HAVE TO HAVE, TO KEEP GOING? THIS INFORMATION IS MISSING FROM THEIR STORIES AND ACCOUNTS. IT IS ONLY FOUND BY 'DARING' TO SACRIFICE. ⁴³