

Blog 2: Sacred Rest – Fasting as a Spiritual Gateway

Sometimes life forces us to stop. Moments of losing everything, of breaking, of shattering — those are the times that jolt us from within and make the soul speak.

That moment came in my life when everything turned silent — dreams, purpose, smiles — suddenly became emptiness.

Yet within that very emptiness I found a deep presence. In that silence the soul called to me — “Listen, now you must know yourself.”

My journey afterward was toward silence. Toward the union of body, mind, and spirit. And that journey began — with fasting.

For me, fasting was never just about not eating; it was an ancient doorway — a way to quiet the false voices of the body and hear the voice of the soul.

The first time I did a 24-hour fast, before my stomach growled, my mind was already screaming — “Why are you doing this?” “Won’t you become weak?” “Why invite so much suffering?”

But I simply did one thing — I listened. I paid attention. And I went inside myself.

I arrived where I had never looked before. The restless field inside my mind, clouds of doubt and insecurity, and every painful memory were being revealed.

Yet the deeper I went, the lighter I began to feel. Fasting began purifying not only my body but my soul as well.

My pulse calmed. My sleep deepened. My vision cleared. And I realised one thing — we are always trying to fill ourselves with external things, but true fulfillment lies in inner silence.

I began practising different kinds of fasts — dry fasting, water fasting, and fasts with life-giving elements like kanji and tulsi water. What once felt like a huge mountain — a 24-hour fast — became effortless, and later 36-hour dry fasts followed by another 36 hours of only pure water, kanji, and moringa water, and when I detoxed each morning with an enema — wow, the body felt like a heap of flowers. Fasting became a habit, a new chapter — and right in the middle of it, sitting in solitude and silence, sometimes shedding tears of forgiveness, sometimes overwhelmed with gratitude, sometimes lost in deep meditation, sometimes simply counting breaths with eyes closed in silence.

And after every fast, I felt as if I were giving myself a new life.

Fasting gave me a new perspective on life. Now food is no longer just fuel for the stomach — it became an opportunity for love, gratitude, and self-remembrance.

I saw that when the body becomes light, the mind becomes light. When the mind becomes light, the heart begins to speak. And when the heart speaks, that voice is the music of the soul.

This blog is my personal journey — of rebirth from pain, of understanding the sanctity of silence, and of accepting fasting as a spiritual gateway to life.

If you ever feel exhausted from the inside, if you are sitting without answers — pause once. Do not feed the body — nourish the soul.

Fast — not just for the body, but for the soul. Through it you will find a new path — of peace, introspection, and true purpose.

That sacred rest can be yours too — the one that opens new doors in life.