



Green Gorilla

Adi Da Samraj

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Green Gorilla contains Adi Da's summary instruction on the searchless raw diet. It includes detailed recommendations relative to blended green drinks and how to live healthfully on a raw diet.

In this book you will also find a collection of remarkable communications given by Adi Da on what is truly lawful dietary practice. He explains how such right-life practice supports spiritual sensitivity, establishes health and well-being, and positively influences the well-being of all humankind, the non-humans, and the earth as a whole.

Part three of the book, compiled by the Radiant Life Clinic, is full of practical guidance on the dietary disciplines. It includes links to websites and other resources, based on Adi Da's instruction. In the section called 'Living the Searchless Raw Diet' you will find chapters on the phases of the health process, intelligent dietary transitions, foods to eat and not to eat, how to prepare blended drinks, sample meal plans, a guide to fasting, how to do an enema and a liver flush, and much more.

This book also includes the new version of the essay, *The Secrets of How To Change*.

Adapted from the Introduction by Daniel Bouwmeester, MD: "Adi Da's fundamental recommendation relative to diet is the searchless raw (fructo vegetarian) diet. Searchless in the sense that it is simply lawful management of a body in communion with the living reality free of the need to use food as a means to solve any kind of problem or seek any kind of ideal in body or mind. The *Green Gorilla* is the essential, summary communication of the divine adept, Avatar Adi Da Samraj to his devotees and to all relative to diet."

For those who are interested in a lawful, healthy life, there is great wisdom here to guide you, free of any kind of exaggerated seeking approach. Listen carefully to Adi Da's precise words of instruction. Conform to his help. Allow diet to be the benign simplicity that it rightfully is and let it serve the body's submission to what is prior and beyond.

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