



Chapter 1: The Horn of Plenty

The pursuit of Pleasure pushes us in search of the "Horn of Plenty." Once we have easily acquired what we want, we instantly lose interest in it and begin to look for the next goal of selfish whims. The thought of arousing admiration in others begins to influence and excite us more than doping and more than desire for any other gain. This is the power that "keeps in the Apogee" the stars in cinema, sports, fashion, politics and other cultural and economic trends in today's world. Once we touch **the Star Moment**, we begin to long for it. "The ability to be among the stars" is difficult to be achieved and, moreover, threatens to take away another more valuable reward: **"the ability to admire"**, which can make us truly whole, satisfied and happy. Ego whispers to us that pleasure is in achieving the goal itself and quickly puts envy and competition into action. Without noticing, we are overwhelmed with unnecessary things and ambitions, which are becoming bigger and unattainable, and with them our **dissatisfaction grows**. Pushed between the poles of mood, we begin to lose interest in the adventure and become angry or pessimistic, impulsive or lazy, euphoric or lethargic. (p.12,21,33,35,68,173,175) All conditions that disrupt the healthy rhythm and arouse the dissatisfaction of the "Lord of Fire" (p.25,27,114) but also of the "Guardians of the Earth". (p. 121) **The pursuit of beauty and brilliance becomes vanity**, which involves our will and zeal in the struggle against "emotional cyclicity". (p.25,26,35,36,38,54,76) **We become unable to realize that the secret of abundance lies in caring for what we need.** (p. 106,111,159,177,190)

A subconscious feeling is telling us that the "Horn of Plenty" is hidden in our stomachs. We are surprised to find out that the different tastes of food satisfy our emotional and mental anguish. (p. 12,21,125,131,158) However, we notice too late, that these foods and the emotions they satisfy cause not so pleasant metabolic states that completely take us away from our original goals: cellulite, hormonal imbalance, overweight, lymphatic stasis, insulin resistance, diabetes. (p. 12,21,29,33,160)

If, instead of fruitless efforts to stay in the center of events, we had tried in time to discover our own "Horn of Plenty" and to express ourselves in the way that only we can ...

That is why in his epistles to the Corinthians, Paul says, 1 Cor.12: "4. *There are varieties of gifts, but the Spirit is the same; 7. But it is given to everyone, that the Spirit may be manifested in him for the common good;*" And our grandmothers say: "If you had sat still, you would not have seen a miracle ..." And this is more than something that will take us out of the dead end! (p.66)

Sweet foods Sour foods Salty foods Spicy foods Fatty foods

COWARDICE,
AMBITION

DEPRESSION,
SUSPICION

FEAR,
ANXIETY

GRIEF,
BIAS

ANGER,
ENVY

Parade of Vanity

Stimulates spleen energy, activates dopamine, but depletes calcium and phosphorus in the blood.

Tones the liver and bile, activates cell metabolism, but slows lymph flow.

Stimulate thought, tone the kidneys, increase magnetism, but slow down cellular metabolism.

Stimulate the lungs and cellular circulation, but block the energy of the liver.

They supply energy and create useful work for the gallbladder, but slow down the spleen activity.

Blood stasis

Lymphatic stagnation

Stagnation of fluids

Food stagnation

Bile stasis