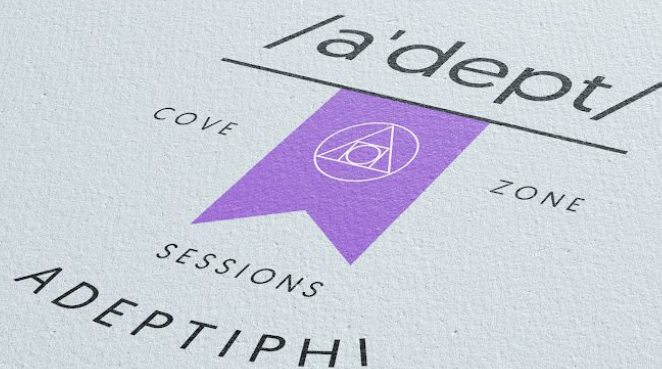


# ADEPTIPHI

January 23, 2019

## The Adept Avatar Protocol



### The Regenerative Avatar Protocol

Thank you for taking the time and interest in this Adept Avatar Protocol. The main drive behind this protocol is to position your body to become a vessel that operates in synergistic union with the heavens and the earth. By leading with this protocol you will empower your avatar to be fully capable in engaging with the energy of mother nature, flowing with the universal energetics of the cosmos and interacting with the heart chakras of other beings on this plane; the last of which is paramount for the future of the collective.

I have formulated this protocol directly from my own personal experimentation and life practice, as I never present solutions to humanity which I have not already utilized on myself. I will say that the experiments I conducted were personal and non scientific, conducted by simply applying logic to the basic information I had acquired while adding a form of practicality to yield desired results. It is my intent that this information encourages you to experiment and test yourself, to place the conditions on your body which will activate the transformative change that leads to profound healing and as state of constant regeneration. May balance and wholeness within the avatar your soul embodies be long lasting.

@IAmOffshore

# The Protocol

I take a very simple and direct approach towards this protocol. Each week the Adept needs to accomplish 3 things in sets of 4. Eat 4 meals, Fast for 4 times and Exercise 4 times. The days themselves are flexible and some may find it better to eat on weekends and fast on weekdays, so feel free to make those adjustments. What is most important is the order of what is done not the specific day it is done. The Adept will adhere to:

1. **Eating Four (4) large healthy meals per week** - Over a period of 3 days the Adept will eat 4 meals, one (1) day will consist of two (2), and two (2) days will consist of one (1) meal.
2. **Fasting Four (4) days per week** - Over a period of four (4) days the Adept will conduct a blend of liquid and dry fasting. Two (2) consecutive days will be for dry and two (2) split days for liquid fasting. The liquid fasts will be conducted one (1) day before dry fasting and one (1) day after dry fasting.
3. **Exercising Four (4) times per week** - Exercise to be practiced four consecutive days per week, one of the sessions to be done on a liquid fasting day, and the other three (3) sessions to occur on meal days.

## Sample Protocol Schedule

Today < > February 2019							Month		
SUN 27	MON 28	TUE 29	WED 30	THU 31	FRI Feb 1	SAT 2			
Liquid Fast	1 Meal Day	2 Meal Day	1 Meal Day	Liquid Fast	Dry Fast				
10am Exercise									
3	4	5	6	7	8	9			
10am Exercise				Liquid Fast	Dry Fast				
	1 Meal Day	2 Meal Day	1 Meal Day						
10	11	12	13	14	15	16			
10am Exercise				Liquid Fast	Dry Fast				
	1 Meal Day	2 Meal Day	1 Meal Day	Valentine's Day					
17	18	19	20	21	22	23			
10am Exercise				Liquid Fast	Dry Fast				
	1 Meal Day	2 Meal Day	1 Meal Day						
	Presidents' Day (regional hc)								
24	25	26	27	28	Mar 1	2			
10am Exercise				Liquid Fast	Dry Fast				
	1 Meal Day	2 Meal Day	1 Meal Day						

