

*MAN and his body throughout the times have caused great concern to many even men themselves; its precision, its vibration, its posture, its adaptation, its transmission and its mobility just to pin point a few of the so many attributes of the wonderful body of man. In spite of all this man has spent more time acquiring material goods and no time with self. What one sees are physical bodies.*

*Sickness is an attention device where with the organs of the body attuned with nature informs the body through vibrations feelings that there has been wrong doing (conflict). These signs are seldom given the necessary attention, but are antidoted by stimulants hence the "I" "ME" and "YOU" to vegetarianism will pin-point the effectiveness of attuning to nature through the spiritual body and vegetarianism.*

*Most of man's concerns are within. Using this as a yardstick one will be able to undo the pitfalls encountered in the environment, which are created by man who has come to the realization of the fact that he is the creator in human form that's why we are confronted with space colonies, under water habitat etc. These and other factors have caused the majority of men to be controlled by a few who seek to destroy man's identity by keeping man enslaved to the acquisition of material goods--THUS man must be admonished "Man know thy self". Breathe, eat with caution, and find self which is the road to the creator within.*

*Medical expenses have sky rocketed from year to year and created diseases have continued to dominate all species. Despite all this man has not yet decided to come to grips with the "coming of times" where the righteous few will take charge after destruction of "busy material man". Hence man as creator in human form is also destructor through manipulation and misrepresentation.*

*The "I" "ME" and "YOU" to vegetarianism calls on man to "stop" think and breathe. Through this breath the creator will be summoned and attunition will start. One glass of fresh orange juice at 5 a.m. As the breath continues--before 12 noon one glass of carrot juice mixed with celery and beet will continue the flow of the breath and the strike of 6 p.m. you will have the answer--watch and see the answer is deep within. The men who breathe can be easily identified--"breathe" and watch your breath, with celery juice and garlic.*

*Many attempts have been made to define philosophy what "was" and still "is", "you". It is popular among "men of philosophy" to promote the idea of "thinkers and non-thinkers". On the contrary, the approach taken by this "discipline", "I", "me" and "you" is one, which promotes self-development and mastery of the "philosophy" within "you".*

*In this world of ours the more "Man" knows of himself is the less "he" would be controlled by his fellow "men".*

*Read, and ask "self" what lies within the philosophy of "I", "me" and "you". For it is "real".*