

CORE CONSTITUTION



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THE DIET FOR CONSCIOUSNESS

AN INDIVIDUALISTIC APPROACH TO HEALTH AND WHOLENESS

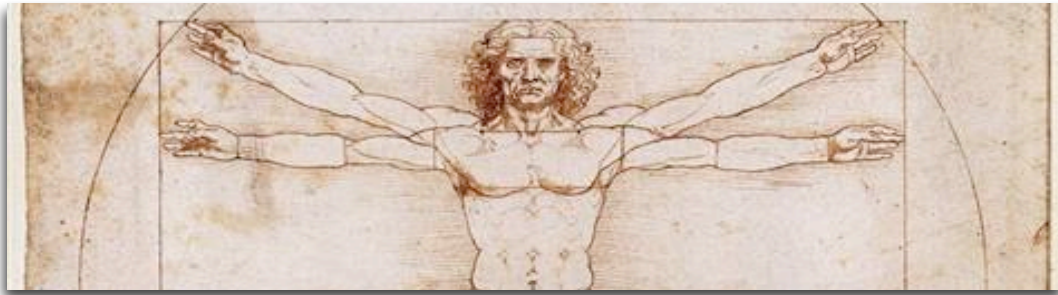
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*The body itself is a screen to shield and partially
reveal the light that's blazing inside your presence.*

*All the things we do are mediums that hide and show
what's hidden.*

- Rumi



AUTHOR' S KEY

2012

Many things have changed since I first published this book over seven years ago. My journey has brought me to a very unexpected path of having to let go of all my worldviews, perspectives and adopted spiritual philosophies. As I effort to look ahead amidst this great collapse, I am pondering what pieces from my past have the potential to accompany me through these fires and what must ultimately fall away. For this reason, I have been compelled to revisit *Core Constitution*. Although it feels like pushing a camel through the eye of needle, I have come to realize that

within this collection of thought and ideas remains a practical tool to help better understand the Physics of Balance.

To completely update this work, I would have needed to extensively rewrite the manuscript. Since my energy and focus are drawn elsewhere, I have decided not to undertake a major rewrite, but instead, give the reader a few important keys to interpret the material from a higher perspective.

When I wrote the original manuscript, I felt a great sense of purpose running through creation, the impression that each one of us has the potential to reach a perfected state through conscious change and transformation. I do not underestimate the value of transformation or striving, however, for me, what has altered is the whole notion of 'self'. The 'self' has become an illusion and the true universe seems undivided in nature. Without a factual 'self', all my previous ideas of perfection have dropped away. What I am left with is a picture of wholeness, which

incorporates imperfection, joy, struggle, ease, and hardship all as natural expressions of life.

Life moves through the body. We can harmonize and balance conditions within and outside the body, but this does not imply perfection or perfected states. Additionally, balance in no way guarantees we will experience a life of health. Each one of us will live a full, whole life present to a wide and varied array of experiences; this is the way of nature.

My hope is that *Core Constitution* may be helpful in harmonizing emotional, mental and physical conditions, which would allow for deeper spiritual investigation and insight. In the following sections, I will outline four specific keys that together act as a companion guide to the original 2005 publication.



The First Key

The first key: **Balance is primarily a means to diminish extremes.** Excesses in emotions, actions, or thoughts, set in motion an unavoidable pendulum swing that arcs between one extreme response to its opposite. A life lived constantly pushed and pulled to extremis, over time, has a tendency to build density into consciousness and the body. Consequently, the body/mind can turn into a shield that obscures the

light of awareness that is within. Our job is to free the body/mind, enabling it to become a transparent lens that will ultimately reveal and focus inner awareness. Awareness, eventually freed from the inside, inevitably turns back toward life to fully live through, embrace and accommodate all levels of experience.



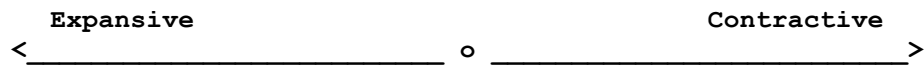
The Second Key

There is one, undivided energy in the universe. This one energy, on the absolute level, is pure awareness and on the relative level, is consciousness bound by contraction and expansion. Energy of contraction builds to reach an extreme where it collapses into energy of expansion. Expansive energy builds to reach an extreme where it collapses into contraction. This

cycle is self-sustaining in the relative world. This pattern of energy is visually depicted in the yin/yang symbol.



This pattern can also be drawn in linear form as a straight line with a point in the middle.



One side represents contraction reaching into infinity and the other side expansion reaching into infinity. All life, falling somewhere along this infinite line, embodies differing combinations of expansive and contractive energies. These distinctive combinations of energies and conditions create uniqueness and gender throughout every aspect of creation.

There is nothing outside the one. Distinctness, separateness, and uniqueness manifest fully in the world, however the backdrop these conditions exist within is unequivocally undivided and whole. As a result, all distinct and individual energies balance by incorporating their opposite. This is the second important key: **we each achieve a unique balance by identifying and pushing toward opposite energies.** This balancing must happen throughout all levels, including diet, exercise, and emotional/mental stabilizing. I call this concept the 'Physics of Balance'.

I have presented two very important concepts so far: balance is a means to diminish extremes and pushing toward opposite expressions is one way to temper those extremes. Personal and intentional acts of moderation and balance help cultivate inner stability and consistency. Constancy aligns life along a middle pathway. This 'middle path', as the Buddha once described, is where the main potential lies for an awakening of consciousness. The middle path leads to calm, insight and enlightenment. Extreme indulgence

clouds the mind. Extreme restraint dulls the mind. The doorway to non-duality is most often found straight through the middle of duality.



The Third Key

Typically, most individuals will identify certain personal traits as making up a distinct and separate sense of 'self'. The sense of 'self' is further bolstered by recognizing and rejecting all other traits. As mentioned previously, balance is a process of integration and nurturing opposite traits and characteristics. Taking in the full implications of this concept, one can begin to directly undermine the

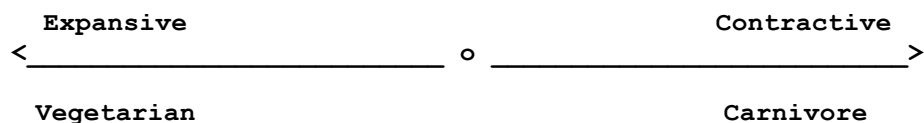
ego's core grasping at a discrete 'I'. This is the third and possibly most important key for reading the original publication: **the goal is not to become identified as being a certain type or types, but rather to identify typing patterns that require balance by joining with their opposites.**



The Fourth Key

I have personally experienced over the years since publishing this book in 2005, that diet and dietary recommendations are far more complex than I could have ever imagined. Underneath the surface complexities, I can still say with confidence after many long years of self-experimentation, that the Physics of Balance holds true for diet. This brings us to the fourth and final key: **physiological balance is based on**

identifying both dominant and less-dominant tendencies in metabolic activity and then strengthening the weaker systems. For example, if you are fast and slightly over-stimulated metabolically, digest food too quickly and have rapid blood sugar and energy fluctuations, then you will most likely need to find ways to slow down and decrease metabolic stimulation. Conversely, if you are sluggish metabolically and lean towards lassitude, digest food too slowly and crave stimulants, you will most likely need to find ways to increase metabolic activity and energy. Simply said, one always needs to incorporate the opposite.



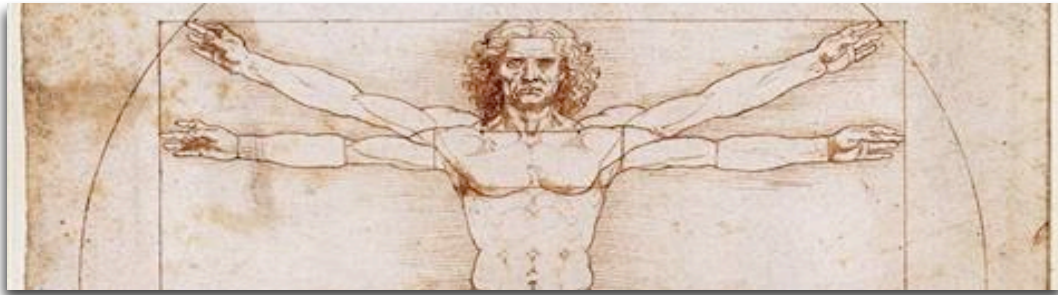
As the line chart above demonstrates, there are only two main directions one can move in to reach a balance in diet: towards extreme expansive qualities that correlate with a complete vegetarian/raw foods diet or towards extreme contractive qualities that correlate

with a complete meat based diet/low-to-zero carbohydrates. In *Core Constitution*, you will read more on the specific ways the four elements coax metabolic activity in one direction or the other and then suggestions on how to balance out those tendencies.

A main problem I could not resolve at the time of publishing this book is that certain dietary recommendations will on occasion contradict each other. I resolved this conundrum when I discovered the 'dominance factor' in metabolism during a certification class for Metabolic Typing. This means that the strongest energy or trait in an individual will become dominant in the metabolic process and govern how all nutrients are assimilated and affect the body. You can learn more regarding metabolic dominances by reading about Metabolic Typing. However, I would suggest for this book that you keep things simple at first and test out nutrient recommendations to learn if they are effective or ineffective. Use what personally and verifiably works and abandon the

rest. I have not found any perfect solutions. In the end, what I do know is each one of us must find what uniquely works for our own constitutions.

The final section of the book, which describes a mapping process, and more specifically, a mathematical formula to arrive at a recommended macronutrient ratio, should be disregarded completely. Unfortunately, the dominance factor from Metabolic Typing negates this information entirely. Simply keep in mind, you can only truly move in two directions when seeking a balance in diet, either towards vegetarianism or a complete meat-based diet with varying combinations in-between. Test everything, nutrients and macronutrient ratio proportions, on the body and follow the strongest leads.



End Note

The danger in deciding to bring forward *Core Constitution* is that you could come away with the notion that the concepts presented in the original book are absolutely necessary for spiritual development and, ultimately, to awaken to a full understanding of your true nature. I cannot say this is accurate since your true nature is already present. All I can express with complete integrity is that each path to self-realization is radically unique, while correspondingly, each path through life is governed by the same universal natural laws. Awakening is not a

process. However, to fully embody the awakened view is often a process of dissolving, integrating and balancing. For some, *Core Constitution* may be a helpful tool, for others, not. I simply offer this up for the highest benefit and the greatest good along your path.

Many Blessings,

Gregory Bondi
August 2012