


Mindful ISLAND PRESENTS

# NEW MOON FASTING GUIDE

## RESET AND RECONNECT



[www.mindfulisland.com](http://www.mindfulisland.com)



"TO FAST IS TO BECOME INTIMATE  
WITH THE EXPERIENCE OF  
EMPTINESS. TO CONNECT THIS  
EXPERIENCE TO THE MOVEMENTS OF  
THE MOON IS TO REALIGN WITH THE  
PURE NATURE OF BEING."

SARAH SATI

# ON FASTING

Dear Mindful Human,

Welcome to the monthly New Moon Fasting reset with the Mindful Island Community. We are grateful to guide you through this transformative event and share this opportunity for clarity and renewal with you.

In this guide you will find information on:

- The scientific benefits of fasting for your bodymind,
- Three fasting options from which to choose, along with sample fasting schedules, and
- Practical tips and practices, which will make this new moon fast more effective, safe and transformative.

## Why Fast?

Fasting has strong proven effects on the Bodymind biological system. The practice of fasting has been used in the human and animal kingdoms throughout history and is always characterized by obtaining from foods./drinks in some way of another. Often it was not used as much by choice as by a natural consequence of life's uncertainties. We know now, from modern day research, what animals and our ancestors knew intuitively, that fasting is a powerful tool for curing dis-ease, promoting health, and increasing longevity.

### *The Benefits of Prolonged Fasting:*

- Improves hormonal functioning. Specifically improves insulin sensitivity and release of anti-aging growth hormone.
- Increase of autophagy; fasting 20 hours or longer promotes the removal of cellular debris/waste within cells and improves cell functioning and energy production.
- Decreases oxidative stress & chronic inflammation.
- Ignites ketosis; fasting for 16 hours or longer will initiate fat as the primary energy source, as opposed to glucose derived from carbohydrates (and proteins).
- Promotes anti-aging due to better cell functioning and decrease of telomere length loss.

# ON FASTING

## Fasting on the New Moon

If you are sensitive to it, you will notice that on some days your body naturally asks for less or no food. This could be because you are sick, tired, under stress, especially busy, changes in weather, or for any number of other reasons. Just like all other aspects of life, hunger is rarely stable. The challenge is, most people have lost touch with the sensitivity to their bodyminds gentle fluctuations, and so they continue to eat the same day after day whether or not it is right for their body. This type of out of touch eating makes you vulnerable to overeating and chronic disease.

Due to this loss of sensitivity, Eastern traditions set fixed days in the lunar calendar for fasting. This monthly ritual around the practice of not eating encourages you to reconnect with this sensitive nature of your own system. Additionally, the new moon offers a symbolic way to look at life. Representative of birth and new beginnings for many cultures around the world, the new moon offers a perfect time to reset and reconnect.

The beauty of the New Moon Fast ritual is that the new moon is a powerful returning phenomenon that gives you a monthly opportunity to turn inwards and make space for your system to experience the rest it requires to function optimally. This reset creates space to break through habitual patterns of eating and thinking. It is for this reason that obtaining from (certain) food encourages a deeper, heightened state of clarity, reflection and awareness.

Fasting during the new moon is especially powerful when combined with other insight driven activities like mindful movement, meditation, and journaling. This is why we have created the Mindful Island New Moon Fast, to give you an opportunity to create a fasting reset ritual around an age old practice of optimizing health. Through the use of this monthly re-occurring you will come in closer contact with ultimate well-being and open the doorway to accessing your highest potential.



# FASTING OPTIONS

## *Fasting Option #1 : 24H Fruit Fast*

During this option you will consume only fruit and low calorie beverages (for instance pure coconut water) over the course of 24 hours.

Begin your fast at 7 p.m. the evening before new moon day after a healthy dinner. Avoid fried foods or high excessive sugar intake. Delay your first fruits during your fast until 10 a.m the following day. Eat only one type of fruit at each meal during the 24 hour window. We suggest two to three fruit meals over the course of the fast and no snacking in between. A beneficial practice is to fast the whole day on watermelon, or some other juicy fruit exclusively.

Avoid access caffeine throughout the 24 hr window. You will be in a more autonomic aroused state (activated) due to fasting. Access caffeinated beverages can increase this arousal and lead to feelings of hunger. However, a small amount of organic coffee (and green tea) intake, up to 2 cups, ideally between 09:00-13:00, can actually decrease feelings of hunger. You are welcome to consume all other types of non-caloric, natural beverages during this fast, such as herbal tea, lemon himalayan salt water, etc. Avoid artificial sweeteners.

## CHOOSE THIS FAST:

- If this is your first fast longer than 14h,
- If you have to perform crucial tasks and or not used to fasted, or
- If you are pregnant or nursing.

## Sample 24H Fruit Fast Schedule

---

7 pm Dinner-Evening before new moon day

9:30-10:30 pm Sleep

6-7 am

- Warm lemon or lime water
- Mindful Island's New Moon Guided meditation
- Mindful Island's Intention setting journal activity

8 am Herbal tea

- Shaking practice and walk

9 am Normal daily activities

10 am First fruit meal (we advise citrus fruits)

12:00 Herbal tea

13-14 Expanding Osprey Practice

14:00 Second fruit meal(citrus or berries)

16:00 Wave Breathing

17:00-18:00 Afternoon walk

19:00 Breaking fast fruit meal or solid meal if desired

# FASTING OPTIONS

## *Fasting option #2: 24H Non-Caloric Liquids Fast*

As straight forward as it sounds, during this fast you will consume only non-caloric beverages for a full 24 hour time period. Begin your fast after a healthy meal at 7 p.m. on the night BEFORE new moon day and break the fast 24 hours later at 7 p.m. We advise to break the fast with one type of fruit before eating a healthy meal approximately 1,5 hour later. Avoid deep fried foods when starting and breaking the fast.

Avoid access caffeine throughout the 24 hr window. You will be in a more autonomic aroused state (activated) due to fasting. Access caffeinated beverages can increase this arousal and lead to feelings of hunger. However, a small amount of organic coffee (and green tea) intake, up to 2 cups, ideally between 09:00-13:00, can actually decrease feelings of hunger. You are welcome to consume all other types of non-caloric, natural beverages during this fast, such as herbal tea, lemon himalayan salt water, etc. Avoid artificial sweeteners.

### CHOOSE THIS FAST:

- If you have previous experience with (intermittent) fasting
- If you are relatively healthy, or
- Need a general physical / mental reset and do not have too many physical or cognitively demanding responsibilities.

## Sample 24H Non-Caloric Liquids Fast Schedule

7 pm Dinner (night before new moon day)

9:30-10:30 pm Sleep

6-7 am

- Warm lemon or lime water
- Mindful Island's New Moon Guided meditation
- Mindful Island's Intention setting journal activity
- Shaking practice and walk
- Herbal Tea

8 am normal daily activities

- Herbal tea and lemon water throughout the day as desired

1500 Afternoon walk or Osprey Practice

6 pm Brisk walk in nature and/or mindful Island's Wave Breathing

7 pm Break fast



# FASTING OPTIONS

## *Fasting option #3: 36-40H Non-Caloric Liquids Fast*

This is the same fast as Option #2, but for a longer duration. During this fast you will consume only non-caloric beverages for a full 24 hour time period. Our recommendation is to begin your fast after a healthy meal at 7 p.m the day before new moon day and break the fast 36-40 hours later, between 7 and 11 am. When you are ready to break-fast, we advise do so in the morning with watermelon, cantaloupe, or another type of juicy fruit.

Avoid access caffeine throughout the 24 hr window. You will be in a more autonomic aroused state (activated) due to fasting. Access caffeinated beverages can increase this arousal and lead to feelings of hunger. However, a small amount of organic coffee (and green tea) intake, up to 2 cups, ideally between 09:00-13:00, can actually decrease feelings of hunger. You are welcome to consume all other types of non-caloric, natural beverages during this fast, such as herbal tea, lemon himalayan salt water, etc. Avoid artificial sweeteners.

### CHOOSE THIS FAST:

- If you have previous experience with (intermittent) fasting,
- If you want to reap the highest effects of autophagy (deep digestive system cleanse) or,
- If you have the ability to limit high physical or mental activity depending upon your energy capacity while fasting.

## Sample 36-40H Non-Caloric Liquids Fast Schedule

---

7 pm Dinner (night before new moon day)

9:30-10:30 pm Sleep

6-7 am

- Warm lemon or lime water
- Mindful Island's New Moon Guided meditation
- Mindful Island's Intention setting journal activity

8 am Herbal tea

- Shaking practice and walk

9 am Normal daily activities

12:00 Herbal tea

13-14 Shaking practice

15:00 Herbal tea

16:00 Wave Breathing

17:00-18:00 Afternoon walk or Osprey Practice

19:00 Herbal tea

20:00 Wave Breathing and/or Shaking

21:00-22:00 Sleep

6-7 am Warm lemon or lime water

- Mindful Island's New Moon Guided meditation
- Mindful Island's Intention setting journal activity

8 am Brisk walk and Shaking Practice

9-11 am Break fast with watermelon or other juicy fruit

# GENERAL FASTING PRACTICE TIPS

- Drink throughout the day as you would on any other day. Do not drink excessively during the fast, as it will make the fast less effective and you will run the risk of over-hydration.
- Prepare for the new moon fast by adding gradually shorter fasts (14-18h) before new moon day.
- Start your day with a warm glass of lime/lemon water with a little Himalayan/(keltic) sea salt mixed in.
- Add small amounts of Himalayan or (keltic) sea salt to drinks throughout the day (1,5tsp). This will keep your cells more adequately hydrated by providing additional minerals and electrolytes.
- If you have a hard time controlling your hunger throughout the day, drink a warm cup of organic nettle herbal tea. Do not drink more than 4 cups during the fast. Nettle Tea has been shown to reduce inflammation, lower blood pressure, support blood sugar control, and regulate digestion.
- Avoid excessive hard training or workouts during your fast. Short, brisk walks, light mobility work/restorative yoga and the three recommended practices found in this manual are all beneficial and will increase lymphatic drainage. Healthy lymph movement is responsible for purification and detoxification of the body system.
- Journal throughout the day about your experience. Invite awareness towards habits and behaviors that emerge that play a role in holding you back from experiencing life more joyfully.
- If possible, abstain from consuming other types of nutrition of the non-edible variety. Abstaining from, or greatly reducing the use of, social media, television, talking, social activities, gossip, shopping, negative internal dialogue, etc., creates an added dimension to your fast that will promote greater insight and space for healing.

# GENERAL FASTING PRACTICE TIPS

- Fast as a family. Make this experience one for the whole household and find yourself connecting to your loved ones in new and more meaningful ways.
- Ask questions if you are unsure of where to begin and in need of support. Email us at [info@mindfulisland.com](mailto:info@mindfulisland.com) for help.
- Relax into emotions. Fasting can act like the breaking of a dam in some situations, and can lead to a heightened experience of emotions that have been locked away for, in some cases, lifetimes. Allow your experience to unfold without expectations and invite your emotions to move through you without interference.
- *SEEK MEDICAL ADVICE. If you are unsure if fasting is right for you, or you have an illness or other medical issue, talk to a trusted medical professional before taking on the challenge of monthly fasting.*

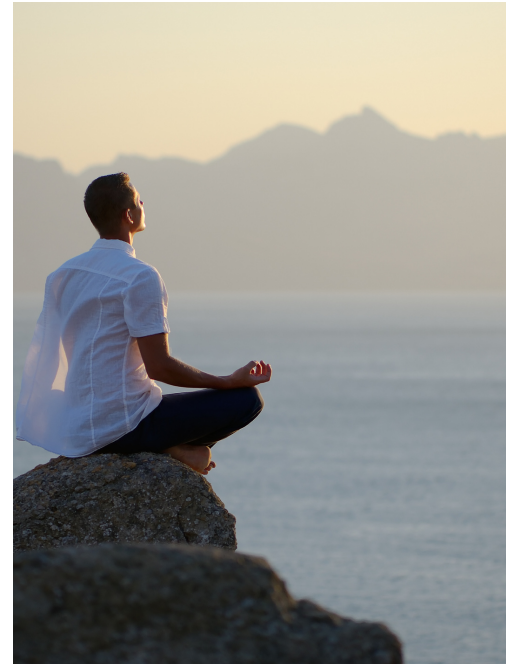
This final tip is perhaps the most important. We want your experience to be beneficial and safe, and the truth is not only are we not medical doctors, but our research, education and experience has told us that, in some instances, fasting can be dangerous. Some individuals should not experiment with it unless they have first consulted a medical professional. If you have ANY doubts about whether or not fasting is right for you, connect with a medical professional first and when you get the all clear, join us for the next new moon...there is one every month!



# FASTING PRACTICES

## FIVE SIMPLE PRACTICES

1. MORNING MEDITATION & JOURNALING.
2. BRISK WALKING.
3. WAVE BREATHING.
4. THE EXPANDING OSPREY.
5. BODY SHAKING.



# MORNING MEDITATION AND JOURNALING



At Mindful Island we place a primary emphasis on the use of meditation practices for the process of transformation. In fact, meditation goes hand in hand with the first step in the [Mindful Island Method of Transformation: Becoming Mindful](#).

Both of these practices, mindfulness and meditation, give you an opportunity for valuable insights into habits, beliefs, thoughts and emotions. When coupled with journaling, your ability to make sense of experience in meaningful ways is amplified greatly.

To practice, on the day of your fast use the meditation found on the [New Moon Fasting Community Page](#) upon waking first thing in the morning. Once you have completed the meditation, spend some time journaling using the prompt below.

## Journal Prompt: The Three Lists

Make a list of all of the things in your life you are grateful for. Write a second list of intentions for inviting newness into your life. For the final list, write down all of the challenges you are currently facing. Make a commitment in your journal to accept all challenges with the knowledge they will eventually leave.

# BRISK WALKING

During the day of your fast, it is important not to over do any physical exertion. A fast creates a more aroused state for your body, and so extra exercise or activation can have a detrimental effect. Only take as many walks as feel good, or none if you feel especially aroused. The key is to listen to your body closely.

Our recommendation is to take two or three brisk walks over the course of your fast. Brisk walking is to walk at a pace that is not so fast you feel out of breath, but does give you a sense of walking faster than your normal pace. Invite your arms to swing along, with a slight bend in your elbows. Keep your spine upright and chest lifted and make sure to engage your abdominal muscles.

Brisk walking improves lymphatic and glymphatic circulation.

This improvement helps clear the body of harmful waste. Additionally, brisk walking has been shown to improve mood. These benefits, and more, make brisk walking a safe and valuable addition to your fasting experience. For an added benefit, walk in nature and go barefoot. Feel yourself as a part of nature and not separate from it.





# WAVE BREATHING

The breath is a powerful tool for staying in the present moment, and also a strong indicator of your current mental, physical and emotional state of health.

During your fast we highly encourage you to stay present with your breath as much as possible. Use your breath as though drinking the most delicious beverage of your life and feel what it is like to be nourished in this pure way.

Beyond this mindful presence with your breath, take at least one moment during the day to focus exclusively on your breathing. To do this, we recommend the practice of Wave Breathing, which is described in the video on your [New Moon Fast Community](#) page. This simple and effective breath practice rebalanced your system to an overall energetic equilibrium. Use this practice to move into a state of calm alertness whenever you are feeling over activated.





## EXPANDING OSPREY

You are a unique, regenerating energetic system. Access caffeine is affecting this negatively and is decreasing your ability to recharge yourself adequately. To get back to neutral. If you need energy, stop looking to external sources. Turn within.

The Expanding Osprey is an 'energy exercise' that will recharge your 'battery' in minutes from the inside out. For this reason, it is a great to use if your energy is low at any time during your fast without over-stimulating your system. This practice, which can be found in the video section of your [New Moon Fast Community Page](#), can be used in addition to, or as an alternative to, brisk walking.

Just like walking, this micro-movement practice increases lymphatic drainage, important for the purification and detoxification of your fast experience. It is also a great alternative if you are limited on time, space and/or proper weather conditions. You can do this practice from anywhere and at anytime.

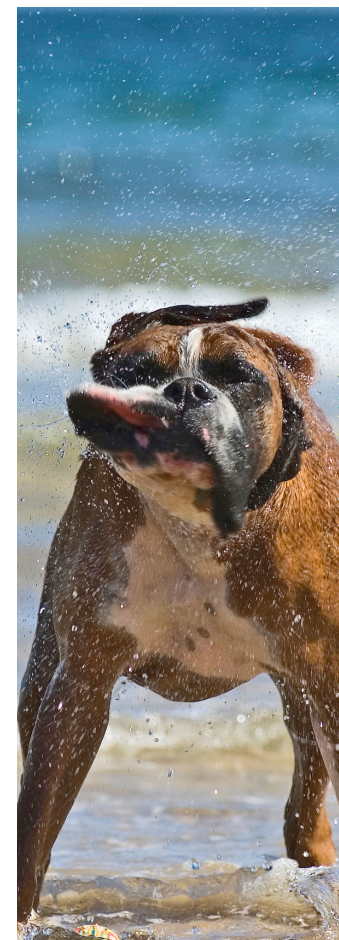
# BODY SHAKING

Body Shaking is a great practice for fasting and energy renewal. For the best results, aim for 1-3 minutes of shaking while nasal breathing, every two hours during your fast.

Ancient cultures did it and animals are doing it frequently; fasting and shaking. Modern day science, too, reveals the positive effects these two endeavors have on our bodymind. Doing them simultaneously however, will give you the absolute best results.

What to expect?! Optimal lymphatic circulation and therefore detoxification, renewed and restful energy, less muscle tension, less psychological stress and less 'craving'. In other words; more para-sympathetic dominance, which will result in more available energy for purification and cell regeneration. Energy to clean your bodymind out!

For a video practice see the [New Moon Fasting Community](http://www.mindfulisland.com) page on [www.mindfulisland.com](http://www.mindfulisland.com).







This guide is a helpful tool to get you started on your path to healthy and safe fasting rituals, but it is by no means exhaustive. If you have questions or feel that you need more information before, during or after your fast, connect with us via [info@mindfulisland.com](mailto:info@mindfulisland.com), or through any of our social media platforms.

We hope that you join us each month for this transformative reset to your body/mind. Stay connected with us at Mindful Island and let us know how your New Moon Fast goes. We love to hear from you.

At Mindful Island we are committed to supporting humans like you enliven your inner being so that you may experience your most joyful life. Through audio downloads, e-books, personalized and generalized self transformation plans, and individualized guidance, we have the tools you need to reconnect to your true nature and find the empty, peaceful space inside, regardless of external circumstances. To learn more visit us at [www.mindfulisland.com](http://www.mindfulisland.com).

If you like what you have read here and are ready to go further, visit us at [www.mindfulisland.com](http://www.mindfulisland.com).



# Mindful ISLAND SERVICES

## ONE ON ONE MENTORSHIP : THE ULTIMATE WELLNESS PROGRAM

This comprehensive program is the result of over 15 years of extensive health research and direct experience. During the Ultimate Wellness program you have the exclusive opportunity to work in a one-on-one format with Niko Sati; Mindful Island's Co-Founder and Health Scientist.

You can expect to:

- Learn how to get a lasting grip on your weight and body composition
- Improve freedom and ability of movement
- Learn what do to avoid self-inflicted injuries and dis-ease
- Learn how increase productivity
- Establishing a daily stillness, meditation routine.

## ONLINE MINDFULNESS COURSES

Coming Winer 2022/Summer 2023, Mindful Island will be offering their in person courses completely online. If you are a group or individual looking for a live course, send us an email at [info@mindfulisland.com](mailto:info@mindfulisland.com).

Upcoming Courses

- Foundations of Mindfulness: This flagship course gives you the opportunity to learn and practice mindfulness over a five week immersive experience. Move from the body to the breath to the mind as you develop strategies and learn tools for inviting more mindfulness into your life.
- Your Last Diet: This is Mindful Island's revolutionary eating course that combines the how, what and when of food to help you transform your relationship to the eating experience and break free of the dieting craze that is so detrimental to wellbeing.

## AUTHENTIC HEALING: WITH SARAH SATI

Work one on one to develop yourself from the inside out with Mindful Island Founder, Sarah Sati. Sarah, who holds a Master's degree in Experimental Psychology, has two decades of experience in the health and wellness industry. Besides being a mindfulness expert and program designer, Sarah healed herself from the traumas of her past using the skills she now teaches to people like you across the globe. Sarah is currently working on her Doctorate in Clinical Psychology and has dedicated her life to helping people overcome obstacles that keep them separate from the joyful life that is their birth right.

Working with Sarah includes:

- Minimum four week commitment with 4-45 minute online sessions.
- Ongoing access to Sarah via text and email for daily support.





# Mindful ISLAND SERVICES

## 21 DAY SELF TRANSFORMATION MINI COURSES

Just as there are a number of pills you can take to deal with certain ailments or improve upon your already well state, so too you can use meditations to address any issues you are currently facing, but without the negative side effects of western medicine.

All Plans come with:

- Unlimited access to the audio instructions for the particular prescription plan you order.
- Unlimited access to the audio prescription meditation.
- A downloadable 21 day PDF Guide.
- A comprehensive 21 day plan of action and tracking calendar.

## NEW MOON FASTING

Join Team Mindful Island each month during the new moon for an opportunity to come in contact with the transformative power of emptiness. By becoming part of the community you will receive access to:

- Mindful Island's New Moon Fast PDF Guide, which includes information, insights and practices to make your experience as safe and transformative as possible.
- An exclusive guided meditation to listen to the day of your fast.
- Links to video guidance for fasting practices.

## PERSONALIZED SELF TRANSFORMATION PLANS

Mindful Island's Personalized Plans for Self Transformation are created just for you. They take into consideration your unique life story and are created to help you maximize your transformation.

Plans come with:

- 45 minute one-on-one soul reading, live online, where information will be gathered to create your unique plan.
- A 25 minute personalized meditation made exclusively for you.
- A 21 day plan for how to incorporate your unique meditation into your life for ultimate transformative power.
- Three 45 minute one-on-one support sessions, live online throughout your process.

CLICK THE TITLE OF THE SERVICE YOU ARE INTERESTED IN TO BE DIRECTED TO THE WEBPAGE FOR THAT PARTICULAR SERVICE. IF THERE ARE ANY QUESTIONS YOU HAVE THAT ARE NOT ANSWERED ON ON [FAQ](#) PAGE, SEND US AN EMAIL AT [INFO@MINDFULISLAND.COM](mailto:INFO@MINDFULISLAND.COM).

[WWW.MINDFULISLAND.COM](http://WWW.MINDFULISLAND.COM)



EACH MOMENT WE ARE  
BORN AGAIN. WHAT WE  
DO **NOW** IS WHAT  
MATTERS MOST.



**READY FOR MORE?  
CONTACT US:  
INFO@MINDFULISLAND.COM**

[WWW.MINDFULISLAND.COM](http://WWW.MINDFULISLAND.COM)