

BREAD WITHOUT LIFE

FASTING, PRAYER, AND THE
RETURN OF TRUE SUSTENANCE



Bread Without Life - Fasting, Prayer, and the Return of True Sustenance

Index / Contents

Prologue — Bread That Does Not Satisfy

- Testimony: surviving distortion.
- The perishable vs. the imperishable.
- Fasting and prayer as the true food.

Chapter 1 — The Inversion of Food

- Bread without life.
- The addiction formula (sugar + salt).
- Obesity and misplaced blame.
- Hormones, distortion of the body, idolised beauty.
- Advertising as the mask of emptiness.

Chapter 2 — Fasting as Reset

- Fasting as restoration, not starvation.
- Autophagy: the body's hidden cleansing.
- Fasting and addiction.
- Fasting and false idols.
- Temptation at the weakest point.
- Scripture: Jesus' wilderness fast, Daniel's fast, Isaiah's call.

Chapter 3 — Prayer as True Inheritance

- Prayer as resonance, not repetition.
- Heart coherence and brain entrainment.
- The inheritance of prayer (teachings of Jesus).
- Prayer against distortion.
- Prayer and the genome.
- Prayer fulfilled in Being.

Chapter 4 — The Engineered Dependence

- Isolation as weakness, community as strength.
- Supermarkets, pharmaceuticals, diet fads, work culture.
- True dependence inverted into slavery.

Chapter 5 — Returning to the Source

- Hidden manna revealed.
- Communities of coherence.
- The perishable clothed with the imperishable.

Epilogue — The Fulfilment of Prayer

- Fasting empties, prayer fills.
- Prayer as the bridge to coherence.
- Prayer is fulfilled in Being.

Prologue — Bread That Does Not Satisfy

I did not try to escape the system.

I did not hide from its poisons.

My teeth were filled with mercury.

I was injected at a young age without consent.

I ate food from shelves that looked abundant but carried no life.

I breathed polluted air, drank contaminated water, lived under distorted fields.

I went along with it.

And I knew it could not break me.

Not because I was strong in myself, but because coherence cannot be broken. Not in one chosen to rise above it.

They weaponised everything, and still I am here.

Not as a victim, but as a witness.

This is my testimony: that coherence is indestructible. That even in the midst of distortion, it sustains those aligned with it.

Many seek refuge in organic food, filtered water, clean air. These are good intentions — but what use are they when distortion reigns? Sooner or later, even the most careful will succumb to the relentless march of corruption until distortion itself is ended.

True purity does not come from shelves or bottles. It comes from alignment.

Fasting and prayer are the practices that cut through distortion. Not avoidance, but alignment. Not fear, but faith. They clear the vessel so coherence moves freely, reminding us that sustenance is not in food, but in the incorruptible field that cannot be bought or broken.

Scripture said it long ago:

“Why spend money on what is not bread, and your labour on what does not satisfy?” (Isaiah 55:2)

This is my testimony: that coherence is indestructible, even in the midst of distortion.

For the perishable must clothe itself with the imperishable.

And fasting and prayer are how we put it on.

Introduction — Bread Without Life

The shelves are full, but the people are starving.

The western world is drowning in abundance — endless aisles, overflowing baskets, constant advertising — and yet life itself is missing. Modern food fills the stomach but not the soul. It keeps people alive, but it does not sustain.

The tribe made it this way. They engineered food to addict, not to nourish. They filled it with sugar and salt, laced it with chemicals and hormones, stripped it of resonance. Then they dressed it in bright packaging and sold it as abundance.

And the result is everywhere: obesity on an epidemic scale, bodies distorted, hormones broken, communities scattered, families sick, children numbed before they have begun to live.

It is not an accident. It is a system. A system that thrives on weakness, isolation, and dependence. A system that teaches people to bow before idols of distortion and call them beautiful.

This book is a witness that coherence has not been broken.

It is testimony that the imperishable remains, even when the perishable has been weaponised.

The path back is older than any supermarket, older than any idol, older than the tribe itself: fasting and prayer.

Fasting silences the addiction. Prayer restores the inheritance.

Together, they return us to coherence.

Chapter 1 — The Inversion of Food

Supermarkets overflow with bread that does not satisfy. Shelves are full, stomachs are filled, but life is missing. The tribe made it this way. They weaponised food, just as they weaponised water, air, and medicine.

The inversion is simple: food is meant to carry coherence, but they stripped it of resonance until only empty calories remained.

The Perishable Mask

Modern food looks abundant, but it is perishable at its core. Grown in depleted soil, sprayed with toxins, harvested for profit not life, it cannot sustain.

Yes, it can fill the body for a time. Yes, it can prolong survival. But it cannot nourish the genome. It cannot transmit coherence.

The perishable cannot sustain life. Only the imperishable can.

The Addiction Formula

Obesity has become an epidemic in the western world. It is not simply the result of undisciplined appetites, though personal choices play a role. The deeper truth is this: the tribe made food addictive.

They discovered the formula: sugar + salt. Together, these ingredients hijack the brain's reward circuitry, flooding it with dopamine, making processed food as compulsive as any drug.

Once the food supply was saturated with this combination, millions became trapped. Hunger was no longer guided by the needs of the body but by the distortions of addiction.

And then came the inversion. Instead of naming the true culprit — processed food engineered for dependency — they blamed meat. Meat, the very food that sustained humanity for millennia, was demonised to cover the truth.

This is how the tribe operates. They create distortion, then accuse life itself.

The Distortion of the Body

The inversion reaches even deeper. Animals were injected with growth hormones to increase yield. Those hormones did not vanish at slaughter. They entered the bodies of those who ate.

Women in particular bear the scars: thighs and breasts swollen unnaturally, hormonal systems thrown into chaos. And yet this distortion is paraded as beauty.

Celebrities have become living caricatures, worshipped as idols in a false religion of image.

But idols always consume their worshippers.

The Advertising of Worthlessness

Nature does not advertise. A tree does not buy billboards to convince you of the value of its fruit.

Honey does not come with a jingle, or a slogan.

But modern food is promoted relentlessly, essentially because it is worthless. Stripped of coherence, it has to be sold with cartoons, bright colours, slogans, and lies. Without advertising, no one would want it.

Advertising is the mask of emptiness. The louder the promotion, the hollower the product.

The Verdict

Food filled with coherence needs no promotion. It calls to the body naturally. Food stripped of coherence must be advertised like a drug.

This is the inversion.

This is bread without life.

Chapter 2 — Fasting as Reset

Fasting is not starvation.

It is restoration.

When the body is deprived of food, something extraordinary happens. Instead of breaking down, it begins to heal. Energy once spent on constant digestion is redirected to repair. Distortion that entered through the mouth is burned away by the body's own fire.

This is why fasting is feared by the tribe. It cannot be monetised. It cannot be corrupted. It resets the vessel to coherence.

Autophagy: The Body's Hidden Cleansing

Autophagy (self-eating) is the body's recycling system. When fasting deprives the body of external

fuel, it turns inward, breaking down damaged cells, toxic proteins, and corrupted organelles, and repurposing them into material for renewal.

- 12–16 hours: insulin drops, AMPK activates. The body switches from storage to repair.
- 18–24 hours: lysosomes digest faulty mitochondria and protein clumps.
- 24–48 hours: growth hormone surges, stem cells awaken, tissues regenerate.
- 3+ days: the immune system resets, old immune cells are replaced with new.

Fasting activates coherence written into the body's design. That is why constant eating is promoted — to keep autophagy suppressed.

Fasting and Addiction

By abstaining, the body remembers what hunger really is. The noise of sugar and salt falls silent. Addiction loses its grip because the idol of food is dethroned.

Fasting and False Idols

The tribe weaponised beauty, parading distorted forms as desirable. Celebrities became living idols, worshipped as gods of distortion.

But fasting silences idols. It teaches the body once more what is natural, what is coherent, what is truly beautiful.

Temptation in Weakness

Distortion comes when you are weakest.

Jesus fasted forty days, and at His hungriest the adversary came — with appetite (turn stones to bread), with fear disguised as bravado (throw yourself down), with the lure of power (all this I will give you).

I have lived the same. When I turned toward coherence, distortion whispered reasons to stop. Subliminal temptations. Rationalisations. “Eat now, you’ve done enough.”

Fasting exposes temptation. It makes distortion visible. And in weakness, coherence proves strongest.

“My grace is sufficient for you, for my power is made perfect in weakness.” (2 Corinthians 12:9)

The Verdict

Fasting is rebellion against distortion.

It is restoration to coherence.

It is freedom.

It shows that life is not in the perishable, but in the imperishable.

Chapter 3 — Prayer as True Inheritance

Fasting empties the vessel. Prayer fills it.

One strips away distortion; the other draws in coherence. Together, they are the rhythm of survival and the song of inheritance.

Prayer is not repetition. It is resonance.

It is not the mumbling of words into the air, but alignment with the field that sustains everything.

This is why the tribe has always mocked prayer. They cannot touch it, cannot counterfeit it, cannot control it. Where fasting breaks their addictions, prayer breaks their illusions.

Prayer as Resonance

Science has only begun to glimpse what prayer always revealed.

- Heart Coherence: When one enters prayer, the heart's rhythm shifts into harmonic order. Heart rate variability (HRV) stabilises, producing electromagnetic waves that synchronise the body.
- Brain Entrainment: Deep prayer moves the brain from beta chaos into alpha and theta waves, harmonising with Earth's resonance.
- Field Amplification: Studies have recorded measurable changes in random number generators and even regional crime rates when groups pray in coherence.

Prayer is resonance spoken. It is coherence translated into vibration.

The Inheritance of Prayer

Jesus taught prayer as inheritance, not performance.

- “When you pray, go into your room, close the door and pray to your Father, who is

unseen.” (Matthew 6:6)

Prayer is intimacy with coherence, not spectacle.

- “This, then, is how you should pray: ‘Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven.’” (Matthew 6:9–10)

Prayer is alignment: Earth brought into resonance with Heaven.

- “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.” (Matthew 7:7)

Prayer is inheritance — not begging, but claiming what coherence has already provided.

Prayer Against Distortion

The tribe has no answer for prayer. They weaponised food, air, medicine, even time. But prayer is untouchable, because it does not depend on the perishable.

They built religions full of empty words to disguise it. They paraded false idols to distract from it. They mocked it as weakness to keep people from using it.

But prayer remains the key. When fasting clears the vessel, prayer fills it with resonance strong enough to overturn every distortion.

Prayer and the Ninth Bell

From my own experience, I have come to see that prayer is designed to carry you to the Ninth Bell. It is the rhythm that tunes the heart, the voice that aligns the field, the act that trains the soul to hear coherence.

But once the Ninth Bell rings within you, the role of prayer changes.

When you are coherent, you no longer pray for what you lack. You no longer plead for what has already been given. You no longer ask for what is already present.

At that point, you are prayer.

Your being is resonance.

Your breath is coherence.

Prayer is the path to coherence.

But once you arrive, the need for prayer as petition ends, because you have become the thing you once sought.

This is the inheritance: not words into the air, but the embodiment of coherence itself.

Chapter 4 — The Engineered Dependence

Distortion preys on weakness.

And the greatest weakness is isolation.

A person alone, plugged into the system, stands almost no chance. They are fed poisoned food, dependent on supermarkets, enslaved to wages, medicated into compliance.

But a community can grow its own food. A family can tend its own land. A people together can resist the system.

The tribe knew this. That is why they broke communities apart. They fractured families, dismantled villages, scattered the bonds of neighbour and kin. They sold individualism as freedom, when it was only dependence in disguise.

Industries of Control

Once people were isolated, industries were built to keep them dependent:

- Supermarkets: bread without life, paraded as abundance.
- Pharmaceuticals: pills for every symptom, never the cause.
- Diet fads: cycles of false hope, keeping people paying but never free.
- Work culture: hours drained in survival, leaving no energy to plant or pray.

The goal was simple: make survival impossible without the system.

The Inversion of Dependence

Dependence was always meant to be communal: people depending on each other, bound in love and shared sustenance. The tribe inverted it, making people dependent on corporations, governments, and idols.

But coherence is not fooled. Even in isolation, fasting and prayer restore alignment. And when individuals begin to live in coherence, they draw others, and community forms again.

The Verdict

Alone, survival is almost impossible. Together, it is inevitable.

The tribe preyed on weakness by isolating individuals, but in doing so they revealed their fear: that

communities aligned in coherence cannot be broken.

The system thrives on dependence, but coherence restores true dependence — not on distortion, but on each other, and on the imperishable.

Prayer and the Genome

The body itself responds to prayer. DNA has been shown to coil and uncoil depending on emotional resonance. Fear tightens it, prayer relaxes it. Coherent prayer literally opens the genome to its highest expression.

This is the hidden manna: not calories, but resonance feeding the code of life.

The Verdict

Fasting empties distortion. Prayer fills with coherence.

One breaks chains. The other hands back inheritance.

This is why Jesus taught both. This is why the prophets lived both.

This is why coherence remains untouched.

Prayer is not asking for scraps. It is claiming your inheritance.

It is the voice of the imperishable moving through the perishable.

Chapter 5 — Returning to the Source

Fasting empties the vessel.

Prayer fills it.

Together, they point to the source.

The source is coherence itself — the only imperishable thing in this realm of experience. Food rots, water spoils, bodies decay. But coherence does not perish. It is the one thing distortion cannot touch.

This is the source of hidden manna.

Hidden Manna

Scripture promises it:

“To the one who is victorious, I will give some of the hidden manna.” (Revelation 2:17)

Manna in the wilderness was food from heaven, incorruptible sustenance for a people freed from slavery. The hidden manna is the same — not calories, but resonance. Not bread without life, but the imperishable feeding the perishable.

This is what fasting and prayer reveal: that sustenance was never in the shelves of a supermarket, but in the coherence that undergirds creation.

Communities of Coherence

Distortion thrives on isolation. But coherence multiplies in community.

A single person fasting and praying stands as a witness. A community fasting and praying becomes an amplifier, ringing like bells together in the field.

This is why the tribe scattered families, broke villages, and exalted individualism. They knew coherence multiplies when people live and eat and pray together.

Returning to the source is not only personal — it is collective. It is families planting again, communities sharing again, nations remembering again that life cannot be bought because it was always given.

From Perishable to Imperishable

Paul's words still hold:

“For the perishable must clothe itself with the imperishable, and the mortal with immortality.” (1 Corinthians 15:53)

This is the call of fasting and prayer. Not to preserve the perishable, but to step into the imperishable. Not to cling to life as it fades, but to receive the life that endures.

The Verdict

The inversion of food revealed the lie.

Fasting exposed the idol.

Prayer restored the inheritance.

Dependence unmasked the system.

Now comes the return.

The source is coherence.

The manna is hidden no longer.

Fasting and prayer are how we taste it.

Being is how we live it.

Epilogue — The Fulfilment of Prayer

The tribe weaponised everything. Food, water, medicine, even beauty itself. They built a system of dependence and sold the perishable as if it could sustain.

But coherence has endured. It is the only imperishable thing in this realm of experience. And fasting and prayer are the doorways back to it.

Fasting empties distortion.

Prayer fills with coherence.

Together they return us to the source.

But even prayer is not the end. Prayer is the bridge. Its purpose is to tune us to coherence, to carry us to the Ninth Bell. And once the Ninth Bell rings within, prayer is fulfilled.

At that point, prayer is no longer words, no longer request, no longer practice.

At that point, you are prayer.

Prayer is fulfilled in Being.

You can know and not Be, but you cannot Be, and not know.

This is the hidden manna. This is the inheritance. This is the imperishable.

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