

Breaking Through the Plateau: **MY TRANSFORMATIVE 72-HOUR WATER FAST**



by Reema Shamim

Three days, seventy-two hours, 4,320 minutes. It doesn't seem like a long time, but when you're not eating, each second stretches into an eternity.

I found myself at a crossroads in my personal growth journey, feeling stagnant and uninspired. Desperate for a breakthrough, I decided to undertake a 72-hour water fast.

Little did I know, this experience would transform my understanding of mind, body, and spirit. It was nothing short of transformative.

Hitting the Plateau

Life was moving, but I wasn't.

For months, I felt like I was running in place, my progress in personal development coming to a standstill.

My meditation practice felt shallow, my creativity was dwindling, and I was losing touch with my sense of purpose. It was a frustrating and disheartening state.

Seeking clarity, I read about various methods to push through such plateaus.

I had a feeling that the answers I was seeking might be hidden within my body. Unsure of how to interpret this intuition, I stumbled upon an article about a 72-hour water fast. Instinctively, I knew I had to give it a try.



The Decision to fast

Choosing a 72-hour water fast was not a decision I made lightly. I researched extensively, learning about the potential benefits and challenges.

I was drawn to the idea of stripping away the superficial and confronting the core of my being. The fast promised mental clarity, emotional breakthroughs, and a physical reset.

It was exactly what I needed to shake off the stagnation.

My transformative 72-hour water fast



Preparation

Preparing for the fast involved more than just not eating.

I began with a mental commitment, setting clear intentions for what I hoped to achieve.

I prepared for the 72-hour water fast by gradually easing into it with an intermittent fasting protocol.

I stocked up on nutrient dense foods and herbal teas, created a journal for documenting my journey, and informed my family for support.

Meditation, reading and gentle exercise became part of my daily routine, helping to centre my mind and prepare my body.

The Fast Begins

Day 1: The Initiation

The first day was deceptively easy. My body, accustomed to regular meals, wasn't yet aware of the "deprivation" to come. I stayed busy with light activities, avoiding strenuous tasks to conserve energy.

Mentally, I was excited and optimistic, feeling the novelty of the challenge. By evening, hunger pangs began to set in, but they were manageable. I drank water regularly, each sip a reminder of my commitment.



Day 2: The Struggle

On day two, boredom set in. I wasn't particularly hungry, but I found myself less focused and more easily distracted.

I spent most of the day in quiet activities—reading, meditating, and journaling. Writing about my feelings and reflections became a crucial outlet.

By the end of the day, my energy levels plummeted, and I retreated to bed early, hoping Day 3 would bring a bit of relief.



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Day 3: The Breakthrough

The third day brought unexpected clarity.

Physically, I was still weak, but mentally, a sense of calm washed over me. The hunger had subsided to a dull background noise, and my mind felt sharper.

Meditating was a different experience—deeper, more profound. I had vivid insights about my life, patterns of behaviour, and I felt a sense of flow.

A sense of calmness came over me. I felt both alert and deeply relaxed. It was as if the layers of my consciousness were peeling back, revealing a clearer vision of my true self.



The Aftermath and Transformation

Breaking the fast was a delicate process. I started with Bone broth and ate a light meal.

Physically, I felt rejuvenated, lighter, and more energetic. But the most profound changes were mental and emotional.

The fog that had clouded my mind lifted, replaced by a renewed sense of purpose and direction. I felt more connected to my inner self, more in tune with my goals and desires.

My 72-hour water fast was a journey through struggle and introspection, leading to profound personal growth.

It taught me to trust my intuition, the power of resilience, the clarity that comes from simplicity, and the deep connection between mind and body.

For anyone feeling stuck in their personal growth journey, I encourage you to explore methods like fasting. It's a challenging path, but the rewards can be life-changing.

Embrace the discomfort, trust the process, and you might just find the breakthrough you're looking for.