THE ANCIENT ART
OF SELF HEALING

BY YOGI BHAJAN

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THE ANCIENT ART OF SELF-HEALING

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E-Book Cover Design: Prana Projects

The diet, exercise and lifestyle suggestions in this book come from ancient yogic traditions. Nothing in this book should be construed as medical advice. Any recipes mentioned herein may contain potent herbs, botanicals and naturally occurring ingredients which have traditionally been used to support the structure and function of the human body. Always check with your personal physician or licensed health care practitioner before making any significant modification in your diet or lifestyle, to insure that the ingredients or lifestyle changes are appropriate for your personal health condition and consistent with any medication you may be taking. For more information about Kundalini Yoga as taught by Yogi Bhajan® please see www.yogibhajan.org and www.kundaliniresearchinstitute.org.

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AUTHOR'S FOREWORD

I want to give you this gift of God, this science which I have been carrying in my chest for years and years, which after my death no one will even know about. I want to share it with you. Somebody once was kind to me, he was merciful to me, and he was great to me. In my innocence and ignorance, I never knew why he wanted to pick me up and teach me this. I just had faith that this was a good man, and I followed him. I never understood what a priceless thing I had. I want to give this to you, and I want you to give it to your children, so that this priceless thing which we have goes on and on for many generations.

You are nothing but you. And you have to understand that you cannot be anything but you. Neither there was, nor there is, nor there shall be anything more important than you, and from that you as a base, you must rise unto the top as you. Excel. Command the situation and the challenge to excel. That is human.

Food is the medicine which creates essential energy in the body and creates essential rest, which creates equilibrium. That is the beauty of food. All food was considered human medicine to begin with, and to live with.

There are two types of food: nutritious food and sustaining food. Actually a lot of food on the earth is medicine. Nutritious foods are those which allow you to help your body and give you strength. Sustaining foods are those that do the medical job for you, those that maintain your metabolism. So the basic properties of food are: Food should be nutritious and food should be sustaining. Food should also be balanced. Balanced food is that food which can get digested without drawing on your health. It should not put a strain on the body of the child or the person.

There are many different foods, but that food which sustains you will always give you more joy in life. Any food which pushes you is going to kill you. You don't grow old by years, you grow old by food. Your sexual behavior, your personality behavior, and your communicative behavior, all are understandably very important. But the base of all that is how much you eat and what you eat.

We take medicine to get rid of disease. What does medicine do? It fights the disease and gives the body a chance to recuperate. What is a medicine? It is a sustaining food. Chemical medicines are produced because they are cheap. The difference between organic medicine and chemical medicine is that chemical medicine is direct and organic medicine is indirect. Organic medicine affects us slowly but its effect is long. Eating tasty food is nutritious, but eating right food is sustaining, too. Eating the right food is a cure in itself.

Sometimes you wonder about what can make you healthy. What has happened with modern medicine is that they have removed the curing properties of foods.
They have taken those direct properties, filled the medicine with them and shoved them into people. When you take a medicine with the original, as well as with the embraced faculty of it, it will never have an adverse reaction. If the whole food or the whole herb is used, rather than taking the extract from it, there is hardly any negative reaction.

There are a lot of foods available to us today that were not part of the original Ayurvedic tradition. In this book we have not added anything nor instructed anything that is not in the traditional knowledge. We have to keep the knowledge pure from our own ego, and we won't change the information taught by our teachers. We are very proud of this and we want to keep our pride alive. We don't want to go left or right. And what we did was we experimented with whatever we could experiment with.

KEEP UP!
YOGI BHAJAN
A Note on the Second Edition

Dr. Siri Amir Singh's collection of the Teachings of Yogi Bhajan on nutrition and healing has long been very popular; but for a good many years it has been out of print. The Kundalini Research Institute has made it available once again as an e-book. We've reorganized the material for this second edition and have updated some of the graphics and material. Please note that these are collections of quotes taken from multiple sources—and should be read with that in mind. Instead of a single narrative, these quotes are snapshots of various technologies Yogi Bhajan taught over the years on Ayurveda, food and nutrition, Humanology, sexuality, child-rearing and more. We hope you find it as useful and engaging as the original.
FOREWORD TO THE FIRST EDITION

In our earlier work The Ancient Art of Self-Nutrition, we compiled many diets used in the ancient times, when people never knew medicine. The book went through five printings and served many in understanding the role of nutrition in health. As the interest in Ayurvedic nutrition grew, the need arose to expand this knowledge to a bigger book.

We present here the result of our new efforts, The Ancient Art of Self-Healing, the logical sequel to our first endeavor. This work contains many more diets, notes on daily hygiene, philosophy and valuable information on the science of Humanology.

This is a reference book. The layout was chosen to enhance this quality. Find in the Index the subject you want to learn about; then refer to the appropriate paragraph. These paragraphs were gleaned from reams and reams of notes on lectures given by Yogi Bhajan throughout the years. An attempt was made to cover the many facets of life. The sources are voluminous, and from that we condensed the practical material for this book.

Apply the techniques you will learn in these pages. Share the knowledge with others, and let us know the results.

DR. SIRI AMIR SINGH KHALSA WEST ANANDPUR, OREGON 1982

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The information contained in this manual comes from ancient yogic traditions. Nothing in this manual should be construed as medical advice. Any recipes mentioned herein may contain potent herbs, botanicals and naturally occurring ingredients which have traditionally been used to support the structure and function of the human body. Always check with your personal physician or licensed health care practitioner before making any significant modification in your diet or lifestyle, to insure that the ingredients or lifestyle changes are appropriate for your personal health condition and consistent with any medication you may be taking.

Again, this book is a reference work based on research by the author and editor. It includes their studies as well as those of other authorities on various healing methods. The directions stated are in no way to be considered a prescription or in any way replace the recommendations of your personal physician or other health care provider.
THINGS TO DO EVERY DAY: BODY, MIND & SPIRIT

SADHANA

Sadhana means spiritual practice. It is the ten percent of our time that we give to God in the ambrosial hours of the morning.

The radiance of your spirit can be measured according to how the name of God vibrates within you and around you. If your sadhana is perfect, your spirit will be high. If you have forgotten to chant the name of God, you will be in the doldrums. If you become low and depressed, it is only because you have not warmed up your machine in the morning; you have not done your spiritual practice. Your mind has found the zero point through working the belt of meditation. And if the mortal does not work the belt of meditation, then the electricity is not produced and the generator does not work. The mortal must work the mind; the mind must become zero, and it must create the experience of Infinity within you. In the Western world where there is such a crisscross of mental thought patterns, you must find a way to bring your mind under control. You must learn to bring the level of yourself to zero, whenever you like. This is practiced in sadhana. Remember, you are you and you are not you. You are you in the frame of the defined finite, but you are not you, in the frame of the Infinite.

In your consciousness, you must find a time to think. It is very important. At this time there are three questions you must ask yourself:
1. “How much am I a part of the I AM which made me what I am?”
2. “During my working day, during my existence, during my awareness, how much of the time have I been aware that I am part of the greatness of that I AM?”
3. “What can I do to extend myself to the greater I AM of which I am a part?”
In finding the answers to these questions, you will find your way from the realm of finite ego to the realm of higher consciousness and you will have the experience of total relaxation into mental happiness and contentment.

PRAY

As a woman or as a man there is one thing which is a very great must. You must pray in the evening. When the sun starts setting, 4:00 p.m. onward, your energy gets out of balance; it is automatic. In the morning you are fresh and you want to do something. In the evening, you want to freak out somewhere. It is natural. Don't stop it. Just pick a certain time in the evening when you can close
your eyes, and pray for a minute, two, three, or five minutes.

**BRUSH THE ROOT OF THE TONGUE**
First thing upon arising, one must brush the root of the tongue with alum and salt until one gags and the eyes water. The gagging will bring up two balls of mucus that collect at the root of the tongue overnight. This toxic mucus must come out before you swallow or it will go back into the body to produce headaches and pollution.

**BRUSH THE HAIR WITH A WOODEN COMB**
Brush the hair in every direction—forward, back, and side to side—in the morning and before going to bed. It's also a way to energize yourself during the middle of the day. Braid the hair at night before bed.

**COLD SHOWERS AND WARM SHOWERS**
Cold showers bring the blood out to the capillaries, cleans the circulatory system and reduces the blood pressure of the internal organs and thus acts as a flushing for the internal organs, giving them a new supply of blood. It strengthens the parasympathetic and sympathetic nervous systems and it helps to contract the muscles to eliminate the toxins and poisons very fast. It also brings the power of resistance to the body and strengthens the membranes which normally inflate and bring hay fever, allergies, colds, cough and those kinds of things. It makes a person normal, healthy and keeps the skin young and shining. It also takes little time to take a cold shower.

If you take a warm water shower you must be in warm water for half an hour and preferably it should be taken in a tub. First you should sit in hot water up to the navel point to allow the adjustment of the circulatory system, and then you should lie down in it. We have found in hydrotherapy, which is the art of water and water curing, that a person should always stay in the warm water more than half an hour. People who take quick hot showers are normally sick, and in case of women, menstruation is never regular. Also their metabolism is never straight, and they get blue veins and finally they become ugly because their face starts producing a very different kind of fat layer in the skin, which makes them out of shape. The art of taking a cold shower is that when you let the cold water strike your body, you start massaging your body right away to the extent that you don't feel the coldness. It is the healthiest exercise, greatest therapy and very creative to the body.

**EYE SHOWER**
Early in the morning, cold water in the eyes can do wonders. It is like a cold
shower for the whole body and it can prevent many diseases.

**SWEAT**

To maintain health, one must daily perform some activity that will cause beads of perspiration to appear on the forehead.

**EAT YOGURT**

For vitamin B-12 and other vitamins, you must know how to make homemade yogurt (see appendix). It is essential for the intestinal flora, so it will be good to add to your diet a cup of homemade yogurt every day, and every three days, sour yogurt. Sour yogurt is a very systematic system in the spiritual world. They take the yogurt and they keep it covered at room temperature so it becomes yellowish and sour. The fermentation in it develops vitamin B-12 which is very essential for the nervous system. The body cannot make B-12, so you need yogurt daily for the complete nutrition of the body.

**THINGS TO DO IN CHANGING TIMES**

**CELERY FAST**

During times of change which require adjustment and tuning of the nervous system, such as changes in season, climate, etc., the celery fast is very effective. With spring comes new flowers and new growth. Also within the body new blood is going to circulate. For such times, God has given us steamed celery. You can lose weight and also cleanse the liver by following this diet. Only steamed celery with crushed red chilies may be eaten. Don't cut up the celery or blend it; be sure to keep the strings. The red chilies give the blood a boost and provide phosphorus. You may be as liberal as you like with the chilies. In forty days you can have totally beautiful, healthy and toxin free blood.

**VEGETABLE JUICES**

The following juices can help you during hard times: For lack of flexibility in the human character and to increase the buffer when you are facing something that is out of tune, drink the following nectar daily: six ounces of carrot juice, two ounces of beet juice, and four ounces of celery juice. Start on the first day of the moon cycle and end on the fifteenth.
THE HUMAN BODY: A TO Z

THE AURA & THE RADIANT BODY
The aura is a subtle body, without which there cannot be any physical existence.

THE ARC LINE AND THE AURA
The hairline is the base of the arc line of your aura. The arc line of a human being can be between one millimeter up to three inches. That is where the aura is read and that is where the strength of your entire divinity lies.

SIZE OF THE AURA
You are not as physical as you look. The total impact of your human aura can be nine feet around you, all the way. When the aura touches the earth, it grounds itself with the earth. Those are your roots. That is where you get your energy. That is the energy which will take you to the heavens, the ether.
You are not just this body. Your energy is in your aura and your aura extends nine feet from your skin. The animal aura is three and a half feet; metal things and other inanimate objects are one and a half; and the human aura is nine feet.
There are two things which can increase the size of the aura: white clothing and cotton cloth. When you wear white cotton clothing from top to bottom, you can increase your aura up to three times. This is under all circumstances, even if you are at your lowest ebb. That's the law of the universe.

BLADDER

FOODS THAT HELP THE BLADDER
Olive oil dilates the bladder.

HOW TO URINATE
When you urinate you must not urinate straight. The stream must be stopped three to five times because the muscular pressure inside stimulates everything and gives the urine a push back to a certain area, and it is helpful in many ways. It does not allow the deposits to settle, and then there is much less chance of developing stones. We do not know whether this takes away the bladder sand and stones are not formed, or if it creates some ionic action in the body.

Normally, those who have this habit to stop the urine three to five times while urinating have never reported to have stones. It was a very, very difficult study which we had to do; first to convince a person that it is for the good of humanity, then to find if they had the habit. All those who were doing yoga were told, and
then some didn't bother to do it. We found amongst those who did it, even in the later years, one person who was about eighty seven years old who was in absolute health and was absolutely disease free.

**URGE TO URINATE**

There is a problem with Westerners. You are very shy of going to the toilet. You do not feel that it is a requirement of the body, whereas under no circumstances should one develop pressure on the bladder, come what may. The body has a system for when you hold urine in the bladder; it gets that urine back into the system. And that is not healthy at all, though the body does have this survival system. Therefore, when you just feel a little of an urge to go to the restroom, you should immediately go. And you should develop that as a habit.

**WHEN TO URINATE**

Learn to urinate right after meals to turn acid blood into alkaline blood.

**BLOOD1**

**ACIDITY**

To turn acid blood into alkaline, get into the habit of urinating after meals. This is a good habit to teach children.

**ANEMIA**

The following foods are known to increase the iron content in the blood: almond milk, apricot kernels, sunflower seeds, watermelon seed kernels, zucchini seed kernels, tofu sandwich.

Almond milk is good for those with conditions of diabetes, anemia and malnutrition. Take six to eight peeled almonds, mash and blend with eight ounces of water and a little honey.

Seeds are very rich in iron.

This diet is good for anemia. One slice of tofu in a sandwich with onions and tomatoes with mung bean sprouts; one meal a day of as many sandwiches as you want.

**CLEANSING**

The following foods have a cleansing action on the blood: apples, tofu, onions, and oranges.

A diet of baked apples and cottage cheese for ninety days is said to cleanse and renew the entire blood content. Tofu helps to clean the blood.
A dish made with the broth of garlic, onions and ginger root is the best food for sick persons and those suffering from blood poisoning.

There is a very old saying: A raw onion a day keeps the cancer away. There is another saying: An apple a day keeps the doctor away, but raw onion is such an anticancer agent you can't believe it. Raw onion has the quality of fighting anything which concerns the blood.

Oranges and orange juice are high in vitamin C. Oranges are a good blood cleanser. They are high in potassium, calcium, sodium and magnesium. Oranges stir up the acids and mucus for elimination.

**HIGH BLOOD PRESSURE**

In ancient times, garlic and parsley were used to regulate the blood pressure. In our understanding, blood pressure problems should always include investigations of the kidneys.

The following foods are known to help with high blood pressure: iodine, melons, nutmeg, oranges, rutin (buckwheat) and bioflavonoids, snakeroot herb, watercress. The element iodine helps keep blood pressure down. Melons are cooling foods and have been known to help in cases of high blood pressure, kidney and bladder problems.

Nutmeg lowers high blood pressure to the extent that you can't believe it.

Oranges are good for high blood pressure and ailments of the heart.

Rutin and the bioflavonoids, known as vitamin P, are good for reducing blood pressure.

In India, people use snakeroot herb to cure high blood pressure. They use the whole herb, they don't make an extract out of it, therefore there is hardly any negative reaction.

Watercress is a body mineralizer, high in sulfur, chlorine and calcium. It is also good for high blood pressure.

**PRODUCTION**

Onions stimulate the production of blood, as do grapes.

**PURIFYING FOODS**

Purifying foods are: black pepper, garlic, grapes, onions, oranges, rice, and turmeric.

Black pepper is a blood purifier. It should be freshly ground.

Garlic purifies the blood by drawing poisons to it. Garlic is a natural antibiotic. It works best when it is eaten raw.

Grapes are known to be good blood purifiers and body builders. A monodiet of grapes has been used to transform the whole blood stream in cases of chronic
Onions tend to create heat in the body. They give energy and serve many healing functions: cleansing of the liver, digestion of food, promoting the drainage of mucus and killing germs. They are diuretic and laxative. They have been used to combat insomnia and for earaches, diarrhea, vomiting, heroin convulsions, and high fever and dizziness. Do not eat raw onions if you have ulcers, colitis, or high blood pressure. They are good for the hair, nails and eyes. It is also a blood builder. A favorite way of using onions is to take one cup of onion juice, one cup good mint tea, mix and drink.

Oranges are blood purifiers.

Curry on unpolished rice is very good for purifying the blood.

Turmeric is the most healing root for the body and for purifying the blood. It keeps a person beautiful.

[txt box] Interesting Fact: POISON IVY

Poison ivy will blister you up, you all know that. But no one tells you that when poison ivy blisters you up, it means your blood has too much sugar. Nobody will tell you that. And nobody will tell you, “Thank God you have poison ivy. That only means you have too much sugar, so get off sugar.”

OTHER PURIFYING FOODS FOR THE BLOOD

Here are some blood purification recipes native to India.

There is a kind of dried long grass in India called chai raita, which is very bitter but highly purifying to the blood. A handful is soaked in water at night. In the morning the water is poured off and one cup is drunk. It is very very bitter. The next day another handful is made into a tea. They say that people who use this grass will never have any skin problems. One must also take ghee or almond oil in milk along with this because it is very dry.

In India there is a tree called Pipal. It is the only tree in the world which emits nothing but oxygen. All other trees emit oxygen during the day and carbon dioxide at night. The Pipal tree emits twice the amount of oxygen at night. Its powdered dried leaves are mixed with honey and eaten as a blood purifier.

BRAIN

CEREBROSPINAL FLUID

The brain has no solid foundation; it floats in the cerebrospinal fluid in the skull. When this serum is too thin or there is less than the required amount, the brain cannot remain floating in the center. Then it becomes itchy and you get headaches.
DIFFERENCES IN BRAIN STRUCTURE

In common language, woman is called the better half and yet man out of ego, puts her down for a lot of reasons. First is jealousy, second is incompetence, third is the rude behavior, and fourth is his brain structure. Man's nervous system needs to be fed, smoothed and consoled. The brain structure of a man is not designed to give continuous support. Woman on the other hand is complete in this area. Try an experiment. Make a man work alone for six months without any contact with woman and see what happens. He shouldn't talk about woman, see a woman, and read about woman, you will have a living neurotic on your hands. A man needs the soothing and warming effect of life that comes from the words and gestures of a woman.

Men are very restless and crazy. They have no smoothness unless someone is there to soothe them. This soothing comes from nowhere on this earth except by the appearance, words and gestures of a woman. When a woman wants to raise someone's blood pressure, hardly any medicine can keep him cool. When woman wants a man to be insane, even God cannot protect that man.

FOOD FOR THE BRAIN

The following foods feed the brain: bread, gotu-kola, olives, onions, oranges, rice, seeds, and tomatoes.

Bread is needed as brain food.

The herb gotu-kola helps keep the endocrine and sex glands in peak working condition, it also energizes nerve and brain functions. Li Chung Yen took gotu-kola and ginseng daily and lived to be two hundred and sixty five years old. At two hundred years old, he looked fifty. He outlived twenty three wives and kept his own teeth and hair. Now that's the remarkable part. As if that weren't enough, he was also a vegetarian.

Olives are extremely high in vitamin C. They are the best source of potassium and a good source of phosphorus. Olives are excellent brain food.

Onions are excellent for mental clarity, and excellent mental clarity is attributed to raw onions.

Oranges are known to help eliminate mental toxins. Rice supplies a little carbohydrate which is essential for the brain.

Melon seeds, pumpkin seeds and walnuts are good for the brain.

Don't forget one thing in the vegetable kingdom. It is half vegetable and half fruit. Do you know what that is? The tomato. The tomato is half fruit and half vegetable. You know what you should do about this? It is a very funny thing to do, but it should be only done for one week. This tomato is very beautiful. Use big tomatoes that are not soft anywhere, nor too old. They should be young,
fresh tomatoes. Take a tomato and put it in hot water, then pull it out and take
the skin off. It should only be in hot water long enough that the skin should
come off easily; not more, not less (avoid the skin of the tomato because it
doesn't digest). When you have done that with five, six, ten tomatoes, put them
before you. Then take dry mint leaves, powder them and put a lot of it around
the tomatoes. Then add tamari to your taste, take a fork and knife, and eat it. Eat
this dish three times a day for one week. Whenever you do it, start Monday
morning and end it on Sunday at midnight. Don't forget to take mint leaves,
powdered mint leaves with it, lots of it. You'll come out as a new person, clear
and best for consciousness. It's the best food for the brain. It takes away all
tiredness and fatigue, both sexual and mental fatigue.

CARBOHYDRATES
There is a fad diet in the U.S.A. They call it the carbohydrate free diet. For
God's sake, never do that, it is the product of some mad head that you should
have no carbohydrates. A carbohydrate free diet will make you insane and
brainless. Carbohydrates turn into glucose which is fuel for the brain. It is very
essential, even if you are hypoglycemic.

FOOD FOR THOUGHT
Many important nerves are found around the area of the mouth and lips. They
also interlink with the tongue. Why were these various nerves not tied down with
the knees? This is a simple scientific question and a simple scientific answer.
Your thinking pattern is based on what you normally speak. If you speak the
word of God, your thinking patterns will become divine. These nerves, by the
movement of the tongue, create the pattern of the brain function.

THOUGHT PATTERNS
Now you ask “What is the problem?” The problem is restlessness. We are not
successful because we use so much energy for thought patterns that there is
nothing left for intuition. There is an “X” amount of brain, and if you are going
to use it for thinking all the time, then you have nothing left for experience. First
before thinking, you should think why you are thinking and whether it is worth
thinking or not. Each moment lost is lost; each moment gained is gained. If you
have lost that moment in thinking, you have lost in thought; if you have lost in
experiencing, you have lost that experience.

CIRCULATORY SYSTEM2

FOODS FOR POOR CIRCULATION
The following foods increase circulation: chilies, ginseng, lecithin and lemons.

Chilies stimulate circulation
Ginseng is good for the heart and good for the circulatory system. You can have fifteen drops of ginseng extract in a glass of water four times a day, maximum. Ginseng is also well known for its aphrodisiac qualities; it stimulates cell growth, increases hormone production, rejuvenates the nervous system, and it was referred to as a cure all for all ills (again, temper this with modern knowledge). Lecithin has the property of affinity to oil, and when isolated from its normal surroundings (as a granular lecithin isolated from soybeans) it combines with fats free in the bloodstream and along artery walls. It is thus good for high blood pressure, heart problems and poor circulation. Lemon juice helps to thin the blood and increase circulation.

ONE MORE FOOD FOR THE CIRCULATORY SYSTEM
Buckwheat comes from Russia. It supplies rutin and it is said to be beneficial in circulatory and cardiovascular system diseases.

[Txt Box] Interesting Fact: WEAK CIRCULATION AND MOSQUITOES
Why do mosquitoes bite you? Sometimes the mosquitoes will love you so much, they'll see you and they'll say a feast is coming. They all get their scene together and attack you. The reason they do this is because your circulation is weak. The mosquito has to take your blood in first before it can inject his poison. And if your blood is strong enough, and it is low in sugar content, all the mosquito has to do is to pull it in and that's the end of it, the mosquito will hang there. It means that you have stung it, not that it has stung you.

COLON3

COLITIS
For colitis eat yogurt and onions.

CONSTIPATION
Foods that help or relieve constipation are the following: apples, bananas, black pepper, bran, coconut, dates, grapes, mangoes, melons, onions, oranges, potato fast, psyllium seeds, rye, senna tea and water.
Two or three baked apples eaten just before going to sleep will help relieve and prevent constipation.
For constipation, eat three bananas every hour until the bowels move or eat three
bananas followed by the contents of one cardamom pod.

Black pepper with steamed green vegetables acts on the bowels as a laxative.
Bran is an excellent laxative and good roughage for the intestines.

Coconuts are an excellent medicine for someone with constipation problems.
Date skins provide roughage helpful for constipation. Grapes are easily assimilated and have a laxative effect. The Mango Diet has been helpful in cases of constipation and indigestion.

Melons are good for constipation and poor complexion. Papaya is an especially healing food, which is good for stomach and intestinal disorders.

Boiled onions relieve constipation.

Orange peels cleaned to remove the wax, chopped up very fine and sautéed in olive oil and turmeric and then added to some water, makes a good laxative so be prepared!

A diet of cooked potatoes, potato peel broth and lots of water for up to several months if necessary can be helpful in cases of chronic constipation. Add to this, greens such as chard, zucchini, celery, beet tops, turnip tops and also cantaloupe. This fast is also for intestinal toxemia, uric acid diseases, gout and rheumatism.

If you take psyllium seeds with hot milk at night, at four o'clock a.m. you will be in the bathroom firing a gun.

But if you ever take them with cold milk, you will forget to visit the bathroom for two days. Some things work differently when hot or cold. Put the seeds in your mouth and drink some hot milk right away, if you wait, they will start bloating right in your mouth. Don't take more than four tablespoons maximum. It may make you look like you are pregnant, so don't take too much. The quality of psyllium seeds is very jellylike, they pop up and swell and take everything from the intestines with it. If you don't know how to clean yourself, you don't know how to live clean. This recipe is very good also for those who have bad breath.

The qualities of rye are beneficial to the health of the digestive and eliminative organs, that is your intestines and colon. Rye is anti-constipation food. This is rye as used in sourdough bread, not the rye you can buy in a liquor store.

Senna tea boiled for a couple of minutes is good for constipation. Be careful not to drink too much, it is powerful.

Sometimes you may want to use a laxative, but there are many ways to use one. The science of Yoga says that there is one simple method you can use. Take four gallons of water. Put salt in it to make a saline solution. Drink it through the mouth and keep drinking in shifts until it is forced through the rectum. For those who have had practice and know how to do it, and can do it safely, there are four sets of exercises to be done after each time you use this method it is known as
Sank Parcharlan.

**DIARRHEA**

Foods that help relieve diarrhea are the following: apples, bananas, mint onion juice.

Peeled and grated raw apples are good for the digestive tract, notably in cases of dysentery, intestinal catarrh and diarrhea. In these cases, just grated apples and water should be taken for two days followed on the third day by very well cooked, unspiced mung beans and rice. A little ghee may be added.

For diarrhea, eat one banana every three hours.

If you have diarrhea of any sort, don't run away to somebody and take medicine. Take instead mint tea and add one ounce of onion juice. Take it every hour. Diarrhea medicines interfere with the natural function of the bowels. You can be constipated the rest of your life for one such mistake.

Note that salt in celery juice can cause diarrhea.

**DYSENTERY**

Some foods helpful in this problem are: onions, mint with onion juice, apples, dates, and psyllium seeds.

For dysentery and bloody mucus stools, drink the juice of two onions.

If you ever travel to India or the Orient, you will always get dysentery. Like it or not, there's no way out. Two weeks before you go, start eating a raw onion a day.

In the ancient times when people never knew medicine, the way they combined food was their medicine. They never knew anything better. The bacteria of dysentery are very powerful; they can almost squeeze a person out. Eight ounces of mint tea mixed with two ounces of fresh onion juice can give relief. You can call it a miracle.

Apples are helpful in dysentery.

Dates are very helpful in dysentery.

If you are an adult and you get diarrhea with a lot of pain and blood, eat some psyllium seeds with sherbet. It is one of the tastiest drinks available. It is a Greek medicine.

**ELIMINATION TIME**

For a woman to eliminate, that is to pass her stool once in twenty four hours is not safe, but for a man it is okay. A woman should pass her stool within eighteen hours because if she doesn't, her structure will start causing many menstrual problems. Many menstrual problems come from constipation. With a man there are only three problems: one, he starts losing semen if he is constipated, two, he
can get piles or hemorrhoids, and three, he feels bad. For a woman, menstruation will be messed up, she will have a lot of cramps, dizziness, headaches, irregular cycles, and she will be nauseated. She will not digest her food and she will be bitchy. The moment a woman's stool remains in her body more than eighteen hours, she starts having these symptoms. No man who wants to live right and stay married can take the risk that his woman be constipated. rhyme or reason, and when she starts poking you, that's the main signal that tells you she is uptight. Two things make a woman uptight, either she has not cleared her bowels in time or she is hungry; normally nothing else bothers a woman. Man has no such nature in him until he is a hypoglycemic or a diabetic.

HEMORRHOIDS

The following foods are said to relieve hemorrhoids: eucalyptus oil, beets and beet greens, and carella. A few drops of eucalyptus oil in warm water applied externally is said to relieve hemorrhoids.

In the very ancient times, when there was a case of piles (hemorrhoids), until the situation was really out of hand, and you had to do surgery or it was bleeding to the extent that it was not stopping at all, the remedy would be to live on beet greens and beets. You will lose about twenty five pounds of weight and it does something. One thing it does is to clear that area and bring back the perfection. It has been practically seen that people who have gone on this kind of monodiet have been helped a lot. Hemorrhoids come when the liver doesn't work right. It is a simple fact. An alternative to the fast given above is to eat just beet greens: for fifteen days eat beet greens and nothing else. It works. You steam them, cut them like a steak, put lemon on them, take your knife and fork, and pretend you are having a great meal. It takes exactly fifteen days. It will not cure you. It is not a medicine, but it won't hurt you and if the hemorrhoids disappear, it is God's act. Because beets are the product of God, action leads to reaction; the liver works in a miraculous way, and the hemorrhoids go away.

Drink the juice of one carella to relieve hemorrhoids. Add salt and a bit of garlic. Drink for three or four days.

ILIOCAECAL VALVE

Some people have ileocaecal valve problems. Sometimes it gets weak. And when it gets weak, the system doesn't work right and the food goes back along the intestinal tract. Under the shoulder there is a little cavity (about 1 ½ inches above the armpit in front). If you rub this area, you will feel something closing in the abdomen!
IRRITATION
Eat three bananas followed by the contents of one cardamom pod for an irritation of the bowels.

POCKETS
Green chilies do not allow waste pockets to develop in the intestinal tract.

PROLAPSE
A prolapsed transverse colon is often the sign of a lack of calcium. Drink acidophilus.

PUTREFACTION
Soured milk, as in homemade yogurt and kefir, prevent autotoxemia and putrefaction in the colon. They prevent self-poisoning and improve health and long life. Yogurt is a most beneficial food. It can be used in many, many ways. It can be used orally to replenish and rebalance the intestinal flora, those bacteria which normally grow in our intestines. It can be used as an enema to locally implant those same bacteria and stimulate the friendly bacteria as found in yogurt and to help them knock off the unfriendly ones.

DIGESTIVE SYSTEM
BLOATING
Some people have the tendency to bloat up, so the belly becomes bigger and bigger, now the remedy for this is to take twelve ounces of cucumber juice instead of coffee. It will be a surprising help to you. It is amazing. It does something but nobody knows how and nobody has the time to test it.

CHEWING
Chew well. Remember: the stomach has no teeth.

CLEANSING
Several foods are known to cleanse the digestive tract: beets, garlic, oranges, and melons.
Beets, in any form, clean out the intestinal tract.
Garlic neutralizes bacteria in the colon and small intestines
Oranges stimulate intestinal peristalsis (the pulsating movement of the bowels), causing hardened wastes, accumulated over the years to be eliminated.

The Melon Diet.
This diet is suitable to use in the hot weather of the spring and summertime. It will thoroughly cleanse the large and small intestines, which otherwise cannot be properly cleansed. The diet lasts about a month, but considering that there are twenty five feet in the small intestines alone, this isn't too long.

To revitalize the body and to remove poisons from the body it is very beneficial to go on a water fast occasionally for one day. Long water fasts are not recommended. It is far better to go on a melon fast. For three days eat only cantaloupe which are warming and laxative. Then for three days eat only watermelons which will cleanse the liver and kidneys and is a cooling food. Then for three days eat only papayas which will work on the intestines and digestion. After this, for three days drink lemon honey water which resolves deficiencies and rids the body of excess mucus. Then drink water only for one day. Don't drink anything ice cold. Then reverse the diet, starting with another day of water, then three days of lemon honey water, three days of papaya, three days of watermelon, and three days of cantaloupe. To break this fast, have fruit at first, then add yogurt if desired and vegetables. Then a complete diet.

Do not eat nuts and grains right away or you will suffer. This is a good diet for losing weight, and it replaces all the body liquids. It is a wonderful cleansing diet. It is desirable during these days to massage the body with almond or olive oil.

During the time of fasting it is best to remain positive, so work also on the cleansing exercises that you know. You will find at the end of the fast that you will be a new person inside and out, and you will have a great appreciation for the body you have been given and for what you put in it.

**DIGESTIVE AIDS**

To improve the digestive system, start sleeping on the belly to begin with. When you sleep on your belly, it creates a lot of gastric juices and improves the digestive system.

Foods that help digestion are: apples, limes, onions, papayas, sarsaparilla.

An apple eaten at the end of a meal is a digestive aid. Lime aids digestion and is a powerful antiseptic. Limes also treat colds, liver problems, scurvy, dysentery and fever. Limes of course are rich in vitamin C.

Onions aid in digestive disorders.

The papaya is rich in papain, which is a digestive enzyme. It is also rich in vitamin C and is an excellent cleansing food.

Old fashioned sarsaparilla is good for digestion. Dissolve two pounds of honey in four and a half cups of hot water. Add one bottle of sarsaparilla extract. Stir. Add two tablespoons of this syrup to an eight ounce glass of soda water and
drink. (See appendix for source).

Sarsaparilla's qualities also include blood purification, it is helpful for chronic rheumatism, skin disorders, psoriasis, general weakness, sexual impotence, and as an antidote for toxic effects of strong poisons. It is a natural source of male and female sex hormones.

**ELEPHANT KRIYA**

For the layman who has a good stomach and who has no problems with his stomach, there is a very simple formula. Get up in the morning and brush your teeth, be good about it, and take about four glasses of warm water. After you drink it, you just bend over, and put the two middle fingers in your throat to gag and let the water come out. After some practice, all you will have to do is bend over the sink and open your mouth, the water will come out as you will. Doing this once a week will give you a strong digestive power; it is called Mantanjini Kriya or Elephant exercise. The elephant does it too; he drinks the water in, then gives it back by blowing it out. [ed. note: If you have a history of eating disorders, this kriya is not recommended.]

**GAS**

The following foods are said to help relieve gas: black pepper and cardamom. Black pepper should be freshly ground. It aids in the digestion of food. Sprinkled on melons, it helps to prevent the formation of gas.

For gas and wind in children, boil water, add four or five cardamom pods, boil a little more, add honey and drink after it has cooled down.

**GIVING THE DIGESTIVE SYSTEM A REST**

We are not too positive about the value of an extended water fast, but the practice of one day a week of a liquid diet gives the digestive system a rest, especially if you are prone to overeating.

**HEALING FOODS**

Healing foods for the whole digestive tract are: carrots and papayas.

Carrots have vitamin C and calcium. They have a soothing healing action on the digestive organs. They are highly alkaline.

Papaya is an especially healing food which is good for stomach and intestinal disorders. It is a heavenly fruit. Hawaiian varieties are ripe and ready to eat when the skins are yellow or orange color and feel a little soft. The large variety which is most readily available from Mexico are ripe when most of the green is gone from the outside, having turned yellow or orange. It is high in vitamins A, B, C, D and also calcium, and is great with lemon juice. It is easily digested and
contains a digestive enzyme known as papain. Relieves most intestinal disorders. The seeds can be dried and ground into a powder to use as a seasoning similar to pepper.

**HOW MUCH TO EAT**

Eat only as much as you know you can properly digest and eliminate. Eat only when hungry. Divide your stomach into four parts: one with food, one with water, one with air and one to digest what is eaten. Two meals should be eaten a day. Ideally, there should be only one meal, with only liquids taken the rest of the day.

**NAPPING AFTER MEALS**

Eat less and meditate more. If after eating you get a chill, it is a sign of a very well functioning body with a good nervous system. It is a cozy chill where you feel like snuggling up in blanket and sleeping. Food is very intoxicating! If it is the right food you are eating, the positive prana of that food gets into your body and you must feel sleepy.

Develop a habit to take a nap after meals. Otherwise it is written you will have a bleeding stomach, a bleeding intestinal tract, and heart attacks. All these are the outcome of not napping after eating. Whenever you take a light meal, no matter how light it may be, try to take a five to seven minute nap. Close your eyes, still your body and lie dead. Take a nap after every meal. Taking a nap is a law. It is a law just for balancing the energy.

**UNDERSHIRTS AND CUMMERBUNDS**

Undershirts have a purpose. They create a pocket of air around your chest area and around your abdomen, around your stomach. It used to be of thick cotton. As luck would have it, it has become thinner and thinner, and it has become a net now. God knows what it will be tomorrow. In the old days, man knew how to keep his digestive system very strong. In ancient times, the ancient man understood the whole formula. Also the ancient man knew how to tie a wide belt around his tummy. Cummerbund was for the stomach area, as well as the lower back where the discs come out faster than anything else. Even when it became a fashion, the pants were supposed to have a belt. Even in certain families of the rulers today you find they tie a cummerbund under all their clothes. The cummerbund is one of the secret methods of the man or the woman to live long and healthy. A cummerbund is a piece of cotton cloth, about four to six inches wide and five to seven yards long; it goes round and round from the fourth lower vertebra to the rib area. It is never too tight and never too loose at all. The belt is the ultimate modernization of the cummerbund.
The cummerbund also keeps the ileoceleal valve healthy. This valve can cause wind pressure any time and stop the digestive system. It can also get all the refuse which has gone away, back into the small intestines. But if this area is properly wrapped with a cummerbund, the digestive system will never be bothered. You can wear it wrapped under your undershirt and no one will ever know you are wearing it. (Do not use nylon. Nylon is air proof and water tight).

SINKING STOOLS
Your entire body is based on what it can assimilate. The stomach doesn't do any assimilation. The stomach just looks at what you have eaten, which proteins are there, which vitamins and minerals, etc., then mixes everything up and sends it to the intestines. Then the colon does its number. After things are digested, the roughage has to go out. When you answer the call of nature, look down and see if the stool is settled or swimming. If it is lighter than water, you have digested well; otherwise all your food has gone to waste. If your residue has no vitamins, no minerals, and no food value, but it is just roughage, it will be lighter than water. If it is heavier than water, read on.

If your stools are sinking, you are sinking! The stools should float. If they sink, stop eating. Go on self-digestive foods like mung beans and rice or steamed vegetables. Stay on the diet until your stools start floating.

TO ACTIVATE STOMACH ACIDS
The following foods stimulate stomach acids: chili, citrus, water. The health giving properties of chili are that it stimulates circulation, helps digestion (by stimulating enzymes and hydrochloric acid in the stomach), and is beneficial to the kidneys, spleen, and pancreas. Citrus taken an hour or less before a meal activates the stomach acids to prepare for oncoming foods.

Drink a lot of water if you are deficient in hydrochloric acid.

ULCERS
The milky juice of the papaya has been known to help ulcers.

VOMITING
Sometimes you have a condition where you vomit little by little. There is hardly any medicine except half a cup of onion juice. If you cannot take that then use a half a cup of cool mint tea and half a cup of Coca-Cola.

WHEAT BERRIES
Wheat berries are said to prevent your having a stomach cancer, intestinal
tract cancer, or anus cancer, if you honestly eat them. Wheat berries are wonderful. You should eat wheat berries one day each week. You have to accustom your system to eating those wheat berries. Wheat berries are called man's food, and you guys make jokes about it because it is cheap, takes a long time to boil and it doesn't taste good. You can mix a little bit of honey with it. It is better not to take it with anything else. You must train your children because if there is any kind of difficulty in the world, you will not get into any kind of trouble if your system has already adapted to the wheat berries. Milk and honey with them is permissible, desirable rather. We don't want you to live poor and miserable lives. We cannot tolerate you doing things which in the long run make you old, senile and neurotic. But make one day a week Wheat Berry Day, and don't eat any other foods on that day.

WORMS
There are several ancient treatments for intestinal worms. Some of these are: coconut and castor oil, and papaya juice.

For intestinal worms eat one spoonful of freshly ground coconut, followed three hours later by a spoonful of castor oil, repeated daily until the cure is complete. The milky juice of the papaya has been used for ages in the treatment of intestinal worms.

EARS

EARACHES
For earaches, let an onion be fried in oil and that oil, when it is just warm, should be dropped into the ear. For earaches caused by boils in the eardrums, put hot onion water in the ear and go to sleep.

EARLOBE PIERCING
In earliest times it became a fashion to put a kind of heavy ring in the earlobe, people used to pierce the earlobe and wear heavy rings to relieve nausea and to become alert. That is how it started. Yogis used to wear heavy earrings as did their disciples. These were usually made of ivory. Earlobe piercing started with nose piercing. Nose piercing started for women when a man would take a wife and “nail her,” “you are mine.” Ruby nose rings were popular.

EAR WAX
To eliminate ear wax, take onion juice through a filter and warm it. Warm it by taking a spoon separately and put it in boiling water and then dip the spoon in
the onion juice. This will warm the onion juice sufficiently. Put it in both ears and then plug them up with cotton at night.

**TINNITUS**
For ears that make a “SHHHHHH” sound, drink acidophilus.

**YOGA'S GREAT SECRET: LISTENING**
Here is one of Yoga's greatest secrets: Man is born as animal to listen. This is one great secret which if you will never learn; you will never have the essence of life. It is man's basic quality; he is a being who listens. Some of you stop listening; you don't want to listen; that is the time when you make the greatest mistake of your life because your constitution, your building, your faculty and your power is in listening. Guru Nanak said: “One who listens is the purest. One who says is just pure.” The power of you is the power of your sound. Whatever you say is not that power, but that you listen to what you say.

One quality of a great human is listening attentively and authentically. You act sixty percent wrong because you listen wrong. You don't have the capacity to listen. The human body is the body of a listener. You can shut your mouth, eyes, stop your legs and hands, but you cannot stop your ears. Every hole in your body is under your control, but not your ears. Why? Because your basic faculty is to listen. Because of not listening, you communicate inaccurately, hear inaccurately, and react inaccurately. When you start listening peacefully, you start living peacefully. When you listen and digest what you have heard without reacting, that is the state of sainthood. Listening is the most important human faculty. There are sand granules in our ear which move and through them you have your balance. The basic faculty of the mind is listening. When you read, you listen. Your mind reads it and then your listening faculty listens to it. And anything which you listen to will be understood by you, otherwise it is not understood. Even in speaking, you speak to listen to your own words. That is why some people love to talk. They love to listen to their own sound.

**EYES**

**EYE EXERCISES**
Without moving the head, follow this sequence with the eyes:

- Focus at a finite object.
- Then look up and focus into infinity.
- Focus at the tip of the nose.
- Then focus away to the sides.
Roll the eyes around the periphery of the vision. Go in one direction, then the other.
Look diagonally, up and down, in both directions.
Look above you and below you.
Close your eyes and concentrate at a point behind the eyebrows (Third Eye),
or on top of the head for a few minutes.
Then gently open the eyes to the light, and blink your eyes as fast as you can keeping the mind focused.

The following juice works very good with these eye exercises when there is any ailment of the eyes: Carrots, celery, endives, and parsley in the following ratios: six ounces of carrots, six ounces of celery, two ounces of endives, two ounces of parsley.

**EYELASHES**

You should not wear any make up on the eyelashes because they are the antennae of the fifth wind. This fifth wind is a relative of the sympathetic nervous system. The eyes automatically close when anything approaches the eyes. What catches the signals? The eyelashes. When you do anything to this area, you become more prone to accidents. Your defenses become weak and your sympathetic system doesn't support you.

The eyelashes and the area around the eyebrows control your total defense mechanisms. It is subtle, but it is the first line of defense. For example, if you are threatened, and at that time you are breathing through the left nostril and you need to switch to the right nostril, this area will automatically do the switching for you.

**FOODS FOR THE EYES**

Foods known to help the eyes and eyesight are: almonds, mangoes, and onion juice.

Almonds should be blanched or peeled. The Mango Diet is described on p xx. The onion juice can be mixed with equal parts of a good mint tea and drank.

**GLAUCOMA**

It has been seen that taking the cell salts listed in the Biochemical Handbook under Blood Purification, and eating steamed vegetables without any spices is very effective.

**MORNING ROUTINE**
Splash cold water on eyes with the eyes open first thing in the morning to prevent many eye diseases.

Every morning and evening when you brush your teeth, also brush the root of the tongue until you gag and choke. It will make the eyes water. The watering of the eyes is said to prevent cataracts and blindness. After forty five years the eyes start getting worse and worse because the water level in the eyeballs decreases. The tubes become hard and dry. It's natural. But if you keep the root of the tongue clean every day and make the eyes water, the eyes will stay healthy for a long time.

Once a week, early in the morning after cleaning your mouth and tongue, drink one quart of warm water. This will flush the kidneys and will care for them all your life. Any diseases with eyesight will also go away because the eyes and the kidneys are on the same circuit. This water should come out in thirty minutes.

**REDNESS AND SORENESS**
For redness and soreness of the eyes, grated raw potatoes can be placed between two pieces of sterile gauze or thin cloth and applied to the eyes. Before the potato dries out it should be replaced with freshly grated potato.
Also, bloodshot eyes can be relieved by putting a drop of honey in them.

**SUN AND MOON GAZING**
When can you look at the sun? When the sun is more than ten degrees from the horizon, it should not be looked at directly. Looking at the sun coming up and going down, when it is less than ten degrees from the horizon is very good, very healthy, and very beautiful. But when the sun is high and projective, it is very damaging to the eyesight. Looking at the sun when it is projective can make you blind, it will totally break down your retina. Some people love to look at the full moon. That's the worst thing to do. It is even wrong to look at the reflection of the full moon in water. Just look for awhile, see the moon, it is beautiful; then sit in that light. That is a wonderful meditation. Don't peep at it. Casually it is ok, but don't start doing traatakam with it (gazing into the eyes of a master), it will get you. It will make you topsy-turvy. It will make you berserk.

**GALL BLADDER CLEANSING**
Horseradish is a gallbladder and liver cleanser.
GALL STONES

For gall stones drink the following juice: six ounces of carrots, six ounces of celery, and four ounces of cucumber juice.

GLANDULAR SYSTEM

DAMIANA

Damiana is an herb used as a remedy for sexual impotence. It is also a tonic for the nerves and can be used for mental and physical exhaustion. Damiana also helps support the adrenal glands.

ELEVENTH DAY OF THE MOON

On the eleventh day of the moon, the lunar vibrations are such that it causes the glandular system of the body to secrete. On this day, if you will not eat or drink anything from the time the stars go away until they come back at night, you will have a very fine experience. It is good to do lots of stretching and pranayam exercises on this day.

GRAPEFRUIT JUICE

Lots of grapefruit juice is known to clean out all the glands.

PITUITARY: THE MASTER GLAND

The basis of all behavior is what you eat how much you eat because food stimulates the glandular system and the glands are controlled by the pituitary, the master gland.

Your sex is also controlled by the pituitary. Pituitary has a relationship which comes from the circulatory and respiratory system. And it has a relationship of its own. When you eat any kind of food, your glandular system has to secrete to digest it. And all secretions from the glands are controlled by the pituitary secretion, the master gland.

WOMAN'S CHARACTER

There are certain characteristics which are not meant for a woman's character: arrogance, stubbornness and rude language. It doesn't fit in with her pituitary secretion. When she has any of these three in her behavior, she better consult her metabolism and her glandular secretions and get a blood analysis and try to change her diet and supplement it as fast as she can because she is subject to mental sickness. Supplement with rice bran syrup, multiple vitamins, vitamin E, vitamin C and so on. She can consult a doctor on that. Woman by nature and by
personality is suggestive and competent and therefore she does not need to have these three qualities. When she does have them, it is totally a physical and glandular deficiency.

**SESAME SEEDS**

The qualities of sesame seeds are extensive. They increase virility, rejuvenate mental and physical capacities and endurance, are abundant in potassium and magnesium, and are an excellent source of lecithin. Sesame seeds increase the secretion of the pituitary, pineal and sex glands (one couldn't ask for much more than that), and they are good for the brain and nerve tissues. What we've got here is a very solid food, tahini. “Halva” may have been the original name of sesame seeds that in America perhaps got interpreted as a sesame seed candy.

Sesame seeds are a very unique thing. They are very difficult to blend, right? But there is a way to do it. Take sesame seeds, two pounds of sesame seeds, and blend them in a machine blender at low frequency, to make sesame butter. There are high speed and low speed blenders, use the one that has pulleys and does not heat up the sesame butter. Then take one pound of the butter and mix it with sourdough, real sourdough, so strong that it should smell up almost the whole house. Then you can put in either apples or anything of your choice and make bread out of it. Eat one piece of toast of this bread at a time, it is enough.

The second way to prepare sesame seeds is to take the seeds and mix them with ordinary Indian chapatti dough (1/4 sesame seeds and ¾ of the dough). Then make stuffed chapattis with vegetables in it as we normally do. It is a very good way of eating the seeds.

Sesame seeds are very heavy to digest, but if you just make a butter of them and then eat it with some kind of vegetable, they are far out. The most potent of all the seeds are sesame seeds, and the most difficult of all seeds to digest is the sesame seed. That is why you have to make the bread, just to digest it.

Sesame seeds should not be roasted, but when they are roasted, they maintain themselves up to forty percent and they are easily digestible. If you have a lot of money, you can roast them. We pay money for the seeds and sixty percent we roast away. In other words, we are roasting sixty cents of every dollar. We wouldn't like to do that.

**HAIR**

You may have short hair, you may have long hair, you may have a crew cut or you may have any cut; but when you want to go and meet someone you always comb your hair. Those who are bald want hair to grow. Those who have thick
hair want to cut it. Something is going on.

**ANTENNAS OF YOUR BODY**

Hair is the most potent, purest form of protein in the world. The very root of the hair has the oil of the protein. This oil is enough to support your brain through any activity. One thing nature knows is that in every part of your body you have to have hair, because they are the antennas for that area of your body. Each cell in the body goes through certain changes, and who is to provide that change in the antennas? Hair.

Hair is the pranic antenna. It is energy; pure protein. Take a bunch of cut hair and put it around a tree and see what happens to the tree. It shoots up.

**BALDNESS**

How can we reverse the process of hair falling out and breaking? Sometimes too much vitamin A can mess you up. Sometimes the shortage of vitamin A messes you up. Something is wrong somewhere in the balance of vitamin A.

**BANGS**

A woman should never wear her hair over her forehead. God can grow hair wherever he likes, but no hair grows on the forehead. The forehead bone, the sinus bones or the frontal bone, is porous because it functions to transmit light to the pineal gland in the brain. An experiment was done in which forty women covered their forehead area between the eyebrows and the hairline for forty days. The result was that those women could not look into the eyes of a male.

**DANDRUFF**

Sometimes you have this problem, you develop dandruff. The hair energy creates an electromagnetic field which sometimes your scalp cannot stand, so the scalp starts creating a dry mess, dandruff. The best thing that we have found in India is sulphur and yogurt massaged into the scalp. It will take one to four weeks, we are not promising anything, but in India they know it is the ultimate cure. Massage it, keep it in for a half an hour to one hour, and then shampoo it out.

**FOODS FOR THE HAIR**

- Chlorophyll is good for the hair
- Lecithin rejuvenates the hair and increases its growth.
- Olive oil is good for the hair when used externally.

**HAIRSTYLING**
A child has very little hair. As the child grows, her hair starts growing on the scalp. However, when she becomes an adult, she wants the same style as the child. Modesty in women used to be so powerful, that a woman never cut her hair, despite the fact that men used to. Now, this new phenomenon of equality has made women not only cut, but also get into many more styles than anybody else. Hair is one thing which grows as the woman grows. It brings the purity of whiteness with age. But just watch a woman who has done a lot of hairstyling. When she is forty five or fifty, her hair is steel wool. Some people have done so much to the hair that they can't do anything but wear a wig. It has been treated and soaked left and right, sometimes brown, sometimes black, sometimes yellow, up and down; hair then becomes like steel wires.

**HEAD COVERINGS**

It is written that it is very unrighteous to expose your hair to the cruelty of the change of weather. The Eskimos keep their heads covered all the time. In the tropics, even the basic tribes have their heads covered, just like we tie a turban.

**LEGS AND ARMPITS**

Most women in America shave their legs and armpits. Perhaps if they realize that by cutting the hairs under their arms they are affecting their magnetic field and the sympathetic nervous system and that by shaving the leg hairs they are altering the electromagnetic field of the lower spine, they might think twice about shaving. Women do not understand what those tiny, tiny hairs on their legs do for them. They only know that they are bad things. You know how the legs move right? On both sides of the legs there are hairs. Those hairs create an electromagnetic field which balances the movement of the pituitary. You shave it and it is your problem; they say it can make you insane.

**RISHI KNOTS AND WOODEN COMBS**

It is very positive for a woman to wear her hair tied on top of her head on the solar center in a rishi knot. It is obligatory for the woman to wear her hair down at night, loose or in a braid. Braiding her hair at night is one of the most wonderful ways to take care of your most powerful energy antennas. For normal health of her eyes, menstruation cycle and long maintenance of her youth it is obligatory that she use a wooden comb; combing her hair back, forward, back and so on. This is for circulation of the scalp area.

Men tie a rishi knot almost where the soft point was when he was a child. A woman's hair is supposed to be tied exactly at the solar centers. Why? Well, she doesn't have a beard and we never asked why. Because of the waning and waxing of the moon, she has to protect her solar centers more powerfully than
the male.

When a woman's hair is loose, her identity to submit becomes a hundred times greater. In old times it was a custom that when a woman went to her husband in intimacy, she let her hair down. Unfortunately now, during the day, everybody has their hair loose. Understand this action in the light of the downfall of sexual values. The old Judaic and Islamic scriptures say that a “woman with loose hair and a mad dog have no difference whatsoever as far as integrity is concerned.”

Men should also comb their hair with a wooden comb. A wooden comb is one simple thing which does not create any charge or discharge of electromagnetic energy. That's why we use wood. Wood is surely and definitely a bad conductor of heat and electricity. It is a very healthy thing for combing your hair.

**SHAVING THE HEAD**

In ancient times, shaving the head was a sign of the slave, so all monks were to be shaven. And they were just spiritually destitute. They depended just on that message, which is why it was made possible to dishonor them by cutting off their hair. Cutting the hair on your head, the crown, does nothing but dishonor yourself. Ancient man through all his knowledge knew it, but there were so many monks that it became a fashion. The barbers took over.

A monk is a person who only carries a message and is dead in his personality. If you take a monk by the neck and beat him to death, he should not utter a word, if he is a monk. That person has the right to shave his head. Shaving your head means you have lost your total existence, energy, and your contact with God. You are only carrying the master's word; you have nothing of your own.

For many centuries, even in the West, the knights, the barons, and all those big people, when they lost a war, they were never killed. They used to ask for death, but the winning knight would just cut off the locks of the loser.

**VITAMIN D**

God is not just a mischief-monger to give human the longest hair on the scalp. Its purpose is to work on the brain. The brain needs vitamin D, energy, phosphorus, and metals. The number of units of vitamin D that these hairs provide immediately to the brain is unbelievable.

**WASHDAY**

When you have a heavy sweat on your scalp, it is an indication that the next morning you must wash your hair.

**HEART**
POOR MAN'S REMEDY

The following recipe was given during a commentary on a poor man's diet: A poor man's diet is made out of carrots. Steam a carrot, then peel the outer surface, and then soak it in honey in a glass jar and leave the jar out in the sun. Cover the jar with a cheesecloth or light cloth. It takes forty days to dry it in the sun. You can put it in a window or anywhere you can find sun; a cloudy day doesn't count in the forty. After forty days no water should come out of it, all the water will have evaporated out and only honey stayed in. It will become an edible food which is also good for the heart. The same method can be used with a steamed apple; peel the apple after steaming, otherwise the honey won't be soaked in by the apple. With this a gold or silver leaf can be used too.

PREVENT HEART ATTACKS

It is written that if you eat the heart of the celery, there's no chance in the world you'll have a heart attack.

KIDNEYS

FOODS THAT SUPPORT THE KIDNEYS

MILK AND WATER

One cup of milk mixed with four cups of water and some honey, twice a day is very effective for cleansing the kidneys. Flooding and cleansing on the full moon is the best time.

MUNG BEANS AND RICE

A good diet for the kidneys is a twenty eight days of Mung Beans and Rice. (See the banana fast in detoxification chapter for details).

PINEAPPLE

Pineapple's chlorine content helps remove waste products from the body because of its stimulating effect on the kidneys. When the body is struggling to perform its functions, in such cases as an overworked liver or kidneys, the juice is invigorating to the curative forces of the body.

RICE

Rice stimulates the kidneys so that toxins are eliminated and urinations is increased.

Curry on unpolished rice is very good for the kidneys.

BEWARE BROWN RICE
A word of warning about brown rice: AVOID brown rice that has not been cooked for at least twenty four hours. What happens is that any rice you eat contains a minimum of four times its weight in water and that water must be secreted from the body through the kidneys within one hour's time. That's a law of your body. So the problem is you take brown rice and you cannot make it soft; it should never be crunchy. A diet of brown rice that has not been cooked for twenty four hours will result in kidney stones. Some people say it will cause kidney problems if not cooked for thirty six hours and with nine times water water.

WATER

Once a week, in the morning, get up, clean your mouth and monkey glands (see Chapter One) and take a lot of hot water. This will flush the kidneys. Early in the morning, get up and start the day with two pounds of water. This will care for the kidneys all your life. This water should come out in thirty minutes.

OTHER FOODS

Coconut, pineapple and watercress have a high chlorine content which has a stimulating effect on the kidneys; helping the kidneys remove waste products.

DIET FOR KIDNEY TROUBLE

Lots of water, fresh homemade yogurt water (whey), watermelon and its juice, light food, green food, no use of any spices and minimum use of black pepper.

LIPS

GLOSSY RED LIPS

To make the lips glossy red naturally, take lemon water and almond butter and make a paste of it. Spread it on your lips and allow it to sit for a couple of minutes, and then take warm water and clean it off.

MOST SENSITIVE ORGAN

The most sensitive organ and membrane which is affectively nearest to the brain are the lips. Whatever your brain thinks, imagines, talks, or understands, it depends upon the movement of the lips. Any mismanagement of the word in the lips can make a person sick and diseased.

LIVER

FOODS FOR THE LIVER
Foods that are good for the liver include: artichokes, beets and beet greens, beets, beet, carrot and celery juice, carrots, mangoes, onions and red radishes.

In America, the artichoke is considered to be a delicacy, but this is a God-given food for the liver. The artichoke is known as medicine for the liver and is very, very beneficial.

Beets, in any form, cleanse the liver. Some ways to prepare beets:
   a. Take peeled beets that have been steamed and slice them. Put slices on tin plate and then melt cheese on top with a few bay leaves. Other things may be added such as seeds;
   b. Steam beets until soft, peel skins and mash. Add cardamom and salt. Eat as much as you can. Next morning everything will be beet colored, the urine and the stools. Do this three days each month to prevent problems with the liver;
   c. Grate beets with cottage cheese. After mixing it, you can put on some black pepper and if you need hot things, red pepper and a little salt. If you want to make it a little funny add lemon juice. Put cheddar cheese on it and put in the oven. Cook it until the cheese gets a little red. Bring it out and serve your guests. They will like it and it will be tasty;
   d. If you don't eat food on the eleventh day of the moon and that day you are careful of your liver, you will live longer without any trouble. And how do you take care of your liver on this day? Steam separately beets and beet greens very well. Then slice the beets as you would a steak, in thick big slices, and eat them with the greens;
   e. Beets and carrots steamed or baked have a cleansing effect upon the liver. Forty days of beets, carrots and onions with a layer of cheese melted on top is excellent. Carrots have a cleansing effect upon the liver;
   f. Drink a mixture of beet and carrot juice. Never go more than 50-50 with the beet juice. Best to start with fourteen ounces carrot and two ounces beet.

Mangoes are helpful in cleansing the liver.

It is written: If you eat red radishes, you won't have a liver problem. God has created nothing around you which is useless. It is your affair to take things which are nectar and turn them into poison.

**CLEANSING**

Several foods were known to cleanse the liver: horseradishes, oranges, watermelons, and the green diet. Horseradish is a liver cleanser. And oranges are well known to be of help in ailments of the liver. The Green Diet for forty days is known to cleanse the liver. (See further details in chapter on mucus).
**Watermelon Diet:**
This diet cleanses the liver and the kidneys. Watermelon sugar gives you energy. This is superior to a water fast because the watermelon fibers act like little brushes which cleanse the system, especially the intestines. In the morning, eat the watermelon with freshly ground pepper and this will relieve gas from the night before and prevent gas from forming. For the specific cleansing of the liver, three whole watermelons should be eaten daily, with salt. It is good to go on a melon fast of some kind every summer when the melons are in season and the weather is warm so that the heat producing foods, such as grains are not necessary for body warmth.

When the liver is bad, the best you can have is watermelon juice, salt, yogurt and a thin drink of Japanese Daikon radish. Early in the morning start with the radish juice. In case the urine becomes reddish, heed the warning that the liver is wrong; eat a protective diet. After every three months, for one week, cleansing the liver is a must and diet is the only way. Live on yogurt for one week, but remember the fresh yogurt, no refrigerated old stuff. When you use salt you must also use black pepper, and when you use honey, you must also use lemons and there is no better cleansing than this. This period will also help the spleen. During this week sweating exercises may be taken.

**ENLARGED**

For an enlarged liver, eat beet greens and nothing else for ninety days.

**JAUNDICE**

Foods that help with jaundice are acidophilus, beets and beet greens, and Daikon radish.

Drink acidophilus for jaundice.

Steam beets, beet greens and a Daikon radish very well. Then slice the beets in thick slices and eat this as a meal. Daikon radishes have been found to be very curative since the ancient times for liver problems which give you yellow eyes, they call it jaundice. The ancient, ancient remedy is to take the Daikon radish and cut it lengthwise into four pieces and hang it outside. Take it in the morning, make a juice out of it and give it to the person to drink. The result is amazing.

Here is another variation. Pull out the little leaf at the top center of the greenery that looks different from all the rest of the radish greens, and save it. Cut the radish and tie the quarters together and hang it outside to be exposed to the night dew. In the morning, cut into tiny pieces and eat it. (Patient should be resting at this time and for several days following). The following morning eat the little green leaf. The radish digests everything; the little leaf digests the
Then make cheese by boiling one to two quarts of milk and when the foam begins to appear on top, stir in two tablespoons of strained lemon juice and approximately a half cup of yogurt. When the milk curdles, hang in cheese cloth and let hang for eight hours. Save the whey that drips from the cheese. This whey is best to drink following the Daikon radish treatment.

Once in India there was an epidemic of jaundice. I have never seen people dying with jaundice like that. You got it, you immediately went pale and even before you went to the hospital you were gone. It was really a sad situation. Now there was a very limited availability of hospitals. People didn't know what to do. This Daikon radish came to the rescue of the poor and later on we did a survey, we found that more rich had died than poor. Once they knew that white Daikon radish could save them, everybody had one in hand and two in the mouth eating it all the time. It did what it had to do. The saving factor is that if you steam a Daikon radish with beets and beet greens and on the eleventh day of the moon cycle make it a point to eat only that one thing, then you may have a lot of problems, but you will never have a liver problem. Everything else is O.K. Nothing can be taken for granted, but this is called ‘Liver Insurance’.

**POOR CIRCULATION AND ACNE**

Sometimes when your blood circulation is poor, your liver will become heavy and you will have a lot of pimples. Then you can go on a white Daikon radish fast (with their greens) for thirty days.

**PREVENTION OF LIVER PROBLEMS**

It is essential for us to AVOID the following things in life for the proper functioning of the liver:

- Heavy, half cooked foods, foods which take long hours to digest, greasy foods, meat, eggs, fried grains, chemicals and animal fat.
- All alcohols. Any stimulant drink which quickens the digestion.
- If you have to eat after sunset, avoid eating within two hours of bedtime and then try only ½ stomach full and don't drink any liquids with that food. The meal should consist of easily digestible foods and no heavy foods such as meat, eggs, fried grains, cheese, no fruits such as bananas and apples, no vegetables such as carrots and no peanuts. The liver is overtaxed if meals are closer than four hours. Also if one nibbles all day long.

**SPECIAL FAST**

On the eleventh day of the moon is a good day to do a special fast for the liver.
MOUTH

BEST TOOTHPowDER
Brush the teeth, the gums AND the tongue to pull out toxins from the mouth. The best toothpowder has two parts potassium alum and one part salt. It draws out the mucus and the bacteria that has accumulated. Brush the root of the tongue until you gag and choke and the eyes water. The watering of the eyes is said to prevent cataracts. When you brush the back of the tongue and gag, two balls of mucus will come up from the “monkey glands.” These glands are responsible for collecting toxins that have drained from the system overnight. This should be done upon rising from sleep. This mucus has to come out, otherwise it will go back into the body when you swallow and pollute your system.

BRUSH THE ROOT OF THE TONGUE
Not cleaning the monkey glands is inviting blindness much earlier. Eyes, ears, throat and the entire nervous system can all be right if you brush your root of the tongue and let these two monkey glands throw that day’s quota of mucus out. Nature created this mucus belt, the tonsils and monkey glands, so that all the viruses and germs could get stuck there and not get into the system. But at night, when the mouth is closed, these bacteria and germs grow quite rapidly. Early in the morning, if instead of a hot cup of tea which pushes the whole thing down into the stomach, you brush the root of the tongue and gag this stuff out, you have saved a day. And whenever you will brush the root of the tongue, you will be surprised that your eyes will water. So the eye water level will be all right, your sight will be all right for a long, long time. And whenever you brush the root of the tongue, the wind of the stomach will also come out. It will improve your digestive system. And the best thing is to show your children these do's and don'ts and the best way to teach them is to do it yourself in their presence. You are the best example.

Draining ears, mucus problems, tonsillitis, eyes and nose problems are all interlinked to the throat. Just keep the throat in shape and your ears, eyes and nose will work alright because the mother problem is always in the throat. (See also Throat.) When the throat gets infected, everything else follows it. Use the toothpowder described previously to brush the root of the tongue, a five hundred percent experienced answer to the problem.

NERVOUS SYSTEM
**BANANA SMOOTHIE**

Fresh fruits are very good for women. Banana is the friend of a woman. It is very beautiful for the nervous system. It gives calcium and all sorts of things to keep her alive. Take fifteen peeled almonds, two cut apples with only the cores removed two bananas and the white inside of the skin, two bell peppers and mix it with raw sesame seeds and blend in a blender.

**BRAN TEA**

Boil bran with six times its volume of water for thirty minutes. Strain and add honey or lemon to taste. Take one cup twice a day. This tea is good for nervousness.

**CALCIUM**

Calcium calms the nerves and nervous system activity. A deficiency of calcium leads to mild, then severe nervousness and insomnia. A glass of warm milk (mixed with a little honey) is good advice.

**CELERY**

Celery juice is for the nerves. One large glass before bedtime completely relaxes you.

**CUCUMBER JUICE**

For people who fight constantly and argue about very stupid things, the Yogis recommended twenty four ounces of cucumber juice.

**FOOT MASSAGE**

Yogic therapy prescribes that if a person is sick with a disease of a weak nervous system, it is a beautiful treatment to have another person massage his feet with a mixture of garlic juice and almond oil.

**ITCHINESS**

It has been found out that people who do not do any regular meditation, sadhana or exercises have a kind of itch in the nervous system, and their indulgence in sex is to get rid of the itch. Any time you want to get out of the itch and indulge in sexual life, you are actually acting against your mind and when you do that it will give you a neurosis of temperament. You will be short tempered, intolerable, unsocial and your communication will be defective and poor; it will be impossible for you to keep your promises. All these human behavior deficiencies manifest in those people who use sex as a tool for their
nervous itch.

**LECITHIN**

Lecithin is an oil found in soybeans. It is also manufactured in the body. It constitutes twenty percent of the brain and coats many nerves. It helps in the conductivity of nerve impulses. When taken daily it has been found to improve memory and mind.

There are many qualities listed for lecithin: for brain and nerve tissue, pituitary, pineal and sex glands, essential for semen production, and prevents hardening of the arteries. Take two to three tablespoons daily (that is the liquid, not the granules). If large dosages are taken daily, add calcium lactate to the diet to balance the excess phosphorus obtained from the lecithin. In other words, if you take a lot of phosphorus without balancing the calcium, your phosphorus will go off into the blood. Calcium lactate, of course we obtain from dairy products or it is available as a supplement.

**OLIVES**

Olives are nerve food.

**YOGI TEA**

Yogi tea is a very great nervous tonic. Yogi tea can give you a nice high like bourbon, but it will keep you in control and have no harmful effects. This recipe is to give you steadiness and strength. It is also used when the Kundalini Energy gets activated and one becomes afraid, then drink Yogi Tea and sleep for a while. You will be o.k. Cloves and ginger, where are two of the ingredients of Yogi Tea are also good for the nervous system. Ginger nourishes the nerves to allow them to carry more energy. It is helpful in correcting spinal difficulties and for the health of the life nerve (sciatic nerve).

**YOGURT**

For vitamin B-12 and other vitamins, you must know how to make homemade yogurt. It is essential for the intestinal flora, so it will be good to add to your diet a cup of homemade yogurt every day, and every three days, sour yogurt. Sour yogurt is a very systematic system in the spiritual world. They take the yogurt and they keep it covered at room temperature so it becomes yellowish and sour. The fermentation in it develops vitamin B-12, which is very essential for the nervous system. The body cannot make B-12, so you need yogurt for the complete nutrition of the body.
NOSE

BLEEDING
Three different methods to remove causes of nose bleeds were known to the ancients:
  Drink acidophilus.
  Mix one part of eucalyptus oil to nine of almond oil. Drop in nose, bend forward ninety degrees and blow your nose.
  Take five drops of sandalwood oil, fifteen drops of honey and a little ginger juice and drop into the nose.

NOSE PICKING
A lack of silicon in the diet will cause a person to want to pick his nose constantly.

PANCREAS

FOODS FOR THE PANCREAS

ALMOND MILK
Almond milk is used in the treatment of diabetes and malnutrition, which effect the pancreas profoundly.

BEETS AND BEET GREENS
There are a lot of miraculous herbs and great technology which is being researched now, how far we don't know. But one thing we always do know: If you want to be very healthy and very happy, you must know how to keep your body in balance, eliminate the toxins, and keep your blood sugar balanced. Sugar balance is very important. Sometime for your own good, eat beets and beet greens until everything is red when you go to the bathroom and then continue until it is no longer red. You will have greatly helped your physical and mental self.

PARSLEY
Patients with diabetes have been known to get help by eating parsley.

REPRODUCTIVE SYSTEM: SEE HUMANOLOGY
RESPIRATORY SYSTEM

ASTHMA
Oranges are good for asthma. Cold showers (ishnaan) are also good for those with asthma.

COLDs
A three-day diet of Yogi Tea has been used by the Army for cases of flu and all kinds of respiratory sinus colds.

COUGHs
For a cough that persists or wants to get lodged in the bronchial area, sauté lots of fresh ginger root for a long time until very very soft (don't let it burn or get too brown, though). Add turmeric, salt and yogurt. Eat with a piece of bread, once a day for a three day minimum. This recipe is also good for weak spinal centers and for the nerves.

SIanus
When you sleep with your mouth open, your sinuses are not in shape. If sinuses are not in shape, what can you do about it? Clean the sinuses before going to bed. It is very simple, put a little water in your cupped hand and snort it through each nostril.

SKELETAL SYSTEM

ARTHRITIS
Early in the morning, get up and rub your body to the point that it becomes red, then take a cold shower. It is reported that one week of this treatment can get rid of arthritis.

FOODS FOR THE BONES
Other foods good for the musculo-skeletal system are: cinnamon, coconuts, ginger, rice, wheat berries, Yogi Tea. Cinnamon is good for the bones. Brewed in Yogi Tea. Coconuts are said to be good for the bones and the teeth. They contain organic iodine, chlorine, and many other minerals which are known body builders. Ginger is known to work directly on the fourth vertebra and lower back. It relieves backaches, especially those of sexual excess. It draws the wind from the spinal column.
Curry on unpolished rice is very good for muscle development.

Wheat berries are one of the most potentially powerful foods. When you have back pain and you do not know what to do, go on wheat berries and see what it does to you in one week. It will build you solidly throughout. Wheat is the most powerful thing in the world.

Yogi Tea eliminates air pockets from the spine. (See the appendix for the recipe).

**GROWTH**

Whey is said to be very good for the growth of long bones. It is especially good for children. Blend it with fresh fruit.

**STIFF JOINTS**

Golden Milk is a drink which is a great help for stiff joints, and is a great source of lubrication for the system. This is the recipe used by Yoga teachers for students who begin to do yoga and have creaking joints, lots of cracking and pain in the knees and back from sitting in a cross legged position. It is prepared in two parts:

Prepare a golden yellow turmeric paste by taking $\frac{1}{4}$ cup of turmeric powder to $\frac{1}{2}$ cup of pure water and boil in a saucepan until a thick paste is formed. This paste will be used for the next forty days so store it in a jar in the refrigerator.

After the paste is made, once daily for forty days, for each cup of golden milk you want, blend together one cup of raw milk, one teaspoon of almond oil, $\frac{1}{4}$ teaspoon of the turmeric paste prepared above and add honey to taste. While stirring on a low heat, bring the milk just to the boiling point. The mixture may be then blended in an electric blender to make a beautiful foamy drink. Serve with a little cinnamon sprinkled on the top.

**SWOLLEN JOINTS**

Potato juice is effective in relieving swelling and other conditions of the joints and muscles.

**SKIN**

**BURNS**

A paste of raw ground potatoes can be applied to burns caused by fire.

**COMPLEXION**

Foods that help the complexion are: chamomile tea, grapes, lecithin, mustard
oil, neem leaves, olives, papayas, phosphorus, vatna, wheat berries, zucchinis, the “Green Diet,” and the “Mush Diet.”

Chamomile is a woman's tea. It is the best inner cosmetic which will be reflected by clear skin.

Green grapes are good for a clear complexion.
Lecithin balances out all the oils in the body, clearing out bad skin conditions.
Mustard oil is a cleanser. The oil when used externally has a healing effect and drains toxins from the pores of the skin. In India, the leaves of the Neem tree are taken as a tea for the benefit of the skin. We have seen several beauty soap bars in America containing neem oil.

Olives are extremely high in vitamin C. They are also a good source of phosphorus. Olive oil is very good for the skin and hair when used externally.
Papayas have been known to help in cases of poor complexion.
Dry scaling skin in the ear for example is an indication that the body is deficient in phosphorus or another of the nerve building elements.

What can cure a bad complexion? Do you want to know what they do in India? They call it vatna. Take milk, boil it and make yogurt. Then churn the yogurt and you will be left with butter and buttermilk. Strain the buttermilk through cheesecloth. The residue is called chiddi. They mix that chiddi with ground sandalwood, almond oil and garbanzo flour and make it into a paste. You can massage that paste into the face until the cheeks are red. These people look like they are always twelve years old. It gives the face a very young look even at age of fifty or sixty years old.

Stomach and liver problems can cause pimples. For the intestinal tract and skin beauty, fast on wheat berries one day per week.

For a bad complexion go on forty days of green vegetables only and add an additional chlorophyll supplement to the diet. Forty days of a zucchini diet will help the complexion.
The “Green Diet” (in mucus chapter) is known to correct acne and skin problems.
The “Mush Diet” is described at the end of this chapter.

ECZEMA AND WARTS
The milky juice of the papaya has been used for ages in the treatment of eczema and warts. A great beauty secret is to take the skin of the papaya and massage the face with the inside surface.

INSECT BITES
For mosquitoes get vitamin B-12 or B-Complex. Two tablets a day and
mosquitoes will leave you alone. They are a nuisance but they are good in one way, they immunize you from the poison of malaria and other bacteria and they are very antiviral. In one way they are good, in another way they are terrible.

**INSIDE AND OUT**

Healthy skin reflects a healthy gut, so to improve any skin condition; one must also look at the digestive tract.

**MAINTENANCE FOR THE SKIN**

**FACE**

Make a homemade yogurt and churn it slowly with a churner and take the butter out. Whatever is left is buttermilk. Pass this buttermilk through a cheese cloth. What is left on the cheese cloth is called chiddi. Rub it on your face it will make you the most beautiful man or woman on this earth. It is the best thing for the skin that God could let you have. (What comes out of the cheese cloth can be given to children to promote growth).

**FEET**

Calluses must be removed slowly with a pumice stone, so that crystals will not form in the nerve endings and deprive one of the organs of needed blood supply. At night wash your feet with cold water first. Then have a tray of hot water and stand in that for a couple of minutes. A lot of blood will go to your feet. Then massage them with almond oil and wrap a cotton cloth around them and stick your feet in a big pair of socks and go to sleep. Next morning rinse and wash feet in warm water without soap.

**HANDS**

Five steps for soft and beautiful hands:
1. Take milk and rub your hands with it for quite a while, then
2. Take warm, warm water and put lemon in it and wash your hands with that, then
3. Wash them with warm water,
4. Soak hands in milk bath, and
5. Rinse them with clear water.

Another recipe is to massage your hands at night quite well with almond oil and tie very softly some kind of cotton cloth over them, and then put on gloves. Sleep. In the morning when you get up, wash the hands but don't use soap. It is said that in a few days you will have soft beautiful hands.
**THE WHOLE BODY**

Once in a while for the luster of women, she should bathe and massage her body with yogurt. If you want to be a woman, get into a bathtub with four or five pounds of homemade yogurt. Get into the bathroom by yourself and sit in your tub and put all of that yogurt in the tub. Do a yogurt massage. Nobody will see you, nobody will know you; but your skin will be like the skin of a five year old, maximum. Take an hour or two. See what smell comes out of your body, you'll hate it yourself. You don't know how miserable you were; only then will you know. After the massage, fill the tub with hot water and soak in the white water; play in it. So many poisons will come out that you'll wish you had some mint oil to put in your nose so you can stand your own smell. After the bath you can take a warm shower, clean yourself, and then you must take a soft towel and must massage the whole body until it becomes almost red. Then you must sleep. When you get up you must take warm milk. When you do this treatment, be grateful that you could do it.

**PIMPLES**

There is one very secret thing in yoga called Elephant Kriya. First you must clean your monkey glands, then bend forward and drink enough water to fill your stomach. Bending sixty degrees is the only way you can totally fill your stomach; not to quench a thirst, but to fill the stomach. The water has to be lukewarm, stomach temperature. Then exhale all the air out of the lungs and pump the stomach, not much, just a little bit so that the lining membrane of the stomach may get washed really properly, and if there is any over acidity or any deposits it will be washed out. Then bend over some more and vomit that water out. At first you may use the aid of the fingers to tickle the back of the throat, but after you have done this Kriya a few times, you can get the water out at your command. What you are doing may look very rude, but in the bathroom nobody is watching and there are no hidden cameras. Do it there and the rest of your life you will live very light and happy. This Kriya is used when somebody has a lot of pimples. Elephant Kriya should be done on an empty stomach.

**PRESERVATIVES**

Canning and preservatives are the modern luxuries of the diseased man. They never understood when man was healthy, natural and free, he shared his knowledge through the centuries preserving everything in his head, not in cans. Do you know what a preservative does to you? A preservative goes in the system and preserves everything in your system, including toxins. You can tell the difference between a person who takes preservatives and one who doesn't take
preservatives from the shine of skin. The man who takes preservatives will have thicker skin. Today, in our modern society, we are helpless and we have to have preservatives. But God, take in as little as you can otherwise you'll be so preserved you can't believe it.

**THE MUSH DIET**

For clearing the intestines, skin, and for weight loss, for forty days eat only four to five steamed zucchinis, steamed with four celery stalks, a bunch of parsley and a sprig of mint. Steam the vegetables for fifteen minutes, or until soft, and then puree in a blender with ground black pepper and serve with cottage cheese. Eat as much as you like, but not more than three times a day. Yogi tea may be taken with this diet. This diet is affectionately known by Yogis as the Mush Diet.

**SPLEEN**

**MAINTENANCE SCHEDULE**

To care for the spleen, about once every six months for ten days eat only light food, very well cooked vegetable soup, drink lots of water (or any light liquid such as peach juice, plum juice, water with fresh lemon and honey). Avoid all fats. The best way is ten days on fresh ripe food, and once every twenty four hours one should take some saltish drink such as grapefruit and salt (not salted tea); rock salt is recommended. The best drink is plain water and salt (of course this is not recommended for those with high blood pressure).

**OLIVES**

Olives are good for proper functioning of the spleen.

**THINGS TO AVOID**

Causes of bad spleen are: bad water, alcohol, eating hot food and not drinking water when you are thirsty.

**YOGURT**

A one week fast of fresh unrefrigerated yogurt is used for cleansing the spleen.

**STOMACH**

**CLEANSING**
To clean the stomach and intestinal tract, take orange peels and chop them up fine (make sure peels have been cleaned to remove wax). Sauté in olive oil. Add water. Turmeric may also be added. This recipe has laxative effects, so be prepared!

**GAS**

Black pepper forces out the gas in the bottom of the stomach. Sprinkled on melons it helps to prevent the formation of gas.

**IRRITATION**

Stewed apples (cooked with a little cinnamon, honey and lemon peel are delicious) are said to be soothing to a lazy or irritated stomach.

**MUCUS**

Drink as much as one gallon of water with a pinch of salt added. Stick fingers down the throat and regurgitate into the toilet. Much mucus will come up from the stomach.

**VOMITING**

Sometimes there is a condition where you vomit little by little. There is hardly any medicine except half a cup of mint tea mixed with half a cup of onion juice. If you cannot take that, then use a half cup of cool mint tea and half a cup of Coca-Cola.

**THROAT**

**HOARSENESS**

When you have a terrible cold and you can't talk, the following foods may help you: bran tea, broiled corn.

For hoarseness, boil bran with six times its volume of water for thirty minutes. Strain and add honey or lemon to taste. Take one cup of this bran tea twice a day.

Take an ear of corn and without breaking the fibers, pull the husk open. Smother it with sesame oil and sprinkle lots of black pepper on it. Wrap it up again with the leaves and tie it closed at the top. Now broil it, with the skin, directly over a fire, but make sure it doesn't get burnt. When it is done, peel it and throw the husk away. Cut the kernels from the cob and boil the corn in milk. This is called ashsute, which means you multiply the power of the medicine a
SORE THROAT
The following soothe a sore throat: lemonade, pineapple juice.
Lemons expel mucus from the body. Drink lemon-honey-water often when you have a sore throat or cold.
Pineapples have a soothing effect on the throat.

THYROID
Anything that stimulates the thyroid makes a person young, healthy and powerful.

FOODS FOR THE THYROID
Foods that help the thyroid are dates and seaweed (kelp).
Dates give heat to the whole body. They are good for undernourished people and hypoactive thyroid. Dates simmered in milk make a rebuilding energy drink.
The nutritional qualities of seaweed are that it is rich in natural iodine and it helps the endocrine glands, especially the thyroid. Use kelp instead of salt.

TONGUE
The tongue is the creator of harmony and disharmony. That's why we chant. We want to be trained to talk in harmony and to talk in higher consciousness. There is only one purpose of mantra: To make man talk and vibrate in harmony and in higher consciousness. Mantra creates the balance of your intuitive nature. What is intuitive nature? It is the psyche which takes you to your higher self, it's a ladder. Without that ladder there is no way.

TONSILS
TONSILITIS
God went to a Caribbean Island on holiday and left the entire world to the M.D.'s of the United States of America, these guys with a lot of ego. Nobody has tonsils; the guardians of your health, the breath cleansers, the protectors. These tonsils are the gateway, the guardians of your whole life. They take them out as if they were a piece of junk. You pay $200 to $300 to get them out. You cannot buy them back for a million dollars. Surgery is a good thing, but it is good only when it has to happen. Surgery is not surgery, but murder, when it's done to get
money out of the person. The body has the mechanism to cure itself if you give it a chance. It is a very simple thing.

When the tonsils are swollen, first brush the teeth and the back of the tongue with the alum and salt toothpowder, then put some of this toothpowder on the index finger and go way down deep as far as possible into the throat, and massage the tonsils and the cavity behind the root of the tongue. Rinse with warm water.

**URINARY SYSTEM**

**FOODS THAT SUPPORT URINARY HEALTH**

**BEET GREENS**

For urinary problems, go on beet greens and nothing else for about ten to fifteen days.

**COCONUTS**

Coconut has been known to be very helpful in urinary diseases.

**GRAPEFRUITS**

Grapefruit juice is a diuretic, causing urination.

**MELONS**

Melons have been known to correct kidney and bladder disorders.

**JUICE FAST**

For bladder and kidney problems and to cleanse the urinary tract, take a minimum of one quart of juice a day of the following combination: two parts of spinach juice to one part of carrot juice.
FOODS: A TO Z

For specific foods for men, women and children as well as fasts and cleanses, see chapters 3-5. The information in this chapter is a reorganization of the first chapter of this book in alphabetical order.

A

Drink acidophilus for ears that make a “SHHHHHH” sound.

Almonds help the eyes and eyesight.

Almond milk is good for those with conditions of diabetes, anemia and malnutrition, which effect the pancreas profoundly. Take six to eight peeled almonds, mash and blend with eight ounces of water and a little honey.

A diet of baked apples and cottage cheese for ninety days is said to cleanse and renew the entire blood content.

Two or three baked apples eaten just before going to sleep will help relieve and prevent constipation.

Apples are helpful in dysentery. Peeled and grated raw apples are good for the digestive tract, notably in cases of dysentery, intestinal catarrh and diarrhea. In these cases, just grated apples and water should be taken for two days followed on the third day by very well cooked, unspiced mung beans and rice. A little ghee may be added.

An apple eaten at the end of a meal is a digestive aid.

Stewed apples (cooked with a little cinnamon, honey and lemon peel are delicious) are said to be soothing to a lazy or irritated stomach.

In America, the artichoke is considered to be a delicacy, but this is a God-given food for the liver. The artichoke is known as medicine for the liver and is very, very beneficial.

B

For constipation, eat three bananas every hour until the bowels move or eat three bananas followed by the contents of one cardamom pod. For diarrhea, eat one banana every three hours. Eat three bananas followed by the contents of one cardamom pod for an irritation of the bowels.
In the very ancient times, when there was a case of piles (hemorrhoids), until the situation was really out of hand, and you had to do surgery or it was bleeding to the extent that it was not stopping at all, the remedy would be to live on beet greens and beets. You will lose about twenty-five pounds of weight and it does something. One thing it does is to clear that area and bring back the perfection. It has been practically seen that people who have gone on this kind of monodiet have been helped a lot. Hemorrhoids come when the liver doesn't work right. It is a simple fact. An alternative to the fast given above is to eat just beet greens: for fifteen days eat beet greens and nothing else. It works. You steam them, cut them like a steak, put lemon on them, take your knife and fork, and pretend you are having a great meal. It takes exactly fifteen days. It will not cure you. It is not a medicine, but it won't hurt you and if the hemorrhoids disappear, it is God's act. Because beets are the product of God, action leads to reaction; the liver works in a miraculous way, and the hemorrhoids go away.

Beets, in any form, clean out the intestinal tract. Beets, in any form, cleanse the liver. For an enlarged liver, eat beet greens and nothing else for ninety days. For urinary problems, go on beet greens and nothing else for about ten to fifteen days.

Black pepper is a blood purifier. It should be freshly ground. It also aids in the digestion of foods.

Black pepper with steamed green vegetables acts on the bowels as a laxative. Black pepper forces out the gas in the bottom of the stomach. Sprinkled on melons it helps to prevent the formation of gas.

Bran is an excellent laxative and good roughage for the intestines. Bran Tea: Boil bran with six times its volume of water for thirty minutes. Strain and add honey or lemon to taste. Take one cup twice a day. This tea is good for nervousness. It's also good for hoarseness, take one cup of this bran tea twice a day.

Bread is needed as brain food.

Buckwheat (Rutin) and the bioflavonoids, known as vitamin P, are good for reducing blood pressure. It supplies rutin and it is said to be beneficial in circulatory and cardiovascular system diseases.

Carbohydrates turn into glucose which is fuel for the brain. It is very essential, even if you are hypoglycemic.
Carrots have vitamin C and calcium. They have a soothing healing action on the digestive organs. They are highly alkaline.

CELERY FAST. During times of change which require adjustment and tuning of the nervous system, such as changes in season, climate, etc., the celery fast is very effective. With spring comes new flowers and new growth. Also within the body new blood is going to circulate. For such times, God has given us steamed celery. You can lose weight and also cleanse the liver by following this diet. Only steamed celery with crushed red chilies may be eaten. Don't cut up the celery or blend it; be sure to keep the strings. The red chilies give the blood a boost and provide phosphorus. You may be as liberal as you like with the chilies. In forty days you can have totally beautiful, healthy and toxin free blood.

It is written that if you eat the heart of the celery, there's no chance in the world you'll have a heart attack. Celery juice is for the nerves. One large glass before bedtime completely relaxes you.

Chilies stimulate circulation. Green chilies do not allow waste pockets to develop in the intestinal tract. Green chili is a must for a woman.

The health giving properties of chili are that it stimulates circulation, helps digestion (by stimulating enzymes and hydrochloric acid in the stomach), and is beneficial to the kidneys, spleen, and pancreas. Chlorophyll is good for the hair.

Cinnamon is good for the bones. Brewed in Yogi Tea.

Citrus taken an hour or less before a meal activates the stomach acids to prepare for oncoming foods.

Coconuts are an excellent medicine for someone with constipation problems. For intestinal worms eat one spoonful of freshly ground coconut, followed three hours later by a spoonful of castor oil, repeated daily until the cure is complete. Coconut, pineapple and watercress have a high chlorine content which has a stimulating effect on the kidneys; helping the kidneys remove waste products.

Coconuts are said to be good for the bones and the teeth. They contain organic iodine, chlorine, and many other minerals which are known body builders.

Coconut has been known to be very helpful in urinary diseases.

Take an ear of corn and without breaking the fibers, pull the husk open.
Smother it with sesame oil and sprinkle lots of black pepper on it. Wrap it up again with the leaves and tie it closed at the top. Now broil it, with the skin, directly over a fire, but make sure it doesn't get burnt. When it is done, peel it and throw the husk away. Cut the kernels from the cob and boil the corn in milk. This is called ashesute, which means you multiply the power of the medicine a million times. In English it is called “potentized.” It works a miracle for hoarseness.

Cottage Cheese. A diet of baked apples and cottage cheese for ninety days is said to cleanse and renew the entire blood content.

Some people have the tendency to bloat up, so the belly becomes bigger and bigger, now the remedy for this is to take twelve ounces of cucumber juice instead of coffee.

For people who fight constantly and argue about very stupid things, the Yogis recommended twenty four ounces of cucumber juice.

Curry on unpolished rice is very good for purifying the blood and is very good for the kidneys; it is also good for muscle development.

Daikon radishes have been found to be very curative since the ancient times for liver problems which give you yellow eyes, they call it jaundice.

Sometimes when your blood circulation is poor, your liver will become heavy and you will have a lot of pimples. Then you can go on a white Daikon radish fast (with their greens) for thirty days.

Damiana is an herb used as a remedy for sexual impotence. It is also a tonic for the nerves and can be used for mental and physical exhaustion. Damiana also helps support the adrenal glands.

Date skins provide roughage helpful for constipation.

Dates are very helpful in dysentery.

Dates give heat to the whole body. They are good for undernourished people and hypoactive thyroid. Dates simmered in milk make a rebuilding energy drink.

The most powerful vegetable for a woman is eggplant. It energizes and keeps the woman going. Eggplant is the sexiest food.
In ancient times, garlic and parsley were used to regulate the blood pressure.

Garlic purifies the blood by drawing poisons to it. Garlic is a natural antibiotic. It works best when it is eaten raw.
Garlic neutralizes bacteria in the colon and small intestines

Garlic acts to increase semen in the body. Garlic gives sexual energy which can be channeled into creativity.

Ginger is known to work directly on the fourth vertebra and lower back. It relieves backaches, especially those of sexual excess. It draws the wind from the spinal column.
Ginger tea is particularly good for menstrual cramps and general fatigue. It works directly on the lower back. Boil four or five slices of fresh ginger in three cups of water. Add honey to taste and drink. Cardamom may be boiled in for extra flavor.

For a cough that persists or wants to get lodged in the bronchial area, sauté lots of fresh ginger root for a long time until very very soft (don't let it burn or get too brown, though). Add turmeric, salt and yogurt. Eat with a piece of bread, once a day for a three day minimum. This recipe is also good for weak spinal centers and for the nerves.

Grapes stimulate the production of blood. Grapes are known to be good blood purifiers and body builders. A monodiet of grapes has been used to transform the whole blood stream in cases of chronic diseases.
Grapes are easily assimilated and have a laxative effect.
Green grapes are good for a clear complexion.

Lots of grapefruit juice is known to clean out all the glands. Grapefruit juice is also a diuretic, causing urination.

The Green Diet for forty days is known to cleanse the liver. It corrects acne and skin problems.

Bloodshot eyes can be relieved by putting a drop of honey in them.
Horseradish is a gallbladder and liver cleanser.

[H1]J...is for Juices
For lack of flexibility in the human character and to increase the buffer when you are facing something that is out of tune, drink the following nectar daily: six ounces of carrot juice, two ounces of beet juice, and four ounces of celery juice. Start on the first day of the moon cycle and end on the fifteenth.
The following juice works very good with the eye exercises on page XX, when there is any ailment of the eyes: Carrots, celery, endives, and parsley in the following ratios: six ounces of carrots, six ounces of celery, two ounces of endives, two ounces of parsley.
For gall stones drink the following juice: six ounces of carrots, six ounces of celery, and four ounces of cucumber juice.
Lots of grapefruit juice is known to clean out all the glands. Grapefruit juice is a diuretic, causing urination. For bladder and kidney problems and to cleanse the urinary tract, take a minimum of one quart of juice a day of the following combination: two parts of spinach juice to one part of carrot juice.
Drink the juice of one carella to relieve hemorrhoids. Add salt and a bit of garlic. Drink for three or four days.
Celery juice is for the nerves. One large glass before bedtime completely relaxes you.
If luckily or unluckily you are a professional person and you are married, and somehow three times a week you have arguments—if it less than that, don't worry—but if it is three times or more, you especially need thirty two ounces of celery juice per week.
For people who fight constantly and argue about very stupid things, the Yogis recommended twenty four ounces of cucumber juice.

[H1]
Lecithin has the property of affinity to oil, and when isolated from its normal surroundings (as a granular lecithin isolated from soybeans) it combines with fats free in the bloodstream and along artery walls. It is thus good for high blood pressure, heart problems and poor circulation.
Lecithin rejuvenates the hair and increases its growth. Lecithin helps in the conductivity of nerve impulses. When taken daily it has been found to improve memory and mind.
Lecithin balances out all the oils in the body, clearing out bad skin conditions.
Lemons expel mucus from the body. Drink lemon-honey-water often when you have a sore throat or cold.
Lemon juice helps to thin the blood and increase circulation.
Lime aids digestion and is a powerful antiseptic. Limes also treat colds, liver
problems, scurvy, dysentery and fever. Limes of course are rich in vitamin C.

[H1]M

The Mango Diet has been helpful in cases of constipation and indigestion as well as in cases of sexual weakness.

Mangoes are known to help the eyes and eyesight.

Mangoes are helpful in cleansing the liver.

Melons are cooling foods and have been known to help in cases of high blood pressure, kidney and bladder problems.

Melons are good for constipation and poor complexion. Melons have been known to correct kidney and bladder disorders.

The Melon Diet. This diet is suitable to use in the hot weather of the spring and summertime. It will thoroughly cleanse the large and small intestines, which otherwise cannot be properly cleansed. (see page xx)

One cup of milk mixed with four cups of water and some honey, twice a day is very effective for cleansing the kidneys.

Calcium calms the nerves and nervous system activity. A deficiency of calcium leads to mild, then severe nervousness and insomnia. A glass of warm milk (mixed with a little honey) is good advice.

Eight ounces of mint tea mixed with two ounces of fresh onion juice can give relief. You can call it a miracle. Sometimes you have a condition where you vomit little by little. There is hardly any medicine except half a cup of onion juice. If you cannot take that then use a half a cup of cool mint tea and half a cup of Coca-Cola.

If your stools are sinking, you are sinking! The stools should float. If they sink, stop eating. Go on self-digestive foods like mung beans and rice or steamed vegetables. Stay on the diet until your stools start floating.

A good diet for the kidneys is a twenty eight days of Mung Beans and Rice.

[H1]N

Nutmeg lowers high blood pressure to the extent that you can't believe it.

[H1]O

Olives are extremely high in vitamin C. They are the best source of potassium and a good source of phosphorus. Olives are excellent brain food; they are nerve food.

Olives are good for proper functioning of the spleen.

Olives are extremely high in vitamin C. They are also a good source of phosphorus.

Olive oil dilates the bladder.
Olive oil is very good for the skin and hair when used externally.

A raw onion a day keeps the cancer away. There is another saying: An apple a day keeps the doctor away, but raw onion is such an anticancer agent you can't believe it. Raw onion has the quality of fighting anything which concerns the blood.

Onions stimulate the production of blood.

Onions are excellent for mental clarity, and excellent mental clarity is attributed to raw onions.

Onion juice is known to help the eyes and eyesight.

Onions tend to create heat in the body. They give energy and serve many healing functions: cleansing of the liver, digestion of food, promoting the drainage of mucus and killing germs. They are diuretic and laxative. They have been used to combat insomnia and for earaches, diarrhea, vomiting, heroin convulsions, and high fever and dizziness. Do not eat raw onions if you have ulcers, colitis, or high blood pressure. They are good for the hair, nails and eyes. It is also a blood builder. A favorite way of using onions is to take one cup of onion juice, one cup good mint tea, mix and drink.

Boiled onions relieve constipation. For dysentery and bloody mucus stools, drink the juice of two onions. If you ever travel to India or the Orient, you will always get dysentery. Like it or not, there's no way out. Two weeks before you go, start eating a raw onion a day. Onions aid in digestive disorders.

For earaches, fry an onion in oil and that oil, when it is just warm, should be dropped into the ear.

For earaches caused by boils in the eardrums, put hot onion water in the ear and go to sleep.

Oranges and orange juice are high in vitamin C. Oranges are a good blood cleanser. They are high in potassium, calcium, sodium and magnesium. Oranges stir up the acids and mucus for elimination.

Oranges are good for high blood pressure and ailments of the heart.

Oranges are well known to be of help in ailments of the liver.

Oranges are known to help eliminate mental toxins.

Oranges are good for asthma.

Oranges stimulate intestinal peristalsis (the pulsating movement of the bowels), causing hardened wastes, accumulated over the years to be eliminated.

Orange peels cleaned to remove the wax, chopped up very fine and sautéed in olive oil and turmeric and then added to some water, makes a good laxative so
be prepared!

[H1]P
P-fruits nourish the sexual organs in both men and women: Peaches, plums, papayas, pineapples, pears and persimmons.
Papaya is an especially healing food, which is good for stomach and intestinal disorders. The papaya is rich in papain, which is a digestive enzyme. Papaya is an especially healing food which is good for stomach and intestinal disorders. It is a heavenly fruit. It is high in vitamins A, B, C, D and also calcium, and is great with lemon juice. Relieves most intestinal disorders. It is also rich in vitamin C and is an excellent cleansing food.
The milky juice of the papaya has been known to help ulcers as well as in the treatment of intestinal worms. The milky juice of the papaya has been used for ages in the treatment of eczema and warts. A great beauty secret is to take the skin of the papaya and massage the face with the inside surface.
The seeds can be dried and ground into a powder to use as a seasoning similar to pepper.
Papayas have been known to help in cases of poor complexion.
Patients with diabetes have been known to get help by eating parsley.
In ancient times, garlic and parsley were used to regulate the blood pressure.
Pineapple's chlorine content helps remove waste products from the body because of its stimulating effect on the kidneys. When the body is struggling to perform its functions, in such cases as an overworked liver or kidneys, the juice is invigorating to the curative forces of the body. Pineapples have a soothing effect on the throat.
A diet of cooked potatoes, potato peel broth and lots of water for up to several months if necessary can be helpful in cases of chronic constipation. Add to this, greens such as chard, zucchini, celery, beet tops, turnip tops and also cantaloupe. This fast is also for intestinal toxemia, uric acid diseases, gout and rheumatism.
For redness and soreness of the eyes, grated raw potatoes can be placed between two pieces of sterile gauze or thin cloth and applied to the eyes. Before the potato dries out it should be replaced with freshly grated potato.
A paste of raw ground potatoes can be applied to burns caused by fire.
Potato juice is effective in relieving swelling and other conditions of the joints and muscles.
If you take psyllium seeds with hot milk at night, at four o'clock a.m. you will be
in the bathroom firing a gun. But if you ever take them with cold milk, you will forget to visit the bathroom for two days. Some things work differently when hot or cold. Put the seeds in your mouth and drink some hot milk right away, if you wait, they will start bloating right in your mouth. Don't take more than four tablespoons maximum. It may make you look like you are pregnant, so don't take too much. The quality of psyllium seeds is very jellylike, they pop up and swell and take everything from the intestines with it. If you don't know how to clean yourself, you don't know how to live clean. This recipe is very good also for those who have bad breath.

If you are an adult and you get diarrhea with a lot of pain and blood, eat some psyllium seeds with sherbet. It is one of the tastiest drinks available. It is a Greek medicine.

[H1]R
It is written: If you eat red radishes, you won't have a liver problem.
Rice supplies a little carbohydrate which is essential for the brain.
Rice stimulates the kidneys so that toxins are eliminated and urinations is increased.
Curry on unpolished rice is very good for the kidneys. AVOID brown rice that has not been cooked for at least twenty four hours.
The qualities of rye are beneficial to the health of the digestive and eliminative organs, that is your intestines and colon. Rye is anti-constipation food.

[H1]S
Saffron: See the Men's Chapter for potency recipes that include saffron.
Salt and sugar are your first enemies. They take away your biggest weapon, your beauty.
Old fashioned sarsaparilla is good for digestion.
The nutritional qualities of seaweed are that it is rich in natural iodine and it helps the endocrine glands, especially the thyroid. Use kelp instead of salt.
Seeds are very rich in iron, e.g. apricot kernels, sunflower seeds, watermelon seed kernels, zucchini seed kernels.
Melon seeds, pumpkin seeds and walnuts are good for the brain.
The qualities of sesame seeds are extensive. They increase virility, rejuvenate mental and physical capacities and endurance, are abundant in potassium and magnesium, and are an excellent source of lecithin. Sesame seeds increase the secretion of the pituitary, pineal and sex glands (one couldn't ask for much more
than that), and they are good for the brain and nerve tissues. Either just before or during menstruation, twice a day, have one tablespoon of sesame seed oil mixed with honey. Eat it as a paste or mixed with milk. Sunflower seeds are rich in vitamin E and zinc. These nutrients play an important role in the growth and maturity of the testicles and the prostate gland. Zinc and vitamin E, as found in sunflower seeds are very important for male prostate function and male sexual functioning.

Senna tea boiled for a couple of minutes is good for constipation. Be careful not to drink too much, it is powerful.

Women by nature need split milk. Boil milk; add lemon juice and the milk will separate into two phases. “When poison ivy blisters you up, it means your blood has too much sugar. Nobody will tell you that. And nobody will tell you, “Thank God you have poison ivy. That only means you have too much sugar, so get off sugar.”

For anemia, one slice of tofu in a sandwich with onions and tomatoes with mung bean sprouts; one meal a day of as many sandwiches as you want.

Tofu helps to clean the blood.

Don't forget one thing in the vegetable kingdom. It is half vegetable and half fruit. Do you know what that is? The tomato. The tomato is half fruit and half vegetable. You know what you should do about this? It is a very funny thing to do, but it should be only done for one week. This tomato is very beautiful. Use big tomatoes that are not soft anywhere, nor too old. They should be young, fresh tomatoes. Take a tomato and put it in hot water, then pull it out and take the skin off. It should only be in hot water long enough that the skin should come off easily; not more, not less (avoid the skin of the tomato because it doesn't digest). When you have done that with five, six, ten tomatoes, put them before you. Then take dry mint leaves, powder them and put a lot of it around the tomatoes. Then add tamari to your taste, take a fork and knife, and eat it. Eat this dish three times a day for one week. Whenever you do it, start Monday morning and end it on Sunday at midnight. Don't forget to take mint leaves, powdered mint leaves with it, lots of it. You'll come out as a new person, clear and best for consciousness. It's the best food for the brain. It takes away all tiredness and fatigue, both sexual and mental fatigue.

Trinity Roots (see also Onion, Garlic and Ginger) A dish made with the broth of garlic, onions and ginger root is the best food for sick persons and those suffering from blood poisoning.
Turmeric is the most healing root for the body and for purifying the blood. It keeps a person beautiful. Golden Milk is a drink which is a great help for stiff joints, and is a great source of lubrication for the system (includes turmeric). One thing is very friendly to the internal organs of every woman and that is turmeric. Incorporate it into your meals. It is an internal doctor. For glandular imbalances in women, practice the turnip fast: steam white turnips or “underground apples,” and then you mash them. After mashing them you add almond oil, turmeric, salt and black pepper. It looks like a pudding. It is very good for behavior, but it must be a monodiet; you can use the greens also. It is very healthy.

W
Walnuts are good for the brain.
Drink a lot of water if you are deficient in hydrochloric acid.
Watermelon Diet: This diet cleanses the liver and the kidneys.
Watercress is a body mineralizer, high in sulfur, chlorine and calcium. It is also good for high blood pressure. Watercress has a high chlorine content which has a stimulating effect on the kidneys; helping the kidneys remove waste products.
Wheat berries are said to prevent your having a stomach cancer, intestinal tract cancer, or anus cancer, if you honestly eat them. Wheat berries are wonderful. You should eat wheat berries one day each week. You have to accustom your system to eating those wheat berries. Wheat berries are called man's food, and you guys make jokes about it because it is cheap, takes a long time to boil and it doesn't taste good. You can mix a little bit of honey with it. It is better not to take it with anything else. You must train your children because if there is any kind of difficulty in the world, you will not get into any kind of trouble if your system has already adapted to the wheat berries. Milk and honey with them is permissible, desirable rather. We don't want you to live poor and miserable lives. We cannot tolerate you doing things which in the long run make you old, senile and neurotic. But make one day a week Wheat Berry Day, and don't eat any other foods on that day.

Wheat berries are one of the most potentially powerful foods. When you have back pain and you do not know what to do, go on wheat berries and see what it does to you in one week. It will build you solidly throughout. Wheat is the most powerful thing in the world.
Woman should fast one day a week on wheat berries for her intestinal tract and
for skin and face beauty.
Whey is said to be very good for the growth of long bones. It is especially good for children. Blend it with fresh fruit.

[H1]Y
Yogi tea is a very great nervous tonic. A three-day diet of Yogi Tea has been used by the Army for cases of flu and all kinds of respiratory sinus colds.
Brewed in Yogi Tea, cinnamon is good for the bones. Yogi Tea eliminates air pockets from the spine.
For vitamin B-12 and other vitamins, you must know how to make homemade yogurt (see appendix). It is essential for the intestinal flora, so it will be good to add to your diet a cup of homemade yogurt every day.
For colitis eat yogurt and onions.
Soured milk, as in homemade yogurt and kefir, prevent autotoxemia and putrefaction in the colon.
A one week fast of fresh unrefrigerated yogurt is used for cleansing the spleen.

[H1]Z
THE MUSH DIET: For clearing the intestines, skin, and for weight loss, for forty days eat only four to five steamed zucchinis, steamed with four celery stalks, a bunch of parsley and a sprig of mint. Steam the vegetables for fifteen minutes, or until soft, and then puree in a blender with ground black pepper and serve with cottage cheese. Eat as much as you like, but not more than three times a day. Yogi tea may be taken with this diet. This diet is affectionately known by Yogis as the Mush Diet.
For imbalances and misuse of your body you should go on a fast of zucchinis; and if you should decide to do a really good fast, that fast should be raw zucchini and nothing else. One week of raw zucchini when it is in season.
What follows is a collection of teachings on women and men: hygiene, sexuality and sexual expression, foods for women and men and much more.

Rishi Kola, an ancient, learned pundit, gave this advice to all men and women: “Times will come, and times will go. Clouds will come, and clouds will go. Many suns shall shine and many moons will rise, but if you both know you are a male and a female, and keep the promise to be so, even God will serve you, and the destiny and fortune will help you.” Among male and female there is one thing and only one thing – promise to be a male and a female to each other. Every fe has a male and every male should have a fe; every star has an orbit, every orbit helps the star. The very existence of the male and female depends on the fundamental promise that the male is a male of a female and the female is a female of a male. Neither the comfort nor the discomfort, the happiness nor the unhappiness, the riches nor the poverty, the strength nor the weakness, the divinity nor the non-divinity, the anger nor the tolerance means a thing. These are the states of emotion and self control. But over and above that, between a man and a woman there is one single thing and that is summed up with these two sentences: He is my man. She is my woman. Whenever a woman thinks “He is not my man,” or she doubts that “he is not my man,” she is in a state of mental mess and so it is with the man. This sentence will take you away from all the neuroses, handicaps and depreciations of the male and female relationship: “Worship God by practicing the worship of your polarity.” The explanation of this is that if you know how to worship God, you should also know how to worship your polarity who is your partner in life. Therefore, it is a fundamental requirement of the woman that she should walk on the righteous path and she should see that her male partner walks on the righteous path.
[H1] THE HABITS OF A WOMAN

[H2] EAT EARLY
It is advised you should eat no sooner than three hours before going to bed.

[H2] EXERCISE BEFORE BREAKFAST
Exercising before you eat in the morning is a most important thing in a woman's life. There are certain postures which are required by virtue of a woman's structure, such as rock pose, front stretch, camel pose, shoulder stand and archer pose. Women are invited to sit in rock pose when meditating. Because you are a woman, you have to have more immunity from changes in temperature. Your skin underneath will develop a protection of fat. You have that nature, which the male does not have. So nature has given your liver an extra capacity to build a thick layer of fat around your areas. And nature has not given any chance for you to become thin. So naturally you'll be fat, fat, fat, which you don't like. So what do you do? As ill luck would have it, you fast. You want to be skinny. So what is the criterion for you to become skinny or remain skinny and not have an extra layer of fat? Each woman is required every day to do exercise until she has drops of sweat on the forehead.

[H2] FASTING
In constitutional structure a woman is required not to fast. If she has to; she should prepare herself scientifically and medically. If a woman fasts without proper guidance and preparation there is a sixty percent possibility that her navel point (the pulse at the navel) will go off position. That will mess up her menstruation cycle, which will mess up her pituitary gland secretion, which will mess up her breasts and will also mess up her digestive system. What more do you want?

[H2] MASSAGE AND RELAXATION
A woman is required to give her body a massage. The proper massage is done with almond or olive oil. It is applied to the entire body. After ten to fifteen minutes you will be surprised to see that the oil has been completely absorbed into the skin. You can put oil on a roller which is attached to a wall and run the back up and down on the roller. It is very good for the spine and removes tension from the shoulders and lower back. Massage must be done manually. After massaging your body, you must rest for fifteen minutes.

A woman requires eleven minutes total relaxation twice a day; it is her
constitutional requirement. After a massage and relaxation you must take a cold shower. If the massage is done correctly, you'll find that the water will not feel cold though it may be ice cold water. The shower must be followed by toweling your body for ten minutes.

[H2]NAPS
When physically she feels tired, a woman should make a public announcement that she is going to retire and rest. A woman has no physical capacity once she is physically tired. She should never try to tax her nervous system. It has been found out that all mental disorders which come in the life of the woman are mostly found in women who overwork the physical body. Say you have cooked the food; you have fed the family, cleaned the utensils, and now you feel like retiring, and some friends come in and now you sit playing cards with them. And after playing cards and having a couple of drinks you are asked to go to the movies. You say, “Well wait a minute, I'll just change and go with you.” Well, my God, you are then not a woman. You should simply say, “Well Folks, I have cooked, I have done my job today, now I am going to rest. God bless you.” It is required for a woman to have a good, deep meditative sleep. Therefore, it is compulsory for a woman to have a nap. It is good for her system. The problem is, today, men take the naps and women don't. Any time you feel like taking a nap, you should take a nap. Until it is required by law that you can't take it, a little nap after a meal is a must for a woman.

[H2]PEANUT HOUR
By nature the Indian woman is much more stable than the Western woman. Why? The only thing we could figure out is their peanut time. There is a time between two o'clock and four o'clock when they all get together and gossip and eat peanuts. Rich women in India have all the symptoms which are found in the Western woman because they don't get to have that time. Finally it was suggested for all the rich women to have a coffee time, so they made a coffee club. It doesn't matter whether you have a peanut time or a coffee time, for relaxation woman simply needs a gossip time. It is their mental faculty that when they are within their own species, they can discuss any facet of life.

[H2]WALKING
Learn to walk properly. No woman is supposed to walk on her heels. No woman is supposed to walk in such a way that she will be shy of her breasts and bend her spine in the shoulder area. Normally women walk on her paws, as the cat walks. See that the heel doesn't strike the earth; that sluggish heel walk will make you crazy.
WATER, WATER AND WATER

Woman by nature is a water animal. Drink water, swim in water, be in water, and play in water. When you shower, though you must soak yourself with enough water that your skin temperature may feel it, otherwise you will become fat.

YOGA

Every woman is required to do certain yoga postures, such as camel pose, cow pose, cat pose, stretch pose, half-circle posture, shoulder stand, archer pose, locust pose, baby pose, rock pose, Shavasan, and corpse pose (both on belly and on the back). Baby pose or innocent pose is very good for a woman. Cat pose is meant for your creative energy and to get rid of headaches. Cow pose gives you temperament, sobriety, consciousness, peace, happiness and joy. All these postures, required as a preparation for Kundalini Yoga, are good for health. Do all these postures but not for more than three minutes each.

Once a woman has proficiency in these postures, she must also do Sat Kriya, breathing exercises, chanting with breathing rhythm, and SAA-TAA-NAA-MAA meditation. These are essential for a woman's glandular system, her skin, digestive system, and her circulatory system. SAA-TAA-NAA-MAA meditation is the best for every woman. It is the highest technique of meditation because it contains the five great seals.

THE GRACE OF A WOMAN

ENVIRONMENTS

Woman is not supposed to yell, scream and quarrel. You do this a lot, you like it too, because you are normal human beings. That kills vitamin C in you. You eliminate vitamin C faster than the male. Therefore, by nature, you are required not to be in the company of a disturbing element.

EQUILIBRIUM

An equilibrium of behavior, equilibrium in emotions, and equilibrium in personality are all required fundamentally for a woman's health. Women who do not have equilibrium in their emotions, don't have devotion. They go up and down, and they always get sick. The main sickness is in the reproductive areas, breast cancer, cysts in the fallopian tubes, swelling in the vagina, and many kinds of discharges. All of these are indications that the individual is out of equilibrium. That is why we suggest that woman should eat satvic, pure food, have very pure thoughts, do a lot of meditation, be a kind person, and live a kindly life.
[H2] GARDENING

There is a very popular saying that it takes a woman, like the moon, fourteen days to wax and fourteen days to wane, but man does it with fourteen breaths waxing and fourteen breaths waning; so that means every two minutes. That is a very true nature of the male. There is a second, very calculated thing. Male is a seed and he is a seeder; whether he sprouts or not depends on how much water you put on him. If you keep a seed in a dry bottle, what will you get out of it? Seed. But if you put water around it, what are you going to get? Sprout. And you can put a sprout in the earth and get a plant. And then you nurse the plant and you get a fruit. And when you open the fruit, what do you get out of it? Seeds. So if you want to multiply your heaven, and multiply your grace, you have to take care of both the seed and the seeder.

[H2] GRACE

Happy is that home, cozy its environments, and God dwells within where a woman is graceful and radiant in her personality. Radiant in her personality means she is aware of this, she is conscious of this.

[H2] HUMOR

A woman should be intelligent at humor. It is her sharpest weapon of self defense. It is very creative of her values; it helps her to be successful and face every facet of life, and yet live the life of reality, of a graceful, religious, relaxed and happy woman. Humor is a positive direction of joy and excludes sarcasm. Woman should use positive God-like language, filled with moral ethics and ultimate reality. She must use positive humor and know the art of graceful silence. Graceful silence is the greatest art of a woman, humor is her greatest beauty and weapon, and graceful language is her introduction.

Humor is the spice of life. You must be very humorous as a woman. When your inner conflict is small, and when you are the same inside and outside, you will be naturally very humorous. You can always judge a person by the nature of his humor.

[H2] MEDITATIVE MIND

When a woman falls, a generation falls; but when a man falls, an individual falls. When it comes to consciousness we have seen that woman just falls with it because of insecurity. It is very essential that woman be very meditative in her behavior, so she can contain and retain herself in the higher level of consciousness.

[H2] SACRIFICE

Woman can sacrifice more than you can imagine. As an individual human being, she can totally become a source of light, inspiration, service and guidance.
She can build a man to be a god. That is her meditation. But if there is a conflict between her inner self and her outer self, she is a human creature living in misery.

[H2] SERVICE
You should always be a plus to a man. You have to be a magnet to attract this iron, and you can attract him in adult age only through service. Men are totally bound to you for service. They want the energy to serve them. There are lots of ways you can serve them; but man cannot lift himself without service. You have to pretend that you are very serviceful.

[H1] A WOMAN'S DIET
[H2] ACIDS AND CHOLESTEROL
Alcoholic drinks and smoking are not woman's food. Coffee and other stimulants and heavy acidic foods are not a woman's food. Eggs are more dangerous to a woman than a .44 bullet. Anything which can produce cholesterol is very dangerous to the health of a woman. That is why it is healthy that woman should have raw, cold-pressed vegetable oils.

[H2] AVOID HEAVY MEALS
By nature, you must not eat late, heavy meals. If you have to have a heavy meal, it should always be lunch, never dinner. Try to make your dinner as light and digestible as possible. For a woman to eat late meals is very dangerous. About mid day you can have your delight. You can fill your plate with it—eggplant parmesan with heavy cheese, anything. We don't mind what you eat at noon, but we do mind what you eat in the evening. Evening meals should be light and easily digested. If you can make the evening meal mainly a vegetable meal, it will give you tremendous physical security. Salads are very good for a woman provided she uses an oil and lemon dressing. Soybean cake (tofu) is also good.

[H2] TYPES OF FOOD
In one of the Vedic books it is clearly written that woman should eat her type of food and man should eat his type of food. Women need more citrus, plums, peaches, papayas, raisins, and more dates. For a woman, watermelon, bananas, kernels of seeds, and all types of seeds are a must. For a woman, those foods which get eliminated fast are essential, like green chilies, watermelon, beets, beet greens and all other green vegetables.

[H3] A VEGETABLE MEAL
It was strongly recommended to every woman from childhood to this day that she have one meal of steamed vegetables each day. She must eat two meals and
have two light drinks a day. It is required of her psychologically, physically and mentally. Otherwise her tendency is that she will live like a goat, eating all the time, nibbling. It is her tendency.

If you have not habitually timed your young daughter to time her own food, as an adult it will be most difficult for her to do that. So your breakfast should start with orange juice or a cup of milk and almond oil and rice bran syrup or something very healthy. Absolutely light, and totally liquid. Apple juice some days, some days orange juice, some days any juice.

[H3] CURRY

A beautiful dish for a woman is the following curry: Take onions, garlic, ginger, garbanzo flour, lemon juice and turmeric and add to yogurt (yogurt contains acidophilus) or buttermilk. Place on heat and begin stirring it a lot. Then add almonds and other nuts, apricot kernels, zucchini, watermelon and pumpkin seeds, green chilies and lemons. Almonds are for the eyes, watermelon seeds for anemia and walnuts for the brain. One can also add pakoras (vegetables dipped in a garbanzo flour batter and cooked in oil). We are trying to translate all of these ancient scriptures which have kept a woman healthy and living through all odd circumstances. The sutra has said “Oh woman, if you do not want it to be known that you are over eighteen years old and you are eating a heavy diet, prepare this secret dish. You can put anything in a curry and nobody will know what is in it. Turmeric will cover up the whole dish. Turmeric is the most healing root for the body and for purifying the blood. It keeps a person beautiful. Oh woman, if you can prepare this kind of food and just live on it, it will be a splendid idea, and nobody will know why you are so beautiful and great.” That is the literal translation of that sutra.

[H3] FRUITS

The following fruits are excellent for a woman: peaches, plums, persimmons, papayas, figs, pears, guava, bananas, pomegranates, mangoes and orange juice. Persimmon enhances a woman’s sexual energy. Apricots are very good for you and are considered hot fruits. A fruit can have the faculty of being hot, mild, or cold. Eat figs when ripe and in season. Bananas are an excellent source of calcium. God made all these fruits for different varieties of humans. If nothing works for anybody, mango works for a woman. Green chili is a must for a woman. Green chili does not allow waste pockets to develop in the intestinal tract.

[H3] GREEN CHILIES

Green chilies are married to woman. There is a description in the scriptures that establishes the relationship of green chilies and a man, but in one sentence it
says, “A woman can live without a man, but she cannot live without green chilies.” Green chilies keep you from these four things: 1. You know the mouth smell that you women get sometimes? It comes with menstruation, and if you take green chilies regularly you will never have a mouth odor; 2. You cannot get constipated when you take green chilies; 3. Green chilies provide a very concentrated heavy dose of vitamin C; and 4. It gives the body the most required thing—chlorophyll. Woman needs more chlorophyll than any species existing on the earth.

[H3] SALAD DRESSINGS

There is no better salad dressing for a woman than oil and vinegar or lemon. That is what is written in the Scriptures. Use malt vinegar, not white. It is thick and maltish. In the summer use olive oil and in the winter use sesame oil; a dressing for all of you is yogurt, oil, vinegar, sesame seeds and fresh lemon juice. You should not eat raw leafy vegetables plain as they can create gas and pain. You must put that dressing on your salad and leave it for at least fifteen minutes so that it is less crisp. Eighty percent of all women have that pain. It can also cause problems in pregnancy. Avoid any foods which create gas.

[H3] SALT AND SUGAR

Women by nature should avoid salt and substitute with lemons, because a woman can easily hold water.

Salt and sugar are your first enemies. They take away your biggest weapon, your beauty. If you eat sugar, it must be very raw sugar, such as gur.

[H3] SPLIT MILK

Women by nature need split milk. Boil milk; add lemon juice and the milk will separate into two phases.

[H3] TURMERIC

One thing is very friendly to the internal organs of every woman and that is turmeric. Incorporate it into your meals. It is an internal doctor.

[H3] WHEATBERRIES

Woman should fast one day a week on wheat berries for her intestinal tract and for skin and face beauty. You do not know what a tremendous beauty treatment these steamed wheat berries are. They will make your skin shine like gold. Wheat berries will enhance your sense of taste, build strong gums and teeth, and prevent intestinal problems and lower back pain. It is almost impossible for women who have started this to even notice menopause up to their death. There is nothing equal to boiled wheat berries, with honey and milk.

[H3] YOGURT
Because your moon changes quickly, you also require homemade acidophilus yogurt.

[H1] SELF CARE AND PERSONAL HYGIENE

[H3] THE BASIC FIVE
COLD SHOWERS
In the realm of physical hygiene, cold water showers are more important for a woman than a man. It should be preceded by an almond or olive oil massage. Her circulatory system must be activated early in the morning so she can have a glowing face, a graceful look and proper energy. Hot water showers make a woman depressed and over relaxed. By nature she is creative but she will find herself unable to match up with her work and duties when she has mental depression, cold or weakened circulation. The procedure is to have a cold shower during which she massages the body so the capillaries receive proper circulation. Therefore, for a woman, a hot bath or shower is almost prohibited or forbidden. It is only allowed in the form of lukewarm water during menstruation. A woman with knowledge, who knows how to preserve herself as a woman, who doesn't want an early menopause, who doesn't want to imbalance her menstruation, and who doesn't want to have skin problems and diminish her glow will never take a hot bath or shower.

MONKEY CAVITIES
Second in physical hygiene for a woman is cleaning her monkey cavities. If she gets that mucous in her colon she cannot digest anything and her chances of getting sick are great. Use alum and salt powder (see appendix) for this cleaning and for brushing your teeth. This powder is essential for your gums, otherwise they will recede and will cause tooth problems.

WALKING
Thirdly, a woman must walk long distances. If it is not possible for her to walk out of doors, she can walk within her home.

WASHING HAIR
Fourth, you are required to wash your hair at least once every four days due to your secretions and your glandular system. Then dry your hair in the sunlight right away. We have observed a fashion which makes you sick. You wash your hair and then wrap a towel around it and keep on working for hours.

YOGURT MASSAGE
Once a week, a woman is required to creatively massage her body with homemade yogurt. If you prefer it, you can add scented oil. Sit in an empty tub and massage your entire body with the yogurt. A one hour massage is the
minimum recommendation. This will bring blood into the capillaries, will clean all your pores, and make the skin very smooth and delightful. First massage the scalp, then the face and then the body. You may even douche with a little of it. Then end with a warm shower and the blood flow will assume its usual state. Don’t use hot water because the blood will move to the inner organs too quickly. When you emerge from the bathroom, it is as though you were on your fourteenth day of the moon; every pore, every waste, every poison in the body has been totally removed. It is one of the best methods to avoid skin diseases and thick or non-radiant skin which totally ruins the charm of a woman.

[H2]BRA

Woman should not be shy of her breasts. God has given you breasts. Chest out, chin in. Unconsciously you create a bend in your spine. That is enough to mess up your liver, your pancreas, your spleen and also your digestive system. So always sit and stand straight. Also sometimes as young girls you don’t wear a proper bra. Some are so crazy they wear the bra at night also. They are both wrong. At night you should never wear a bra. You should let there be circulation. But in the day you should never walk without one. You must understand that if these two muscles get pulled between the collar bones and the breasts, it is going to cause you many mental and physical problems.

[H2]BREAST MASSAGE

It has been commonly observed that very few women massage their own breasts, especially either before or after childbirth. In the West, women do not know what these breast are except on the basis of childhood. Lack of massage allows the possibility for tissue problems, including breast cancer. You must not think that this flesh is different than the rest of your body. They are attached to you and your body. You must massage them to promote circulation.

[H2]BOWEL MOVEMENTS

After a bowel movement you should clean yourself from front to back using hot water, and you should wash the anal area. Take and roll of a few pieces of toilet paper and soak it in hot water, as hot as you can stand it, and clean the rectal area. Then take a dry piece and wipe yourself dry. There should be no remnant of the stool around the area, because it can cause an infection in the vagina. Lastly, you should use some good oil such as almond oil to clean that area because the gland secretes a lot of acid there and that can cause some irritation or infection and that infection can get into the vagina without noticing it and create heavy problems. Hygiene of the external sexual parts is most important because when your moon is in the vagina or in the area of the clitoris
the glands of those areas are most susceptible to infections.

**[H2]DOUCHE**

For every woman it is essential to have a yogurt douche of ten parts water and one part yogurt mixed together. It is very wonderful if you do it the last day when menstruation is over. In case you have a terrible odor at the time of menstruation, it will work wonders.

For maintenance you can use this yogurt douche once a week; the yogurt should contain acidophilus. Douching after menstruation will prevent a lot of diseases.

**[H3]OVULATION AND DOUCHING**

Somewhere in every twenty eight days and four hours, the moon cycle of each woman has its optimum point. The mental optimum point sometimes correlates with the physical optimum point. The physical optimum point is the point of ovulation.

Sometimes when a woman ovulates, she secretes a very pungent smell, but if she knows how to clean herself, then it is fine. The way to clean herself is to douche with turmeric and yogurt: one teaspoon turmeric, one cup of yogurt, and one cup of water.

**[H2]ELIMINATION**

As a woman you must watch your elimination system, your urine and stool. It is more important than a man. Your food should pass through the body easily and take less than eighteen hours. In urination the bladder should discharge fully. A bi-yearly urine analysis is a must as are blood tests and pap smears. It is a must when you arise in the morning to have a nectar drink which is two to four glasses of warm water. A woman must clean her monkey cavities because mucus accumulates there and can pass into the stomach, jam the colon, and cause a lot of trouble. To clean that area, brush the back of the tongue with a toothbrush.

The majority of your sickness and your sexual handicap comes from eating wrong food. Sixty percent of physical disease and eighty percent of mental disease is caused by wrong food. Wrong food causes wrong sexual behavior and wrong mental attitude. It doesn't matter what you eat, but it matters how you eliminate it. Mostly you eat for eating sake, you eat for the taste, and whatever you eat for the taste should not sit down in your stomach, and not come out. Food is that which must clear your stomach in two hours, and your body in eighteen hours, otherwise you are asking for a problem.

**[H1]MENSTRUATION**
FOODS FOR MENSTRUATION

SESAME OIL AND WEAKNESS
Either just before or during menstruation, twice a day, have one tablespoon of sesame seed oil mixed with honey. Eat it as a paste or mixed with milk.

Sesame oil is important for a woman. It has the capacity to stimulate energy equal to the strongest alcoholic drink without making your brain foolish. It is a wonderful stimulant. It has been estimated that a woman who takes sesame oil before menstruation and keeps taking it during the menstrual cycle and for four or five days following, does not feel weakness of any sort.

ALMONDS AND ENERGY
The skin of almonds is astringent and possesses irritating properties, so they should be peeled (soak in cold water overnight and remove peel or pour boiling water over them and peel right away). The only time they are eaten with their skins is during the first five mornings of a woman's menstrual cycle as a small breakfast, and also following the birth of a child. They are sautéed either in light oil (almond oil) or ghee and eaten with honey. This gives energy and preserves youth. It is also said that if during these same five days of her period, if she takes almond milk, she will grow old very fast. (For instructions on how to make ghee, see the appendix).

AVOID MEAT
The menstrual cycle gets messed up because of bad food. When you are eating meat you become over acidic. When you stop eating meat, you feel your cycle gets messed up. It takes time to cleanse your system. A woman is not supposed to be on a meat diet. Basically, meat harms a woman more than a man, because woman's reproductive organs are very delicate.

The vagina and the intestinal tract should be acidic, but the body and bloodstream should not. If the bloodstream becomes acidic, it starts causing trouble with your menstruation. The menstruation cycle is a powerful indicator of health.

EGGPLANT AND IRREGULAR FLOW
Every woman should have this as a meal a week before she starts menstruation. It will help her have a regular flow with her period:
The process of preparing eggplant is very simple. Slice the eggplant, not too thick and set aside. Combine garbanzo flour, caraway seeds, oregano seeds, cardamom, cinnamon, turmeric, black pepper and a little clove. Add either milk or onion water to make a paste, put honey and hot water in it and mix with a fork so there are no lumps. Dip the eggplant in the batter and deep fry to a golden brown color and set on a paper towel.
The most powerful vegetable for a woman is eggplant. It energizes and keeps the woman going.

[H3] TRINITY ROOTS FOR DISCOMFORT
For discomfort during menstruation, sauté onions, garlic and ginger until brown, then add fresh black pepper. Then mix the above with mung beans and rice. Ginger is a great energy booster.

[H3] OTHER DIETS TO CORRECT YOUR CYCLE
Three other diets were mentioned to correct an irregular menstrual cycle:
A simple diet of fruit
A simple diet of green vegetables
Only milk which has had black pepper corns boiled in it, for five to six days. Just swallow them whole with the milk and leave the rest to God.

[H3] SUPPLEMENTS
Many undefined troubles are said to be helped by mangoes, minerals and vitamins.
If you have menstrual troubles, eat mangoes. It is a woman's medicine that works in every area
Women who have menstruation trouble usually have a shortage of a metal. It can be zinc, it can be calcium, it can be magnesium, it can be copper. Mostly it is copper. To alleviate menstrual problems in general, take vitamins B, C, and E regularly.

[H2] AVOID HEAVY WORK
When a woman is menstruating, she is not to do any heavy work. During those days there is more chance of a disc coming out of her spine. If a woman doesn't want to mess herself up, three days before and after her menstruation she should not lift heavy things. It will put her navel point out of gear and it can end up giving her a back pain that hardly any doctor can cure.

[H2] AVOID STRESS
When you are emotional or under stress and strain, your reproductive organs are the ones that get hurt. So when your menstrual cycle gets off balance, start a good green vegetable diet, with cheese to support your hunger.

[H2] CRAMPS
Ginger tea is particularly good for menstrual cramps and general fatigue. It works directly on the lower back. Boil four or five slices of fresh ginger in three cups of water. Add honey to taste and drink. Cardamom may be boiled in for
extra flavor.

Cramps and painful menstruation happen when your vitamin B and calcium are not right, so supplement your diet. Ginger root tea and Yogi Tea with a lot of ginger (see appendix for recipe) are very good for cramps. If you cannot stand ginger, boil ginger in yogurt and eat the yogurt.

[H2] FREAK OUTS

Every woman gets through menstruation somehow. And every woman freaks out, either before or after. It's natural. It's a natural change of hormones; and it does affect the pituitary gland. Now, women capitalize on it! “Oh, I am freaking out.” So, go freak out. You have to freak out for four or five days. We know about it. It's God's gift to you. It's not unusual. It's not unnatural. This world would be total boredom if women did not know how to freak out.

[H2] PREPARATION

Four days before and three days after menstruation, you must clean your vagina by douching.

[H2] THICK AND LONG FLOW

Basically, menstruation days are known to last from four to six days. When the body starts menstruating more than six days, consult a doctor. If the blood is impure and thicker than normal and the length of the menses is too long, lecithin, vitamin E, and black pepper boiled in milk are known to purify the blood.

[H2] THE UNTOUCHABLES

There is a ritual in India that when a woman is menstruating she should not enter a kitchen nor do any work. She should declare herself to be untouchable, nobody should touch her. What is actually meant is that she should not be available for sexual intercourse. She is untouchable in that way. She is not supposed to lift heavy things because the inner process is going through heavy changes. She is not supposed to do any hard work. Those days are given to her as grace days. She can have her fun. Now that has become such nonsense. In certain families the moment woman feels that is having a spotting she leaves everything and sits in one corner. She totally takes herself away from being a human being. That is not right.

[H1] INTERCOURSE

[H2] FOODS THAT INCREASE SEXUALITY

The following foods are reported to be good for women: eggplant, pickled mango, and Yogi Tea
The most powerful vegetable for a woman is eggplant. Eggplant is the sexiest food; it energizes and keeps the woman going. A woman's sexuality is represented by a pickled mango; it is one of the most powerful sexual foods. But mango is an acidic fruit, and sometimes a woman eats too many and her body becomes acidic, then she can menstruate for nine days in a row or more. That is why they say in India, “If you have eaten a mango, drink milk.”

By nature, a woman should avoid stimulant drinks. Yogi Tea suits her very well. The Yogi Tea recipe comes from a very basic scripture on sex for woman, where it is written that before she even thinks of indulging in sexual intercourse, she should have a glass of Yogi Tea sweetened with honey. Her husband should have his after he finishes. (see appendix for recipe).

The Mango Diet has been helpful in cases of sexual weakness. (See page xx)

[H2] FOR SMOOTHNESS IN RELATIONSHIPS

If luckily or unluckily you are a professional person and you are married, and somehow three times a week you have arguments—if it less than that, don't worry—but if it is three times or more, you especially need thirty two ounces of celery juice per week.

[h2] SEXUAL HYGIENE

[H3] CLEAN BODY

It is very essential for a woman to take a bath before intercourse. If there is any kind of odor, take a douche.

[H3] CLEAN BOWELS

During the process of “cohabitation,” woman's lower colon and rectum should be empty. If even after a bowel movement the rectum is not clear, an enema should be taken. There can be discomfort in the vagina, and the stool, through the hammering of the male organ, can backtrack and damage the ileocaecal valve.

[H2] LOOKING AT MEN

No woman is supposed to look directly into the eyes of a man before she looks and observes him from toe to top. When a woman observes a man from toe to top she can get a lot of energy to totally and wholly understand the man.

The strength of a woman in projection and communication is to be able to look at the man from bottom to top. When a woman, in her auric capacity and psyche, looks at a male from bottom to top, she is the winner. When she looks from top to bottom, she is the loser. These are basic psychoanalytic facts which have been found out through a lot of human experimentation. If you want to talk to a man, and you want to talk on your terms, look at his feet first, and then start
going upward. Don't utter a word until you come to the level of the eyebrows, the area of stimulation of the pituitary and pineal glands. This knowledge is essential for effective and pleasant communication and a happy marriage, so start appreciating his eyes. That is the only weakness a man has, because men are never appreciated at the eyes. Somehow, before a man leaves to face the outer world, you must give him an inner satisfaction. You can do this by contacting the pituitary gland above the eyes, below the hairline. It is practical. There is a scripture from 7,000 B.C. which tells that humanity at that time was well aware of this circuitry.

[H2] LOVE MAKING WITH CHILDREN SLEEPING

It is unhealthy to make love in the same room where a child is sleeping. It is unhealthy in the sense that the child should not know what is going on.

[H2] MALE FRAGRANCE

If the woman is so great, why does she chase man? The answer is, because she is attracted to the male fragrance. Man has an odor about him that you cannot smell, but it has the power of attraction in it. We are just translating the scriptures for you, we are not adding anything. It is called male fragrance. Whenever the density of that fragrance reaches a certain level, woman gets attracted. It is a biological and absolutely human phenomenon. This is how God has made this whole scheme.

Woman doesn't like man, she likes male fragrance. If the fragrance of the male suits the woman, she can find that mate among millions of people.

[H3] MOON SITES

In women there are what are called eleven sites of the moon. The most important, in terms of sensitivity, is the hair line. Second are the cheeks (the pink of the cheek). Third are the lips. Fourth is the sun spot on the ear lobe. Fifth is the back of the neck. Sixth are the breasts. Seventh is either the belly button area or the corresponding area on the back of the spine. Eight is the inner thigh. Ninth is at the eyebrows. When the moon is at the eyebrows, all you have to do is trace the brow and she falls right over. Tenth is the clitoris. Eleventh is the membrane in the vagina. These eleven places are where the moon moves around her chin spot. This is a twenty eight day cycle. Every two and a half days, the moon moves to a different center. The way in which the moon moves varies in every woman.

The essence of a woman is moon in quality. Your mood will change as your moon changes. When it is in the lower organs of the area of the thighs, you are very confirmative, you want to confirm everything. When it is in the clitoris or
vagina, you are eager to socialize, talk, meet; basically you are very external; your extracurricular activity is very charming. But when the moon is around the navel point or that spinal area, you are most insecure. When it is around the area of your breasts you are compassionate and giving to the extent of foolishness. When it is in the area of the back of the neck you want to communicate on a very romantic frequency; this is such a foolish time that one flower or little gesture can totally make you go nuts. When it is around the cheeks, you are absolutely out of control; the pink of the cheek is a dangerous spot. When it is about the eyebrows, you are most imaginative, illusionary and you build sandcastles. When it is in earlobes you always discuss values. When it is in the hairline nothing can move you an inch; so in reality a woman is real when her moon is in the hairline, her arc line, her halo. Draw a picture of a woman with these spots and make a chart of your basic or elementary behavior. Find your pattern and understand your behavior. Every woman can know where her moon is. The pattern of the moon stays the same in each individual but varies from woman to woman.

[H3] INFLUENCES OF THE MOONS

Your natal moon is your menstruation cycle. Your ovulation starts on the thirteenth day of this moon cycle; the egg is in the fallopian tube on the fourteenth day, and it is in the uterus on the fifteenth day. You are subject to four other moon influences besides your natal moon: the moon which is a satellite of the earth, your mind, the mood of a man and a man's central nerve system moon. These five moons constitute the total combination of sexuality. If any one moon is out of balance, it will cause frigidity in the woman and temporary impotence in the male. The traveling of energy through a woman's eleven moon centers is related to her menstrual cycle; that is her mental movement.

[H2] NATURE OF SEX

Sex is not only the physical intercourse, but it is also the creative nature of the person. Don't take sex as just physical intercourse. Sex is basically the nature of the individual. That creative nature, you can use it from the head and you can use it from below. It has to be used somewhere, that's no problem; but it is up to you how you want to use it.

Sex is not a sin. Sex can create godly men, sex can create humanity; everybody is born of sex. There is nothing without sex and there is nothing in it. Sexual irregularities heavily damage mental attitudes. Eighty percent of woman's behavior is based on her sexual action. So don't misunderstand that by nature you can avoid this whole drama and feel it is great. Every priest, every pir, every
holy man, every swami, every yogi is born out of sexual intercourse and not out of test tubes yet. We call those who put down sex “graceful analytical cowards acting in sophisticated defense of their impotency.” When you hear someone speaking negatively about sex, all he is doing is insulting his mother who had a good relationship with her husband. Do not trust the camouflage of these swamis, yogis and gurus, because their mother had a good relationship with the father and that person was conceived out of that relationship.

[H3] GIVING AND TAKING

Any person who uses sex out of the personality and outside of the responsibility, and plays it as a game is mentally sick. Sex is a very important act for human being and it must be done with all purity of mind and satisfaction. In woman it is an act of giving and taking. It is not a physical exercise done for sweating.

[H3] COMPATIBILITY

Women have formed this new idea, “We are not sexually compatible.” People who say that are not sexually compatible are not mentally compatible. It is desirable to sit down and talk about where the shoe pinches and take care of that area; you will be surprised that the sexual behavior will change.

[H2] SHARING

There are four areas where a woman likes to share with a man: health, his youthfulness, for sensual and sexual purposes; wealth, his possessions; his domain; and his fame or name.

[H2] ONE MAN AT A TIME

One instance when you should not have sex is when you have mixed yourself sexually with a second man's aura. If you go back to the first man, his constitution goes totally berserk. No man can survive that aural injury; it penetrates his total behavior and temperament. He is so delicate in this way that even when a woman has been impure in thought, though she has remained pure and loyal to that man, the man still experiences a kind of shock. That is why with some women, men are very potent, and with others they are impotent. This potency and impotency depends upon the mental frequency and strength of the aura of the woman. In a male-female relationship, sexual behavior, its joy and happiness, its power and strength, and its release are primarily based on behavior and attitude. You must achieve a balance in your expression and projection; an excess of “no” or “yes” will send him on his way.

[H2] TWO TYPES OF INTERCOURSE
There are two types of intercourse: you feel horny or you make yourself horny; the best is when you feel horny. It doesn't matter when you have intercourse, but avoid it between three o'clock a.m. and six o'clock a.m., within three hours after eating, when you are deeply menstruating, when you are under stress, strain and duress, and when you are not in a secure place. It is a great sin against your mental faculty if you indulge in intercourse when your surroundings are not comfortable. Remember those days? Do it as if you are before an altar of worship. Do it gracefully, decently and just for the joy of doing it. When you want to do it, do it all the way, otherwise don't do it.

[H3] MOVEMENT IN INTERCOURSE

In sexual intercourse men cannot safely regulate their activity after every ejaculation. But for women, the more the merrier. When she starts her tidings, which is an emotional release her memory creates, she can go on doing it until she faints. That is why women normally move at the insertion of the male organ, whereas men have to move to keep the action of the flow of the blood just to keep the hardening of the organ, but women may or may not move. Normally it is good for women to move in countermotion. One of the counter movements is when the organ is pulled upward, she goes up; when it comes down, she goes down. Sometimes it is opposite and sometimes she goes in circles. This rotary motion defies age. It defies looseness in the mouth of the vagina and stimulates the clitoris. In this rotary motion, woman additionally benefits because there is much less chance of any pressure on the hip bone. As a woman you cannot afford any opening or closing of the hip socket. When you become pregnant, our hip bones separate so much that the whole baby can come out. During sexual intercourse, your muscular system relaxes and physical pressure on your hips can cause hip problems, back pains, disc problems, poor circulation in the legs and low energy. All of these problems are due to improper movement in sexual intercourse.

Sexual intercourse is a rhythmic movement of both persons, not just one. Some women are like sea lions, those big bulky animals which bump through the water like a pillow. They just lie down, “Come on, ride me and go away.” Some are like a wooden log. Some are so neurotic that they make shrieking noises which create not humor but horror. These are the neuroses of the sexual life. Instead, be supportive. Take it as a sport and play it well. It is a sport of child creativity or self-release, to let the love bug go. If the husband wants to learn from the wife what makes her happy, what is a graceful way to explain? She should never tell him directly, but let him know indirectly, and let him read your notes.
[H3] POSITIONS IN INTERCOURSE

There are many positions in sexual intercourse. All postures should create a comfortable angle for insertion and withdrawal. You must be in a position to close the mouth of your vagina at your command. If you cannot squeeze that ring area of your vagina, you will not be in a position to stimulate your own clitoris or produce the rub which the man needs; it will be like taking a bath in a swimming pool.

Women can strengthen the muscles of the vagina by stopping the flow of urine five or more times during urination. No man wants to travel for an evening on the freeway where there are six lanes and no stopping.

[H2] TIDINGS

Woman gets what is called tidings. That is through the clitoris. And sometimes they get the tiding through the physical entry. Every woman has a different area and different approach to it. Now, there are some women that if they are told some very horny, naked, nude story, just telling them, “Honey I went to the Beach, my God, they were not wearing swimming suits, bah, bah, bah and I saw this…” and two to three women from the beach are described to her—after a few minutes she’ll say, “Oh, oh, oh,” and there she goes. She wasn't even touched. These are her tidings. For a woman to get on and to reach optimum point is her mental tendency.

Remember in every intercourse it is essential for the woman to have tidings. This is her system release. Tiding to a woman is as ejaculation is to a man. Medical science is misinforming you and creating confusion. You always try to compare yourself with men, but your system is entirely different. You must eliminate your tiding energy by simulation of the moon centers. If you both know the position of the clitoris (see reproductive system) and proceed knowingly, tiding can be achieved in only a few minutes.

A lot of arguments and fights happen because there are no tidings, no relaxation, no release and no understanding. A woman can stand hunger, beating and every tragedy of life, but not deprivation of tidings. Sexual compatibility is not a problem at all. It is a misconception and misunderstanding of the sexual relationship. Since a woman has to release in a certain way, she has different organs and she needs different stimulation. Men must learn the techniques for this.

[H2] SEXUAL MATURITY

Normally a woman's sexual organs are mature at age sixteen, and a man is mature at twenty one. A woman can be ready for marriage at eighteen and a man at twenty five. This does not mean that all women are ready for marriage at
eighteen and all men at twenty five.
When a woman is under sixteen years of age, we call her a child, for her sexual glands are not fully developed. There should not be any sexual relationship, physical intercourse before the age of sixteen. We are not saying that emotionally and psychologically she'll be ready to have sexual relationships after sixteen. She may not be in a position to have a committed relationship for quite some years. What we are saying is that as the pancreas sometimes gets overworked and secretes too much insulin, causing hypoglycemia, when the sexual organs are overworked they too may excessively secrete, disrupting the total constitution of a woman.

[H3]ADULTS ONLY
Under no circumstances should any sexual activity be introduced mentally or physically up to the age of sixteen or seventeen because the sex organs are not fully developed. They call it the waning moon. If you do indulge, you are asking for a nervous or temperamental problem. Nervous problems can be corrected with japa (meditation). In this case the japa should be done on the sun finger (ring finger), but not on the index finger (Jupiter, the knowledge finger) or the middle finger (Saturn, emotional control). The marriageable age of a woman begins from the sixteenth or seventeenth year, but don't worry, if you had sex when you were twelve, your ignorance is all excused. Nobody told you.

[H1]REPRODUCTIVE SYSTEM
[H2]CAPILLARY FLUSHING
It has been observed that structurally a woman has to totally discipline her eating and exercise habits. Under no circumstances should a woman have a hot or warm water bath. If you can sit in hot water up to the navel point for benefit of your reproductive organs for at least five minutes, then you are entitled to a hot shower. When you go to a sauna or a steam room it is required that you follow it with cold water. In construction and constitution you can do one thing to yourself from which you cannot recuperate, and that is taking a hot shower improperly, then the blood rushes to the inner reproductive organs and messes them up.
You can stand hot and cold weather more easily than men. It is in your constitution, because you have the tendency of the reproductive organs to stimulate the entire metabolism to guard against weather conditions and men don't have that. It is an elementary necessity that you flush your capillaries once or twice a day. The only way to do that is to stand under a cold shower. The breast area where you get cancer and other glandular diseases especially needs a
cold shower and massage. A cold shower should be done to the point that you can stand the cold shower and the body feels warm. The detailed procedure is to get in a cold shower and start massaging your body. If it is unbearable after a few minutes, stand away from the shower and massage your body with the hands, then go underneath again. This time it will be less cold and you can tolerate it. Then go under it a third time. On the fourth time, to your surprise, it will feel like warm water. It is amazing. Do not stand continuously under a cold shower. That is dangerous. You must take a cold shower by breaking it into four parts. That is what they call flushing the capillaries. It is very soothing to a woman's skin and physical appearance. You can hardly have an extra fat deposit anywhere because this stimulates the liver. When you are menstruating you should avoid cold showers, use instead lukewarm water.

[H2] INSECURITY

Your behavior as a woman has to be congenial, social and domestic. That's the term used in Humanology. You have to look, pretend and be congenial. These are the three facets you have to cover as a woman. Anytime you are crude, rude or insecure, you affect your reproductive organs and you totally imbalance the secretion of the glandular system, especially estrogen. The glow of innocence on your face, which is attractive to every man, dies out faster. A woman doesn't require make-up on the face. Her radiance and her arc line are always two times greater than that of the male. So fundamentally she is the most attractive being. However, when her reproductive organs are put to tremendous strain, because she has to struggle for survival, every moment because as a child she has to lie to save herself fromspanking, because she is not given a chance to rise or be promoted in life, she will develop abnormal conditions in her reproductive organs. A woman requires a graceful protected atmosphere in which to mature.

As a woman one thing must not happen in your character. You must not exploit or live on any kind of exploitation and you must not live in any situation where you have to attempt to attain security. You must not enter into any kind of physical, mental, social or domestic relationship until you have security and a guarantee that in every facet of your life, your reproductive faculty and your delicacy is protected. You have to bear in mind that woman is more delicate as a machine than a male; she is more fertile than a male. Woman as a faculty, as a being, cannot survive on temporary securities. Temporary security is known in the Western world as a played out mental proposition; we call it a tantrum. We create a behavior and act to draw attention. This is the first killer of the woman. Secondly, woman cannot ask for any social and physical gratification without proper, permanent and well-planned security. Thirdly, women by virtue of their
delicacy, as a machine and as a creature, are not supposed to be exposed to shock treatment.

[H2]WORRY

When a woman is worried or upset, she is not fit for sexual intercourse. Her ovaries will swell up and her fallopian tubes will start forming cysts. The membrane in the vagina also starts supporting bacterial growth because the pH is off. An acidophilus (aged homemade yogurt) douche once a week is recommended.

[H2]OVARIES

Eating lots of apples for six months helps to relax the ovaries, where much of a woman's tension goes.

[H2]UTERUS

[H3]DOUCHE

Problems with the uterus and vaginal area have been known to improve when the following douche is used once weekly: one teaspoon turmeric powder, one cup homemade yogurt, one cup of water.

[H3]INHALING UTERUS

There is a certain problem with the uterus of some women. It can draw in and pump out air. It causes very serious problems in menstruation. If you have an “inhaling uterus,” as it is called, you are advised to wear a sanitary pad whether you are menstruating or not.

[H2]VAGINA

[H3]POSITIONS

There are three positions of vaginas: anterior (upper), central, and posterior (lower). If you have an anterior vagina, you should choose a very flat area for sexual intercourse. If you have a central vagina, you should choose a soft area. If you have a lower vagina, you should position a heavy pillow under your buttocks so that you may not get hurt.

There are certain vaginas that are so far backwards that it is impossible for the man to enter from the front. You should definitely know that about yourself. Your position for intercourse can very conveniently be adjusted to allow for this.

[H3]VAGINAL INFECTIONS

Whenever a woman feels an itch in this area, put a little turmeric in yogurt and douche with it; the itch is caused by bacterial irritation. Yogurt and turmeric can save a woman from a lot of infections.
[H3] VAGINAL DISCHARGES

Wind in the vagina is very dangerous. The vagina secretes a certain kind of mucus to keep the membranes moist. If there is a habit for the vagina to have a lot of air, the inner softness of the membrane becomes hard, and the shrinkage can cause a lot of problems especially during intercourse. We suggest that even if you have a tampon, you must also have a pad. And we suggest you avoid nylon underwear and wear instead loose cotton underwear.

When a woman has physical intercourse she loosens up in the vagina and discharges. Sometimes when a woman has not discharged and has intercourse, she gets into a lot of trouble. At this time, she starts secreting a kind of water, it is bluish in color. Medically they will say it's nothing. This is not true. Or sometimes she can get leucorrhea which is a very common disease and it gives back pain. Take the betel nut crush it and mix it with an equal part of garbanzo flour, a pound of each. You can make the eggplant dish with this paste, as given previously in this chapter. That night, after eating this, have your husband keep a bucket of water at your bedside. It makes you very thirsty but it is very good for you.

Chewing raw betel nuts is also very good for those women who have a lot of water-ducking problems, that is when the vagina secretes water, but there is no infection present.

When a child has a discharge from her vagina, give her an acidophilus douche just as you also give an enema. Tell here there is an infection inside and this is what is required. You can't be shy under these circumstances, it will ruin her life: First she can become inflamed, and then a bacterial problem can arise. It can then go into the fallopian tubes and the ovaries mess up her entire system.

[H3] IRRITATION

Any irritation or odor in the area of the genitals should immediately be taken to a doctor. In Ayurvedic Medicine, betel nuts are used for menstrual problems. If you are having heavy cramps or leucorrhea, blend powdered betel nuts with ginger, sesame seeds and honey to make a paste. To use, mix one tablespoon with five or six ounces of milk.

[H3] LOOSE VAGINA

When the vagina becomes loose, it creates temporary frigidity in the woman and the man becomes temporary impotent. Unfortunately, in the Western world, women sometimes use certain applications to make the vaginal area harder, stiffer and tighter. That is not required. Instead douche with white vinegar or two parts alum to ten parts glycerin. Follow either one with a douche of homemade
acidophilus yogurt which has been aged for two days.

[H2] CLITORIS

[H3] POSITIONS

There are three positions of the clitoris: “on the ring,” “over the ring” and “under the ring.” “On the ring” is the correct position; eighty percent of all women fall into the last two categories. The difference between these points is only two to three millimeters. The position in any one individual does not change. “On the ring” means the clitoris is on the top just between the vaginal flaps. There is a reflex point here from the central nervous system.

In intercourse, if a woman has her clitoris “over the ring” (in front of the flaps), she should stimulate herself or have the man stimulate her. If she stimulates herself, don't call it masturbation. Since it is in front of the reflex point, the man may do anything; climax is not going to happen without preparation and manual stimulation. So if your clitoris is “over the ring,” before actual penetration you must have three tidings in order to be satisfied. Then have sexual intercourse, a good sleep, and both of you will wake up smiling happy.

If the clitoris is “on the ring,” it is on the right point. When you are warmed up and insertion happens, if you immediately begin a rotary motion, you will climax faster than you can imagine. When you have had this “climax” and he has not yet had his, you will sweat as he keeps pumping. When you sweat, do not wash it off but rub it back into your body. It is very healthy. There is a hard-skin disease that occurs to those ladies who indulge in intercourse and immediately come out. If you lay around for a while, that sweat will be reabsorbed back into the body. Keep yourself warm after intercourse.

If the clitoris is “under the ring,” that is under the inside toward the vaginal membrane, the man should know that he has to pull his organ out all the way and deeply penetrate into the woman to create stimulation. Sometimes this can be done by the man with one of his fingers. It is most important that the hands be clean.

[H1] WOMEN'S PROBLEMS

[H2] CALCIUM MAGNESIUM IMBALANCE

A basic problem with women is the mismanagement of calcium and magnesium. We would advise every woman after the age of eighteen to take one ounce a day of rice bran syrup (see appendix for source) or a similar thing which has all the metals according to the adult dose.

For a young lady the following recipe was prescribed: eight ounces of good
spring water, not distilled, and one ounce of rice bran syrup as a drink in the morning. After half an hour she should have six ounces of milk and half an ounce of almond oil. After a while, on these supplements, her progress was very beautiful and she recuperated from many mental and physical handicaps.

[H2] CYSTS

Woman as a system is subject to the moon—her ovaries, fallopian tubes and vagina have secretion glands. The membrane in the vagina has its own faculty of secretion as well as faculty to absorb that secretion. Ladies who are good at laying tantrums, who are obnoxious in their behavior, and who have unpredictable public and social behavior get cysts in their fallopian tubes and ovaries.

[H2] EXPLOITATION

If you look at the entire distribution of life, eighty percent of women are abused for their womanhood; their grace is exploited for earthly achievements, benefits and motivations. In the interest of womanhood, women should form a purity club where they can help each other achieve grace, because without discipline, woman has no value except as a piece worth exploiting. No security for woman can exist except in the discipline of her character. Every woman carries a price, just as every human creature has a price. But woman's price is for her grace. Once one can break the security of grace, the physical form is just for exploitation and miseries for the rest of life. When you agree to maintain yourself in grace it has no price, but what you agree to part with is to be priced, and not by you.

[H2] FLIRTING

One thing a woman should never think to do is flirt. There is a cure for every disease and there is a remedy for every situation, but there is no remedy for the flirting mind in a woman.

[H2] FRIGIDITY

Women get into a problem when they do not discharge during intercourse. She goes on and on having sex, but she does not discharge. This habit comes to those who have sex when they are tired. Finally, the nervous system totally freezes; they become frigid. Ladies who have sex as a communication, just to communicate to the other person, to assure him that she belongs to him, becomes frigid, unable to move and unable to flow in the sexual relationship.

[H2] HEAVY BREASTS

Some women with very heavy breasts are self conscious and hence do not stand erect. This can interfere with the functioning of the liver, spleen, and all
those organs and areas which are controlled by the nerve supply from the vertebrae in the affected part of the spine. Whether God has given you heavy breasts or a flat chest, stand straight.

[H2]HORMONAL IMBALANCE

The following herbs and diets have been known to help women with hormonal imbalances:

Dr. Christopher's Changease is an herbal hormone tea for any hormonal imbalance or uterus difficulty.

Dong Quai and Queen Bee honey are general tonifiers. Women shouldn't take ginseng from other countries; better with Queen Bee Honey which has female hormones.

There are three simple fasts to correct a hormonal imbalance:

White turnip fast, described below.

Daikon radish fast.

Beet greens fast. This is number three in priority for these conditions in women. Do a monodiet for five to ten days.

[H3]TURNIP FAST

Whenever you see a woman argumentative, insecure, nagging, who yells, screams and slams doors, and is ungrateful, there is not much woman left. She's almost getting to the qualities of the male. A female as a male has a most obnoxious effect. One fault you can always find with that woman is she is absolutely unsatisfied. The behavior of ungratefulness is the basic characteristic of a woman who has lost her real womanhood and is almost living as a male. The immediate remedy is to get her estrogen checked by a medical doctor. It is not the behavior of a woman to be obnoxious, intolerant, ungraceful and subject a man. This is not the caliber of a woman, and it causes changes in her glandular system. There is a simple fast to correct this situation, the turnip fast. The way to make it is, you steam white turnips or “underground apples,” and then you mash them. After mashing them you add almond oil, turmeric, salt and black pepper. It looks like a pudding. It is very good for behavior, but it must be a monodiet; you can use the greens also. It is very healthy.

[H2]INSECURITY

It is not a faculty of a woman to be insecure or create insecurity. When she finds security in a settled home and she starts creating insecurity that has to do with her physical metabolism. People think that their mental problems are just mental problems and they lay it on the past. The fact is that mental problems are first based on physical problems and physical metabolism. Physical problems consequently create mental problems such as depression.
MENOPAUSE
It is astonishing to note that women go through menopause at age thirty six. Normally women should not go into menopause until she is fifty four years old (three cycles of life, $18 \times 3 = 54$). After fifty four, with control of physical exercise, routine, and food she should overcome that until her death. If a woman does not have a heavy build up to fifty four, and if she does not have a lot of fat, after fifty four she can overcome all mental and physical inadequacies which come from loss of estrogen by the use of vitamin E, chlorophyll, and vegetable oils such as sesame, coconut, peanut, olive, and the supreme of all oils, the almond oil. When she crosses the twenty eighth year (four mental cycles of seven years, $7 \times 4 = 28$), every woman as a matter of privilege is required to take one ounce of almond oil per day, either in milk or in any other thing that suits her. When oil is taken without heating and is mixed with any other thing, it lowers the cholesterol, reduces the fat, cleans the body of toxins provides the necessary protein for the body, keeps the skin healthy and shining, and it takes hunger away for a long time. But it is only useful if you take it as a raw, cold, pressed unsaturated oil. It should always be taken in the morning, never at night; at night it is a laxative and it will wake you up in the middle of the night.

At the age of thirty six, each woman is potentially subject to menopause, although it should not occur until fifty four. Now, men have never let it be known, but they are similarly subject to menopause at fifty four. When the man goes through menopause, he goes almost crazy.

ON BEING UPSET
When a woman is upset, at that time she always talks to one of her most dear friends. This is considered obnoxious. When you are upset, drink a glass of water and go to sleep. Then get up and then talk. Otherwise it ends up being bitchy talk, a fight; it creates monsters and it creates neuroses.

RUDE LANGUAGE
Man is required to support a woman physically, and a woman is supposed to support a man emotionally. When a woman fails to support her man emotionally, whether she is married to the man or she has any kind of relationship with him, he is gone. Woman is of no use to a man if she cannot support him emotionally.

For example, suppose a man's mother used rude language. In America there is no dearth of that kind of mom. A woman cannot be rude to him, period. That project, that man, will totally gear up, be on the alert, show a red signal and be at war with her if she uses one rude word. A woman must understand that a man is not a human individual of her capacity, caliber, emotional vastness, coverage, and personality facets. Man is a single project which has to be filled, inspired,
and made to live and act. This may shock you, but it is a basic reality.

[H2] SELF DISLIKE
A woman gives man strength through her grace. To have grace, she must like herself and have faith that she likes herself. If she lacks these two convictions she will become fat even though she does not eat, because she retains water. Woman's physiological system is very eliminating; why then, does this happen to her? It happens because she doesn't like herself. To rectify this situation, she should obtain psychological character analysis based on certain facts. First go by beauty, and find out at what age (or up to what age) and who told her that she was not beautiful.

[H2] SELF RESPECT
All women who are out of equilibrium and balance play their men against their children, against their relatives, against their environments, and against their surroundings. This insane behavior will bring woman headaches, sickness, and inflexibility. Thus they lose their glow; the skin becomes rough and gross. It is the heaviest act and is the outcome of women who are not very balanced and don't respect themselves. For a woman to not have self respect is like a horse without a head.

[H2] SHOWING OFF
Showing off is the temperament of men, it is not the temperament of a woman. Attracting is the temperament of woman and women who show off get chronic diseases such as tuberculosis, cancer and any disease which is long and has no cure. To be attractive is desirous for a woman, but to make a show of her attractiveness is calling for emotional disease and long sickness. Therefore, within the framework of four hours, it is required by nature for the woman to contain herself for five to ten minutes in a meditative mood, and consolidate her energy.

[H2] THE HATCHING HEN
Woman is not supposed to become fat. Her constitution and structure is not made that way, but she has a tendency to retain water and not to walk after twenty eight years of age. After twenty eight, there is another behavior because of changes in the cycle of the pituitary gland which controls her mental state. In man that cycle changes at thirty six years of age. So this twenty eighth year change brings in a woman the tendency to sit like a hatching hen. That is the exact expression in the scriptures. She wants to sit over everything; she wants everything under her feathers and she doesn't even want to move her beak. She wants things to happen. It is called “hatching hen attitude.” Now this is a most dangerous state of mind. A woman who wants to stay young and potentially
healthy has to avoid this attitude, physically and mentally. There is a saying in the scriptures, “If you want really to kill a woman, let her sit idle.” No woman shall ever die of over work because her structure is made that way.

[H1] PREGNANCY

[H2] A DUTY

When you are pregnant, there are a lot of guesses. Boy will happen? Girl will happen? Big thing will happen? Small thing will happen? You can write books and books on it. Who knows what will happen? When the baby is delivered, then you'll know. Then you'll rejoice. You are a woman; you are supposed to deliver a child. If God gives it to you, that's all. It's a duty. You got pregnant; it's your duty to bring that child into the vibrations. Teach those vibrations to the child right in your womb. Make him a saint there and he will need nothing on this earth. What you can give to your baby in your womb, nothing can take it back.

These modern mothers, when their bellies grow up, Oh God, what tantrums they go through! Their makeup is no use. They can't go to parties. They create such an ocean of hatred for that little thing, and later on they think that thing can love them. Who has taught them that? Your blood which made his or her brain had that poison of hatred against that life. Why didn't you kill it? Then why did you turn your blood into milk and feed it? Because it is your duty. Why do you change the diapers? It is your duty. Duty performed is God lived. Therefore, we say those who are dutiful are beautiful.

[H2] CONCEPTION & CONTRACEPTIVES

A woman should be mentally and physically prepared to conceive. It is absolutely wrong to be pregnant when you are spiritually, mentally, emotionally or physically unprepared. It has been estimated that in a very fast society, eighty percent of all conceptions happen by chance. The worst thing that is happening these days is that people get pregnant to get married, they use it as a pressure, or it happens in their premarital relationship and this becomes one of the reasons to get a license to declare it to the public. It is a very sad situation. To be very frank and honest, it will ruin the IQ of the child up to thirty three percent. One third of the possible IQ of child, his potential health, his faculty of creativity and his intelligence to deal with his personal security will be ruined if the mother was physically, mentally and spiritually unprepared to conceive the child, and it will be a loss of another twenty percent if the father is similarly unprepared. Before it happens, the pregnancy should be totally, emotionally, characteristically, analytically, materially, physically, mentally and spiritually discussed, planned and noted down. Within the individual environment of capability of this
responsibility, this planning should be absolutely detailed. It is very important; there is hardly any use planning it afterwards. It is of some use, but it will be under very, very great pressure. When a woman is pregnant, her metabolism and mental faculty go through tremendous changes.

There is life within the life, and it takes a lot of doing to keep the outer life, the woman and the inner life, the child in a balanced state. It has been found out that in sixty percent of all pregnancies the woman suffers physical and mental setbacks. This is quite a serious situation. It has also been found that it doesn't matter how educated our society is, forty percent of the children suffer setbacks by an unprepared pregnancy. Normally there are tremendous changes which bring deficiency in the character of a child when a woman who is not mentally prepared to handle pregnancy, or married life, uses the pregnancy and the child as a tantrum to get away from responsibilities. This gives such a weak mind to the child; she damages the child to the extent of making him insecure for up to sixty percent of the rest of his life.

We agree that people will think that babies must live. But we disagree with them when they don't explain what kind of babies. We agree with people who think of human rights, but we disagree with those people who do not explain what are the human rights and who are the humans to have those rights.

[H2]MOTHERHOOD AND WOMANHOOD

Every woman has to understand her aspect as a mother and keep it separate from her aspect as a woman. When woman uses motherhood faculties for womanhood purposes, she lives in a mirage which totally destroys her. There is a saying, “No woman can ever commit a mistake as long as she does not implement her motherly qualities for her womanly role.” Mentally, a mother and a woman are two separate entities. As a mother you are supposed to sacrifice, tolerate, be very patient, be very thoughtful of others and understand all the pros and cons of any situation. As a woman you have to give nothing; you have to protect yourself first and you need not tolerate any nonsense. For a man it is just the opposite. Woman must be able to ascertain which the correct relationship is. The worst thing which can happen to a woman is to use her children for herself.

A woman can become negative, a mother cannot. A woman can betray, a mother cannot. The soul of an individual and the consciousness of God join together to create a mother. A woman can be neurotic, sadistic, sexually unfulfilled, hallucinate and be guilty, but not a mother. A mother is not God; she is the Grace of God. As a woman, you are the carrier of the banner of righteousness of the mother, but you are not the banner. You are just an individual who can either be great or a disaster. Your saving grace is that banner
of divinity, integrity, sacrifice, tolerance and creativity.

[H3] CONTRACEPTION

[H4] THE PILL

Every woman should know her ovulation time. Unless she is prepared to have a child or she is using birth control, she should not have sexual relationships at the time of ovulation. Many women take “the pill.” The danger in taking the pill is that it congests the blood. However, if she takes two hundred fifty units of vitamin E four times a day (total 1,000 I.U.) and also one thousand milligrams of vitamin C, there may not be a problem. Ten centuries ago people used to take a mixture of herbs which had the same effect as the pill, so it is not a new thing.

[H4] SAFE DAYS TO AVOID CONCEPTION

The first eleven days from the start of the cycle are safe for intercourse without conception. But you must give a three day margin because sometimes the spermatozoa live that long. If you go by the moon calendar of your own natal chart, you should not indulge in intercourse after the ninth day. Thereafter, you are safe after the eighteenth day; so the nine days in between you are fertile. The moon cycle is exactly twenty eight days, four hours.

[H4] PREPARATION

Woman should totally physically and mentally prepare herself for motherhood. We have seen records that in 2000 B. C. there was an availability of IUD's (intrauterine devices). A kind of clay was used in which the size of the inner mouth of the womb was taken and then a gold ring was made to that size. The woman would put this gold ring on the mouth of the uterus. Almost as early as cave time, women developed the juice of certain herbs that she used as a douche with warm water. In physical intercourse, it would kill the sperms and she would not become pregnant. In other words, from times unknown, women knew how to protect herself when she was not physically, mentally, or socially prepared to conceive.

[H4] PREGNANCY TEST

To find out if you are pregnant, dip a dandelion root into a urine sample. If the root turns purple, you are pregnant.

[H4] ABORTION

The decision lies with the woman herself and the medical doctor. Not the husband. If she doesn't want to keep the child she has every right within the first one hundred twenty days to end the pregnancy. If it is medically or socially required that an abortion should be performed, it should be done. We are not going to lower the status of motherhood. It is not the
woman per se, it is the status of the mother which matters, and if that pregnancy lowers the mother's status, we do not want the mother to deliver a child, period.

The cry of “right of life” is religious nonsense. What do you mean by “right of life?” Tomorrow the state may pass a law that every woman who becomes twenty four years old must adopt a child or bear a child. They don't want any abortions because they want their membership to outnumber that of every other religion. It is a neurotic approach, a tribal approach, and is inappropriate for more highly civilized cultures. It is no more than a ridiculous ritual. It is a direct disgrace to women. Does it mean that tomorrow you are going to tell a woman that she cannot remain single, that she must be artificially inseminated or participate in a test tube baby? God does not place the soul in the fetus until the one hundred twentieth day. There is a reason for that. Even God wants to have planned parenthood. This nonsense of “right of life” is being laid down in the name of God. There is no reason why you must bear a child if you are mentally, socially, economically, and religiously unprepared. Don't bring anyone to this earth if you cannot handle it. It is most unrighteous. As a human being, it is your responsibility to deeply search yourself to know the capacity of your nervous system, the depth of your ability to love and understand, and the degree of balance between your inner thoughts and values and their expression in your environments. If everything tabulates in the positive, then plan for a child.

[H2] INCREASING FERTILITY

Vitamin E is known to increase fertility. It is also a natural antioxidant. Aging is caused by oxidation.

[H2] MIND BUILDING

It is a simple idea that out of the woman comes the human generations. Whatever her mind is, that will be imprinted on the child during pregnancy, which is nine months and four days, exclusive of the day of conception. Whenever she conceives and imagines her child should be, that will be the structure built up in the child in the first one hundred twenty days, because there is no soul in the first one hundred twenty days. When there is no soul, there is no mind. After one hundred twenty days, her behavior will imprint on the child's mind. So actually the child's mind is built while the child is in that pregnancy. That is why as a rightful ritual after one hundred twenty days we ask the woman to come and all the relatives come around and bring her presents. She is relieved of all hard duties and is assured sympathy, because with the biological and psychical changes the woman goes through during pregnancy, she normally becomes insecure in those days. The second month she doesn't want to eat, she starts vomiting normally and feels bad about food. The third month she is tired,
and the fourth month, when the soul enters, she is less effective; she wants to rest more. Now all these changes look unusual to men. They don't understand. But her total structure inside changes, her metabolism changes, the composition of the important ingredients like metals and vitamins changes. Therefore, those months she is required to be in circumstances which are very secure, respectable, comfortable and in which she can have a lot of understanding around her. We always know how to raise the rose bush but we have never tried to study how to raise our children. Our children are actually raised within those nine months of pregnancy and development. Those are very important days of life of the child.

[H2]WALKING
Now we will tell you exactly what a woman is required to do to remain a wonder. Firstly, she is required to walk four miles a day, her structure is that way. The two big abdominal muscles, left and right, which hold your pregnancy have to be ten times stronger than the male, otherwise you cannot hold the child. Normally that is why in the seventh or eighth month you start delivering the baby. These two grinding muscles are supposed to massage your internal organs in the abdomen. Therefore, you may do any job, but do something where personal physical walking is required. A woman who does not walk will never have her menstruation cycle right, thus her calcium balance will never be right, and her thinking will never be right. Calcium and magnesium imbalance in woman creates psychological and physical problems. Not walking creates liver problems. Then you get pancreas problems, and then a series of problems. Your body is different from the male totally and absolutely. The male is like a beast of burden; he can carry a load, he can lift weights as a sport. These two muscles inside your abdominal cavity are supposed to be very strong. Under no circumstances allow a possibility to have your pelvic bone split. Your muscles should be strong enough that if it splits, they can bring it back. You do not understand that when you deliver a baby you pelvic bones go about four inches away from each other. You just split apart. Man doesn't have that capacity. If a man's pelvic bones separate by one inch, he has to have corrective surgery. Basically your back muscles and especially your lower back muscles should be very strong. What makes them strong? Walking. That is why when you are pregnant and you have a baby, we ask you to walk four miles a day. We are not anxious to keep you out of the home. The idea is to make you understand that those big muscles are carrying and supporting a baby.

[H2]INTERCOURSE DURING PREGNANCY
During pregnancy from anytime after the first one hundred twenty days, and thereafter until the woman stops nursing, there is to be no intercourse. After one
hundred twenty days, the soul enters the fetus. Actually, the baby is born on the one hundred twentieth day. That is why there is a ritual for the mother on that day. Leave the woman alone, let her go into prayer, release her. And after the birth, she has to nurse the child and if she has sex, the sex hormones get into the milk.

We found another reference in the writings: after the one hundred twentieth day of pregnancy, sex is criminal because the soul has entered and you should not hammer the soul. Normally it takes one year after delivery for the vagina to take its normal shape and come to a normal polarity. It needs a rest of about a year. During this time there should not be any sexual intercourse.

[H2] INTERVALS BETWEEN PREGNANCIES

A difference of two calendar years from one birth to the next pregnancy is the minimum requirement for the settlement of a woman's interior system.

[H2] NAUSEA

Make a mango pickle when you are one or two months pregnant. Take the skin of the mango pickle, put it on the upper palate and just suck it with your tongue, it is said that you won't vomit and you won't feel nauseated. Mango works in every facet of the woman; whether it is ripe or unripe, it suits her.

[H2] IRON DEFICIENCY

Iron is extremely important during pregnancy as the child is going to be storing enough to last for the first six months of his or her life. Iron supplements should be used as well as cell salts. Dried apricots are the best source of iron.

[H2] DIET

Pregnancy is a time for balance and moderation. It is not a time for mucus-less diets, reducing diets of any kind, or fanatically strong diets (like filberts and grapefruits!!!). It is also NOT the time for drastically changing one's diet. That is why it is important to be already eating well. It is simply a matter of practicing the basics of good nutrition. A balanced diet includes fresh fruits, salads, sprouts, steamed vegetables, nuts and seeds, grains (go easy on these to keep the baby a moderate size and easy to deliver!), plus dairy products. Milk, cottage cheese and yogurt are so important; it cannot be emphasized enough. Without the right amount of protein, the foundation will be very shaky. Nuts and seeds have protein but shouldn't be heavily relied upon because they are hard to digest. Iron, calcium and vitamin C can be taken with a glass of milk twenty or thirty minutes BEFORE a meal to aid their digestion and absorption.

A pregnant woman has a double duty to eat right; she has a duty to feed the body the Creator gave her, and a second duty to feed the body growing within her so it will be strong when it enters this world through her channel.
A woman who is pregnant (or one who is nursing) should realize that nourishment of the food she eats reaches her body; it all goes to the baby first. The baby takes what it needs to build its body and brain, and when it has all it needs, the “food” passes on to the mother. The baby is in a sense a “Divine Parasite.”

If the mother eats only enough to keep a normal adult healthy, chances are that she and her child will both lack in what they need. The expectant mother should follow the doctor's advice as to what vitamins to take and how much rest to get, as both are important to her own well being and that of her child. Calcium is very important to the body of an unborn child but it is also necessary to maintain the bones and teeth of the mother. There is an old folk saying that says, “For every baby you lose one tooth.” This saying has a basis in truth, but it need not happen. Just remember that a pregnant woman needs at least one and a half times the calcium a normal adult requires, and that it is hard to get that much calcium without taking some kind of supplement.

Sesame seeds, dairy products, cabbage and other vegetables, figs and other fruits are high in calcium. Iron is another essential that a pregnant woman needs and some doctors have linked that tired, run down feeling sometimes experienced in pregnancy to a lack of iron. Again, check with the doctor to be sure you are getting enough iron. In general, a diet consisting mainly of fresh vegetables, juicy fruits and lots of dairy products is a good diet for the pregnant or nursing woman.

[H1] CHILDBIRTH

[H2] RELAX NERVES

In childbirth, after the water bag breaks, give the mother lobelia tea to calm the nerves.

[H2] RELAX CERVIX

Red raspberry leaf tea helps to relax the cervix during childbirth. It also helps morning sickness.

[H2] CHILLS

For chills after childbirth sauté onions, garlic and ginger until brown, then add fresh black pepper. Then mix the above with mung beans and rice. Ginger is a great energy booster. (See the appendix for Mung Beans and Rice Recipe).

[H2] TEARS

If there is a tear during childbirth, apply the juice of the aloe vera plant.

[H2] BABY'S EYES

To clean baby's eyes after childbirth, eyebright herb tea made with distilled
water has replaced many of the questionable washes used today.

[H2] RESTORING THE BODY AFTER CHILDBIRTH
Do not do heavy work for forty days after childbirth.
Eat unpeeled fresh almonds sautéed in ghee. For forty days, sauté in ghee eight to ten unpeeled fresh almonds. Sauté until they begin popping. Add honey and eat first thing in the morning. (For instructions on how to make ghee, see the appendix).
Drink Yogi Tea, as much as you can drink (See appendix).
If very weak and you can't sleep sometimes at night, drink at night Dr's Brandy (100 proof). Mix about ½ ounce of Dr's Brandy and eight ounces of fresh warm milk, two to four spoons of honey, ten to fifteen soaked and peeled almonds. In the morning drink 1-2 ounces almond milk or two ounces of pure ghee. Do the above for forty days to become as a virgin after childbirth.
During the forty days right after childbirth, eat tapioca pudding. It's a predigested food with a lot of protein and heals the inner organs. It is also a very good laxative.

[H1] BREASTFEEDING

[H2] IMPORTANCE OF NURSING A CHILD
There is no substitute for mother's milk. Remember that. You can tell us about experiments showing DDT in the mother's milk. Even lead has been found in the mother's milk. We say if they find potassium cyanide in the mother's milk, there is still nothing equal to mother's milk and that child who is not nursed on it for at least six months will have a deficiency in social behavior. No matter what you do, you can't correct that.

[H2] WHEN NOT TO NURSE A CHILD
The greatest problem on this planet is a mother who thinks she has to nurse her child. The question is, is she a nurseable mother? If her metabolism alright? If you nurse a child on a mother who is fat, it will make the child go fat. Sometimes we recommend the mother not nurse so that the metabolism won't have any bad effects. You have to understand this idealistically. Don't nurse a child if you are drained out—you have no minerals left. If your aura is totally drained and weak, and you nurse the child, you are being cruel to the child. What is important, you? Yes! Child? Yes! The child has an individual personality, individual identity, and the child must work for his own life and he must be given what it needed to be given, not what we want to give him. Never feed a child what you want to give him, see what is good for him.
Sometimes mother's milk is not healthy or there is not enough of it, but the child wants to have milk from the mother and this gives the mother a good
feeling, so she will still nurse the child. That is very selfish. There is no law to
punish this behavior, but she should be put in jail. She is just making that child
undernourished, and she is not fulfilling the responsibility of a mother. It is not
essential that a mother totally nurse her child. Sometimes it is good milk with all
the things in it, but some of the mothers do not make as much milk as the child
requires, hence the child is underfed. In this case there is no harm in weaning the
child.

[H3] MILK TEST

In India, though it is a very backward country and mothers nurse children not
only for months, but sometimes for years, once in a while they pump the breast
milk out and they have it tested for its nourishing value.

[H3] MILK SUBSTITUTES

The following are good milk substitutes: almond milk, wheat milk, vegetable
broth, diluted fruit juice, dry powder milk formula.

If a child does not react well to one food, then switch. For example, if it can't
tolerate almond milk, give wheat milk, give cow's milk, give a baby formula.
What we are trying to tell you is that different children have different problems
and each child must not be messed up because of a general rule.
Almond milk is a blessing to mothers who are unable to breastfeed their babies,
or when the quality of mother's milk is bad. Take six to eight peeled almonds,
mash and blend with eight ounces of water. Feed the baby with a spoon or from
a cup. Blend in blender and strain for best digestion. We heard a lot of mothers
say that they have tried to give their children almond milk and they don't like it,
so they keep nursing when they shouldn't. To be very frank with you, the child
doesn't know if it's milk or if it's almond milk.
Babies can be given wheat milk as follows: take whole grain wheat and soak it
overnight. In the morning, put a handful into the grinder; grind it, and add eight
ounces of water, then blend.
In addition to the almond milk and the wheat milk, a baby who can't breastfeed
can also be given broth from vegetables that were cooked under a very low fire.
Don't add salt and serve lukewarm.
If a mother's milk is not healthy and you find any kind of deficiency in the child,
take a fresh apple, orange or any fresh fruit and blend it, strain it, then dilute the
juice with half water and give this juice to the child.
Sometimes a child has to be weaned a few days after birth. In this case, consult
your pediatrician and use dry powdered milk. Try one that has molasses instead
of sugar.
[H2] CLEAN BREASTS
Some mothers do not wash their breasts before nursing the child. Fungus can grow and it can create a lot of problems. Many times it has created lots of skin problems for the child as well as the mother.

[H2] FOODS THAT INCREASE MOTHER'S MILK
When a nursing mother eats wheat berries, she will have a lot of milk.
It is written that if you have less milk, start eating mangoes and see how it increases.

[H2] FOODS THAT DECREASE MOTHER'S MILK
Sage tea dries up mother's milk.

[H2] OVERNURSING
Those mothers who overfeed and over-nurse their children must understand that milk does not come out of the milk tree; it comes out of your blood. If you don't have a creative mechanism to support that flow of blood that is converted into milk for the child; try to watch yourself.

[H2] WEANING
Normally it is good to nurse for one year. But this does not apply if you are not capable, at any level or if your milk is not healthy. At the time of weaning, the mother should be ready to supplement the child's diet immediately. It will take about one week for the child to go from the breast to other foods.

When you wean a child, a spoon is much better than using bottles and rubber nipples. The first week is a wrestling match. The child doesn't want to go through and will demand to have his right. But we have found that after one week he understands that there is some lofty reason for not having that right and he will always come through, and the proposition will always be solved.

[H2] HUSBAND'S SUPPORT
When a woman is nursing, she needs her husband's 101% support. At that time she is very motherly, she's highly defensive and she can be irritated for nothing. That is the cost men pay to have a baby.

[H1] WOMAN AS HER OWN PSYCHIATRIST

Woman is a multiple human activity machine. It is seen medically, as well as psychologically, that while working and concentrating very deeply in certain areas of life, women have intuitive faculties to simultaneously think about other areas. This is not at all the characteristic of men. Men can concentrate on only one area at time. You will find men forgetting about home, about appointments,
about dinners, about parties and a lot of things. Women never forget such things unless she forgets intentionally. Her brain faculty has been seen to have an automatic side catalog computer system which scientists have not even tried to understand. Psychologists and psychiatrists don't even know about it. When they deal with women they think they are dealing with a second class citizen. That is the tragedy of the time. The fact is, it has been seen that in a state of deep meditation in which man can get into alpha vibratory effect, woman also controls her beta and gamma waves. This is a big difference between the faculties of a male and a female.

Let us give you examples. When a woman insults you, she knows she insults you, but when a man insults you, he may not even be aware of it. When a woman plans something, she will always know what she is going to go through; man never knows. When a woman is at a party, deeply enjoying the entertainment, she is also aware of what the babysitter is doing with her child. The example is sometimes given of the lioness and the lion. If the lioness did not know when and where and how much to hunt, a lot of cubs and lions would die automatically, because this lazy beast, the lion, never gets up until hunger really forces him to do something.

The mental faculty of a female is multiple. Whereas a man can become singular, this is impossible for a woman. By nature she is made to protect a second life, that of her child. Nature has given her a subconscious, intuitive personality. Women have their outward personality and also this supplementary personality. But unfortunately the second personality which is the added personality creates a split personality. Something which was given to her as a gift to facilitate her motherhood is becoming a psychiatric problem. What is happening is that whenever a woman is catered to, her second insecurity makes her fall into a trap. For instance, a woman forgets while divorcing her husband that it took her fifteen years to work on this man and bring him to this neurotic mess in which now she is leaving him. He had all these defects all those years, simply, she never looked at them.

A male takes longer than a female to take a wrong turn in life because a female has a secure side, a personality which he doesn't have. The whole Western psychological and psychiatric world is totally baffled. They counsel woman without understanding that woman basically has no need to be counseled. She has to be awakened. No woman needs any advice and counseling. Woman can monitor herself, whereas man cannot. Otherwise all men would have male secretaries and a good time playing golf and going to the movies. Why should they want a lady secretary? It is because of the faculty in a woman, the added faculty in the female personality and character which man
doesn't have and on which man is totally dependent. It is the faculty of re-valuing and re-knowing and re-establishing the self in time and space. Man by nature can deeply concentrate on such a small area of life at any one time that a lot can bypass him.

As a woman you not only can take a sharp turn, you can turn the whole system with you. There is a saying in the Scripture, “Woman can take one needle to ruin the entire family through generations, whereas a man has to take a cannon to make a hole.” It is the exact translation. You must understand that woman is much sharper than a male. No woman needs counseling. Her nature is to resist advice. If you want to annoy a woman, counsel her. She also gets angry more quickly than a man. Here is another example: an animal which can turn its blood into milk to save and nourish its offspring can do everything else also. The faculty of a woman also extends to mental and spiritual realms.

Women as a group are most sharp individuals. God has given them a second faculty in the brain to protect the child. A woman can be super obnoxious or super sweet and she can change in a moment. Man doesn't have this faculty. By nature, he either lives in his testicles or in his head. He does not have the natural tendency to live in the center of his being. But woman always lives in the center and works both up and down. There is a saying, “When a woman is in bed, sexual intercourse is perfect and she is totally blended with the man, even at that time she can think that the tea may boil over.” We are just translating from the Kam Shastra.

We'll tell you another faculty of woman. If a woman is really in love with a man and he raises his voice to her, she will stop talking. And if she goes on talking, there is a second alternative: go on a silence fast. It takes almost seventy two hours to make her feel she is in hell. No woman is yet born who can tolerate that much silence from her husband. All a man has to learn is how to keep himself quiet for seventy two hours. The reaction will be that she will be very soft and sweet, and he will have a triple wife for at least a month. It doesn't matter who is right or wrong. Never decide merits or demerits with a woman.

Woman as a creature does not have to decide what is right and what is wrong, she inherently knows. She has an inborn faculty to know, just as it is an inborn faculty of fire to be hot and water to be liquid. Remember this line, “One who is awake, in which way can you awaken him?” There is no way. “For one who is sleeping, what meaning does awakening have for him?”

There is a saying, “There is a value for an arrogant mind but none for a flirtatious mind.” An arrogant mind is stubborn and demands information, whereas a flirtatious mind is self destructive. A mind which will destroy the self will destroy everything with it. A flirtatious mind is the worst thing that can
happen to a woman. Unfortunately, because of her added mental faculty it is sometimes very easy for her to become flirtatious as she does not know how to monitor herself. Once a woman has an aura of flirtatious behavior about her, she cannot regain her respectability. That is it. You cannot refill a toothpaste tube; this is exactly the same thing. Although a woman is very intelligent and supremely creative and capable in every possible facet of life, she has this potential problem and she should understand her boundaries and guard them well.

It is painful but true that every act of sexual intercourse is a positive action to possibly make the woman pregnant, and every pregnancy is a permanent part of her life. No woman is capable of remaining unaffected by pregnancy. This is not however, the faculty of a man. Every pregnancy means from one hundred twenty days after conception to the day of delivery. There is no soul in the fetus for the first one hundred twenty days. But thereafter, if anything happens to the pregnancy, the entire, mind, personality and faculty of the woman is affected. Nature gave her that one hundred twenty day escape period, but nature never gave her escape from the consequences of the fact that even if a child is born to a woman on the seventh or eighth month and dies, she never forgets until she lays down to rest for the last time. Woman is not an erasing pad on which you can write something and then erase it and rewrite. Life leaves very deep imprints on her. A lot of men try to use women as a toothpaste tube. They want her to be available when they want her, and when they are tired of her they replace her with a new one. A woman should understand her security before she indulges in relationships with men, because all temporary relationships are very deeply imprinted on women. Men don't have that faculty, therefore they don't care.

When a woman talks loudly and pretends to be angry, and when she is restless, she is only covering her inner guilt. It may be totally unrelated to the conversation she is having. That is another characteristic of her split personality. Whenever a woman cannot talk to you, raises her voice or argues, she is covering her guilt. It has nothing to do with you. Her subconscious personality is a reminder of her previous weaknesses which she doesn't want to fall into again. The scriptures say, “She is eating her own filth.” You are just a scapegoat. By faculty, she's not supposed to act that way. She has patience, tons of it. A child can make a man crazy in ten minutes and not disturb a woman in twenty hours. She has an inborn capacity to tackle everything. She is not talking to you, she is talking to her subconscious personality; she is in the past. Offer her a drink of water and change the subject. And then don't reopen that topic as a man. Let her come out with the answers. She knows everything. She is one individual among all creatures who doesn't forget things. A woman will recount a dream to you
more exactly than a male.

Now the question arises, how can woman advance herself above these setbacks? The answer in the Scriptures is very simple and direct: “Pretend and always think that you are a holy woman, keep your thoughts holy and see that whatever you are thinking or doing looks right.” Will you look graceful? This one idea should always hang around your neck as a necklace. It should hang as a beater before your legs. A beater is a stick that is hung around a cow's neck to beat against her forelegs if she starts to run wild.

Cow posture is also very beautiful for a woman's mind. It has the ability to bring peace to the mind. There are four or five postures which a woman must do: Shoulder stand, cat and cow, rock pose, archer pose, and camel pose. These are to be practiced and mastered. There are many meditations and procedures given by swamis, yogis, gurus, and Western psychologists and psychiatrists. But if you would rather use that money for your home, children and needs of life, you can hire a free but priceless psychiatrist: yourself. At the place where you relate to your Creator in the morning, place a sign that reads: “This day will I be Graceful?” That day you will have to look graceful because you have asked the question and the answer is, you will! It should manifest in your way of speaking, sitting, eating, telephoning, behaving, of taking a bath, dressing, driving a car, and so on. Your every action during that day must represent you as graceful. The most beautiful thing about it is that if you can do that for forty days, you will have achieved a state of mind in which little by little you can become totally perfect.
THE MEN'S TEACHINGS

MALE SEXUALITY

RIGHTEOUS SEX

Righteous sex is when you are sexually right. Never indulge in sexual relationships with anybody for any reason other than to relate to the soul of the person. Don't make a mess out of that creative energy. Eighty drops of pure blood makes one drop of semen. Eighty drops of pure semen make one ejaculated drop. If it leaves your head, mentally after that moment, you are gone. If it leaves your backbone and lower back, that is, if it works from your thighs, it means your calcium, potassium and magnesium are lost. Each drop of the ejaculated semen contains all the vitamins, all the basic metals, and the basic fiber which is used for everything in the body. It is a very precious thing. If you take an average of $3.00 a meal, one ejaculation costs you $150.00 in food alone. Be sexual; we don't mind; you can play with it as much as you like. But when you are sixty five years old, you will think about it and there will be nothing. The bottle will be empty and you can only then blow the whistle.

Sex is a wonderful thing. Attachment to it is just a trap out of which you can never come out. It makes you worse than an animal. An animal is done when the spring season is there, energy is there. You have a spring even in the winter. When you have sex as a release, when you have sex as a communication, when you use sex for any other purpose than sex, you have lost yourself, period. Now think about your mind, and what you want to do. Sex is your sixth sense. You must understand that when you indulge in sex, you just join your bodies together. Your aura integrates with the aura of the other person. Positivity of sexual relationship is a gift of God, and other than that it is a hell.

Some people have had sex with an older woman; some people have had sex with women of negative characteristics. This is one point of life when you are totally exposed. All your gates (chakras) can be damaged; nothing can be left in you.

EXPERIENCE OF ECSTASY

In physical intercourse everything should be at its best, time, space, body's action, nerves, desires, mind, thought, imagination, and performance. Sometimes you go and battle in it, combat in it, cohabit in such a way that you both lose your individual sense of identity. Then you form a uni-identity. If from uni-identity you feel a stage of extreme relaxation, you can totally merge as a unit of combined polarity in “multi-identity.” This is an experience of ecstasy. This is what ideally happens in sexual life; that is the maximum that can happen. Both melt in one another and never know what is going on, where they are, who they
are or when it happened; it is beyond time and space.

[H2] THREE CONDITIONS

To have mutually satisfying intercourse, there are certain conditions which you must meet. Initially you must not have eaten for at least 2 ½ hours. If your bodily energy is centered in your digestive tract, sexual interaction will cause you a lot of problems. Secondly, you must not be constipated and if you need to clear the bowels, you must do so. Don't say, “Alright, I'll go to the bathroom later, let me have sex now.” This is very foolish behavior. Thirdly, in a normal gesture, you must give yourself two to three hours time.

[H2] EATING BEFORE INTERCOURSE

Some of these do's and don'ts are explained in the scriptures. It is written that you must not have relations with a woman if you have eaten within the time range of two to three hours. If you have food in your stomach, if you have eaten, the game of love is out; game of food is in. If food is in, love is out. Remember this, otherwise, you will invite many diseases. On the other hand, it is also very undesirable to indulge in a sexual relationship when you are very hungry, or when you are under the pressure of time. In the Western World it is called “quick meal,” which is nothing but a nerve exploitation.

There are two things you must not do. You must not meditate when you have eaten, and you must not have sexual relationships when you have eaten. Otherwise, it will not make a saint out of you, but a piglet. It's a very damaging thing. If you meditate with a full stomach, all of the blood, instead of going to the stomach to take care of the whole system, starts going through the serum to the brain. You are then causing an unnecessary problem. Simply, when you have taken food, everything should concentrate towards the stomach. If you are ejaculating downstairs, you are just creating a problem.

For a good sexual relationship, you must eat only light food after 4:00 p.m.

[H2] ON BEING TIRED

When you are tired, one thing as a man you must declare, “I am tired. And I need a truce.” A man who is shy to declare he is tired is asking for trouble. “Come trouble, come,” that is the mantra. It is ridiculous if you are tired, and you need rest. If you need rest and you are not getting rest, you are going to rust. You can get a lot of sympathy, a lot of feeling from the other side if you say, “I am very tired, I need rest and you will be a help to let me rest.” What we are saying is that some people become very sensual and sexual when they are tired, and they do the intercourse. That is very sickening because that causes a lot of serious diseases, even blood diseases, which come only when you are tired and indulge in sex and don't take a rest.
SEXUAL TRIGGERS

Sight is the most potent trigger of sexuality and sensuality or sexual intercourse. The second most powerful trigger is sound, and the third is touch. You touch something and you feel sensual, you get totally triggered into it. The fourth, which is very powerful, is the atmosphere and weather.

THOUGHT FORM

You are not only alive in your testicles, there's a whole body attached to them. The male organ is activated by the pollen of the female and this pollen of the female is activated in thought form. This physical action does not mean anything if the thought form does not make the pituitary secrete enough. If you are not mature in thought form and the glandular system of the body, you'll become impotent after age 45, whether you like it or not; this can bring with it a lot of diseases also. You follow? Absolutely no physical intercourse should be allowed to happen until the maturity of the glandular system is completed, and the minimum time for that is 72 hours.

TIME AND SPACE

The sex game must start 72 hours before intercourse somewhere outside the bedroom. It starts in the living room. It starts in the park. Somewhere. It starts somewhere for some reason. It must mature and travel and walk into the bedroom, and remember, it should not be a wrestling match. Do not say, “Come and get me, I got you, now finish.”

If the sex game starts in the bed it is bad in the sense that a female is not just a body. She is an inner body, the mental body, the “M” body, the rational body, the projected body, the physical body, the subtle body, the auric body, and the cosmic relative body. You are dealing with that many bodies in one body, and it is their relationship that you are relating to. Sometimes, one of these bodies may be out. You'll hear, “I understand, I fully understand, I totally understand, but something is inside me which doesn't understand,” when the inner body is out. “I do agree. It is absolutely normal but I do not see any radiance in it,” when the radiant body is off. “He touches me and I shrink,” means the physical body is off. “It doesn't feel good to look at,” and the subtle body is off. “When we pass each other, something happens wrong,” means the auric body is off. “We are not going toward that feeling of Infinity in spite of the fact that we feel good,” and the cosmic body is off.

Now you are married to one body, and you are married to many bodies. How many are there? Eight. How many chakras are there? Eight. At what frequency, at what chakra is your consciousness in? If it is in your first chakra, you are perverted. Second chakra, you are a sex maniac. Third chakra, unknown. Fourth,
compassionate; fifth, blunt; sixth projected, subtle, beautiful; seventh, cosmic, spaced out, neutral; eighth, infinite, divine, unearthly.

[H2] MOON CENTERS
The woman has nine highly sensitive areas which are called the Moon Centers. There is an order in which these centers need to be touched using any technique you wish. First, the breasts; then the neck; third, the lips; fourth is the cheeks. Number five is the ears, a most sensitive moon area. After the ears, remember the spine. Then thighs are seven; the calves, eight; and the clitoris or vagina, nine. It is written that if one uses any other order, he is an idiot. Furthermore, this act must not take less than thirty minutes to one hour. Within that time of playing with that kind of energy and that kind of area and this kind of order, our woman will have a seven to nine foot aura, which you need. Now if you cannot take that much time and you cannot adopt this procedure, you had better sleep.

At any one time in the month, the mood energy will reside in one of the moon centers. This is what is written about each area: When the moon is in the thighs, she wants to confirm everything; in the clitoris, she wants to socialize, talk, meet people; around the navel or back, she is most insecure; in the breasts, she is compassionate and giving to the extent of foolishness; on the back of the neck, she wants to communicate in a romantic frequency (give her flowers); around the cheeks, she's almost out of control, this is a dangerous spot; in the eyebrows, she's imaginary, illusionary and she builds sandcastles; in the earlobes, she discusses values; and in the hairline, nothing can move her an inch, she is the most real here.

[H2] SEXUAL HYGIENE
All men are not conscious; therefore the woman must insist that he clean his organ before he begins any sexual advances towards her. This especially applies to men who have been circumcised. The ring of the male organ secretes, and if a man is circumcised, that secretion can pick up not only bacteria, but also viruses. If a man is not careful, he can pass on an infection to a woman; this can cause a severe problem for which the only cure may be a hysterectomy. So the woman must insist that he be totally clean. He should oil that area so that all the sweat and secretions may be neutralized. Men also secrete a lot of acid between the leg pits because of the lymph glands there dump toxins out. Because this is a highly acidic area, it is required that he apply oil there too.

[H2] RETAINING SEXUALITY
For men to retain their sexuality for a longer time, yogic science advises that during urination they stop the flow of urine five or more times to build those
muscles.

[H2] GOING TWICE

Normally, psychologically speaking, the male is meant to go once. But if he is a little rabbit-like, he can go twice. Then it is a bunny game. For a normal, healthy person once is more than enough.

[H2] BEFORE YOU TURN OVER

There is one thing that you do which is a human tragedy or a human error. After physical intercourse, normally men turn over and sleep or the woman turns over to sleep. Now, unfortunately, that is a mess. After physical intercourse, continue the game of love. It should be continued to the extent of time that one of you falls asleep. Either of you. Do you understand? Now, honestly, does anybody know about this? Have you ever done it? If not, you should not be married. It's the greatest tension and it's the greatest fatigue to the nervous system. It makes your life five years shorter. Five years. You are not rabbits that just go tee, tee, tee, and out. When physical intercourse is over, it is better to massage each other, talk to each other, do something but keep the physical entanglement going on until somebody starts snoring. Then that's the end of it.

If possible, after you complete your sexual relationship, if you take hot milk at that moment, it will be very healthy.

[H2] BEFORE RETIRING

For reasons of hygiene, before retiring, a man should urinate once and also wash himself.

[H2] WHEN TO HAVE SEX

Is there a schedule of when to have sex? For a man, once a month is all that he can handle unless he knows how to transmute his energy; otherwise he is asking for trouble (See section on potency foods in this chapter). For a woman, when to have sexual intercourse is a question of the position of her moon. If there is a gap between her natal moon and "Mr. Moon," there is a problem. Her desire also fluctuates with her moon cycle. When she is in her full natal moon, she will come right through the walls to be with you; when she is on the dark day of the moon, you can put a rope around her neck and pull, but she will start feeding the baby at that time.

[H2] EJACULATION

[H3] ONE DROP OF SEMEN

Eighty bites of food when fully digested gives you one drop of blood. Eighty drops of pure blood makes one drop of semen. One should value the sex relationship keeping this in view.
[H3] CONSISTENCY OF SEMEN

The scriptures describe at least three types of semen. It is written that if your ejaculation is not like yogurt, you are a useless man. If it is just like milky-water, you are so-so. If it is just crystal clear, you should take care of yourself; you are in bad shape. If the ejaculation is brown, and yogurt like, it means you are absolutely healthy. If it is whitish, like yogurt –lassi type, it means so-so. But if it is clearer than that, forget everything, and take care of yourself.

[H3] OJAS

Ojas is that liquid in which the brain lives. This serum is called cerebrospinal-fluid in English. In the older scriptures it is called ojas, and when you ejaculate, it is also called ojas. Someone should get the components analyzed. Find out what is in the serum and what is in the ejaculation, what is common and what is not, because in the older scriptures, both things are called ojas.

[H3] TWO KINDS OF EJACULATIONS

There are two kinds of ejaculations: one in the sex organs and one in the mind. There are several forms of ejaculations in the mind. Have you heard sometime about somebody who had a dream in which he had intercourse and had done a great thing? He was thinking, he has had a wet dream. He gets up and it is not real. Do you know that experience? Then there is an experience in meditation, you feel exactly as if you were ejaculating with that girl you love the most, and the whole thing is just a “feeling” you get when you are meditating. That feeling is at the third eye, exactly that feeling. And there is a third form in which you feel from the spine, something going up, rising like the mercury in a thermometer. It is a sensation like an electrical current going up your spine. It goes up, and then at the third eye you feel something going around and around and around, and then comes down like a rain.

Let us complete the picture. When you are having physical intercourse, and the love game is perfectly divine, she totally merges in you, and she is totally supportive of you, and she is playing the game, and you are ejaculating and two ejaculations are happening. One will be in the lower area of your male organ, and the other will be in your head. If ever that should happen to you, one symptom and sign of it is that you will be aware of what is happening in the universe and universes beyond, but you won't move physically. This can only happen if the woman is perfectly into her entanglement with you, is 100% supportive, 100% projective, 100% cooperating, and 100% your mate. You are mating with your mate, and the meeting is very, very, very, very meditative.

[H3] ORGASMS AND TIDINGS

Orgasm is what you think it is; the orgasm of the male when he ejaculates.
Tiding is with the woman where she does not ejaculate but the feelings are the same. Sometimes there are women who will grind their nails into your skin and you'll feel that you'll be bleeding and she'll be laughing; most of the women who are going into ecstasy if tiding will scratch you totally deep. They will bite you to hell. They can do many, many things. It's absolutely normal. There was a case studied that when the woman went into tiding, she would just go berserk and became so feisty that the man who was almost 250 pounds found himself helpless. When the man went for counseling, he was three quarters blue all over his body. It's amazing, and she was totally not aware of what she did. He wanted to have intercourse with her, he wanted, but when he remembered her tidings, no way.

[H3]FOODS TO INCREASE SEMEN

[H4]Banyan Tree Milk

To regulate the physiology of ejaculation and male maturity, or if one has been sexually introverted or perverted, both ways, the sap of the banyan tree, 36 drops on a little sugar (normally it should be brown sugar which doesn't have lead), at the time of spring or at the time of fall is a human necessity. It regulates the semen, its productivity and its thickness; it strengthens the urethra and the urethral walls. It does a lot of things.

Most men are very quick. They want just to push buttons and plug in switches. For this it was recommended to take the banyan tree milk when fall came around. There are seasons. When spring comes, this sap is very much in the tree and when it is fall it goes back. It is very thick at the time of fall. It is very milky at the time of spring and 36 drops at the ratio of 6 drops a day should be taken. Not more than that. It was required for the gonads and the whole of men's sensual and sexual areas.

Banyan tree milk creates a thick semen so that the ejaculation can improve if it is thin. Naturally the semen should be like yogurt or jelly. It is not very white, but it is whitishly thick. That is how it should be. If you are very perfect and are very vibrant then it should be brownish. If you are weaker then it is more watery and less thick. If it does not have the required thickness, you cannot enjoy your sexual relationship. You can try, but you are just working like a foot pump, not more than that. Your ego is a balloon, and you're working like a foot pump and you can't enjoy it.

Many of you may not be aware, but sometimes you are so stimulated that when you urinate, you discharge semen, either before or after urination. You may not even be aware of it for a long time. This loss is a very, very big loss; and here again, the banyan tree milk can correct the problem. One of the reasons
for this weakness is not enough foreplay before intercourse. It is written in the scriptures that man should play to stimulate his woman and this play should go on for one hour to two hours in time, to the extent that he can smell his sweat. Sometimes you sweat so that you can smell your sweat and then your woman will be just in love with you. What men enjoy in intercourse is not the sexual, physical game. It is the sense of the smell they enjoy. It is very etheric. His body aroma and her body aroma is the creativity of the whole relationship. The physical part is very gross. It is said that woman can smell her man eleven miles away!

For all these recipes, take banyan tree milk with yogurt and it works perfectly. There's nothing in the vegetable world equal to it. April is the perfect time to go on it for six days. See the appendix for the source of Banyan Tree Milk.

[H4]GARLIC
Garlic acts to increase semen in the body.

[H4]GHEE
It is written that a man who uses more ghee in his food than any other oil, normally that person will not have any problems in his sexual world, normally, at least not until he has done something awful. The intrinsic temperature of ghee goes very convincingly with the body and it doesn't over-fat you and it creates semen. If your semen is good in your circulation, you are in good shape. You have more nervous potential and resistance to a lot of things than you might otherwise have.

[H4]ONIONS
It is a good idea for the cook who cuts onions to wash his hands quite well when he is done, as the onion juice will enter the bloodstream through the hands and increase the production of semen in the body.

[H1] FOODS FOR MEN
There are certain diets which are a must for men.

[H2]POTENCY FOODS
Food is a stimulant of life. It's just like a gas, and semen is just like oil. If the oil and gas are OK and the engine is working right, you'll have an easy ride.

[H4]BREAKFAST TO OVERCOME IMPOTENCY
Milk, almonds, cardamom and honey blended together for breakfast. Then don't eat for four hours.

[H4]“P” Fruits
Peaches do not grow on the beaches but when they grow in the fields, eat them. Peaches can teach you how to be a man. Eat peaches. All “P” fruits are
good for men's creativity. Peaches, plums, papayas, pineapples, pears and persimmons. All “P” fruits. The best thing for a “P” fruit is to blend it really good with yogurt. Really blend it up. Let it go. Let it get in yukja. Yukja is “one life.” Make them to go through, and when it is really, really, really blended, drink it. If you are not hypoglycemic you can put honey in it.

[H4]Potato Peels and Pistachios
The potato peels can be steamed. And remember the peel is outside; it has its own surface, and inside is the potato. If you steam the potato you will find the two are different. It is a very clear demarcation in a potato. Put the pistachio nuts with it. Blend with a little honey as you can, and have the fun of it. Another simple recipe is blending it with water and chestnuts. That is pure sex food. It is even better if you can locate some lotus root. Now the most cheap of all is wheat sprouts, not wheatgrass, wheat sprouts.

[H4]Herbal Mixture
Now let us talk about something very funny. That is fennel seeds, ground fennel seeds mixed with nutmeg. But be careful you are not going to use more than one tablespoon of nutmeg. Take one tablespoon of nutmeg, two tablespoons of cinnamon, one tablespoon of cardamom, to eight tablespoons of fennel seeds. Eight tablespoons of mixed ground herbs to twelve tablespoons of ground fennel is the final ratio, so you can use as much as you like keeping the 8:12 ratio, and this becomes the basic herbal mixture. To this powder add about 15 ground cloves. So you have got this powder, which is the basic herbal mixture. To this mixture you can add things like poppy seeds, oregano seeds, the juice of the bamboo (tabashi in Indian), and so on, depending on the weakness you are working on.

Add tabashi when there are any sexual problems due to the liver; the problem is said to go away. Use cardamom when there is a problem around the spleen area. Poppy and oregano seeds are used when the digestive tract is not digesting well and it causes problems in sexual areas, like gas during intercourse. Other cures attributed to this herbal mixture include help for hernias, failure to ejaculate, premature ejaculation, nervousness and weak nerve centers.

I (Yogi Bhajan) used to use it with a little salt or tamari and make a cauliflower chapatti, or parantha. I would use these things. Don't misunderstand, I am a married man and I learned all these things by the goodness of God to share with you. So all of this, I would mix with the cauliflower and put a little black pepper with it and put it in a stuffed chapatti. I would make it with ghee and eat it. After eating it I would usually sleep, and God, when I would get up from the bed, I would go up to the roof and look around for someone who would
want to talk to me.

This stuffed chapatti gives you a very balanced sleep because it restimulates the entire system; it tunes up the nervous system and you get a very good sleep and after that you have a good day to work and after that you know what you do. So in between there is a gap of time. Create first what you want to use. Don't overtax your body's system. That's what we are trying to tell everybody.

[H4] Garlic
Garlic gives sexual energy which can be channeled into creativity.
If a person is not obnoxiously offended by garlic smell when he is socially entertaining, he is a man with a very high standard. Any man who is married, and who wants to remain married, and thinks it is a privilege to be married, should somehow eat two cloves of garlic daily. You can take it in a capsule or any other way; that doesn't matter, it is what is required of the system. This bad smell is very, very good for your insides because it counteracts the inside smells.
For those people versed in Kundalini Yoga, there is a good exercise to do a few hours after eating several cloves of garlic: Bring the legs to a sixty degree angle. Apply neck lock and do breath of fire for 1 ½ to 3 minutes, then inhale, exhale and apply Mulbhand. Repeat.

[H4] Nutmeg
Nutmeg lowers high blood pressure to the extent that you can't believe it, and it immediately brings temporary impotency. These are the effects of the little nut. But for those people who do not know how to control themselves sexually and ejaculate too fast, this little nut is divine for them; it is amazing!

[H4] Pistachio Nuts
There is one nut which is highly recommended for men. It is called pistachio. A handful of pistachio nuts should be in every man's diet. Just eat them unsalted, uncooked, unskinned. There are several recipes which have pistachios as a main ingredient.

[H4] Zucchini
For imbalances and misuse of your body you should go on a fast, and if you should decide to do a really good fast, that fast should be raw zucchini and nothing else. One week of raw zucchini when it is in season. Just for two weeks, eat as much as you like; there is no limit. As much as you can and it is only for half of the moon cycle Start on the first of the moon to the full moon, or start on the full moon and go till the dark night. So it is almost two weeks or less than that, about fourteen days. Decide when the zucchini is in season, and just go on raw young zucchinis. Do not eat the big ones; you'll lose your tooth. Eat it when
the skin is very tender, very tender.

[H2] FOODS WITH SAFFRON

[H4] Tri-Root, Saffron and Nuts

For substance and endurance, for good nerves and for good semen, there is a potency food made of:

Onion
Ginger
Garlic
Saffron
Pistachio nuts
Almonds

Steam the onions, ginger and garlic in the ratio of 3:1:2 Saffron 1/8 the amount of ginger or a maximum of 15 saffron grains
A maximum of 50 pistachios and
No more than 40 almonds.
Blend this with a little honey and eat on toast
The saffron should be soaked overnight in a little milk, the same with the pistachios and the almonds. Remember, onions, ginger and garlic are the trinity roots…trident of life. Use some of the soaking milk in the blender instead of water.

The yogis of Old Time did not recommend that this food be eaten more than once a week. It is quite hot stuff. It is also recommended that it be eaten on Sundays. One should be in a position to play that day and run around, go to the beach and do exercise so that all this food is digested and comes out of the skin. This is one meal which should be taken with milk.

[H4] Italiano, Nuts, and Golden Figs

This is a very ordinary recipe called Italiano. It is the simplest recipe in the world, but it is normally not made these days because it has been forgotten. This recipe applies to men and women alike. Slice an eggplant into thick slices and put them into garbanzo flour. Then deep-fry them. It is ready in about 2 or 3 minutes. This is called Pakora and is the first part of this recipe.

For the second part, you will need 40 pistachio nuts, 40 peeled almonds and 20 “golden figs.” (See Recipe) Now these figs are made by your Beloved. God gave this recipe and man used it. You must understand, there is no better food on this planet than the fig. It is ridiculous not to eat figs. If eating them can give you a heart attack, then die with a fig in your mouth.

Make the figs and nuts into a jam, and then this jam is put on the pakora. Got
it? And then it is eaten with one banana. This banana is essential for potassium, and it should not be overripe, not under ripe; just a banana, a ripe banana.

The overripe banana has too much sugar for this diet. It was written that the banana should not be overripe nor under ripe. Those people experimented, they lived it, they understood. They treated thousands of people in those ancient times with this recipe.

[H4] Hoia, Saffron, and Pistachios

The third recipe is very, very beautiful and very simple. On a low fire, boil milk until it loses its water and becomes thick milk, this is called Hoia. Hoia is when the water is cooked out and the milk is evaporated milk. Then you add saffron to that milk, 10 or 15 grains of saffron, just enough to give a golden color. Then you add pistachio nuts at ¼ the weight of the milk. It's a very heavy diet, you can't eat it all, but you can make it. Burfee doesn't have all this stuff in it. Burfee is simple hoia and sugar. Burfee doesn't work the same way. Now you add gold leaf, or silver leaf to it. We suggest that when you eat this, you need to exercise a lot.

Gold leaf is available where Ayurvedic remedies are sold, and it is not very costly. It is very, very thin gold leaf, not what you'd use to build a wall. Silver leaf is also available.

[H4] Eggplant Pakora with Saffron and Paranthas

In the ancient tradition, eggplants were called the “testicles of God.” Make eggplant pakoras with pure ghee, onion, garlic, and ginger. Also put in the batter cardamom, cloves, cinnamon, and bay leaves, and when the dish is ready and it's fried in ghee with all that stuff, and when it's really hot, put saffron over it, and over the saffron put silver leaf. Then you eat it with a bread called paratha once a week. It will get you in good shape. Do not use toast, use paranthas (see recipe).

[H4] Paranthas

Parantha is a pan-fried whole wheat bread. For eight paranthas you will need 2 cups of whole wheat pastry flour, water and ghee. Place flour in a bowl. Add enough water to make a soft dough that comes away from the sides of the bowl. Add a little more flour if necessary. Now, very nicely knead the dough, until it is smooth, soft, not very sticky at all, and feels alive and nice to the touch. Heat an iron skillet or iron tortilla pan on a slow fire. Take small pieces of dough and form into neat little balls, the size of a ping pong ball. Flatten into a squat patty, flour both sides and roll out, on a lightly floured board, into a circle about 5” diameter. Then fold a teaspoon of set ghee into it. Also spread a little more ghee
over the upper surfaces and double fold it lengthwise. Roll it flat, approximately 5” in diameter. Apply a little ghee to the skillet and place the paratha on it. Cook first side until a little crested, not even browned. Flip over and cook second side the same way. At this point you can flip it over in the pan a couple of times, and lightly press on it with a spatula or piece of paper towel, to help it puff up and then do the same to the other side. There should only be a sprinkling of brown spots on the paratha. If the whole thing browns very rapidly, the heat is too high. As each one is done, butter the top and place it on top of the one before it (the buttered top of the one below will butter the bottom of it). The first one done should be buttered on both sides. Serve immediately as it tends to lose its crispiness if stored.

[R4] Rice and Saffron

There is one more dish made with saffron. It is a rice dish. Soak some saffron in milk, and then use this milk when you boil the rice. To the water add many raw garlic cloves that have been cut into four or five parts, not too thin, and also add some blanched almonds that have been chopped with a knife. This recipe was given for man's creativity, and it was said that this dish should be eaten with yogurt and that this yogurt should always be homemade. If the internal processes also have to be cleansed, then the yogurt is prepared from golden milk rather than raw milk. Boil enough turmeric in milk, and use that milk to make the yogurt, it will make a golden yogurt; do not add honey to this milk.

[H4]“Golden Figs”

There is also a fruit known as the fig. It doesn't start with a “p” but you can make it that way. Figs can make you a sexual pig. Take 20-25 figs, blend them with yogurt and drink the mixture. The figs must be fresh figs; not the dried variety. One cup of yogurt to 10-15 figs is a good ratio. It becomes kind of a thick stuff which you can eat with a spoon. You can go for a week to ten days on it. In the Scriptures it is said that if there is any sexual, nervous disability, this can correct it. This is a monodiet, in other words, what we are talking about is figs, fresh figs and yogurt, and eat it with nothing else. It's a complete monodiet. We would recommend to a normal person that for experimental purposes one should go on this diet for 1 week to begin with; we prefer to go for 2 weeks ourselves. It's good. You must understand when you work hard, you need the energy. Without hard work, you can't make your life and without life you have to have hard work. So you need the energy. You always feel the energy is for your creative purposes. It is a creative energy. After all, sexual energy is nothing but creative energy. And don't mix up these two energies and think one is creative and one is uncreative. Both are creative, it is all in how you use it.
Here is a sophisticated and delightful fig treat. At night, soak saffron in milk and in the morning blend it to the extent that you can draw it into a syringe. The syringe and needle must be properly disinfected. Then take ripe figs, put the needle into the stem and inject them with that nectar. Make as many as you can and place them in your freezer. You may eat three a day, not more, along with your breakfast, lunch and dinner; one in the morning, one at lunch, and one at night. We are not suggesting any duration for this except one based upon your own finances. This “golden fig” offers the best method for purifying the essence of the prana of the saffron. Though this recipe was originally given for men, women can eat them also. Saffron is concentrated heat in the form of an herb; it is not something with which you should play. It is atomic energy as far as the human life force is concerned. These recipes using saffron are written in old scriptures. These recipes were successfully used for their health, vigor, happiness, skin problems, hair problems, old age and senility.

[H2] FOR SMOOTHNESS IN RELATIONSHIPS
If luckily or unluckily you are a professional person and you are married, and somehow three times a week you have arguments—if it less than that, don't worry—but if it is three times or more, you especially need thirty two ounces of celery juice per week.

[H1] MEN’S PROBLEMS
[H2] ONLY ONE PATH
In spite of what is said these days, men and women are entirely different creatures. Even in the realm of consciousness men and women face very different realities. The environment, therefore, in which a woman should be raised from her birth to her death is absolutely different from the male. A woman has four paths to liberation from which to choose, but the man has only one! Man must live righteously and be divine. That is the only way he can be liberated. But a woman has this same path plus three others: she can give birth to a man of divine righteousness; she can serve a man of divine righteousness; or she can be a wife to man of divine righteousness.

[H2] COMMUNICATION
The majority of the men who suffer from blood pressure have these problems not because they are overworked but because they are over-extending themselves and they are not relaxed. This stress comes when the relationship and communication between male and female is not right.

In this area, when your male and female relationship is not right, there are three things you can do very fast. Number one: cut down on food. That's definite. Whenever your relationship with the female is not right, for your life,
health, longevity, and perfect maintenance of yourself, cut down on food. Number two: cut down on heavy food totally. Heavy foods should be out of your menu. Heavy foods include things like cheese and any food which does not get digested by its own gravity. Number three: totally cut down on any or every stimulant drink. Stimulant drinks are many; heavy sugar drinks are very stimulant. Coca-Cola, coffee, and alcoholic beverages are all stimulant drinks.

[H2] HARSHNESS

There are twenty thousand years of research in the subject of Humanology, and that is why the Scriptures advise men that they should never be harsh with a woman. He should never threaten her security, and he should not put her down socially, because the moment a man puts a woman down socially she will become emotionally insecure and she will get him. Also man should not criticize woman's motherly nature, for example, “you are not a good mother.” It is like taking potassium cyanide through an enema, it is that dangerous. Rather, if you want to hook a friendship with her, just start loving her child; you'll have her two times more than you think. To insult the motherhood in a woman is just asking the cobra to sting you through the forehead.

[H2] ANIMAL NATURE

Unfortunately there are men who are just animals transferred immediately into the body of a man. The majority of the humans come from the animal nature and sometimes, after death, the transformation from animal to the human body takes such a short interval that the animal nature can be seen and experienced through these people. Normally, the animal nature is more prevalent among men than among women because man is the first incarnation. It is very rare that in the transformation an animal will become a female. Therefore, you can deal with some men and right under their skin you'll find a snake, a parrot, a duck, a swan, a deer, a horse, an idiot. Just try to look under the skin and you can exactly, by characteristics, compare the notes and find what it is.

[H2] HORNINESS

The tragedy of our life comes from the male. There are many, many males who when they feel horny and sexual, and the woman doesn't respond, get angry and find different ways to show her how idiotic they are. Every woman knows it. She knows how idiotic you are. Normally, there are certain things you must do: let the woman invoke the incentive of sensual wavelength, and let it mature. And if you decide to sleep on two different beds, never go to the bed of the woman you love the most. Let her come to you. Any man who is sexually weak before his woman is a nuisance to himself. Don't forget either, that the sexual relationship, or what you call physical intercourse, is the practical end of one
invoked incentive in relationship. It's a cycle.

Horniness on the physical level is intercourse, but on a higher level it is creativity. Artists feel horny many, many times. Many times they feel very stiff in their male organs and then the stiffness is gone and they can't sit still. They go out and paint a painting. In a couple of hours something comes out which they paint, that their forefathers can't paint like that. So, it is the same, you must understand, it is the same energy. Use it this way, use it that way, use it up, use it down, it is the same energy.

[H2] SINGLE MEN

The relationship between a single man and a single woman is a beautiful relationship of a brother and sister. That brother and sister relationship is a relationship of kindness. There is no other better relationship than that. Even singles who are to marry, they have to be very friendly and not exploit each other sensually and sexually. That is required in the scriptures. It is good for your own system; otherwise you stimulate your metabolism for nothing and end up with a disaster.

[H2] “BANANA” MEN

The most detrimental thing which can happen to you is when you indulge in a sexual relationship after you have eaten. After eating food, this heavy exercise in which you involve all your nerves, all your muscles, and all your mind, can ruin your stomach. If you do not listen to that warning and keep on doing it, ultimately you will end up having a quick discharge, a premature ejaculation. Pre-ejaculative people are what we call bananas. That is where the phrase “banana men” came from. Some people are so fast that they can't even enter the woman before discharge. These are the people who have not given themselves a gap between their eating and their sexual desires, and that is why they develop this nonsense.

[H2] 30/70 CYCLE

Men have a weekly cycle (like women have a lunar cycle). This weekly cycle is a very sneaky cycle. It is called 30/70. This is a male cycle. In one week you are 30% up, in another week you are 70% up. It is called the projection of the sun. Sometimes it flames over, sometimes it flames under. It is always there, and it's on a weekly basis. That's why they made the seven day week. It changes week to week. In one week there are certain things you want to do. In one week you want to eat something. In one week you want to go out. In one week you want to do everything, and the next week, within the same environments, you don't want to do anything. Have you noticed that? On a certain week you promise everything on the telephone. The next week you say “nay” to all those
things which last week you promised. That is called sun caliber, 30/70. Every woman should know this. It is almost like a biorhythm. With biorhythms only our energy and power are projected. But basically, this concept of you to you is 30/70 percent. Most of the things you admit before a woman, you do when you are on a 30% rhythm. She can get everything out of you. When you are on a 70% rhythm, she will try a lot but you are the king and there is nobody else. On the 30% rhythm forget it, you are nobody.

[H2]20% EXTENSION

By nature, man will extend himself. Until you give paper and a pencil to a man and ask him to write it down, you will always find him adding 20%. Now this is his nature; you call it a lie, but it is his instinctive nature. They always add to their personality, to their ego, to their wealth, to their possessions, twenty percent. If somebody asks, “How much do you have?” he answers, “One hundred dollars.” If you say, “Could you put it in writing that you have one hundred dollars?” he will say, “Wait a minute, I'll check my wallet.” It will be eighty dollars. But if you ask a woman who has two hundred dollars, she will reply, “I have ten dollars.” To reduce eighty percent is the privilege of the woman's instinct; to add twenty percent is the privilege of the man.

[H2]MEN'S MENOPAUSE

Men should not indulge in sexual activity before the twenty fourth or twenty fifth year, or he will have a setback at the age of forty five. These setbacks manifest as temporary impotency or temperamental irritative behavior. They happen because although men normally go through menopause at the age of fifty four and onwards, the menopause of any man who indulges sexually before the age of twenty four or twenty five occurs at the age of forty five. So there is a ten year loss for a five year gain. If a woman knows this, she can teach it to her son who shall be a man tomorrow.

[H2]MIRRORS

Men are like mirrors; they are unable to repair themselves. Once they get an emotional crack in their minds, they live with it. Two things that men do not have as a basic quality that women have are these: man has a very, very difficult time repairing himself, and man has a very, very difficult time seeing his egocentric approach. Men have a difficult time sitting down and rationalizing themselves. Somebody has to do it for them. A woman has to understand that if she doesn't want to pull him out of the difficulty, nobody else will. Through the thick and thin of time, a woman has to not only meditate, but also concentrate and worship the male to keep the relationship going. Man needs not only absolute faith, but also absolute assurance that he is loved, he's taken care of, he
can be trusted, and he's good. Men do not know themselves, this is a basic problem.

[H2] REACTIVENESS

It takes almost a week for a man to act. Man has to think for almost half of the moon, that means seven days, before he can act against a woman. Man cannot spontaneously become negative, remember this. It's not competent in him; his brain doesn't work that way. Woman can spontaneously change. One second she can be loving, another second she can put a knife through a man. Woman is very flexible, man is not. Man has to create at least seven days before he can punch a woman. A woman who is punched on Sunday, the man must have started thinking about her last Monday. On the average, to arouse his grudge to action, it takes a man between four to seven days, and it takes him about fifteen days for him to forget easily so that he'll not be reactive. Therefore, when a woman reconciles with a man on any situation, she should not remind him of the incident for fifteen days. The problem is that women normally do, and just reminding him creates the incident again. When a problem is resolved, you should forget it.

[H2] EGO MECHANISM

When women go through menopause, it is the lack of the secretion of estrogen from the ovaries which makes them misbehave as males do. Men are supposed to misbehave. We don't even consider that they should not because they are not made that sophisticatedly. You know, men are never Rolls Royce, let us talk that way. They cannot get over Ford, that's their standard. Their mechanism is not the mechanism of a woman at all. There is no way to compare it, to compete with it or to understand it. That is why men have to take shelter in a huge ego, although it is a false ego. We call it ego mechanism. Their system is not capable of tolerance, it is not sophisticated in that way, and they do not have the tremendous ability to absorb, which is called patience. Normally when men are pressed badly by time and space, they get stomach ulcers, asthma and skin rashes. In cases where they are poor in health they become frigid and temporarily impotent.

[H2] CIRCUMCISION

The other part of impotency in men is due to the ritual called circumcision. Actually, this cutting, circumcision, developed as a prevention surgery for masturbation. Within the bracket of the ring and the flesh over the private organ, there is a secretion, as there is a secretion in the inner membrane of the vagina of the woman. We don't care how religious it is, perhaps God said to somebody that he made people wrongly and he wanted them to correct it surgically. As he didn't
have any surgeons there, you naturally have been advised to do that surgical operation here. That Omnipresent, Omniscient, Omni truthful, Ultimate Sat Nam God never knew how to make the male. The sensitive nerve in that area, when expose to conditions of weather, normally brings irrational thinking, impatient behavior, and sexual frigidity among men. That is what you do to the babies when they are in the crib. That is one area, where already messed-up men are doubly messed up.

[H2] IMPOTENCE

It is wrong to eat a lot of dishes in one meal; it creates a sexual handicap if you eat to a full stomach. All sexual diseases come to those who eat and fill their stomach more than half full. The stomach should be divided into four areas: two areas for food, one area for water, and one area for air. Never pack up your stomach and you will never have temporary impotency. Temporary impotency hits men at about age thirty six and it hits a woman at twenty seven, and it happens to all those men and women who have the habit to each and fill their stomachs full. That's the root cause of it. If such a thing happens, the first thing to do is to go on a liquid diet of soups and juices, but nothing concentrated, and thereafter you should just go on a good, healthy, nutritious diet.

[H2] PREMATURE EJACUATION

Men with this problem should take banyan milk (see appendix). The man should take for seven or eight days. For those eight and the ten days following, he should abstain from sex. If necessary, he should repeat the whole process. It is reported that it works. Banyan tree milk is said to also correct the condition in which the semen is passed with the urine because a membrane ruptures. This sometimes happens to athletes. You can have the banyan tree milk with yogurt, and if available add sugarcane juice to the yogurt. See also Nutmeg.

[H2] MASTURBATION

The men who masturbate do not realize the physical difference between ejaculations. The difference is that ejaculation through masturbation pressurizes the gray matter. It is heavy on the brain. It creates more problems than any sexual activity. Masturbation causes a triple action on the pituitary gland which takes away your power to concentrate. Running is a good substitute for masturbation.

In masturbation the glandular system is over pressurized. The nervous system is drained to death. It is a forced situation. But in intercourse, it is normal. In one masturbation, the pressure on your body is more than you can ever consider handling. But even when you ejaculate one time after the other in intercourse, there's no pressure on the nervous system, and so that makes a lot of difference.
In intercourse the woman's energy is there, and that's what intercourse is. In masturbation, the woman's energy is right there, but you are doing it to yourself. It means you are forcing your system to go into a space where there is no orderliness. It is solo and it is very painful solo. It's not very normal.

Sometimes the atmosphere and the weather itself can trigger masturbation. You become sensual, sexual, and you cannot find a partner and you end up masturbating. Fortunately, for women there is no such thing as masturbation so she has nothing to worry about. (See Women's chapter), but for men it is really a problem.

[H2] PERVERSION

Between a man and a woman, there is no perversion until you notice it. Anything between a man and a woman that is noticed is perversion. There's one area in which God doesn't interfere: that's between male and female in their privacy.

[H1] REPRODUCTIVE SYSTEM

[H2] PROSTATE

[H3] SEMEN IN THE URINE

If semen starts coming out in the urine, and medically it cannot be cured, then the banyan tree milk, six drops on a little brown sugar for six days with yogurt is a sure help. (see appendix for resources.)

[H3] MIDNIGHT ERECTIONS

If you are waking up in the middle of the night with an erection, there may be three things wrong with you. One, your prostate gland is not functioning right; two, you drank too much water and you didn't urinate before going to bed; three, in the daytime you were thinking wrong.

[H3] FOODS FOR THE PROSTATE

The following foods strengthen the prostate: banyan tree milk and sunflower seeds.

The prostate is at the junction where the ejaculatory canal and the urinary canal meet. This is the prostate, and that's for posterity; the best thing you can have for that area is banyan tree milk and yogurt. It regulates, it controls, and it strengthens all the muscles in this area; it is very good. Sunflower seeds are rich in vitamin E and zinc. These nutrients play an important role in the growth and maturity of the testicles and the prostate gland. Zinc and vitamin E, as found in sunflower seeds are very important for male prostate function and male sexual functioning.

[H1] GENERAL INFORMATION FOR MEN
MEALS

For a male, four things must exist before you can feed him: Quiet and calm atmosphere, and no mental and physical pressure. Food must be properly cooked with all the ingredients, and there should be enough time to feed the male. Otherwise it is better to keep him hungry.

INSECURE WIFE

If a man marries a woman who was subconsciously insecure up to twelve years of age, he will develop blood and lung diseases, air pockets (bumps) can develop in every tissue, and a condition that when he talks to another man he “shrinks” and shakes. Whenever the aura of a male becomes less than three feet, he shrinks.

SPECIAL AYURVEDIC MEDICINES FOR MEN

DIAMOND DUST

Unfortunately, Americans have never heard of Diamond Dust. Diamond Dust is a reddish powder that has the qualities to “make a dead man alive.” It has been used for centuries in India and the doctors do not allow you to use it until there are certain abnormal requirements. Normally they say after age thirty five it can be taken daily, but before age thirty five use it once in a while. They take it for twenty to forty days and then stop. The best time to take diamond dust is spring, fall and winter. Don't take it in the summer.

There is also a recipe called “poor man's diamond dust.” Take a glass of milk (16 oz) and take ten green chilies and blend it. This is the ratio. After it is totally mixed put some turmeric in it (1 tablespoon for every 2 servings. Next boil it and make yogurt out of it. This is called hot golden yogurt. In the morning take about ten to twelve ounces of this yogurt, then put some weights on your feet or you may end up flying all around the room.

CHYAWAN PRASH

The other thing which is very good for men is chyawan prash. It's a kind of black candy thing. It is made of crystals which comes out of the bamboo shoot and has all the essence of that plus the essence that honey has. It is a very specially made thing for men, and in India it can be traced back before the time of Alexander the Great, and even before. People put it on a piece of toast and eat it. It's super-good! Chyawan prash is excellent for blood purification and production.

GOLD LEAF
Gold leaf is only recommended to eat with a few things—one is papaya and the other is fig. Third among the fruits is the apple. Apple and carrot. Fig and papaya. And for purposes of longevity and long health, it is the date and gold leaf.

[H2]MAKARADHAWAJ
This is a strong energy giving remedy. It has the essence of gold, pearls and rubies. The stones are not used directly, but chips are made in a fire into ash, which is then mixed with other things to make this compound.

[H2]SHILAJIT
Shilajit is a preparation made from a certain stone. It is actually the juice secreted by a kind of stone. It is black in color and it should be taken in pure form with equal parts of black pepper, in milk, each day. Take a glass of milk (about 16 oz) and put almost equal parts of black pepper and shilajit in it and let it boil; it will leave a reddish streak in it. Then drink that milk. It is great for the lower back, spine, for sexual weakness and many other things. This may not be available to you, but at least you should know these things exist. It is similar to ginseng in that it generates a lot of energy. It has no harmful side effects.
PHILOSOPHY

IN THE LAP OF THE MOTHER

The mother is the only one who can teach her child tenderness and compassion. It is this exposure to gentleness in the lap of the mother for the first seven years of life that teaches a man to be just, tolerant, and compassionate in his dealings with others. And when that tenderness will be lost, we will not have compassionate males. What will be the result? The result will be a lot more killing, a lot more war.

The entire nervous system and consequently the entire capacity of a person for self-control, is determined by the touch of a mother. All human character which has that gentleness, for which humanity is proud, comes from the gentle touch of a woman. Our entire value of acceptance of others, hospitality, compassion, pain for others, thinking for others, sacrificing, welcoming, all this is learned in the lap of the mother. There is a saying in the scriptures: “whatever goodness a man has, it is learned in the lap of his mother.” That is how important the institution of a woman as a mother is in our society.

BUILDING CHARACTER

Mother Nature writes the destiny of the child when the soul enters the womb on the one hundred twentieth day of pregnancy. Whatever character the mother gives to the child in the first three years becomes his first, fundamental, permanent foundation of character. The next four years, up to age seven are the second coat, and all the mother can give the child has to be done by the eleventh year. After this time, the child will become more a friend than a disciple of character. Therefore, whatever a mother has to give a child, must be given within the first eleven years.

RAISING A WOMAN CHILD

Any woman, whoever she may be, must have a cozy environment, be appreciated, and must be taught grace—as a child. In fact, she must learn from the very day she takes her first breath on this earth that she is the Grace of God. That is the first label a female child should receive. A woman child cannot be treated as a pet, as a property or as a possession. A female child cannot be raised as a male child. You always think all children are alike, but it is not so in the case of a female child. Her hormones, her mind, her glandular system, and her moon cycle are different. She is the life giver of the future generations. The
psychology, biology, physics, metabolism, glandular and nervous system, construction and form, every tissue, every atom and every molecule is different between a woman and a man. She has absolutely a different structure and a different role and thus, cannot be raised in an environment which is designed for a male child.

[H2]CHILDREN'S AUTOMATIC BEHAVIOR

In families where the mother is jealous of the daughter in relation to her husband, the father, the character of the daughter will be loose and sexually she will be maladjusted. These are automatic behaviors which usually come out of such family situations. Where the mother is not living a standard moral and graceful life, the daughter will have difficulty with menstruation, back pains, headaches and weak eyes. It has been reported these daughters going blind at the age of twenty seven and twenty eight. Where the mother is very emotional and yells, screams and cries, the daughter will become neurotically questioning and sadistic toward herself. In the family where there is a great deal of talk of righteousness, but contradictory behavior by parents, the children are inherently neurotic. A family where the parents apply extra pressure about religion and about behavior, and don't explain anything, their children believe in torture and sadistic sexual experiments. In relationships where the parents do not give moral, ethical, honest, clean and open support to their children, the characteristic relationship among children is that they are uncommitted. They are uncommitted in sexual life, social life and ethical life. Worst of all, they are uncommitted to themselves. In a family where openness of heart among the parents and the children is not established, the children have been found to totally dislike themselves in adulthood. They don't think they can love themselves, they don't think they are beautiful. This neurosis creates such a heavy social relationship that such girls go through unbelievably painful divorces.

[H2]BEHAVIORAL DEFECTS

Should a woman follow God's way or her husband? Now this is your problem. If you are not going to follow God, your husband is not going to follow you unto God. You'll be stuck down there. Should a woman take care of her children or should she take care of her meditation? Children are your responsibility, meditation is you. Without you, what responsibility can you perform? Purity of grace and dignity of life is you. A woman who is insecure, unable to define her grace and unable to live her grace shall have a great problem with her children. Children are born as a challenge to ego. The creative woman shall create a greatness, and any behavioral defect you find in a child is actually the open
display of his mother's neurosis.

[H2] CONTROLLING CHILDREN
You think that children should react as you press a button for sleep, press the button and he should urinate, or press button and he should smile. You people don't understand. The child is more knowledgeable than you, more supersensitive, more creative, and has a superior defense mechanism. Child is a superhuman being and very effective. Children know how to mess you up, how to cheer you up, how to make you scared and how to get whatever they want. So feed them well.

[H2] DISTANCE THERAPY
In the science of Humanology, which is responsible for creating better humans, there is an area we call Distance Therapy.

Distance Therapy can be exercised from the age of three to the age of twelve. According to this therapy, if the parents are married and they are blessed with a child, but they are not totally emotionally settled, they will create an uncongenial environment existence, and between the ages of twelve and eighteen the child will leave their parents. But if they can keep the child in a very well balanced, educated environment, and then get the child back home, the separation will give him a longing to be with his parents. And if it is repeated each year, in a few years he will be strong enough to overcome the rebellion.

It is very technical. When your children grow with you and you do not behave as congenial parents, they pick up those signals. And then indirectly they ask questions, and you always lie. You don't want to be exposed to your child, but the child is so clever he can do it very simply. And you will tell those twenty lies and the little guy knows it. You can't get out of that. He may not pursue the question, but he knows. You should tell him the truth.

We always feel that in such cases where distant therapy is essential, give the parents three months with their child, give the child nine months to himself. And we also say that the situation should be reviewed every two to three years.

From three to twelve years is the period when this therapy is possible. After that it is useless. If after twelve you want to separate a child from his parents, forget it. You are taking a chance and that's a remote chance. Visitations are beautiful if they do not make the children emotional. Some parents behave very sickly when they visit their child they lay all over him and pretend they miss him so much. All that drama they play. That actually disturbs the emotions of the child and gives him the feeling that he is in a corrections department; a jail. Instead of that, a parent can go and say, “My, you are a great lion of mine. You
are doing well, cub. Keep up!” And they can talk to other kids too, and inspect what is going on and not talk baby talk. That’s very sickening. If they go as parents with a universal spirit, then the visit is blessed. But don’t go crying, that is shameful.

Do you think your children are your pets Or do you think they are their own grace?

[H2] MEDITATION
Create certain rituals to tackle a reality. It is called “performance of goodness.” For example, before eating a meal, just sit down on the floor and meditate for a few minutes. Or say to your children, “Alright, let us take our bath and then sit down and worship.” Worship any religion you belong to. It doesn't matter which religion you belong to or what your rituals are. If the child asks, “What will happen, Mom, if we do it?” Then say “You know, man has never known what this creativity is, but man knows the unknown, and we always like to know the unknown, and this is the formula. Let us catch our hands and sit down and meditate to see if the unknown knows us.” Create a fairy tale when you want to guide your child. People love the unknown and the tales of the unknown. People enjoy it, so add to their joy. The little child will love it.

[H2] “NO”
How do you deal with children's curiosity? Don't tell him “No.” Telling “No” to a child is actually pushing him to something which you may not like him to do. Avoidance of information is guiding him to action. There is no such thing as “No.” Somebody is asking you for information and you must give it. If not, guide him to where he can get it. Either give or guide.

[H2] SUCKING THUMBS
Thumb sucking has a lot of problems. It comes from insecurity, inner conflict, and from the outer conflict in the house. The parents of children who suck their thumbs have quarrels often. Children are the super sensitive people; full fledged people with high potency power antennas who record every vibration within their vicinity totally and completely very deeply.

In a small baby, thumb sucking may indicate mother's milk is not nutritionally sound. Supplement the baby's diet right away.

[H2] UNDERWEAR
The human body does not have a protection as far as the weather is concerned. The reason we ask the children to wear underwear is because the greatest problem with the human body is either the vagina or the male organ. The
testicles of the male child stretch and contract. If that movement under the changed weather conditions happens very fast, it is very unhealthy for the child. As a female, if the air can go into the vagina, which normally in young girls can happen, it is very troublesome for the people in the young age. Therefore, in a lot of civilizations it is almost a compulsory situation to give children a habit to wear underwear.

[H1]CHILDREN'S PROBLEMS

[H2]CHILDREN'S FEVER
Fevers help the body heal itself, but in children, if the fever is too high, you can get into complications. Their nervous systems sometimes aren't strong enough to withstand the fever, and it can bring on epileptic seizures. So, one must judge the particular situation.

[H2]CHILDREN'S Colds
When a child is suffering with a great cold, take about ten celery seeds, ten poppy seeds, and five cardamom pods. Boil in a little water for a while. Strain it and add a reasonable amount of honey. If you also take care of the sinus points, (see food chart in appendix ) immediate relief will be there.

[H2]COUGHS AND MUCUS
Take one pound of ginger root and one pound of honey. Blend it. When it is totally blended together as one, start mixing in one pound of onion juice. Then put the whole thing out in the sun each day, for seven days, take one big bulb of garlic and crush it well. Put the garlic on a piece of cheesecloth and pour the whole concoction over it. The juice goes out in the sun again. Save the solid stuff and put it out in the sun too. Each day, add more garlic. After the seventh day of adding garlic, leave the whole thing out in the sun for another week, or at least a total of fifteen days. After fifteen days, bring the whole stuff inside and blend it. Now for children, use only the juice, but adults can take everything including what is in the cheesecloth. Give a little teaspoon to the child on a piece of toast. They love this honey business of it. They don't know actually what they are getting, but it will save the child from a lot of cough and mucous.

[H2]CONSTIPATION
Some fruits and certain vegetables may have a direct impact on a child and constipate him. For example, there's a food which makes a child very bright and energetic—turnips, but you can't give turnips direct to a child and you can't give turnip juice to a child because it is a heavy food for him. But you can definitely
steam the turnip very well, mash it and mix it with a little honey to make it sweet. He will eat it as candy. This way you are giving a turnip but you are steaming it to make it digestible. Similarly, mangoes given direct can cause a rash because it is a sweet and hot food; so blend it with milk.

(See also the bread recipe on page XX.)

[H2] MASTURBATION

When you educate your children, you should tell them that if they masturbate, then temporary impotency will come at the age of thirty six or forty. Explain the pros and cons very frankly. Tell him that if he will excite his sexual glands and system earlier, he will become weaker later. A mother should be very straight and truthful. They call it “tonic talk.” Don't tell him that he was brought by a stork at night. Just tell him, “I'll tell you privately,” and take him to a room and tell him, “This was the organ and this is what you are going to do with your wife in the future. This is what your papa did with me and the soul was granted.” Tell him the whole scriptures and then the child will look to you as an information center, as a think-tank. Children don't respect their parents when emotional direction comes, but no think-tank situation comes. Be a think-tank for them. They can rely on your information. Be direct, precise and persuasive.

[H2] METAL IMBALANCE

One way to balance the metals (minerals) in children is to give them coconut oil ice cream. Take coconut oil and coconut meat. Mix it with peanut oil. Put the mixture in warm milk which has been boiled long enough so that a thick layer of skim forms on top. Mix bananas (and strings) with it and blend it. Put in cardamom seeds and powdered cloves. Put it in an ice cream maker with ice and rock salt. Figure out the proportions when you are making it. It is not only good for balancing the metals; it is good for a lot of things.

[H2] NON-TALKERS

If you think a child should be talking but has not started yet, give him almonds and walnuts, by making a nut butter out of it. Do not give a child whole nuts to chew.

[H2] SHORT CHILDREN

We found several references to whey on this subject: If you want your child very tall and long, make a homemade yogurt and churn it slowly with a churner and take the butter out. Whatever is left is buttermilk. Pass it through a cheesecloth. To what comes out of the cheesecloth, add honey and give it to your child. Measure in inches how much he grows. (What is left in the cheesecloth is
called chiddi. It can be used for a facial.
It is written that if you want your children to be tall and have good bones, “feed them bananas and the water from the split milk (whey), with honey; you'll find him growing like a bamboo shoot.”
If you want your children tall and handsome then take five to ten drops of almond oil and sesame oil, fresh fruit juice, a banana, tupelo honey, whey and blend it into a drink.

[H2]SICKNESS
Peanut oil is very healthy for a sick child, but you cannot give it direct as it is very difficult to digest. Make a dough with that oil and bake a bread. Then toast the bread, mix it with fruit, blend it, and give it to the sick child. It is reported that this recipe can do wonders in a couple of days.

[H2]TEETHING
There comes an age in a child from five months onward when he is teething and he doesn't like anything. At that time, proper nourishment and proper food, supplemented with added vitamins and minerals is very essential. Children who are to cut gums are in a lot of irritation and pain. For those children, it is suggested a tablespoon of rice bran syrup (see appendix). Almost every child should have rice bran syrup; ½ an ounce is the recommended dose for a day. You may give it to the children mixed with something, don't give it direct because it is very sweet. Rice bran syrup may sometimes cause a rash for about ½ an hour because it is rich in niacin (vitamin B3). It has everything a child requires. Also, at the time of teething, give the child vitamin E. Vitamin E should be given by cutting the capsule, draining out the oil and then giving the oil to the child.
Here is one recipe using rice bran syrup: take four ounces of warm milk, add one tablespoon of rice bran syrup, one tablespoon of sesame oil and almond oil, mix it together and let the child have that as a drink. It will help him teethe fast and he will have less sickness.

[H2]URINARY TRACT WEAKNESS
Take unpolished rice and boil it. Then take the cooked rice and mix it with vegetable broth. The broth must not have any kind of oil, spices or salt in it. Blend it to make a thick soup. In that thick soup mix a tablespoon of rice bran syrup (see appendix) and a tablespoon of tupelo honey and then it is ready. You can give this to an adult as well as a child. There is one quality in rice which exists in nature, it makes a child urinate.
FOODS FOR CHILDREN

THE FOUNDATION

As the foundation is to a building, so is the child's diet to the man of tomorrow. When we build a house, we check every little detail and we want to be totally satisfied because we know that on that foundation, the house is going to sit. We must pay as much attention to what we feed our children.

OVERFEEDING

Overfeeding done to children not only makes them malfunction, but also their brains cannot act right. Eating is a good thing, provided it provides nourishment to the body. But when you eat so much that the body has to use energy to get rid of what you have eaten, then it becomes taxing.

Some people feel that if a child is very fat and very heavy then he is healthy. When the child is very fat and has overeaten, the digestion of all those heavy things can actually upset him totally from his foundation. They will get very itchy, their eyes get very sore and red and they have a lot of diarrhea. Too much food at one time can cause the stomach area to get distended.

Children should be fed regularly. They should be fed properly and they should be given only food which is nutritious. Bulk food or food which is not nutritious is overtaxing to children; health wise it is not good. When you overfeed a child, that food has to be digested. You are only responsible for the feeding of the food to the child; you are not responsible for digesting the food. You want your baby to be fat, to be healthy, to look healthy, and to look big. Have you asked that child what he wants? When our metabolism starts to produce excessive fat as a young child, at a later age, when we cross thirty six, we go fat.

If we really want to fatten a child, we substitute milk with foods like beet milk and almond milk.

Take the time to feed a child and supervise his feeding.

A child should not be overfed. We have seen children with big bellies and that is because you feed them too much at one time. It is absolutely alright to let a child eat every two hours, if he has that kind of stomach. You have to fix feeding times for a child every two, three or four hours as the case may be. Whatever the case may be, you must never underfeed nor overfeed a child. Remember that as a principle.

Sometimes mothers have to go somewhere or sometimes a mother doesn't want to feed the child every few hours, so there is more than a four hour gap between meals. For little children, four hour gaps are too much; they require feeding every two to three hours. A four hour gap is for a child that is a little
grown up and can understand, but it depends still on the individual child. There are certain children who overproduce digestive juices and it is not possible for us to keep them on four hour gaps; it makes them very unhappy.

[H2] STIMULATING FOODS
Children should not be given stimulating foods. They should be twelve to fifteen years old before any of the recipes in the potency section are given to them. Stimulating foods can give them good nervous strength but they may also make them more horny, and the poor guys may go berserk. We don't believe that children should be stimulated too much.

[H2] FEEDING AND EMOTIONS
Don't deal with these little saints with emotions. Just treat them with kindness and respect. Give them what is their due. You do not understand sometimes, and it is a fact that children do weird things. They cry, they fight, and they go on those moods and tantrums. That's all because of food; they have to let their energy go somewhere. What should they do? You can get on the telephone and talk half an hour. Whenever you overeat, telephone is the answer; five dollars on food and nineteen dollars on a telephone call. You know if all people were to eat right, the telephone company's revenue would drop fifty percent. We have to talk to somebody, why? We can't talk to ourselves, so we have to find somebody to lay that negativity on. That's what children do.

[H2] MOLARS
The stomach has no teeth. Therefore food should be chewed well. Don't feed children without molars foods that have to be cut and chewed. Give them steamed and mashed food.

[H2] BOTTLE FEEDING
Never use a bottle and rubber nipple with a child. Use a training cup. These cups also help children who are to cut teeth. Bottles with rubber nipples spoil the stomach by creating gas in the stomach. It is unhygienic and it is very difficult to clean which sometimes creates unnecessary problems. In India, they found death among children very high because of that. So they use a silver cup. Silver does not allow any kind of germ, bacteria or virus to develop in it. If you are in business to have children, you can spend a little bit of money and get a pure silver nursing or training cup like one of those “Tommy Tipee” cups.
HEALTH FOODS

Healthy food is a must for a child. If he has the proper amount of calcium, he will grow and cut his teeth faster. No child can eat just anything even up to twelve years of age. Remember that every food for a child should be prepared with proper care, with nutritious values and with understanding. A child requires more nutritious food than an adult. A child cannot be put on extended fasts. A child cannot be put on milk only. A child cannot be put on a fruit diet. Adult food has got nothing, repeat nothing, to do with a child.

FOOD GROUPS

BREAD

There is a special bread for children. It is a toast, like zwieback. To make this special bread, take wheat husks (bran) and whole wheat flour and all kinds of fruits, and make a dough and bake it. Bran is good for children and women. We call it “broom cleaning.” The wheat husks are priceless. After you bake it, make it into a hard toast. For a little child, you break the hard toast, put it in a blender and mix it with cottage cheese and honey. It can be fed to a child from five to six months, onward.

CANDY

Don't give too much salt or too much direct sugar to a child. If you give a lot of candy, a lot of sugar and a lot of sweet things to the child, you will make him a hypoglycemic adult, because the pancreas will develop a habit to fight the high sugar in the blood. This way he will develop hypoglycemia and later on will become diabetic. Instead, make this health “candy”: take vegetables, add turmeric, boil them and make a soup out of those vegetables.

CHEESE

A child's stomach has a very profound, simple, slow way of digesting food. We have seen a mother giving a slice of cheese to a one year old. “He likes it,” she said, and we saw the child liking it, but he requires twenty four hours to digest one ounce. Cheese is not meant for their stomachs. You can only exploit up to cottage cheese, nothing beyond.

FRUITS

All fruits are natural food for children, but they must be put in a blender. You can even give your children dates and raisins. Here is a recipe for a most beautiful drink. Take a very ripe fresh fig and mix it with a couple of dates and raisins, put in a little cottage cheese, and blend it with whey. You can make a very sweet and pretty drink out of it.
There are certain fruits which are very good for children, like papaya, peaches, pears and bananas.

[H3]GRAINS
Can any grain, like crackers, be given to a child before their molars are in? If you want to give wheat to a child, blend soaked wheat berries, remove the liquid, sweeten it with a very small amount of honey and give it to the child. Excessive carbohydrates interfere with the magnesium and phosphorus balance and can cause eye, skin and mental problems.

[H3]HONEY
The limit of honey for a child over the age of two is one to two tablespoons per day. (Infants and toddlers should not consume honey.) You must use common sense; when we say a child's food should be just sweet, we mean fruit sweet. Too much honey nauseates them. They like the kind of sweetness that comes when you chew on a piece of whole wheat bread.

[H3]JUICES
Very young children should only drink diluted juices, half juice and half water; otherwise the stomach has to create a lot of its own juices for digestion. When they are two to three years old, they can begin drinking undiluted juices. Quite an adult stomach is required to digest juices. The best thing is to add to fresh fruit to whey and blend it. Whey is good for the growth of long bones.

[H3]NUTS
The kernel of the walnut looks like a brain, and an almond looks like an eye. These are very healthy nuts for those organs, but children who cannot chew well cannot digest them as they are, so blend them to make a butter out of them or blend them with whey or water to make a nut drink.

[H3]STEAMED VEGETABLES
A child can be given steamed vegetables when he is three to four years of age, when he knows how to chew them well. But they can be given in a blended form at a much earlier time.
We prefer children to have all kinds of steamed vegetables, very properly steamed and blended, not half raw. You must understand that you use lots of saliva when you chew food. When you put a well done, mushy food into the child's mouth, he uses a lot of tongue and a lot of saliva to get it down, which is the condition we want to create.
[H2] INDIVIDUAL FOODS

[H3] GENERAL COMMENTS

Almond oil, all kinds of green vegetables properly steamed, all fresh fruit properly mashed with milk and honey, and all kinds of nuts, totally ground in a blender to the extent that the child can totally eat it and digest it in three hours is good food. Cottage cheese, cheese from split milk (panir), and the water of the split milk (whey), are very good for children.

[H3] APPLE JUICE

Where can you find calcium, protein and iron in natural proportions for a child? Take an apple, blend it in a blender, get the juice nectar out of it, and mix it with fifty percent milk. You must not at any time try to give a child more than six ounces. You can give it twice a day or three times a day, but not more than six ounces total.

Fresh apple juice, not bottled, mixed with milk is a good tonic for children.

[H3] BANANAS

Bananas are excellent food for children. However, there is a problem. If it is over ripe, it has a lot of glucose and less calcium. A banana should not be over ripe nor under ripe.

[H3] CELERY

Normally children should basically maintain a non-stimulating diet and the best diet we have found that works in children's cases is celery, yogurt, and honey. It works really good. It's a kind of lassi. Instead of using water, you use the celery. The beauty of the celery which most people don't understand is that it has strings in it that cleanse the colon. It's a natural cleanser for the colon. And that stringy part you don't like sometimes. That's the real part which only this particular vegetable has and nothing else has it.

[H3] GHEE

Children can have ghee, but not directly. Ghee won't let your child become hungry right away; it is a very pure food; it doesn't have cholesterol in it at all. A tablespoon of ghee in well done mung beans and rice is very healthy food. (see appendix for instructions on how to make ghee).

[H3] KELP

You should not hesitate to give children kelp. Kelp is dried seaweed. You can give a child the kelp in granular form by mixing it with some other food.
[H3]MILK
For a young child, four or five ounces of ordinary raw milk with fifteen percent water is a perfect food.

[H3]PAPAYA
Papayas are soft and nonfibrous food excellent for babies.

[H3]PEACHES
Peaches are excellent food for babies. Take a good ripe peach, clean the skin off and ask the child to mess with it. Make an area for the child to eat in and leave him alone.

[H2]FOODS TO AVOID
AVOID – whole roasted nuts and popcorn until molars are in children, to prevent appendicitis.
AVOID – soy milk. Soy milk is a heavy protein food; it is considered to be a very heavy food for children. So when you use soy milk, use it under the direction of a doctor.
AVOID – spices until twelve years of age; they are irritating and put a pressure on the liver and kidneys.
AVOID—honey under two years of age.
[H2]THIRTY DAY DIET

If you are eager to begin immediately to bring about a distinct improvement in your general health, try a special diet of eating only fruits, nuts and vegetables (cooked or raw) for thirty days. This diet is used in India when the person looks old; the body is wearing out and becomes impotent. It is said to cleanse the system and revitalize the body. The first few days you may feel weak, but then gradually your strength will increase and you will start to feel light and happy. The best season for this diet is the summer, spring and fall, when the weather is warm and these foods are available fresh. It is a build up diet to make the transition into an ideal diet.

[H2]BANANA FAST

Nine bananas a day for fifteen days is the most excellent cleansing and potent fast ever known to mankind. Actually the scriptures say it must be done once a year in the spring, when new blood comes in. Why don't people do it? Because it is a little heavy. The details for the Banana Fast can be found in the detoxification section.

[H2]BROCCOLI FAST

For thirty days eat only one green vegetable; broccoli is recommended. This is a good diet for cleansing and helpful in meditation. Break this diet with one day of lemon juice, water and honey.

There is another broccoli diet for detoxification: in the evening take broccoli, lettuce and brussel sprouts with a few cloves of garlic. This is to get poisons out of the system.

[H2]LETTUCE FAST

One week long lettuce fast for detoxification: Break leaves by hand, washing them first in lukewarm water. Don't cut the leaves. Take broth powder (buy in health food store, made from dehydrated vegetables) and olive oil (or almond oil). Make a dressing and breaking the lettuce with the hands, rub it in the dressing. Chew thoroughly and slowly. Your saliva is alkaline and it should have plenty of time to work on the lettuce leaves for proper digestion. (Oils are hard to digest when they are fried at high temperatures; uncooked oils are no problem.)
Breakfast: Freshly squeezed orange juice with the pulp left in. Alfalfa sprouts.
Lunch: Lettuce.
Dinner: Birch leaf tea. Boil for ten to fifteen minutes. Put honey in it. It eliminates uric acid from the system. It is very laxative. If you get too hungry, eat a piece of fresh fruit in the evening.

After the first week, if you wish to continue but feel too weak, scrape almonds into a paste and mix with honey and eat one teaspoon of it.

[H2] MUNG BEANS AND RICE
This is a good cleansing diet. It is good for the kidneys and helps in higher meditation. Mung beans are an easily assimilated protein. This diet will work on the colon and the digestive organs. It is beneficial in cases of constipation. For thirty days eat only mung beans and rice at mealtime with lots of green vegetables cooked in the same dish. Fruits may be eaten between meals whenever desired and Yogi Tea may be taken. This is a good winter diet and is recommended for people over forty.

VARIATION: Mung beans and rice is a standard fast. It's a very cleansing fast. It's a simple poor man's fast—mung beans and rice with yogurt—you can live on it. You can live years and years and years of a healthy life and you'll never be sorry for it. I remember I have seen a very saintly person—in summer he had mung beans and rice, he would make it at night and early next morning eat it with yogurt. Then the whole day he wouldn't eat anything else. But when it was very, very cold during the winter, he would grind green chilies and make mung beans and rice very hot and take it with yogurt, the same way as he took it otherwise.

God, you can't believe it. In that whole house where that man was sitting, you'd find he was a radiant light. And nothing else. Just from food. That was his specialty. And the second thing I found, early in the morning, there would be a line half a mile long. He would cook that much and he had the capacity. People would bring milk to him and mung beans and rice, those wishes had been fulfilled. He would cook the whole thing and early in the morning, people came. They would say, “Sir, I have this sickness, or I have this sickness,” or whatever. It didn't matter which sickness they had. He would give everybody mung beans and rice and yogurt. Everybody. It was the will of God that it was mung beans and rice and yogurt. But people got cured all the way. And that is why they call it the food of the angels. It's very simple, it's very honest and it's very digestive. It has the protein, it has the carbohydrates, and it has all the combinations you need. But our recommendation is, if you make mung beans and rice, put a lot of vegetables in it when you make it. You can also add some spices. Make it a little
tasty, because Americans are rich. So you should make that food rich, too. (see appendix for recipe).

[H2] RAW VEGETABLE JUICE

Raw vegetable juices, when extracted from organically grown fresh vegetables and fruits give the body the easiest way to ingest a high percentage of the vitamins and minerals contained in these foods. Diets of fresh vegetable juices build and regenerate the body. Vegetable juices are easily assimilated within ten to fifteen minutes. The juices must not be drunk, but “eaten” thoroughly, “chewed” and mixed with saliva. Raw juice fasts are good for losing weight, detoxification, and cleansing the organs, cells and tissues of the body.

[H1] SINGLE FOODS

[H2] APPLES

Apples are cleansing any way you eat them.

[H2] GARLIC

To come out of all sickness, eat three cloves of garlic, morning, noon and night. Drink lots of water with the garlic. In this diet, it is alright to take the garlic on rice cakes with some oil, but if you are going to toast the cake, do so before adding the garlic, so that the garlic spread is raw and is eaten as soon as possible after it is peeled. Best is to eat the garlic whole, but be careful, it stings!

[H2] GRAPES

Grapes are a good blood purifier and blood builder. They are high in vitamin C, magnesium and potassium. They are easily assimilated, laxative in effect and a good source of energy. A diet of only grapes has been used to detoxify the body, transform the bloodstream and overcome chronic diseases. Green grapes are good for a clear complexion.

[H2] MILK

Going on a milk fast is quite difficult, but it is reported that it can even cure cancer. The scriptures tell us that blood poisoning, lymph gland problems, or any impurity can be cured in five to six days by taking only milk which has black pepper corns in it. Just swallow them whole with the milk and leave the rest to God.

[H2] PARSLEY

Parsley is better than an after dinner mint to take away odors. Chew well, then
swallow; use especially after garlic or onions. Parsley is rich in minerals, especially iron, calcium, potassium and sulfur. It is a good blood building food and used as a kidney cleanser and for controlling calcium in the body. Parsley juice is good for eliminating poisonous foods from the body.

[H2] WATER
To keep your system clean, you should normally be in the habit of drinking a lot of water. Some of you don't drink water at all, or just once in a while. Then you think that water is substituted with wine or Coca-Cola, this and that, or whatever you do. This is how eating should be: the stomach is divided into four areas; one for air, one for water, one for food, and one empty to let it work.

[H2] YOGURT
Homemade yogurt is a natural cleanser of the stomach and intestines. It neutralizes acidic conditions and enriches the essential intestinal flora (especially helpful when taking antibiotics). Externally it makes the best shampoo, body cleanser (a wonderful massage/bath, and douche (at the end of the menstrual period).

[H1] DETOXIFICATION

[H2] SCATTEREDNESS
For scatteredness due to drug abuse and to detoxify the body, this Pranayam was recommended: inhale with a whistle through the mouth and exhale with a whistle through the mouth for fifteen minutes. If seated on a chair, keep feet flat on the floor. Immediately after this Pranayam drink mint tea with garlic juice in it.

[H2] MOUTH DETOXIFICATION
To detoxify the mouth, brush gums and tongue with alum and salt.

[H2] TWO MANDATORY FASTS
People who have ever used drugs, and want to detoxify their bodies, need to do at least two fasts to remove all the drug deposits from their bodies: 1. the Banana Fast, and 2. the Beet Fast.

[H3] BANANA FAST
This diet removes drug deposits from the medulla. It must be started on the day of the New Moon and continued for fourteen days until the Full Moon. It is intended to build up worn tissues and adjust the iron, sodium and potassium
factors in the body. This diet takes away the sodium and replaces calcium.

Breakfast: One cup freshly squeezed orange juice with the pulp left in, and sweetened with honey. After one hour, eat three (yes three) bananas. Chew thoroughly, this is very important, and be sure to eat the strings of white which cling to the banana. Immediately after the bananas, eat the contents of one whole cardamom pod. The cardamom turns the bananas into liquid and changes the effect of the bananas on the digestive system.

Lunch: Three bananas followed by one whole cardamom pod.

Dinner: Three bananas followed by one whole cardamom pod.

This diet has its side effects, so be prepared: You may feel weak from the lack of customary nervous stimulus. In that case take more orange juice and honey during the day. If constipation is the problem, increase the cardamom pods to a maximum of three at a time. Also drink large amounts of hot water periodically. Yogi Tea may be taken along with this diet. You may find yourself feeling excessively emotional and short tempered. If you have a severe reaction to the diet, then discontinue it (break the fast according to the following instructions, however, and try it again when your system has undergone more preliminary purification). The Banana Fast is not recommended for people who have had no previous cleansing or purification diets.

After the fourteen days of bananas, on the fifteenth day of the moon, you should only take lemon juice in warm water and honey. Then for the next twenty eight days, you should go on the mung beans and rice diet. This diet is for the kidneys and higher meditation. The proportions of mung beans to rice is slightly different when you are taking it as part of the banana fast, and therefore you should follow the recipe as given here: cook one part mung beans to two parts rice and about ten parts water. (It is essential to use adequate amounts of water so that the final product is “soupy” and not solid). Green vegetables should be cooked right in with the mung beans and rice (green pepper, broccoli, string beans, zucchini, etc.). Turmeric and fresh mint leaves must be cooked in with the mung beans and rice (dried mint may be used if necessary). Any fresh fruit may be taken to supplement the diet, and of course Yogi Tea. No dairy products for these twenty eight days. (Note for Women: With this fast the menstrual period may come two weeks early, but with minimum food intake the discomfort is slight).

[H3]BEET FAST FOR DETOXIFICATION

Any of the beet fasts mentioned in this book may be followed to remove drug deposits from the body, however one word of caution about beet juice for very toxic people: It is very surprising; however strong and powerful and stout a man
may be, you give him five to six ounces of fresh beet juice and you will see a
tremendous reaction. He will vomit, he will go totally pale, go berserk and he
may even fall flat as though a heart attack had happened. After all that you will
say, “But this is only beet juice, it is not something very strong.” In reality it is
very, very strong. It can upset the whole system.

[H2]THREE DAY DETOX

The Yogis prescribed a three day diet specifically for detoxing from drugs.
We've found that the diet has worked very well and eases a person into a
vegetarian routine. This diet should be done in conjunction with yoga classes,
hot baths, massage and a good sense of humor! The idea is to support the
individual on all levels while they are going through an intense cleansing.

The diet is composed predominantly of vegetables and fruits because this is
the most cleansing and most easily digestible for someone lacking energy. Six
glasses of juice are to be taken every day, eight ounces each of fresh raw juices,
not pasteurized, as follows: four glasses consisting of 1/3 grapefruit, 1/3 apple
and 1/3 carrot; one glass of orange juice; one glass of celery juice. Also take two
capsules of cayenne with each meal for constipation. Sometimes the cayenne
may be put on watermelon, and it will taste like strawberries.

Follow this menu for three days:
Breakfast: one glass juice (1/3-1/3-1/3); serve juice first. Steamed vegetables
with lots of garlic, onions, ginger and turmeric. Salad with lots of greens; it's
good to have garlic, onions and ginger with salad; oil and lemon dressing (1/3
lemon juice, 2/3 oil, ok to add tomatoes, veggies, tamari, kelp). No salt
anywhere in diet, just tamari, kelp or gomasio (sesame salt).
Between Breakfast and Lunch: serve another 1/3-1/3-1/3 juice.
Lunch: start with eight ounces of celery juice. Then have sandwiches of whole
wheat bread, raw onions, tomatoes and melted cheese.
Between Lunch and Dinner: have the next glass of 1/3-1/3-1/3 juice.
Dinner: Glass of orange juice. Steamed beets.
Before Bed: Last glass of 1/3-1/3-1/3 juice.

[H1] FASTING

[H2]SPRING CLEANING

The best time for good food and fasting is springtime. Every country has its
own springtime. Spring goes by longitude and latitude. Springtime is when new
blood starts coming in. It's a good time. Any dietary precaution you have to take,
you should take in spring time.

It is written that you cannot be a man of experience unless you cleanse
yourself in the spring.

[H2]PREPARATION

Don't go on a crazy fast without preparing for it, and without having the capacity to go through it. Those people who go on any kind of fast actually mess up their metabolism and their body and their energy rather than doing any good to them.

[H2]MONO-DIETS

A mono-diet in the case of a woman should be for five to ten days. Mono-diets should be advised by a specialist if you want to do it for more than ten days. Occasionally, to counteract certain actions, a mono-diet for thirty days has been prescribed.

[H2]FRUIT FAST

When the spring comes, go on a total fruit diet. Do it anytime in April or May. From the fifteenth of April to the fifteenth of May is the period when you can decide, “I am just going to eat fruits and nothing else.” No juices though; fruit is fruit.

Do not mix fruits in this fast. Fruits have very definite actions. They cannot be mixed. You can take one kind of fruit in the morning, take another kind in the afternoon, take another later, but you cannot mix fruits in the same meal. Remember please, one kind of fruit at a time; otherwise you'll mess up your whole system.

[H2]JUICE FASTS

Should we ever go on a juice fast? Yes, but only if you can take the risk. Juice is a good fast but it does not take care of the intestinal tract. Normally it is not recommended. You have to clear your bowels and there is nothing in juices to form a stool. That can sometimes produce certain situations from which you cannot recuperate.

Juice fasting is to be done with extreme caution and wisdom. Juice fasting increases the cleaning capacity of the lungs, liver, kidneys, bowels and skin. It expels toxins, rejuvenates the mental, glandular, hormonal and nervous systems. It can also expel decayed cells and stimulate the growth of new ones. Alkaline juices are the best.

The juices that are typically recommended to people are carrot, beet, and celery; quite often celery. For things like ulcers cabbage juice was recommended. Cucumber is also a popular one. These fasts should be done only by someone who is able, whose body is intrinsically strong enough already to
withstand the fact that these toxins are going to be eliminated. The body should be prepared for fasting. It should be done in a program of building up and letting down following the fast, whether it is a juice or food fast.

[H1] ALCOHOLISM

[H2] THE PROBLEM

The problem in the alcoholic is the breakdown in the kidney, adrenal and liver systems. Alcohol also interferes with the regulation of blood sugar which is controlled in the area behind the pineal gland slightly anterior of the hypothalamus.

[H2] STAGES OF ALCOHOLISM

What can be done with the alcoholic depends on what stage of alcoholism he is in. There is the light and beginning stage in which case the juices, the cleansing and a few exercises like Sat Kriya (see appendix) would be sufficient.

In the second and third stages, which are much more degenerate, the rebuilding takes a longer period of time and generally the person cannot do the exercises that a person in the first stage of intoxication could.

Although alcoholism is a physically based disease, the mental and psychological problems that drive a person to use that particular channel are more complicated and involved than any other kind of drug problem; therefore, family counseling is especially important for alcoholics.

[H2] MEDITATION

An example of a meditation useful in these cases is the “Medical Meditation for Habituation” (see appendix).

[H2] MASSAGE

All the massage points that relate to the kidneys, adrenals and liver (see foot chart in appendix), and those exercises which apply to those for standard cleansing are of course very important.

[H2] SPECIAL “DIET”

An ancient dietary cure for alcoholism is this; for three days eat only beets and Brewer's yeast; even if the person “isn't hungry,” make him eat.

[H2] SPECIAL DRINK

It is also written: For drunks or people who are spaced out, to make them see within, cool off and become pliable, give them mint tea with garlic juice
immediately after ten minutes of Sitali Pranayam (breathing through beaked lips and curled tongue on the inhale, and exhaling through the nose at the rate of twenty breaths per minute).

[H2] JUICES
Juices indicated are: lots of grapefruit juice and every two hours drink carrot and celery juice mixed in a ratio of 1:3 and 3:1 alternately.

[H2] VITAMINS
Large doses of the B vitamins; even B vitamin shots, in particular pantothenic acid. Vitamin C is also very useful for alcoholics.

[H2] KUTTI LASSI
In India, when someone gets drunk and overdrinking causes pain and trouble, and they freak out on booze, they are fed very sour yogurt called Kutti Lassi. By the next morning everything is alright.

[H1] DRUG ABUSE

[H2] FREAK-OUTS
Yogic therapy prescribes that if a person is freaking out on drugs, it is a beautiful treatment to have another person massage his feet with a mixture of garlic juice and almond oil.

[H2] SPACE-OUTS
For drunks or people who are spaced out, to make them see within, cool off and become pliable, give them mint tea with garlic juice immediately after ten minutes of Sitali Pranayam (breathing through beaked lips and curled tongue on the inhale and exhaling through the nose, at a rate of twenty breaths per minute).

[H2] CONVULSIONS
To combat drug convulsions drink one cup of onion juice. Repeat every hour as necessary.

[H2] RESTORING NERVE CENTERS
To restore nerve centers damaged by drugs, drink Golden Milk (see recipe on page xx) every day for forty days.
In addition to the diets recommended, practice the following exercise: Pump the stomach in “cow position” with the head up and the knees twelve inches apart.

[H2] ENERGIZER
Pineapple juice gives energy and is good for persons on downers and drug addictions.

[H1]SMOKING

There are two things that we know of that help quit smoking:
Eat a pack of raisins a day.
Do Vatskar Kriya (drinking air) as follows: curl the tongue and drink air through the curled tongue like sipping through a straw; exhale through the nose. Continue until you feel a bitter taste on your tongue.
[H2] AVOID COLDS
To avoid colds, go on warm water only, one day a week. Monday or Thursday is good. Water helps keep the bowels moving.

[H2] CHEST COLD
Apply eucalyptus oil externally on the throat and chest.

[H2] VIRUSES
Take basmati rice and the following nuts and seeds in this ratio: 3:1:1:1; blanched almonds, watermelon seeds, zucchini seeds, pumpkin seeds. Soak the almonds the night before, and in the morning peel them and cut them in small pieces. For one pound of rice, add one ounce of saffron. Soak the saffron in milk at night and add that milk and the saffron in the morning when the rice is half cooked. Serve it to the family once a month as a treat. It will keep you away from a lot of virus diseases.

[H2] FOODS FOR COLDS
The following foods can help you with a cold: quinine, Yogi Tea, and watermelon juice.
Quinine comes from the tree called the cinchona. It is a natural product. We take five grains in a capsule if a cold or fever or flu is coming on. It energizes the energy centers and there is no repercussion or chemical residue in the bloodstream to have an adverse effect. Be sure to drink lots of milk, at least eight ounces, after taking quinine.
Yogi Tea is a delicious tea that acts as a mild stimulant and eliminates air pockets from the spine. A three day Yogi Tea diet is good for flu or any kind of respiratory sinus cold. During an epidemic of influenza in India in recent years, an army officer who was a Yogi, instructed his men to carry Yogi Tea in their thermos bottles and not to drink anything else, not even water. All of the men remained healthy, none caught the flu and all were able to carry on their normal duties. Drinking large quantities of Yogi Tea and not eating for three days has been experimented within the U.S. just recently, and it was found to bring rapid recovery from a severe attack of the flu. (See the appendix for the recipe).
If you are getting a cold, take watermelon juice and drink it. It is very cleansing and regulates the liver. It makes the kidneys secrete, stops mucus formation and cools down the membranes. Drink some of this juice instead of a meal.
[H2] VITAMIN C

We use vitamin C regularly for people who have infectious diseases and for people who are under stress. Stress can be in many forms. It can be the stress of physical labor: working very hard, lifting heavy things; it can be nutritional stress, that is, an improper diet. Stress can also be pollutants around us such as smog or pollution from factories. Vitamin C basically helps to build our resistance and to maintain it. It offers specific anti-inflammatory and anti-infectious properties.

There are many, many oral forms of vitamin C. There's one particular powder which we found to be very, very good and that is the ascorbate ion form combined with minerals such as potassium and calcium. Because of the way these ions are combined, the ascorbic acid gets right into the cells and does the job, and so it is more effective than the tablet form.

The dosage of vitamin C depends on who you are, and what your philosophy is. For people in polluted, smoggy areas, we found two to three grams daily to be very beneficial. We found that three grams daily is very beneficial in minimizing the effects of the smog. People who take excessive amounts of ascorbic acid may have side effects like diarrhea or nausea from the acid parts of the ascorbic acid (usually that doesn't happen until dosages reach ten to fifteen grams daily). This problem is avoided when the ascorbate form is taken rather than the acid form of vitamin C.

When you take a lot of vitamin C for a cold or infection, say you are taking ten grams a day, and then you wake up one morning and you are well, don't drop your vitamin C count to zero, because you can get rebound scurvy. That is scurvy is a vitamin C deficiency disease and when your body is used to ten grams a day and you suddenly withhold the C, you have a relative deficiency. When you are taking those very high dosages, always taper off slowly over a few days or weeks depending on how long you've been using it.

[H1] DREAMS

[H2] TROUBLE WITH DREAMS

After taking a cold shower sit down on a very soft mat and make a U of the right hand; plug the right nostril with the right thumb and start breathing Breath of Fire through the left nostril. Then do long deep breathing through the left nostril. Get tired and relax yourself in Gyan Mudra. It will take you into deep meditation and during this period you will be conditioned to get out mental desire and dream trouble.

Try to extend this time as long as possible, and when you want to get out of
this Pranayam, start the Breath of Fire as fast as possible and keep up for five minutes. Then lie down for a fifteen minute deep rest period. If this exercise is done in one moon period (17 days) this will improve the body.

[H2] DRINK BEFORE SLEEP
Do not go to bed thirsty. When there is no water, the thickness of the blood causes irritation and bad dreams. Never let the body run short of water.

[H1] ELIMINATION

Food is to nourish the body, and it is the most divine moment of life. You eat that much food that God allows you to eat. You may be prepared and ready to eat a meal, but something may happen and you may be diverted.

That is why when the food comes before you, you do the prayer of thanksgiving. And you might add “Almighty God, you have been very kind to give me this nourishing for the day, now do one more favor, and digest it. And then, for God's sake, in Thy Name I pray, eliminate it.” If you spend $15.00 on that food which you eat and it doesn't come out of you, it can become poison! Whosoever does not eliminate food properly, and does not eliminate on a regular basis, or if what you eliminate sinks in the toilet, you are sick. Because whatever comes out of your body should be lighter than water. If your apana energy is alright, the food which is eliminated through your body should be lighter than water. It must swim. It must not sink. If it sinks, your apanas are not functioning right, and as a result you are insane, you are irritated, you cannot think right. Three things will happen to you:

First, a person who does not pass his stools right, cannot meditate. Period. Neither can he pray, because the central vagus nerve is connected in the head. So, until the lower area is clean, there is tremendous pressure on the central vagus nerve, and you can't do anything in a systematic and calm manner. So, my dear friend, there's no use of a selective, beautiful, costly food. What is required is that you must eat only what you can digest. And what you eat must come out within twenty four hours of your eating. If you want to check for yourself, take one meal with red beets in it, and then don't eat any beets afterward. Check when you go to the bathroom to see when the beets show up. It will exactly give you the time and space. And if within twenty four hours the beets don't show up, your digestive system is in trouble, and that means you cannot concentrate.

If you just keep your food light you will have three things to your advantage: you will normally not become sick, you will live very long, and you will live very healthy. Heavy food which does not come out of the body in twelve hours
takes most of the body's energy to digest and get out. When the apana, the eliminating force, is working hard to work food out of the system, the prana does not match up. Prana means the life force. Apana means the eliminating force. When the eliminating force is overworking, the elementary force, the prana force, does not match up. Therefore, the breath becomes shorter and shorter, and the person becomes sicker and sicker. Work doesn't kill you, food does. Food is your first and your last enemy. If you take in more than you can take, then it takes all the energy and all the juices just to eliminate it. And in the realm of consciousness, you should be conscious to only eat as much as you can totally digest.

It is the simplest thing to eliminate all the poisons of the body, feel energetic, do your work and live graciously.

[H1] ENERGY

[H2] WOODEN COMBS

The wooden comb is for whenever you feel low in energy. Just comb your hair back and forth with a wooden comb, right there on the spot. It is just like a shot in the arm. Try it sometime. It works much faster than you can imagine. The wooden comb is a very virtuous thing.

[H2] DRINK

Here is a very qualified drink. It takes away the fatigue. You know how you feel tired, fatigued? Sometimes because of meditation and then late nights? Take eight ounces of cucumber juice, two tablespoons of liquid chlorophyll (water soluble chlorophyll), two tablespoons of protein powder, and two tablespoons of lecithin. Blend it all together. You can use lecithin granules or liquid, whatever you like. Lecithin is the nectar of life. It's beautiful. Lecithin in any way or form is wonderful.

[H2] JALAPEÑO PANCAKE DIET

Jalapeño Pancake Diet is guaranteed to even make “skinnies” lose weight. It's unreal for energy. No one has ever complained of being hungry while strictly following this diet. Take equal parts of finely chopped ginger and cauliflower. Use one finely chopped jalapeno per pancake. Ajwan seeds (oregano seeds), crushed red chilies, black pepper, Bragg's Aminos, equal parts bran and whole wheat flour (we found ½ cup each per pancake works well). Mix with enough water to make a thick batter. Cook on a griddle with a bit oil so they won't stick. Cook on low heat for about a half an hour (fifteen minutes per side). Eat two large pancakes per day: one in the a.m. and one in the p.m. with one glass of
skim milk.

[H2]MEDITATIVE BREAD

If you do not know what to eat to give you strength, remember bread and water. Which bread? Take the roots, ginger, garlic, onions, beet roots and all that stuff that grows in the ground and has green on the top. All those edibles can be taken into the dough and totally mixed up with it and baked. Use 1/3 of the flour and 2/3 of the other stuff. This is called Meditative Bread. After this bread is made, you slice it, then leave it outside. In four days it will become like a stone, as hard as stone is. Then you take the toast of the bread and chew it. You need real teeth for that; and then live on that bread and don't drink water with it. This is why some authorities say to drink water later. Normally you either drink water first or drink water later. Whatever your age is, you'll beat it by twenty to thirty years in appearance, as well as in strength. And it is a simple thing to do.

Baking suggestions: Use onions, garlic, ginger, beets, carrots, turnips, radishes, etc. Other kinds of vegetables can be used as well, such as finely chopped greens, minced celery, and zucchini. Stone ground bran may also be added, as much as you like. Spices such as caraway seeds, red chilies, jalapenos, fennel seeds, etc. may be added as desired. Mix all the vegetables together. Add flour gradually, kneading it in so it all holds together. Turn on to board and knead well. Form into oval loaves 1 ½ inches high. Place on oiled cookie sheet. Let sit, covered with damp, clean cloth, in a warm place overnight, or even up to twenty four hours for a good sour dough. Bake at three hundred and fifty degrees for ninety minutes or so, until nicely browned. Let cool. Slice no more than ½ inch thick. Spread slices out on baking sheets and let sit out in the sun during the day for several days, until totally hard. Some people prefer to dry the slices out in a warm oven, but in that manner the bread does not absorb all of the sun's energy. Bring the bread indoors in the evening. This is very tasty bread, and requires a good set of teeth for chewing. It is not a bread for children who still have milk teeth.

[H2]APPLES

An apple a day keeps the doctor away is an international maxim. Apples are body cleansers and blood purifiers. They are high in sodium, potassium, magnesium, and vitamins B and C. An apple in the morning will overcome weakness in the body.

[H2]BANANAS

Bananas are good energy food, high in phosphorus. Eat three bananas followed by the contents of one cardamom pod.
[H2] CARROTS
Carrots have vitamin C and calcium and are highly alkaline. They increase vitality.

[H2] COCONUTS
Coconuts are known to be good for fatigue and general weakness.

[H2] DATES
Dates are a concentrated nourishing food. They are easy to digest and are a source of quick energy. They give heat to the whole body. They are good for undernourished people and hypoactive thyroid. Dates simmered in milk make a rebuilding energy drink.
Date milk is a quick source of energy.

[H2] GARLIC
We found garlic to be wonderful for cleaning out all sorts of poisons that the body has accumulated, such as insecticides and pesticides that we've gotten in our foods. We found that taking garlic every day, whether it is in the powdered form or raw garlic or some of the other forms which are concentrated is very helpful in cleaning these things out. One reason why many people are low in energy is that some of these toxins have accumulated in their body. Just by taking garlic and cleaning those things out, along with whatever else the garlic is doing to the glandular and nervous systems, that person can feel a lot more energy.

[H2] GINGER
Ginger tea is particularly good for menstrual cramps and general fatigue. It gives strength and energy. Boil four or five slices of fresh ginger root in three cups of water. Add honey to taste and drink. Cardamom may be boiled in for extra flavor. It works directly on the fourth vertebra and lower back. It relieves backaches, especially those due to sexual excess. It draws the wind from the spinal column. It is also good for flu and fevers.

[H2] GRAPES
Grapes are easily assimilated and are a good source of energy.

[H2] ORANGES
Oranges are known to stabilize energy levels in the body.
[H2] SESAME OIL AND MILK
Mix sesame oil with hot milk, drink before going to bed at night. This will clear the system like gunfire by morning, leaving you very energetic after a few days of this treatment.

[H2] SUBZEE
Heat the following in almond oil: ground black pepper, turmeric, ground cardamom, ground cinnamon, and ground ginger. When this is thoroughly blended, sauté garlic (at least one tablespoon, sliced) and two whole onions cut in half in the oil until brown. Then add a little water at a time and bring to a boil. Add assorted cup of vegetables and cook until very tender. Add salt or kelp. Nuts may be included too, if desired (almonds are the best!). This recipe is to be used when you are weak, nervous, or the digestive system or intestines are weak. Be sure to use enough water to just about fill the pot. This is a soup and you can put a slice of whole grain toast into the middle of the bowl when you serve it.

[H1] FEVER

[H2] DEFENSE MECHANISM
Fever is a defense against poisons, virus and stress factors. High temperatures speed metabolism and inhibit the growth of viruses and bacteria. Your heart beats faster when you have a fever, pumping more blood which lets you resist and fight back against the bacteria. The question is, what should you do when you have a fever? Basically, let it be. The body is using the fever to help heal itself.

[H2] FOOT MASSAGE
Yogic therapy prescribes that if a person is sick and has a fever; it is a beautiful treatment to have another person massage his feet with a mixture of onion juice and almond oil.

[H2] SITALI PRANAYAM
Sit with a straight spine in a comfortable cross legged position. Stick the tongue out and roll it into a “U,” with the tip just outside the lips. Inhale deeply through the rolled tongue and exhale through the nose. Continue for at least 3 ½ minutes. Sitali Pranayam is helpful to practice whenever you get a fever, sickness or discomfort. It is a cure within you. At first the tongue will be bitter; then it will become sweet. Once it becomes sweet, you will have overcome all sickness inside.
**SPICED CHAPATIS**

In India, if someone has a fever, you give him a chapatti made with black pepper, cinnamon, cardamom, and fennel seeds, and his fever will come down. This bread has a fever of its own. It is actually a medicine. The Indian mother prepares this chapatti with a lot of love and gives it to the child instead of ordinary bread. The spices cause him to sweat, and after two hours the fever is broken.

**DATE MILK**

Date milk is good when recovering from fever or smallpox. It is a quick source of energy and very nourishing.

**GINGER**

Ginger tea is good for flu and fevers. Boil four to five slices of fresh ginger root in three cups of water. Add honey to taste and drink. Cardamom may be boiled in for extra flavor.

**QUININE, MILK AND OIL**

During the flu season you may try taking nine ounces of warm milk at bedtime with four tablespoons of olive oil, plus two quinine capsules of five grains a day, once in the morning and once at night. Or a similar recipe for colds and fever: Three tablespoons of olive oil in ten ounces of warm milk at bedtime, plus five grains of quinine. Repeat olive oil and milk in the morning.

**HAY FEVER**

**BLACK PEPPER**

For hay fever, relaxation is ultimately important. Eat a low mucus diet. Boil black pepper intensely for about five minutes, add honey and drink (1/2 teaspoon whole peppercorns per cup). Then cover up with a blanket and rest for an hour. It will make you perspire.

**HEADACHES**

**MASSAGE**

If someone has a headache, just massage them on the temples. Put pressure on the temples and then let go. These are the “temples” of God. This area, these temples, control the prana in your inflow of life. The massage creates a pressure at the base of your arc line, the lifeline of the aura.

**ALUM AND SALT**
Headaches, even migraines can be traced sometimes to mucus. Use the potassium alum and salt toothpowder and brush the root of the tongue until you gag, to get the mucus out from all the pockets in the throat. This is very important to do first thing in the morning so that the mucus that collected overnight will not go back into the body. (See the appendix for source).

[H1] HYPOGLYCEMIA

[H2] THE VICIOUS CYCLE

Now, take the example of chocolate cake. Immediately it will shoot up the sugar in your body and you cannot judge yourself consciously to be conscious for at least forty eight to seventy two hours. Now, just tell me, by drinking wine only, one does not become high! Many of you have read the book, Sugar Blues. In America there is a funny disease, everybody is hypoglycemic. What happens is, when you are little children, you are given so much candy that your pancreas has learned the habit to overreact. When you become big, you eat less sugar, but the pancreas doesn't stop functioning at the same rate as it was going before, just to survive. So, the first symptom is you get hypoglycemic. Now as a hypoglycemic, you are supposed to eat every two hours. Then you become fat. It is such a vicious circle that nobody knows what to do. Life is a challenge for those who overeat. Life is a joy for those who just eat.

[H2] MERIDIAN MASSAGE

If you have trouble with your pancreas, or a sugar problem, then this is the area to work with: There is a meridian point located near the fifth rib under the armpit. It is not a big deal. Use it if you have a sugar problem or if you are hypoglycemic; or if you happen to eat sugar sometime and you forget that you are hypoglycemic, and you don't want to drive a car and cause a lot of accidents. If you start massaging yourself for a couple of minutes on this area, it will compensate for that basic pressure of imbalance.

[H2] FOODS FOR HYPOGLYCEMICS

The following foods are said to help those with blood sugar problems: buckwheat and mung beans and rice. Buckwheat is a complete carbohydrate. As opposed to simple carbohydrate, it is a complex carbohydrate. It is balanced, and it can be handled well by the body. It is very good for people who have hypoglycemia because it is a complex carbohydrate. Hypoglycemic people can cook a big pot of mung beans and rice (recipe in the appendix), and every two hours they can eat four spoons of it with yogurt. It's enough. Also take celery with you and chew a few sticks every two hours.
[H1] MUCUS

[H2] MUCUSLESS DIET
   This is a good beginner's fast. This fast eliminates toxins and reduces the amount of mucus in the body. Also, as any positive discipline does, it brings out and cleanses the mind of subconscious negativity.

   Do it for one week. Any boiled vegetable or fruits or nuts can be eaten. Leave four hours between meals. Drink fresh fruit juices with the pulp left in, add black pepper to aid in the elimination of gas.

   The first four days one will be weak and weakness will increase. Massage feet with almond oil and breathe through the right nostril. After the fourth day, weakness will reduce gradually and strength will come in about one week. Do lots of exercise. Avoid sex during these days. Choose one day (Sunday preferably) and eat only one meal no later than 4:00 p.m.; no bread in this meal. Do not eat after 4:00 p.m.

[H2] VITAMIN A
   Vitamin A keeps the skin youthful and gives healthy mucous linings.

[H2] ALUM AND SALT
   Brush the root of the tongue with alum and salt to get rid of mucus in back of the throat.

[H2] BEETS AND CARROTS
   Take beets and carrots and mash them together after they are steamed. If you eat them at night, before the sunset for about fifteen days, it will get rid of mucus.

[H2] THE GREEN DIET
   This is a rebuilding diet. It is used to alkanize the body, lose weight, correct acne and skin problems, cleanse the liver and everything else in the body. Good to relieve a toxic mucus condition. It is simple: For forty days you must eat only green food. If it's green you can eat it! That means salads, steamed greens, avocados and sprouts for protein, and unless it is for acne, any green fruit such as green honeydew melon, green apples and green grapes. Olives, artichokes and mung beans are green too. Once a week, if you feel the need for more protein, take a handful of nuts or one portion of grains, but try to avoid overdoing this or you will get a stomach ache and defeat your purpose. Yogi Tea may always be
taken. When you break this green fast, add fruits first, then grains, and finally dairy products. (see appendix for Yogi Tea recipe).

[H2] LEMONS

Lemons are high in vitamin C, calcium, magnesium and potassium. Lemons were once used for medicinal purposes only. They are good for scurvy. They purify the system, pushing out the acids. They are good for fevers and liver problems also. Drink lemon and honey water often, especially for sore throats and colds, it expels mucus. Lemon juice and honey water should be used to break a fast or restricted diet, before resuming a normal diet.

[H2] SOLSTICE HOT SAUCE

One bucket of chopped onions, nine servers spoons of crushed red chilies, five handfuls of full red chilies, five cups of apple cider vinegar, two bottles of tamarind (or ½ bucket of lemons with rinds), salt if wished. Mix all together in a very large container and let it marinate for one day. This will make quite a large amount of hot sauce. Refrigerate it and use at your heart's content.

[H1] OVERWEIGHT

[H2] STANDARD OF WEIGHT

You must understand that at a certain age you start becoming fat, especially if you eat meat. That is very normal. You must understand this point of health: If you can remember your weight when you were eighteen years old, that is the weight you must maintain. After that, your body starts retaining water and you start becoming fatter and fatter; you think you are healthy, but you are not.

[H2] THE THIGH BONE

All men and women must learn that until they have perfect control of their nervous systems they should never leave their thighs exposed to sudden temperature changes. The thigh bone controls the calcium in your body by means of its sensitivity to temperature. Most Western women become overweight because they wear clothing which does not provide an air pocket to buffer temperature changes at the thigh. Churidars and britches serve the same purpose. They should be worn in the shower. Pictures of Roman soldiers and knights always depict them tying their clothes around this area. Through his own investigation, man has recognized how important this area is.

[H2] RAW VEGETABLES

There is a procedure for staying alive. Whenever you want to diet, don't fast
and don't feast. It's a very simple procedure, go on raw vegetables. You'll be alright. Raw vegetables, such as cucumbers, red radishes, white radishes, celery, all that stuff you don't like. It doesn't matter what your age is, you'll lose weight.

[H2]ONE GREEN VEGETABLE
A good weight loss diet is for thirty days eat only one green vegetable, broccoli is recommended. This diet is also very good for cleansing the body and is helpful in meditation. Break this diet with one day of lemon juice, water and honey.

[H2]GREEN DIET
The Green Diet is good for losing weight. (See the chapter on mucus).

[H2]REDUCING DRINK
The following drink is good for losing weight and it has helped many to survive working twenty hours a day, running from airplane to airplane, and all the nonsense that busy people go through. Mix eight ounces of orange juice, two tablespoons of protein powder, two tablespoons of rice bran syrup, two tablespoons of chlorophyll, one banana, and blend it all together. You can live on this drink, taking it four times a day and eat nothing else. We recommend that if you are young you go on it for three times a day and you can lose weight, be healthy and take care of yourself.

[H2]ROYAL PICKLE
If you ever want to get skinny, mix the following ingredients in this ratio: one pound of peanut oil, one pound of almond oil, one pound of sesame oil, ¼ pound of olive oil and 3 ¼ pounds of vinegar (white or malt, not chemical vinegar). Put everything in a jar, then soak in it chopped onions, ginger and garlic and a reasonable amount of black pepper. You can also add pure sea salt and few red chilies if you want to make it hot. For every two pounds of formula you have, add ½ pound of fennel seeds, ¼ pound of cardamom seeds, 1/8 pound of cinnamon, 1/16 pound of cloves. Let it soak until the vinegar turns the ginger to a reddish color. When it is done, eat two spoonful of it with your meals, and see what it does to you.

A variation of the Royal Pickle recipe is to use lemon juice instead of vinegar. In this case make sure that there is no water in the jar while it is pickling. Let it sit out in the sun for a whole day so all the water may get evaporated.

[H2]BEET AND BEET GREENS
Live on beet greens and beets. You will lose about twenty five pounds of
weight and it does something.

[H2] RICE
Some people think that rice is fattening, but we have to disagree. Rice supplies a little carbohydrate which is essential for the brain, and it has the effect of causing the kidneys to secrete every toxin in the body. Eat it with curry and just imagine you are eating a big meal without any calories.

A diet of basmati rice (an Indian variety) cooked with lemon juice and turmeric will take the pounds away from you and leave you healthy and glowing.

[H2] TOAST
To lose weight, go on a simple toast for several days. Four pieces of toast for the whole day.

[H2] TOFU
One slice of tofu in a sandwich with onions and tomatoes, with mung bean sprouts. One meal a day as many sandwiches as you want, to lose weight.

[H2] ZUCCHINIS
A forty day fast of zucchinis for weight loss is described under the Mush Diet (see page xx).

[H2] STORY
Once a person was a very, very bad eater. He would eat everything. He went to a guru and said, “Sir, I want your help. This time I'll obey you.” The teacher said, “Okay.” He went outside and brought out two eggplants. One was round and fat, the other one long. He said, “You can eat them provided the long one becomes in size like the fat one, and the fat one becomes long like the long one.” So the man took them away and didn't understand at the time, and went and put them in the house. Now the fat one will never become a long one, and the long one will never become the fat one. He was to see the teacher after one month. So for one month the poor man lived on water. He came back and said, “Sir, I didn't eat a thing.” He said, “Well, son, if for a month they have not become alike, next month they will try.” So he went another month and nothing happened. It was the same thing. He said to his teacher, “Sir, nothing has happened.” By that time he was really at a reasonable weight. The teacher said, “I think we should always give three tries to everything, so why not wait another month and I think they must change shape.” So after the third month he came back, he was totally skinny. He said, “Sir, nothing happened.” The teacher said, “Throw them away. These eggplants must be useless. You waited for three months and they couldn't
even do this much for you. Throw them away.” And by that time, the guy was really in good health and was as skinny as a man is required to be.

[H1] RELAXATION

[H2] CONSCIOUS SLEEP

There is X amount of time you can work, and there is X amount of time you can relax. There are X amount of hours you can take work in your hands, and there are X amount of hours you should not do any work. There is X amount of hours you must put to exercise your body. There is X amount of hours you must sleep voluntarily. Voluntary sleeping is very essential for the human body. It is as essential as food is. Just lie down and relax yourself and let it all go. Don't get into sleep; that is essential. They call it conscious sleep. Conscious sleep is very beautiful for channeling the human body's energy and keeps your life going smoothly.

[H2] CHAMOMILE

Chamomile tea has a volatile glucoside oil that has been shown to cause physical relaxation.

[H1] SLEEP

[H2] INTENTION

One should develop the habit to go to sleep at a certain hour or when one is tired and expresses the intention of sleep.

[H2] PREPARING FOR SLEEP

It is beautiful if one adopts the habit of relaxing for sleep for which the prerequisites are:

- Brush teeth and clean mucous from the throat until the eyes begin to water (eliminates cataract water).
- Clean nose and apply olive oil or almond oil to the inside of the nostrils.
- Empty bladder before going to bed. Drink on cup of water before retiring.
- Wash feet with cold water, rub feet with coarse towel and then massage. In case of sickness, take the foot chart and start rubbing almond oil into the arch of the foot and the point where the eyes are shown. While massaging the feet, detach yourself from the world, and tune in to the one creative cosmic power. One will go into deep sleep quickly.
- Lie down in bed on the stomach with the right cheek down, make fists of the hands and place them under the crease of the legs by the groin. Start deep
breathing and relaxing the body. With each breath feel the inflow of cosmic energy which lulls you to the wonderful bliss of sleep Turn on to the right side and keep on with deep breathing and you will fall directly into deep sleep. Precaution: Before falling asleep, clear the mind of any disturbance and prepare yourself for a few hours of blissful sleep to regain your health.

[H2] COMING OUT OF SLEEP
When you get the signal that you are awake, turn on your back and make cups of your hands and bring them to the eyes. Open your eyes into the cups. Raise the hands up to 1 ½ feet. Keep your sight fixed on the hands so the iris doesn't get pressure. Stretch legs forward. Do cat stretch. Do stretch pose. Then relax for two to three minutes before you get up.

[H2] BEAUTY SLEEP
Beauty requires almond oil massages, physical exercise and two hours of deep sleep. Deep sleep is different from sleep in which you toss and turn and dream. Two hours of deep sleep are essential for a woman and one or one and a half hours are essential for a man.

[H2] EAST AND WEST
You must not forget to sleep east and west. You've all forgotten that. That is one mistake which will take you through the tube.

[H2] BEDS
Under normal circumstances, if you want to live a happy life, don't sleep on a soft bed, ever. It's a human tragedy for which there is no cure. It is sexually bad, very bad—a soft bed is just a God-given curse. The only time it might be OK is if you are in jail, and they lock you up with such a bed.

It is recommended you put a one inch thick wooden plank under the mat. You want a hard bed. The maximum allowance you can have is a one inch foam pad or a woolen carpet, or a big skin, above the board, and a white sheet on top. It is said that the best thing to sleep on is a bear skin.

We'll explain now scientifically what a soft bed does. All your day your spine goes into different jerks, and it is never straight and never right. When at night, you relax and you go into deep sleep where the body is totally forgotten and man becomes totally unaware, that is the time when the skeleton can readjust itself automatically. Therefore, if the bed is straight and hard, the spine will adjust itself most quickly. If it is a soft bed, then it is hopeless.
[H2] PILLOWS
A pillow should be as thick as the distance between the side of the shoulder and the side of the head. If it is thicker, it is terrible. A pillow is only helpful when you sleep on the side.

[H2] NAPS
When you “sleep” you are not really sleeping. If you take eight hours of sleep, actually you sleep for half an hour. The rest of the time you either dream, or you go into scupit, which is a particular state of consciousness reached during sleep. Peaceful sleep, what you call sleep, is “nap sleep.” Let us put it in Western terms: If you can take a half hour nap, you can survive the rest of the time in absolute glory. Nap. Nap means switch off and switch on sleep. The best time to nap is anytime, but the most wonderful time is when you have eaten food. During the daytime, at what is called lunchtime you can nap for ten to fifteen minutes. If you can switch off, and you cannot switch back on, either your digestive system is wrong or your lower back is wrong.

[H2] EATING AT NIGHT
If you eat at night, follow it with a walk. A meal during the day should be followed by a short nap. If you want to get up early in the morning, it is best not to eat after sunset. If you cannot sleep, you are under feeding; and if you cannot get up, you are over feeding. Overeating poisons the body, while oversleeping causes a fast breath (thirty to forty breaths per minute) and wet dreams.

[H2] INSOMNIA
Onions have been known to combat insomnia. Mix ½ cup of onion juice with ½ cup of good mint tea and drink.
You know why you work? So that you can sleep at night. If you can't sleep at night, eat four pieces of garlic toast with steamed vegetables and swim two hours in the morning and two hours in the evening without a break. If after a few days you cannot get up at all, cut the portions in half, that will adjust your sleep.

[H1] SWEATING

[H2] BY THE SWEAT OF THE BROW
To maintain health, one must daily perform some activity that will cause beads of perspiration to appear on the forehead.

[H2] TO INDUCE PERSPIRATION
To induce perspiration, like for example when one wants to break a fever, put
½ teaspoon of whole black pepper in a cup of water and boil for five minutes. Add honey to taste and drink. Then cozy up in a warm blanket and relax for one hour.

Melons are cooling foods, good in summer for they induce perspiration.

[H2] MOSQUITOES

If mosquitoes are biting you too much, work! Sweat! Let the impurities of the blood come out through the sweat. They bite you to awaken you. The mosquito is a messenger who does not let you remain quiet. This little tiny thing can enter your nine foot aura and upset you because it affects your sensitivity.

[H2] SEX AND SWEATING

During intercourse, if a woman has climaxed and the man has not yet had his, she will sweat as he keeps pumping. When she sweats, she should not wash it off but rub it back into her body. It is very healthy. There is a hard skin disease that occurs to those ladies who indulge in intercourse and immediately come out. If she lies around for a while, that sweat will be reabsorbed into the body.

[H1] TEMPER

[H2] POWER OF THE WORD

Do you feel miserable? Try this experiment: Just don't utter any negative words and you will be blessed with many positive virtues. Just be on vacation from negative talking for two or four weeks or however long you stay. It will add a very beautiful chapter to your consciousness and soul.

[H2] DRINK WATER

Are you having trouble controlling your temper? Do you want to be calm, cool and self contained? Drink ten, twelve, sixteen glasses of water a day! Keep a pitcher of water on your desk if you can. Maintaining water balance is very important. Be sure to drink a couple of glasses first thing in the morning to flush out the kidneys, and drink a glass before bedtime so you won't sleep dehydrated, which can cause bad dreams.

[H2] DRESS IN WHITE

When some day you are totally depressed and negative, which is normal and it happens sometimes, do the following experiment. Take a shower, rub yourself thoroughly with a soft towel, and then dress yourself from top to bottom in white. From that negative state to that positive state will take normally fifteen minutes. You will be a different person. It is that physical; a gross physical
action which can change your temperament, consciousness and energy.

[H2]HOT SHOWERS AND ELEPHANTS

There is a procedure when you feel very emotional, uptight and ridiculous. Rather than showing to people that you are really an idiot, there is a better way to deal with this. Go to the bathroom, take off your clothes and get under the shower. Take hot water and drink it. Continuous drinking is difficult so stop for a while and then continue drinking it. Fill your stomach. Then bend forward and take the first two fingers and put them in back of the throat, tickling the throat until it makes you throw up. Four or five times throwing up will ease you enough. Then take a hot shower. This is one case where you have to take a hot shower, not a cold one. Then towel yourself dry and put on your beautiful clothes. Do this only in emotional circumstances where otherwise you would get a stomach ulcer. You can do it every day in the morning if you like. They call it “Elephant Kriya.” It is what the elephants do, and they live very long and very healthy. They take the water through their trunk all the way up into their mouth, and then they suck it back and blow it up. After this you can't take a cold shower.

[H2]SUGARCANE PUDDING

There is a fantastic dish, in taste and effect on your total system, which is made from sugarcane and saffron. Sugarcane can be obtained in America from the South. The recipe is very specific. Take four parts sugarcane juice and one part rice and make it into a pudding. Make it during the day and leave it overnight. If it is properly made, the top will be a little black. This layer should be removed to uncover the underlying whitish pudding. That same night, put one tablespoon of either French or Kashmir saffron to soak overnight in about ¾ cup of milk. Saffron has to soak in milk to bring out its essence. The next day blend the milk with the homemade yogurt. Lastly, mix the yellowish yogurt and rice pudding together. Eat this to your fill in the morning, and except milk, eat nothing else the rest of the day. Do not do this for more than seven days in a row or you will not be in a position to touch the earth. There is no point in flying. This dish can change a gross person into a delicate and refined human being.

[H1]UNDERWEIGHT

[H2]LIQUID MEAL

For gaining weight, make split milk, add four tablespoons of rice bran syrup, four bananas, and four tablespoons of good protein powder and two ounces of chlorophyll. Drink this four times a day and you can become an elephant. Use as
much milk as you can afford each time, it depends upon individual capacity.

[H2]BANANAS

Bananas are good energy food and they are high in phosphorus. They are good for gaining weight.

[H2]BEETS

How can you put on weight? Putting on weight is easy, losing weight is difficult. For putting on weight, eat paneer, cottage cheese or tofu with steamed beets and crushed almonds made into a pie with sliced apples. Any good balanced food that you eat with steamed beets will cause the liver to create the pounds you desire.

[H2]COCONUTS

Coconut is not only strengthening and nourishing, but also a body builder and good for putting on a little extra weight. Coconut contains organic iodine. The milk is high in easily assimilated protein containing all of the amino acids; mineral salts of potassium, magnesium, phosphorus and chlorine; vitamins C and B-complex. The milk is not only a refreshing summer beverage, but it is also helpful in fatigue and general weakness. Its oil is easily digested. One man in India lived exclusively on coconut from age twenty five to past one hundred years old. If you can get them with the husks still on, try to pick the greener ones, as they have the tastiest and best quality and quantity of milk. Coconut is known as the most pure, healthy, nutritious food in every way.

[H2]MANGOES

The best mangoes are bright orange in color. There are thirty varieties of mangoes. The ripe mango is helpful in liver disorders and in cases where one needs to gain weight. Mangoes and milk are complimentary to each other. A diet of mangoes and milk for one to three months will greatly improve bodily health and vigor. This diet has also been helpful in cases of weight loss, poor eyesight, constipation, indigestion and sexual weakness. The intake should be about eight pounds of mangoes a day (as purchased with pits). And about ½ gallon of milk a day.

[H1]YOUTHFULNESS

[H2]DIET FOR ELDERLY

Careful diet is known to make the transition from this body to another sphere of existence take place with a minimum of suffering and certainly a more natural
manner. The elderly are advised to discard fish, meat and eggs and restrict the intake of ghee, butter and rich desserts to a bare minimum or totally eliminate them. This ideal diet should be adapted by age fifty (halfway the ideal lifespan of one hundred years) if not sooner.

[H2]CUCUMBER JUICE
You show the signs of old age. If you eat cucumbers and in the morning have a glass of cucumber juice, you will never show old age. But this is a constant process.

[H2]DATE MILK
Date milk is a very nourishing, youth maintaining beverage, giving energy to the body. It is wise not to eat more than five or ten with a meal. Chew them well. Children and infants, because of its concentrated sugar content should not eat dates, though they may be mashed in food for sweetener.

[H2]FLAXSEED PUDDING
Flaxseed pudding is nutritious. It is cooked like you make rice pudding. It is the most nutritious stuff on the planet for the human body. It brings to balance the entire metabolism and the metals in the body. It takes away all the rusting things which are in the digestive tract from top to bottom. It cleans you out and makes you young.

[H2]OLIVE OIL AND MILK
One ounce of olive oil with eight ounces of milk taken in the morning as first thing can keep you in really good tone.

[H2]ROSEHIPS
Rosehips are a rejuvenating herb from Sweden. Rosehips provide vitamin C. Vitamin C is necessary to the health of the body protein: collagen. For this reason rosehips keeps the skin beautiful and youthful, prevents wrinkles, flabbiness and discoloration, and keeps the skin tight and smooth. Rosehips affect the adrenal glands which secrete hormones. Vitamin C has a rejuvenating effect on the glands.

Collagen is another aspect of the rosehips, that is the thing our skin is made of, and the collagen in rosehips helps keep the skin beautiful, youthful, prevents wrinkles, flabbiness and discoloration. This is the collagen which is in the rosehips. Some of the creams which are made for women are available now in very natural forms, and they are rich specifically in collagen to help maintain that beauty, shine and glow of the skin.
[H2] SESAME OIL AND MILK

Daily drink one ounce of sesame oil with six ounces of milk. It can keep you alive, fresh and young for the rest of your life.

[H2] WHEY

Whey helps digestion and elimination of food. Whey helps us prevent the development of harmful bacteria by providing the proper nutrients for beneficial bacteria in the intestinal tract. (Acidophilus actually contain these beneficial bacteria). Whey prevents constipation, and it is high in the B vitamins, especially B-2.

Whey comes in tablets or powdered form, or you can make it yourself. Take a half gallon of milk, bring it to a boil, and just when it comes to a boil, take it off the heat. Put in the juice of two lemons and let it sit for a while. The curds and whey will separate. From the solid part, you can make panir by straining that through cheesecloth. The other liquid part is the whey.

Here is a recipe for rejuvenation: take five grams of vitamin C and twelve ounces of whey. Take this drink three times a day. (The number of days was not specified in this reference).

[H1] PROTEIN

[H2] THE PROTEIN LOBBY

Food which gets into your body and which is not right food will bring out of you the rudeness. Food can make you rude. This “protein, protein, protein” that everyone is talking about is just the meat lobby. Too much protein kills you. Protein is the hardest thing to digest, especially if it is more than a reasonable quantity. It makes certain glands work to their death.

To be frank with you, cancer is the problem of an over heavy protein diet. That is, if you want to know about cancer, eat too much protein and you will get cancer whether you like it or not. An alkaline body doesn't have cancer. It can't create it. It is too much acidity that makes you unhealthy. Vegetable protein cannot cause cancer. It cannot. We are talking about meat protein. Meat protein is not eliminated from the body within twenty four hours. There is no vegetable protein which does not leave the body within twenty four hours. This is not a question of whether to eat meat or not. That is not the problem. We are talking about time and digestion. You must not eat food which does not digest or leave your colon within twenty four hours. That's a basic human law. There is no “yes” to it; there is no “no” to it. Only eat that food which leaves the colon within twenty four hours. Do this and you won't have any problems.
To tell how long it takes the body to eliminate a food is very simple. One day eat beets with your meal. You will see the beets in your stool and that will give you the time. It is a simple way to measure.

You may ask, “And what about people who get cancer who have never eaten meat?” Well, sometimes it is passed on by heredity. However, consult the affairs of families which are vegetarians, strict vegetarians. They do not even know all these diseases. What should we do? Should we totally close our eyes to this fact? In India, they eat tamarind, rice, lentils and yogurt. They don't know what fatness is, they don't know what cancer is, they don't know what impotence is. They do not go blind. There are diseases with which we are commonly confronted and they don't know at all. Their disease is old age. That is their major disease. They don't know any of these diseases that we find in the United States or in Europe and in some areas of northern India where the people eat meat. Most of India, my God, they don't know even what we are talking about. If you speak of “cancer” they think you are talking about astrology. They don't even relate to what we relate to. They are healthy, they live long.

[H2] PROTEIN AND BODY ODOR

Too much protein may cause offensive body odor.

If you are a vegetarian and still have offensive body odor, it could mean you are getting too much protein, and too much uric acid is being formed in the body. To relieve this condition, eat only vegetables cooked for easier digestion and fast on water two days a week.

[H2] PROTEIN AND SENILITY

Too much protein makes you senile and ineffective.

[H2] THE BAD, BAD, BAD PROTEIN DIET

Reducing diets should be also beneficial as cleansing diets and should be composed with the overall health uppermost in mind. One diet that has become popular in the U.S. is called the Protein Diet. On this diet you may eat eggs, fish, meat, and cantaloupe. While this diet is designed to make you lose weight, it is almost totally acid forming and thus puts a tax on the kidneys and is loaded with toxins. Meat, fish and eggs are all dead animals, and if they don't kill you, at least they'll keep you sick. An excess of protein is poisoning to your body rather than helping your body. There is one basic thing your liver has to do; it has to exert its entire energy to digest the protein for the body. So we need a limited amount of protein. Too much protein makes you more rigid and more sick rather than give you the benefits of increased energy. Never try to reduce by starving yourself.
[H2] EGGS
It is best not to eat eggs. Mostly, the reason is because of the concentrated protein causing excess uric acid which overtaxes the liver, and also because it pollutes the blood. Most of the controversy over eggs is based on a protein phobia. Keep in mind that the body does not require a lot of protein, and as long as you include some dairy products in your diet and eat a wide array of vegetables with lots of greens, you should not be really concerned about it. Also remember that eggs are the menstrual cycle of chickens.

[H2] MEAT
Acidosis is probably the most prevalent pathological condition of the human body with the exception of dental carries. Acidosis is the result of eating too many acid producing foods. Number one on this list is meat, the most acidic food there is.

No food should be eaten which takes more than twenty four hours to come out of the body. Meat doesn't come out in twenty four hours. Eating meat is not the problem, elimination is the problem.

To burn karma from eating meat, do the following exercise: Sit on the heels or in easy pose, hands on the shoulders, and twist right and left with the breath for approximately three minutes.

[H2] MILK
Yes, milk is good; skim milk is the best protein. Protein doesn't go away when it is pasteurized. You have to change your opinion. We have met a lot of brainwashed people with the wrong idea about pasteurized milk. Just curdle the milk with lemon juice and it is very good. You can make it with homogenized milk or any milk, it doesn't matter. First you must bring it to the boiling point and then put lemon juice in it. The liquid whey you can drink, the panir you can blend with honey and give to your child. Just see what happens to him. Food is one thing about which you should never be fanatic. The vegetable kingdom provides everything your body needs, season by season. Skim milk is a very good protein, but it doesn't have the fat. Those who need fat can have split milk, it is a totally different food; it is not a concentrated food at all, so for your children it is okay.

[H2] TOFU
Here is a simple dish which you can make quickly to provide a balanced protein and a tasty treat: Cook two teaspoons of red chilies in \(\frac{1}{4}\) cup water to
which has been added 1/8 cup of Bragg's Aminos. After a few minutes, add sixteen ounces of fresh tofu, which has been cut into bite sized cubes. Stir lightly and continue to cook until the tofu is totally heated through, and the liquid is either absorbed or cooked away.

[H1] SUPPLEMENTS

[H2] CAUSE OF DISEASE

According to the basic theory, every disease and every weakness comes to you when your metals are out of balance. When the metals are out of balance, the vitamins go out of balance, then the proteins go out of balance, then the carbohydrates go out of balance.

[H2] INSECURITY

There is nothing that eats up a person but insecurity. Insecurity out of fear takes away all your vitamins, takes away all your energy and messes up your total metal balance. The moment the metal balance is messed up, your whole body is off.

[H2] BALANCING METALS AND VITAMINS

The following foods are known to balance all elements in the body: bananas and oranges, coconut oil ice cream, garbanzo orange peel recipe, horseradish, watercress. The white stingy pulp on the inside of the banana peel can be scooped off. This is good for balancing the metals in the body. It has also vitamin A. This is also true of the white of the orange between the outer covering and the fruit. The recipe for the coconut oil ice cream can be found on page xx. The ingredients for this recipe are chopped orange peel, onions, rice, chick peas, green vegetables and sesame oil. Boil the rice, add onions, and cook a while. Add orange peel and chick peas. Add water from boiled red chilies. Add green vegetables and oil. Also ginseng may be added, but care must be taken to take sufficient oil when eating ginseng. (Make sure you also use the white strings inside the orange peel). This recipe will also balance out the vitamins in the body. Horseradish is a body mineralizer. It is high in sulfur, fluorine and potassium. Watercress is a body mineralizer.

[H2] BREWER'S YEAST

Brewer's yeast has a problem. Some people are what we call "brewer's yeast freaks." The most one should take is a good heaping tablespoon.
If you want to make brewer's yeast go right into your system, use the following recipe. Brewer's yeast is not very easy to digest. It takes a long time to digest it. Whenever our cat eats a lot of brewer's yeast, he disappears. The staff says he is just sneaky these days. The poor thing is just overloaded with brewer's yeast. What can he do but hide? The best way to prepare this is to take about two quarts of milk and add about six ounces of brewer's yeast, two ounces of dried mint leaves and two ounces of cinnamon. Bring it to the boiling point, then let it cool and make homemade yogurt with it. When it is done, eat it with honey that came straight from the comb, and if this is not available, then ordinary honey, one tablespoon to a cup, and this should be your breakfast. It is total yogurt breakfast. Eat it every day for one week for breakfast. You will love it. That's the best way to eat brewer's yeast.

[H1]POTPOURRI

[H2]CHLOROPHYLL

The chlorophyll in vegetables will naturally deodorize the body.

[H2]CHOCOLATE

The opposite polarity to chocolate is green chili. Every time you have a chocolate urge, eat a green chili.

[H2]COOKING

Cooking a meal is one thing, but eating it consciously is definitely another. When you eat, how you eat, where and when you eat, all have quite a direct and indirect influence on you, your mind, body and spiritual awareness.

[H2]EATING HABITS

We all have formed eating habits over the years which in many cases may be beneficial for us to change. Because of lack of knowledge or sensitivity about our body's functioning and reaction to the way we provide for it, most of us have indulged in quite a bit of food tripping and in the process have developed poor eating habits.

[H2]FAITH

Faith moves mountains, otherwise stones are heavy.

[H2]FERMENTED FOODS

The qualities of fermented foods have been listed as follows: for arthritis, scurvy, ulcers, colds, digestive disorders and cancer.
[H2] FOOD CATEGORIES
There are three basic categories of fruits and vegetables distinguished by where they grow in relation to sun and earth. Fruits that grow more than three feet above the ground are most beautiful and high foods, absorbing maximum energy of the sun. Foods that grow closer to the earth have more earthly vibrations and are very cleansing. Roots are useful for healing purposes. Onions, garlic and ginger, beets, radishes and carrots are examples of root foods.

[H2] HONEY
Mainly depending on the pollen content, honey is known to induce longevity, is effective in treating asthma, hemorrhoids, allergies, digestive disorders, arthritis, hay fever and multiple sclerosis. It improves assimilation and elimination, weak heart and bad complexion. Pollen is available in tablets, capsules and in pure form. It is recommended to take ten tablets a day or four to six capsules, or one tablespoon of granules for a dose.

One ounce of honey a day is all the body can handle.

[H2] LEAD POISONING
Any mechanism which makes white sugar contains lead, and lead is not good for the body.

[H2] MILK
Cow's milk is very good milk, but if the cream content is more than 5%, it is advisable to add a little water.

[H2] MINERAL WATERS
Mineral waters have extensive beneficial effects. If you look through history, mineral baths were used in Germany, in Europe, the Bavarian springs and hot springs everywhere for curing everything from high blood pressure, arthritis, female disorders, cardiovascular diseases, skin disorders, nervous disorders, and allergies, to old age and senility. Mineral waters taken orally were said to prevent heart disease, tooth decay and hardening of the arteries. Again, we would like to say here that we have many more techniques available to us today, and something like mineral waters can be used in a supportive contributive way, while at the same time one can take advantage of everything else which modern medicine has given us.

[H2] OILS
Sesame, almond and olive oils are known as the oils of life.
[H2] PET FOOD
We feed pets cottage cheese and brewer's yeast, vegetables, bread and milk. And they behave well. Vegetarian pets are very, very intelligent. They are less itchy and they are less of a nuisance.

[H2] POTENT POTATOES
Don't forget potent potatoes. Some people are so funny. Some people take potent potatoes without yogurt. Now that's wrong. Potent potatoes must be eaten with yogurt to just equally balance their energy. So it may not create an onslaught in your system, you must take yogurt or lassi with it. Lassi is a refreshing drink made with yogurt, ice, lemon juice or lime juice, and honey all blended in the blender together.

[H2] POWDERED HERBS
Powdered garlic is 60% as potent as raw, from 100% to 60%. But 60% is better than nothing. Powdered garlic, ginger and onions; the three roots do maintain themselves because they are dehydrated and not much is lost except freshness. They lose 40%.

[H2] ROSES
A recipe for rejuvenation for the whole system is to fill a jar with rose petals that were not touched by the hands, and pour honey over them. Let sit for one year, and then eat the honey.

[H2] SALT
If you put salt in celery juice, it may cause diarrhea.

[H2] TER
In India there is a thing called ter. I, (Yogi Bhajan) ate it in Albuquerque. So if it can grow in Albuquerque, it can grow anywhere. In the back of the garden you may be able to grow it. It is a cucumber like vegetable. It is long and edible. This vegetable is very cleansing. It is very good. It is very cooling and very beautiful for the sexual nervous area.

[H2] TRINITY ROOT
Onions, garlic, and ginger are not spices; they are the trinity roots of life. In Yoga, people who do not take onions, garlic and ginger are those who are not supposed to lead the life of a householder and are supposed to stay three miles away from where a woman dwells.

Garlic + onions + ginger = three basic life roots. In Egyptian history, onions were worshipped as a gift of God. It is written of garlic in the Vedic scriptures,
“…it only lacks one thing: if someone knows how to make garlic sweet, it will be the nectar of life.”
[CT]APPENDIX

KRIYAS AND MEDITATIONS
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Long Deep Breathing
Medical Meditation for Habituation
Saa-Taa-Naa-Maa Meditation
Sat Kriya
Stretch Pose

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Chyawan Prash
Diamond Dust
Garlic-Parsley tablets
Gold Leaf
Rice Bran Syrup
Sarsaparilla Extract
Silver Leaf
Trinity Root Capsules

APPENDIX

KRIYAS AND MEDITATIONS

BREATH OF FIRE
This breath is used consistently throughout Kundalini Yoga kriyas. It is very
important that breath of fire be practiced and mastered by the student. In breath of fire, the focus of energy is at the navel point. The breath is fairly rapid (1-2 breaths per second), continuous and powerful with no pause between the inhale and exhale. As you exhale, the air is pushed out by pulling the navel point and abdomen towards the spine. In this motion, the chest area is moderately relaxed. As you inhale, use the forward thrust of the navel point to bring the air into the lungs. This is a very balanced breath with no emphasis on either the inhale or exhale, and with equal power given to both.

Breath of fire is a cleansing breath which cleans the blood and releases old toxins from the lungs, mucous lining, blood vessels and cells. Regular practice expands the lungs quickly. You can start with three minutes of breath of fire and build to twenty minutes. Begin alternating three minutes of breath of fire with two minutes of rest for five complete sets of breath relaxation.

LONG DEEP BREATHING
The simplest of all the yogic breaths is just long deep breathing, but it is a habit that we, as a culture do not have. Our normal tendency is to breathe irregularly and shallowly. This leads to a totally emotional approach to life, chronic tension and weak nerves. The lungs are the largest organs of the human body. The average lungs can enlarge to a volume of almost six thousand cubic centimeters. Besides supplying oxygen to and removing carbon dioxide from the body, the respiratory system helps regulate body pH (acidity-alkalinity) and small amounts of methane. Normally we may use only six hundred or seven hundred cubic centimeters of that capacity. If you do not expand the lungs to their full capacity, the small air sacks in the lungs, called alveoli, cannot clean their mucous lining properly. Therefore, you do not get oxygen and toxic irritants build up that lead to infections and disease.

To take a full yogic breath, you inhale by first relaxing the abdomen. Next, expand the chest. As you exhale, let the chest deflate first, then pull the belly in completely. The diaphragm drops down to expand the lungs and contracts up to expel the air.

By taking a deep yogic breath, you can expand the lungs by about eight times. If you establish a habit of breathing long, deep and slowly, you will have endurance and patience. If you can take the breath down below eight times per minute, the pituitary starts secreting fully. If the breath is less than four times per minute, the pineal gland starts functioning fully and deep meditation is automatic.

MEDICAL MEDITATION FOR HABITUATION
Sit in a comfortable pose. Straighten the spine and make sure the first six lower vertebrae are locked forward. Make fists of both hands and extend the thumbs straight. Place the thumbs on the temples and find the niche where the thumbs just fit. This is the lower anterior portion of the frontal bone above the temporal sphenoidal suture. Lock the back molars together and keep the lips closed. Vibrate the jaw muscles by alternating the pressure on the molars. A muscle will move in rhythm under the thumbs. Feel it massage the thumbs and apply a firm pressure with the hands.

Keep the eyes closed and look toward the center of the eyes at the brow point. Silently vibrate the five primal sounds, “Saa Taa Naa Maa,” at the brow. Continue for five to seven minutes. With practice, the time can be increased to twenty minutes and ultimately to thirty one minutes.

COMMENTS:
This meditation is one of a class of meditations that will become well known to the future medical society. Meditation will be used to alleviate all kinds of mental and physical afflictions, but it may be as many as five hundred years before the new medical science will understand the effects of this kind of meditation well enough to delineate all its parameters in measurable factors.

The pressure exerted by the thumbs triggers a rhythmic reflex current into the central brain. This current activates the brain area directly underneath the stem of the pineal gland. It is an imbalance in this area that makes mental and physical addictions seemingly unbreakable. In modern culture, the imbalance is pandemic. If we are not addicted to smoking, eating, drinking or drugs, then we are addicted subconsciously to acceptance, advancement, rejection, emotional love, etc. All these lead us to insecure and neurotic behavior patterns.

The imbalance in this pineal area upsets the radiance of the pineal gland itself. It is this pulsating radiance that regulates the pituitary gland. Since the pituitary regulates the rest of the glandular system, the entire body and mind go out of balance. This meditation corrects the problem. It is excellent for everyone but particularly effective for rehabilitation efforts in drug dependence, mental illness and phobic conditions.

SAA-TAA-NA-MAA MEDITATION or KIRTAN KRIYA
Sit straight in easy pose (A). Meditate at the brow point and produce the five primal sounds, or the Panj Shabad- S, T, N, M, A- in the original word form:
SAA- Infinity, cosmos, beginning
TAA- Life, existence
NAA- Death
MAA- Rebirth

(A)
This is the cycle of creation. From the infinite comes life and individual existence. From life comes death or change. From death comes the rebirth of consciousness to the joy of the infinite through which compassion leads back to life. This sound current is represented musically this way:

Each repetition of the entire mantra takes three to four seconds.
The elbows are straight while chanting, and each fingertip touches in turn the tip of the thumb with firm pressure. On “SA” touch the first, the Jupiter finger to the thumb (B).
(B)
On “TA” touch the second, the Saturn finger, to the thumb (C).
(C)

On “NA” touch the third, the Sun finger, to the thumb (D).
(D)
On “MA” touch the fourth, the Mercury finger, to the thumb (E).
(E)
Then begin again on the first finger.

Chant in the three languages of consciousness:

HUMAN- Things, the world; normal or loud voice
LOVERS- Longing to belong; strong whisper
DIVINE- Infinity; mentally (silent)

Begin the Kriya in normal voice for five minutes, then whisper for five minutes and then go deep into the sound silently. Vibrate in silence for about ten minutes, and then come back to a whisper, then aloud. Inhale and exhale. To come completely out of this meditation, stretch the hands up as far as possible and spread them wide. Stretch the spine and take several deep breaths. Relax.

COMMENTS:

Each time you close a Mudra by joining the thumb with a finger, your ego “seals” the effect of that Mudra in your consciousness. The effects are as follows:

SIGN FINGER NAME EFFECT
1st Gyan Mudra  Knowledge
2nd Shuni Mudra  Wisdom, Intelligence, Patience
3rd Surya Mudra  Vitality- energy of life
4th Bhudi Mudra  Ability to communicate

Practicing this chant brings a total mental balance to the individual psyche. As you vibrate on each fingertip, you alternate your electrical polarities. The index and ring fingers are electrically negative, relative to the other fingers. This causes a balance in the electromagnetic projection of the aura.

If during the silent part of the meditation your mind wanders uncontrollably, go back to a whisper, to a loud voice, to a whisper and back into silence. Do this as often as you need to.

Practicing this meditation is both a science and an art. It is an art in the way it molds consciousness and in the refinement of sensation and insight it produces. It is a science in the tested certainty of the results each technique produces. Meditations have coded actions to their reactions in the psyche. But because it is effective and exact, it can also lead to problems if not done properly.

Some people may experience headaches from practicing Kirtan Kriya. The most common reason for this is improper circulation of prana in the solar centers. To avoid this problem or correct it if it has already occurred, you must meditate on the primal sounds in the “L” form. This means that when you meditate you feel there is a constant inflow of cosmic energy into your solar center, or tenth gate. As the energy enters the top chakra, you place Sa, Ta, Na, or Ma there. As you chant “Sa” for example, the “S” starts at the top of your head and the “A” ends through the brow point as it is projected to infinity. This energy flow follows the energy pathway called the golden cord-the connection between the pineal and pituitary glands.

Chanting “SA TA NA MA” is the primal or nuclear form of “Sat Nam.” It has the energy of the atom in it since we are breaking the atom (or bij) of the sound “Sat Nam.”

You may use this chant in any position as long as you adhere to the following requirements:
Keep the spine straight.
Focus at the brow point.
Use the “L” form of meditation
Vibrate the Panj Shabad in all three languages.
Use yogic common sense without fanaticism.
The Siri Singh Sahib said at the Winter Solstice in 1972 that a person who wears pure white and meditates on this sound current for two and a half hours a day for one year will know the unknowable and see the unseeable. Through this constant practice, the mind awakens to the infinite capacity of the soul for sacrifice, service and creation.

SAT KRIYA

Sit on the heels and stretch the arms over the head so that the elbows hug the ears. (A). Interlock all the fingers except the first ones (index) which point straight up. (B). Begin to chant “Sat Nam” emphatically in a constant rhythm about eight times per ten seconds. Chant the sound “Sat” from the navel point and solar plexus, and pull the umbilicus all the way in toward the spine. On “Nam” relax the belly. Continue at least three minutes, then inhale and squeeze the muscles tightly from the buttocks all the way up the back, past the shoulders. Mentally allow the energy to flow through the top of the skull. Ideally, you should relax for twice the length of time that the Kriya was practiced.

Sat Kriya is fundamental to Kundalini Yoga and should be practiced every day for at least three minutes. Its effects are numerous. Sat Kriya strengthens the entire sexual system and stimulates its natural flow of energy. This relaxes phobias about sexuality. It allows you to control the insistent sexual impulse by rechanneling sexual energy to creative and healing activities in the body. People who are severely maladjusted or who have mental problems benefit from this Kriya since these disturbances are always connected with an imbalance in the energies of the lower three chakras. General physical health is improved since all the internal organs receive a gentle rhythmic massage from this exercise. The heart gets stronger from the rhythmic up and down of blood pressure you generate from the pumping motion of the navel point. This exercise works directly on stimulating and channeling of the Kundalini energy, so it must always be practiced with the mantra “Sat Nam.”

You may build the time of the Kriya to thirty one minutes, but remember to have a long, deep relaxation immediately afterwards. A good way to build the time up is to do the Kriya for three minutes, then rest two minutes. Repeat this cycle until you have completed fifteen minutes of Sat Kriya and ten minutes of rest. Finish the required relaxation by resting an additional fifteen to twenty minutes. Do not try to jump to thirty one minutes because you feel you are strong, virile or happen to be a yoga teacher. Respect the inherent power of the technique. Let the Kriya prepare the ground of your body properly to plant the seed of higher experience. It is not just an exercise; it is a Kriya that works on all levels of your being-known and unknown. You might block the more subtle
experiences of higher energies by pushing the physical body too much. You could have a huge rush of energy. You may have an experience of higher consciousness, but not be able to integrate the experience into your psyche. So prepare yourself with constancy, patience and moderation. The end result is assured.

If you have not taken drugs or have cleared your system of all their effects, you may choose to practice this Kriya with the palms open, pressing flat against each other (C). This releases more energy than the other method. It is generally not taught this way in a public class because someone in the class may have totally weakened his nerves through drug abuse.

Notice that you emphasize pulling the navel point in. Don't try to apply mul bhand. Mul bhand happens automatically if the navel is pulled. Consequently, the hips and lumbar spine do not rotate or flex. Your spine stays straight and the only motion your arms make is a slight up and down stretch with each “Sat Nam” as your chest lifts.

If you have time for nothing else, make this Kriya part of your every day promise to yourself to keep the body a clean and vital temple of God.

STRETCH POSE
Lie on the back with legs together and raise the heels six inches. Raise the head and shoulders six inches and look at your toes. In this position begin breath of fire and continue for three minutes. Inhale and relax.

RECIPES
DATE MILK
8 ounces of milk
6-8 dates sliced in half

On a low, low heat let the dates and milk simmer about twenty minutes. Strain and serve.

GHEE
Ghee is clarified butter. It can be made by simmering sweet butter for ten minutes over a medium heat. Remove all the white foam from the top after it has set for a few minutes. A clear yellow ghee will be left on the bottom. Pour this into a container, not allowing any white sediment at the bottom to slide in. Ghee
will keep on the shelf for several weeks, and is very low in cholesterol.

MUNG BEANS AND RICE
1 cup mung beans
1 cup basmati rice
9 cups water
4-6 cups chopped assorted vegetables (carrots, celery, zucchini, broccoli, etc.)
2 onions, chopped
1/3 cup minced ginger root
8-10 cloves of garlic, minced
1 heaping teaspoon turmeric
½ teaspoon pepper
1 heaping teaspoon garam masala
1 teaspoon crushed red chilies (more or less to taste)
1 tablespoon sweet basil
2 bay leaves
Seeds of 5 cardamom pods
Salt or tamari to taste

Wash beans and rice. Bring water to boil, add rice and beans and let boil over medium high flame. Prepare vegetables. Add vegetables to cooking rice and beans. Heat oil (about ½ cup) in large frying pan. Add onions, ginger and garlic and sauté over medium high flame until browning. Add spices (not salt or herbs). When nicely well done, combine onions with cooking beans and rice. You will need to stir the dish often now, to prevent scorching. Add herbs. Continue to cook until totally and completely well done, over medium low flame, stirring often. The consistency should be rich, thick and soup-like, with ingredients barely discernable. Serve with yogurt, or with cheese melted over the top. This dish is “pre-digested” and is excellent for the sick, the elderly and young children (in these cases, make it less spicy).

TAPIOCA PUDDING
2 cups milk (raw milk is best)
½ cup tapioca
¼ cup (approx.) honey

Put all the ingredients together in a saucepan and cook over medium heat until it thickens and the tapioca becomes clear. It is important to add the honey at the beginning, if it is added later, it will thin the pudding.
YOGI TEA
Start with ten ounces per cup and brew at least four cups at once. For each cup you want to make add:
3 cloves
4 green cardamom pods
4 peppercorns
½ stick cinnamon
1 slice ginger root

Boil 10-15 minutes. Then add ¼ teaspoon of black tea. After 2 minutes, add ½ cup milk per cup of liquid. Heat just to the boiling point and remove immediately. Strain and add honey to taste.

HOMEMADE YOGURT
To make 1 quart of yogurt, place the same amount of milk in a saucepan. Heat it slowly so as not to scorch it. Just short of boiling, remove from the heat and let cool to lukewarm (about 118 degrees F). As it cools, stir it occasionally. Then add 2-3 tablespoons of starter (already made yogurt), and stir gently and thoroughly. You may leave the milk in the saucepan covered, or pour into sterilized jars with lids. Wrap lightly in a towel, and place in a warm, dark place where a cozy temperature can be maintained for about 6-7 hours. A gas oven which is OFF works well; kept warm by the pilot light. Let it sit undisturbed, so that the acidophilus culture may grow and thicken the yogurt. It is recommended that milk powder not be added as it makes yogurt a concentrated food which is not easy to digest. Letting the yogurt sit at room temperature for three days will make the best acidophilus drink.

CHARTS
FOOT CHART
Classes in Kundalini Yoga, the YOGA OF AWARENESS, as brought to America by Yogi Bhajan, Master of Kundalini Yoga, include foot massage as part of the 3HO program to teach the Healthy, Happy, Holy way of life. When there is a problem in any area of the body, the corresponding area (as shown in the chart) in the foot will become crystallized with calcium and acid deposits. These crystals must be broken up with foot massage given with 15 to 20 pounds of pressure applied in a circular motion with the fingers and especially with the
thumbs. Relaxation of the entire nervous system is possible with proper foot massage, since all 72,000 nerves in the body have the endings in the feet………..

Skin is like a third lung, and you take in pranic energy (life energy) through the pores of the skin as well as through breathing! Therefore, it is essential to keep the feet clean and best to wear open shoes when possible. Before sleep at night the feet should be washed in cold water and a massage given to calm and relax the nerves. Go barefoot when possible on earth, sand or grass (not concrete). Use a pumice stone to scrub the feet and keep them smooth and free from calluses. Almond oil is especially good for use in massage. Whatever oil or cream you use on your skin, remember it is absorbed by your pores and goes into your bloodstream.

b. VITAMINS/ MINERAL SOURCES

VITAMIN A
Apples, bananas, carrots, papayas, white strings inside the peels of bananas and oranges.

VITAMIN B
Apples, coconut, papayas.

VITAMIN C
Apples, carrots, coconut milk, grapes, green chilies, lemons, olives (extremely high), oranges, papayas, rosehips.

CALCIUM
Apples, bananas, cabbage, carrots, dairy products, figs, lemons, oranges, papayas, parsley, sesame seeds, watercress.

CHLORINE
Coconut, pineapple, watercress.

VITAMIN D
Papayas.

VITAMIN E
Sunflower seeds.

FLOURINE
Horseradish.
IODINE
Coconut.

IRON
Apples, apricots, bananas, parsley.

LECITHIN
Sesame seeds.

MAGNESIUM
Apples, coconut, grapes, lemons, oranges, sesame seeds.

MINERAL SALTS
Coconut milk.

PHOSPHORUS
Bananas (very high), coconut, olives, red chilies.

POTASSIUM
Apples, bananas, coconut, grapes, horseradish, lemons, olives (best), oranges, parsley, sesame seeds, zucchini.

PROTEIN
Apples, coconut has ALL the amino acids and it therefore a complete protein.

SODIUM
Apples, bananas, oranges.

SULFUR
Chili peppers, garlic, horseradish, onions, parsley, watercress.

ZINC
Sunflower seeds.
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THE ANCIENT ART OF SELF HEALING
BY YOGI BHajan

EDITED BY DR. SIRI AMIR SINGH KHALSA, D.C.

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