

## On Food

YOU CAN'T KEET AWAY ANTTH SUG ALL DESTINED.

TASTE We have to get wer Defen workhow I were Vegen workhow NEVER USED ONIONS EXCEPT OCCASIONALLY ONCE IN 6 MORELIA ANDROPHANCA! — THE PAICIEN BOOK ON SEX — Says it is APHADDISIAK— WHICH INCREASES THAT WRITE— WHEN INCREASES THAT WRITE— TOO much of CHILLIES also-TEAM COPPED as they provide Windly a coppe have liver.

YOU CAN'T KEEP AWAY ANYTHING – ALL DESTINED.

Taste we have to get over it.

I was cooking for months at a time before monkhood – never used onions except occasionally once in six months.

'Anangaranga' – the ancient book on sex – says it is Aphrodisiac – which increases that urge.

Too much chillies also.

Tea and coffee – as they incite nerves which will degenerate quickly and coffee harms liver. At higher stages when in home

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STATE OF HEMMA

At higher stages where we have 80% control of the mind it is O.K. In case you have disciples or following for their sake, you should not eat even though in your stage it can't harm you.

Sex is the greatest obstacle – why incite it? Occasionally, if they serve onions in meals let us not make a fuss. Quietly I eat it and do not tell them that I do not eat onions. But it is preferable (to avoid).

Vivek Chudamani says that body is nourished, nurtured and maintained by prarabdha. So no concern, care you take nor any lapse is going to matter.

YOU CAN'T DO ANYTHING TO INCREASE or DECREASE YOUR STATE OF HEALTH.