



On Food

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Too much of CHILLIES also.

TEA + COFFEE — as they INCITE
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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 & do not tell them that I do not eat onions. BUT IT IS PREFERABLE.

VIVEK CHUDAMANI says that BODY IS NOURISHED, NURTURED & 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.

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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).

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